

Communities@Work

November Adult Program Tuggeranong

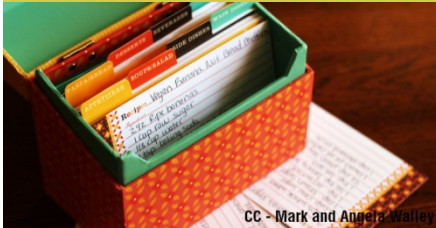
Contact the Lifestyle
Services Team to book:
(02) 6293 6500

- Please make sure everyone packs a hat and their Companion Cards
- Outdoor activities are subject to weather conditions

SAFETY

Independent living skills training:
Personal Safety

MON 5



**Program
planning**

CC - Mark and Angela Walley

TUE 6



Bowling at Zone

Cost: \$6.45/game
Please bring a packed lunch or money for lunch

CC - Ginny

WED 7



Walking group or swimming

Bring appropriate clothing

CC - Loyalty Academy

Skill Building Workshops

- Understanding risk
- Risk identification and mitigation
- Identifying and dealing with emergencies
- Creating an action plan



**Meal planning,
shopping & cooking**

Caesar salad

CC - Banka

SOUTH.POINT
TUGGERANONG

**Shopping at
South.Point**



Preparing light lunch

Macaroni cheese and salad

Playing pool, table tennis, using computers, tablets and games are available as alternative activities every day
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SAFETY

Independent living skills training:
Safety at Home

MON 12



Cooking

Stir fry with noodles

TUE 13



Walking group or swimming

Bring appropriate clothing

WED 14



BBQ at the centre

Chicken & vegetable kebabs

Skill Building Workshops

- Risk awareness and identification
- Fire and electric safety
- Kitchen and food safety
- Home security
- Creating an action plan



CC - nathanmac87

Canberra Show planning



Preparing light lunch



CC - Meagan

Literacy & numeracy

Playing pool, table tennis, using computers, tablets and games are available as alternative activities every day
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FUNCTIONAL LITERACY & NUMERACY

Independent living skills training:
Safety in the Community

MON 19



Walking group or swimming

Bring appropriate clothing

TUE 20



Movies at Limelight

Cost: \$12

WED 21



Bunnings workshop

Please bring a packed lunch or money for lunch

Skill Building Workshops

- Risk awareness and identification
- Appropriate behaviour
- Obeying the law
- Avoiding getting lost and what to do if you are
- Action plan and community request cards



Meal planning, shopping & cooking

Rice paper rolls



Lunch at a local café

Please bring a packed lunch or money for lunch



Canberra Show planning

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SAFETY

Independent living skills training:
Asking for Help

MON 26



CC - nathanmac87

Canberra Show Planning

Please bring a packed lunch or money for lunch

TUE 27



CC - BlGordon

National Zoo & Aquarium visit

Cost: \$20
Companion Cards free

WED 28



CC - Kelly Garnett

Walking group or swimming

Bring appropriate clothing

Skill Building Workshops

- Emergency identification
- Seeking help
- Emergency services
- People you can trust
- Scenario-based roleplay activities



Trivia competition



CC - Ash

Lunch at a local café

Please bring a packed lunch or money for lunch



CC - Fred

Preparing light lunch

Nachos