Gungahlin

North Hub **Program**

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

To book contact **Disability Services** Enquiries 0410 327 757

communities **atWork**

commsatwork.org









Page 1 of 4



Morning Chat: Morning Tea / Setting The Scene / Small Groups Activities

money for lunch



Cooking-Homemade **Burgers**



money for lunch

Local Café Visit-Please bring money



Swimming



money for lunch

Awareness of others Workshop



money for lunch

Fitness at Centre



Safety while **Cooking Workshop**



Gardening-Growing your own vegetable



Self awareness-Strength & Limitation



Preparation and Storage of Food



Functional Literacy: Using mobile, computer



In-House Movie



Literacy & Numeracy



Indigenous Painting



Card Games



International Women's Day activities

Personal Safety and Wellbeing

Independent Living Skills Week 2 Focus: Safety in The community

MON 11	TUE 12	WED 13	THU 14	FRI 15
Please bring a	Lunch Provided	Please bring a	Please bring a	Please bring a
packed lunch or		packed lunch or	packed lunch or	packed lunch or
money for lunch		money for lunch	money for lunch	money for lunch

Morning Chat: Morning Tea / Setting The Scene /Small Group Activities



Canberra Day



Cooking: 4 Ingredient recipe



Emergency Services Workshop



Excursion: Canberra Exhibition Centre Visit



Community Walk



Canberra Day



First Aid Awareness



Fire Drill



Common Injuries and Prevention



Basic Safety Rules in the Community



Canberra Day



Write About your Culture



April Calendar Planning



Trivia Games



World Sleep Day Activities

March 2024

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Independent Living Skills
Week 3 Focus: Seasonal Changes & Staying Safe

MON 18 TUE 19 WED 20 THU 21 FRI 22 Please bring a Please bring a Please bring a Please bring a **Lunch Provided** packed lunch or packed lunch or packed lunch or packed lunch or money for lunch money for lunch money for lunch money for lunch

Morning Chat: Morning Tea / Setting The Scene /Small Groups Activities



Excursion: National
Dinosaur
Museum(\$20)



BBQ & Picnic at the Park



Swimming



Seasons In other countries



Dress Up Day



Understanding Seasonal Change



Telling the time and Concept of Time



Flu Awareness



Learning about Germs



Pizza Party



Charade



Computer Skills



International Day of Happiness Activities



World Down Syndrome Day



Story Telling-Share your Story

March 2024

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March 2024

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MON 25 TUE 26 WED 27 THU 28 FRI 29 Please bring a Please bring a Please bring a Please bring a **Lunch Provided** packed lunch or packed lunch or packed lunch or packed lunch or money for lunch money for lunch money for lunch money for lunch

Morning Chat: Morning Tea / Setting The Scene / Small Groups Activities



Excursion: Mini Golf. Yarralumla PlayStation(\$16)



North Hub Café



Swimming



Baking-Easter Bunny Cookies



Good Friday



Public Transport Etiquette



Social Etiquette in the community



Table Etiquette



Gardening-Growing Indigenous Plants



Good Friday



Karaoke In-house Movie



Computer Skills



Clean Up Centre



Good Friday









