

# Communities@Work

# 2019

## Adult Program

## Tuggeranong | September

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

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

Spring		Independent Living Skills Training Theme Week 1: Spring activities	
<b>MON 2</b> Please bring a packed lunch or money for lunch		<b>TUE 3</b> Please bring a packed lunch or money for lunch	
			
<b>Walking group or swimming</b> Bring appropriate clothing		<b>Bowling at Zone Bowling</b> Cost: \$6.45 per game	
<b>Meal Plan, Shop and Cook</b>			
<b>Skill Building Workshop</b> <ul style="list-style-type: none"> <li>• Activities to do in the community</li> <li>• What's changing in the local community</li> <li>• Sports and other spring events</li> <li>• Allergies and what to do to keep yourself healthy</li> </ul>			
			
<b>Art and craft: group project</b>		<b>Shopping at South.Point</b>	
		<b>Program Planning</b>	

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Spring		Independent Living Skills Training Theme Week 2: Spring events	
MON 9	TUE 10 Light lunch provided	WED 11 Light lunch provided	
			
Garden Planning	Trivia Competition	Cooking Meatballs with Salsa Verde	
<b>Skill Building Workshop</b> <ul style="list-style-type: none"><li>• What's on in Canberra</li><li>• Planning Spring events</li><li>• Making the most of Spring</li><li>• How to find out what's happening in Canberra</li><li>• Plan our Halloween Party/Event in October</li><li>• Plan an outing for November, client's choice</li></ul>			
			
Knitting	Preparing Light Lunch Chicken Caesar wraps	Literacy and numeracy	

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

[www.commsatwork.org](http://www.commsatwork.org)

All photos are available for free from [www.unsplash.com](http://www.unsplash.com)

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Spring		Independent Living Skills Training Theme Week 3: Seasonal weather & cooking	
<b>MON 16</b> Please bring a packed lunch or money for lunch		<b>TUE 17</b> Please bring a packed lunch or money for lunch	
<b>WED 18</b> Light lunch provided			
			
<b>Art and craft: group project</b>		<b>Floriade</b> Bring appropriate clothing, hat & sunscreen	
<b>Cooking</b> Sticky pork san choy bau			
<b>Skill Building Workshop</b> <ul style="list-style-type: none"> <li>• What to wear in Spring</li> <li>• How to check the weather forecast</li> <li>• How to check the pollen count for allergies</li> <li>• Hayfever and asthma awareness</li> <li>• Sun smart activities</li> <li>• Spring cookbook</li> </ul>			
			
<b>STEM Challenge</b>		<b>Lunch @ Floriade</b>	
			
		<b>Garden Planning</b>	

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Spring		Independent Living Skills Training Theme Week 4: Goal progress check	
<b>MON 23</b> Please bring a packed lunch or money for lunch	<b>TUE 24</b> Please bring a packed lunch or money for lunch	<b>WED 25</b> Lunch provided	
			
<b>National Museum Visit</b> DreamWorks Exhibit \$20 Adult, \$16 concession Bring concession and Companion Cards	<b>Movies @ Limelight</b>		<b>Cooking</b> Spring Minestrone
<b>Skill Building Workshop</b> <ul style="list-style-type: none"><li>• Am I on track?</li><li>• What do I need help to achieve my goals?</li><li>• Who can help me?</li><li>• What's next?</li></ul>			
			
<b>Garden Planning</b>	<b>STEM challenge</b>	<b>Art and craft: group project</b>	

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