

December 2023

Tuggeranong

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



Celebration and Reflection

Independent Living Skills Training Theme Week 1: Event Planning

MON 04

Please bring a packed lunch or money for lunch

TUE 05

Lunch Provided

WED 06

Please bring a packed lunch or money for lunch

THU 07

Please bring money for lunch

FRI 08

Please bring a packed lunch or money for lunch

MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS



Excursion: Special Auslan Story Time at Tuggeranong Library



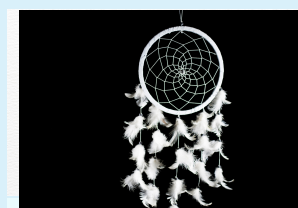
Cooking



All Abilities Gym Program



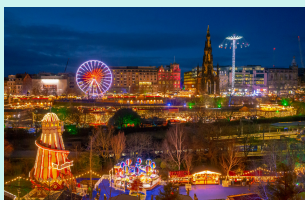
Excursion: Lunch at Southern Cross Club
Please bring money



Making Dream Catchers



Planning for a Christmas Event Workshop



Christmas events happening near you Workshop



Year-End Reflection



Christmas in different Cultures Workshop



Thank You Letter to a loved one



Gratitude List Activity



International Volunteer Day Activities



Christmas Tree setup/Decorations



Christmas Art and Craft



Christmas Trivia Games

Celebration and Reflection

Independent Living Skills Training Theme Week 2: Gift wrapping and Giving

MON 11

TUE 12

WED 13

THU 14

FRI 15

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



Cooking



Excursion-Christmas Shopping Trip



All Abilities Gym Program



Cooking/Baking



Chinese Art



Fundraiser Project: Donation \$10 Max



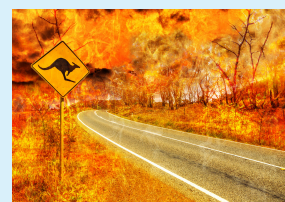
Budgeting and creating a Shopping List Workshop



Gifts Wrapping/Giving Challenge



CEO Morning Tea



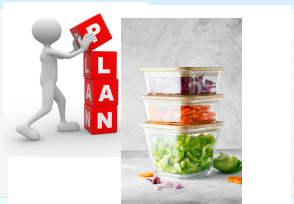
Bushfire and sun safety Workshop



Importance of Giving Workshop



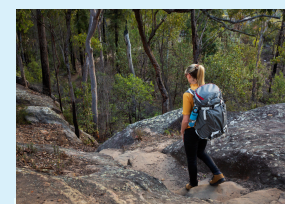
DIY Christmas Cards



CEO Morning Tea Planning/Prep



January Calendar Planning



Nature walk

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Celebration and Reflection

Independent Living Skills Training Theme Week 3: Cooking and Tradition

MON 18

TUE 19

WED 20

THU 21

FRI 22

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



Cooking



Bowling: \$ 6.50 + Companion Card



Cooking/Christmas feast



Excursion: Visit Santa at the Shops



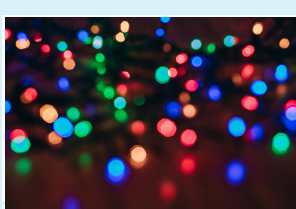
Centre Closed. See you all Next Year



Christmas Party Planning



Make Antlers



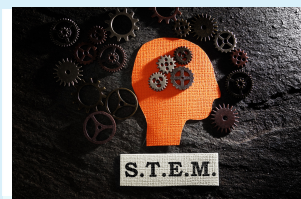
Christmas Party at the Centre



Different Cultures Christmas Tradition



Centre Closed. See you all Next Year



STEM challenge



In-House Movie



Christmas Carol Karaoke



Cleaning the Hub



Centre Closed. See you all Next Year