

Communities@Work

2019

Young Adult Activities

Tuggeranong | September

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

Spring			Independent Living Skills Training Theme Week 1: Spring activities	
MON 2 Please bring a packed lunch or money for lunch	TUES 3 Please bring a packed lunch or money for lunch	WED 4 Please bring a packed lunch or money for lunch	THU 5 Lunch provided	FRI 6 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Program planning: have your say	Bowling at Zone Bowling Cost: \$6.45 per game	Walking group or swimming Bring appropriate clothing	Cooking Chicken, broccoli shells and cheese	Pool Competition
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 				
				
Library Visit	Garden Planning	Art and craft: Group Project	Literacy and Numeracy Skills	Program planning: have your say

*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 Please bring a packed lunch or money for lunch	TUES 10 Please bring a packed lunch or money for lunch	WED 11 Please bring a packed lunch or money for lunch	THU 12 Please bring a packed lunch or money for lunch	FRI 13 Lunch provided
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Garden Planning	Sports & Fitness at the park	Walking group or swimming	STEM challenge	Cooking Rice paper rolls
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 				
				
Board games	Literacy and Numeracy Skills	Garden Planning	Program Planning: have your say	Literacy and Numeracy Skills

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Spring		Independent Living Skills Training Theme Week 3: Seasonal weather & cooking		
MON 16 Lunch provided	TUES 17 Please bring a packed lunch or money for lunch	WED 18 Please bring a packed lunch or money for lunch	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				
				
Cooking Sticky plum meatball lettuce cups	Walking group Bring appropriate clothing	Travel training Bring MyWay and Companion Card	Car wash - exterior	Floriade Visit
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 				
				
Literacy and Numeracy Skills	Planning our bus trip tomorrow	Shopping & lunch at a local cafe	Trivia Competition	Fire safety drills

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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 Please bring a packed lunch or money for lunch	WED 25 Please bring a packed lunch or money for lunch	THU 26 Please bring a packed lunch or money for lunch	FRI 27 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Container Deposit Scheme Bring in bottles/containers for recycling	Movies @ Limelight	Literacy and Numeracy Skills	Floriade Visit	Walking group or swimming Bring appropriate clothing
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? 				
				
Garden Planning	STEM Challenge	Library Visit	Art & craft: Group Project	Trivia Competition

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