

Communities@Work

2019

Young Adult Activities

Gungahlin | September

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

Spring			Independent Living Skills Training Theme Week 1: Spring Activities	
MON 2	TUES 3	WED 4	THU 5	FRI 6
Lunch provided	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Lunch provided	Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Meal plan, shop and cook Fish & chips	Make a bird feeder	Sports and fitness at the park	Gardening	Swimming
Skill Building Workshop <ul style="list-style-type: none"> • Activities to do in the community • What's changing in the local community • Sports and other spring events • Allergies and what to do to keep yourself healthy 				
				
Dementia awareness workshop	Visit the Greenshed & plan for upcycle project	Collect and paint rocks	Cooking Quesadillas	Upcycle project

*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.

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Spring			Independent Living Skills Training Theme Week 2: Spring Events	
MON 9 Lunch provided	TUES 10 Lunch provided	WED 11 Please bring a packed lunch or money for lunch	THU 12 Please bring a packed lunch or money for lunch	FRI 13 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Meal plan, shop and cook Spanish Omelette	Sports & fitness at the park Lennox Garden	Swimming	Library Visit	Bunnings workshop
Skill Building Workshop <ul style="list-style-type: none"> • What's on in Canberra • Planning Spring events • Making the most of Spring • How to find out what's happening in Canberra • Plan our Halloween Party/Event in October • Plan an outing for November, client's choice 				
				
Chromatography Flowers	Bbq	Literacy & Numeracy Skills	Art & Craft Potato stamping	Gardening Make a terrarium

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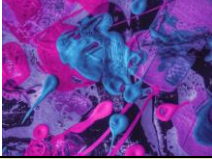
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Spring			Independent Living Skills Training Theme Week 3: Seasonal Weather and Cooking	
MON 16 Please bring a packed lunch or money for lunch	TUES 17 Lunch provided	WED 18 Lunch provided	THU 19 Please bring a packed lunch or money for lunch	FRI 20 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Travel training: Light Rail to Civic Bring MyWay Card or light rail fare & Companion Card	Meal plan, shop and cook Pumpkin & apple soup	Kite flying and picnic at the park	Swimming	Floriade & Picnic Lunch
Skill Building Workshop <ul style="list-style-type: none"> • What to wear in Spring • How to check the weather forecast • How to check the pollen count for allergies • Hayfever and asthma awareness • Sun smart activities • Spring cookbook 				
				
Movie at Dendy Cinema \$16	Science experiment: Catch a rainbow	Bbq	Gardening	Spring Art projects Butterfly squish art

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Spring			Independent Living Skills Training Theme Week 4: Goal Progress Check	
MON 23 Please bring a packed lunch or money for lunch	TUES 24 Lunch provided	WED 25 Please bring a packed lunch or money for lunch	THU 26 Please bring a packed lunch or money for lunch	FRI 27 Lunch provided
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Tulip Top Garden Fee: \$16 Bring Companion Card	Meal plan, shop and cook Greek style kebabs	Floriade	Swimming	Fishing & picnic at Lake Ginninderra Sandwiches
Skill Building Workshop <ul style="list-style-type: none"> • Am I on track? • What do I need help to achieve my goals? • Who can help me? • What's next? 				
				
Goal based activity	Interest Maps	Vision Board	Gardening	Goal Ladders

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