FUNCTIONAL LITERACY & NUMERACY

Independent living skills training:
Self

**MON 1**
Please bring a packed lunch or money for lunch

**TUE 2**
Please bring a packed lunch or money for lunch

**WED 3**
Please bring a packed lunch or money for lunch

**THU 4**
Lunch provided

**FRI 5**
Please bring a packed lunch or money for lunch

**MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS**

**Centre Closed:**
Public Holiday

Zone Bowling
$6.45 a game

Walking group or swimming
Please bring appropriate clothing

Cooking

Walking group or swimming
Please bring appropriate clothing

**Skill Building Workshops**
- Understanding size and weight measurements generally and personally
- Understanding clothes and shoe sizes generally and personally
- Understanding own personal information
- Using a phone

**Centre Closed:**
Public Holiday

Shopping at South.Point

STEM challenge

Program planning: have your say

Crazy science

*Meditation and Mindfulness exercises will take place on a daily basis
Games, computer, tablets, TV, pre-vocational skills and walking are available as alternative activities every day.
October Young Adult Activities

Contact the Lifestyle Services Team to book:
(02) 6293 6500

FUNCTIONAL LITERACY & NUMERACY

Independent living skills training:
Reading

MON 8
Lunch provided

TUE 9
Please bring a packed lunch or money for lunch

WED 10
Please bring a packed lunch or money for lunch

THU 11
Lunch provided

FRI 12
Please bring a packed lunch or money for lunch

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS

Cooking

Walking group or swimming
Please bring appropriate clothing

Basketball

Travel training to Belconnen

Art & craft

Skill Building Workshops

- The alphabet
- Identifying important information
- Using the internet
- Recognising signs
- Reading labels and prices

Library visit

Board games

Planning our bus trip tomorrow

Zone Bowling
$6.45 a game

Computer skills

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October Young Adult Activities

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**FUNCTIONAL LITERACY & NUMERACY**

<table>
<thead>
<tr>
<th>MON 15</th>
<th>TUE 16</th>
<th>WED 17</th>
<th>THU 18</th>
<th>FRI 19</th>
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<td>Lunch provided</td>
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<td>Lunch provided</td>
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**INDEPENDENT LIVING SKILLS TRAINING:**

Writing

**MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS**

- Walking group or swimming
- Please bring appropriate clothing
- Movies @ Limelight Cinemas
- Art & craft
- Walking group or swimming
- Please bring appropriate clothing
- Fire drill
- Meditation and Mindfulness exercises will take place on a daily basis

**Skill Building Workshops**

- The alphabet
- Writing own name and address
- Composing a sentence
- Identifying important information
- Writing a note, shopping list, letter or email
- Using word processors
- Completing forms
- Board games
- Lunch at a local cafe
- Cooking
- Crazy science
- Photography

*Meditation and Mindfulness exercises will take place on a daily basis*

Games, computer, tablets, TV, pre-vocational skills and walking are available as alternative activities every day.
October Young Adult Activities

FUNCTIONAL LITERACY & NUMERACY

Independent living skills training: Time

MON 22
Lunch provided

TUE 23
Lunch provided

WED 24
Please bring a packed lunch or money for lunch

THU 25
Please bring a packed lunch or money for lunch

FRI 26
Please bring a packed lunch or money for lunch

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS

Meal planning, shopping, cooking
BBQ at the centre
Walking group or swimming
Car wash & cleaning
Cooking

Skill Building Workshops
- Number recognition
- Telling the time/reading a clock
- Concept of time (days, weeks, months, years)
- Planning your time
- Estimating duration

Art & craft
Computer skills
Library visit
Comic strip social stories
Basketball

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October Young Adult Activities

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FUNCTIONAL LITERACY & NUMERACY

Independent living skills training:
Money

MON 29
Lunch provided

TUE 30
Please bring a packed lunch or money for lunch

WED 31
Please bring a packed lunch or money for lunch

THU 1
Lunch provided

FRI 2
Please bring a packed lunch or money for lunch

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS

Art & craft
Zone Bowling
Halloween party
Cooking
Walking group or swimming

Skill Building Workshops
- Coin and note identification
- Understanding the value of currency
- Calculating change
- Budgeting
- Online money minded activities
- Paying bills
- Opening a bank account

Halloween Party cooking
Shopping at South.Point
Party games
Origami
Bunnings workshop

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