
















Self Care

Independent Living Skills Training Theme
Week 1: Self - Identification

MON 30	TUES 31	WED 01	THU 02	FRI 03
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

 <p>Mindful start to the week</p>	 <p>Questacon</p>	 <p>Chinese New Year</p>	 <p>Cooking</p>	 <p>Swimming</p>
 <p>Who am I</p>	 <p>Diversity</p>	 <p>My Values</p>	 <p>Who are my Idols</p>	 <p>Family tree</p>
 <p>Cooking</p>	 <p>Karaoke</p>	 <p>Art project - planning</p>	 <p>Fitness</p>	 <p>Gardening</p>

February
2023

Gungahlin

Young Adult
Activities

Please bring a water bottle,
hat and lunch each day.

Contact the Lifestyle
Services Team to book:
02 6293 6500

communities
atwork

commsatwork.org



Self Care

Independent Living Skills Training Theme Week 2: Hygiene and Appearance

MON 06

TUE 07

WED 08

THU 09

FRI 10

Lunch provided

Please bring a
packed lunch or
money for lunch

Lunch provided

Please bring a
packed lunch or
money for lunch

Please bring a
packed lunch or
money for lunch

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS



Cooking



Swimming



Art project



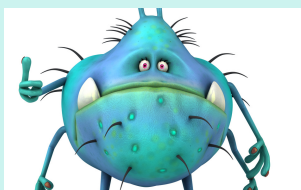
Transport Training



Quizzic Alley



Dental Hygiene



Understanding germs
and bacteria



Healthy body
image



Self Care



Personal
grooming



Spelling bee



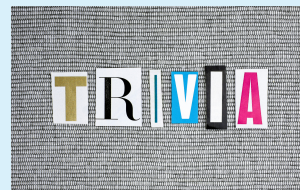
STEM



Cooking



Movies
Hoyts



Trivia

February
2023

Gungahlin

Young Adult Activities

Please bring a water bottle,
hat and lunch each day.

Contact the Lifestyle
Services Team to book:
02 6293 6500

**communities
atwork**

commsatwork.org



Self Care

Independent Living Skills Training Theme Week 3: Friendships

MON 13

Please bring a packed lunch or money for lunch

TUE 14

Please bring money for lunch

WED 15

Please bring a packed lunch or money for lunch

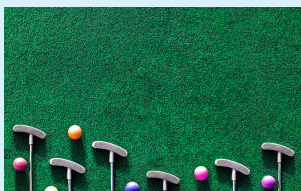
THU 16

Lunch provided

FRI 17

Please bring a packed lunch or money for lunch

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS



Mini Golf



Cafe visit



Art project



Cooking



Swimming



How to make new friendships



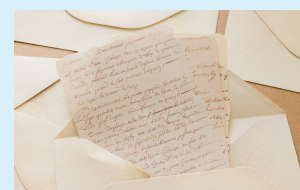
What makes a good friend



How to maintain friendships



Dealing with bad friends



Write a letter to a friend



Sensory activity



Valentines day cookies



Transport Training



Money Skills



Gardening

**February
2023**

Gungahlin

Young Adult Activities

Please bring a water bottle, hat and lunch each day.

Contact the Lifestyle
Services Team to book:
02 6293 6500

**communities
atwork**








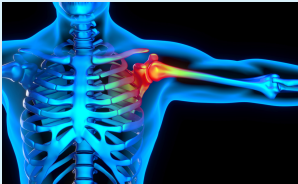





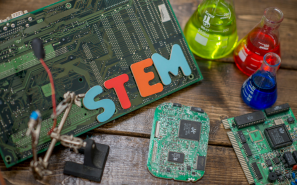

commsatwork.org



Self Care		Independent Living Skills Training Theme Week 4: Health and Wellbeing		
-----------	--	--	--	--

MON 20	TUE 21	WED 22	THU 23	FRI 24
Please bring a packed lunch or money for lunch	Lunch provided	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

 <p>Gardening</p>	 <p>Basic First Aid</p>	 <p>Swimming</p>	 <p>Cooking</p>	 <p>Reading Time</p>
 <p>Mental Health</p>	 <p>Balanced Meal Cooking</p>	 <p>Physical Health</p>	 <p>Self Massages</p>	 <p>1000 step challenge</p>
 <p>Bowling \$6.50</p>	 <p>In-house Movie</p>	 <p>Art project</p>	 <p>STEM</p>	 <p>Bird Aviary</p>

February
2023

Gungahlin

Young Adult Activities

Please bring a water bottle, hat and lunch each day.

Contact the Lifestyle Services Team to book:
02 6293 6500

communities
atwork

commsatwork.org

