

November Young Adult Activities

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

SAFETY

Independent living skills training:
Personal safety

MON 5

Please bring a packed lunch or money for lunch

TUE 6

Please bring a packed lunch or money for lunch

WED 7

Please bring a packed lunch or money for lunch

THU 8

Lunch provided

FRI 9

Please bring a packed lunch or money for lunch

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS



Program planning: have your say



Zone Bowling
Cost: \$6.45 a game



Walking group or swimming
Please bring appropriate clothing



Cooking
Stir-fry



Walking group or swimming
Please bring appropriate clothing

Skill Building Workshops

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



Art & craft



Melbourne Cup



STEM challenge



Program planning: have your say



Literacy & numeracy

*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.

November Young Adult Activities

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

SAFETY

Independent living skills training:
Safety at Home

MON 12

Please bring a packed lunch or money for lunch

TUE 13

Please bring a packed lunch or money for lunch

WED 14

Lunch provided

THU 15

Please bring a packed lunch or money for lunch

FRI 16

Please bring a packed lunch or money for lunch

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS



Car wash - outside



CC - Kelly Garnett

Walking group or swimming

Please bring appropriate clothing



CC - Kristofer Palmvik

BBQ

Chicken and vegetable kebabs



CC - Chili Head

Basketball



CC - Todd Milton

Travel training

Bring MyWay & companion card

Skill Building Workshops

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



CC - annettebarbara

Library visit



CC - Emerson Posadas

Board games



CC - noomanz

Art & craft



Planning our bus trip tomorrow



CC - Ginny

Bowling at Zone Bowling Belconnen

Cost: \$6.45 a game

***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.

November Young Adult Activities

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

SAFETY

Independent living skills training:
Safety in the community

MON 19

Please bring a packed lunch or money for lunch

TUE 20

Please bring a packed lunch or money for lunch

WED 21

Lunch provided

THU 22

Please bring a packed lunch or money for lunch

FRI 23

Please bring a packed lunch or money for lunch

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS



Walking group or swimming

Please bring appropriate clothing



Movies at Limelight Cinemas

Cost: \$12



Car wash - inside



Walking group or swimming

Please bring appropriate clothing

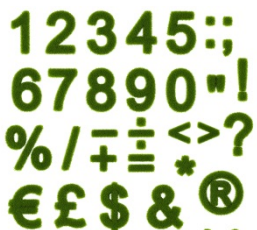


National Zoo & Aquarium visit

Cost: \$20, bring companion cards

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



Literacy & numeracy



Lunch at a local cafe



Cooking
Curry & rice



Crazy science



Lunch at a local cafe

*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

November Young Adult Activities

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

SAFETY

Independent living skills training:
Asking for help

MON 26

Lunch provided

TUE 27

Please bring a packed lunch or money for lunch

WED 28

Please bring a packed lunch or money for lunch

THU 29

Lunch provided

FRI 30

Please bring a packed lunch or money for lunch

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS



Meal plan, shop and cook

Pizza



National Zoo & Aquarium visit

Cost: \$20, bring companion cards



Walking group or swimming

Please bring appropriate clothing



Cooking

Tortilla wraps



Bunnings workshop

Skill Building Workshops

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



Art & craft



Lunch at a local cafe



Library visit



Literacy & numeracy



Fire safety drills

***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