
















Independent Living Skills

Week 1 Focus: Dress for Success

MON 01	TUE 02	WED 03	THU 04	FRI 05
Closed	Lunch Provided	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch

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

 <div>Easter Monday</div>	 <div>Four Ingredient Cooking</div>	 <div>All Abilities Gym</div>	 <div>Bowling \$ 7.50 + companion card</div>	 <div>Visit an Op Shop</div>
 <div>Easter Monday</div>	 <div>Dress Code for Work</div>	 <div>Caring for Clothes</div>	 <div>Clothes for different Occasion</div>	 <div>How to donate to an Op Shop</div>
 <div>Easter Monday</div>	 <div>Creative Writing Your Dream Job</div>	 <div>Literacy and Numeracy</div>	 <div>Creative Writing-Resume</div>	 <div>In-house Movie</div>

April 2024

Tuggeranong

South Hub Program

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

To book contact Disability Services Enquiries 0410 327 757

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Independent Living Skills

Week 2 Focus: Being Safe with Equipment

MON 08

Lunch Provided

TUE 09

Please bring a packed lunch or money for lunch

WED 10

Please bring a packed lunch or money for lunch

THU 11

Please bring a packed lunch or money for lunch

FRI 12

Please bring a packed lunch or money for lunch

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



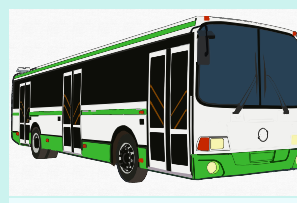
Four Ingredient Cooking



Power Kart Raceway
\$35.00/person
Leave Hub 10:15am



All Abilities gym



Travel Training- Bus trip to Westfield Woden for Lunch



Swimming



Using Kitchen appliances safely



Communication Equipment



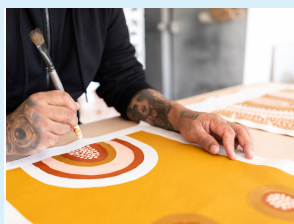
Wood Work



Gardening



Using the printer- Print, copy and scan



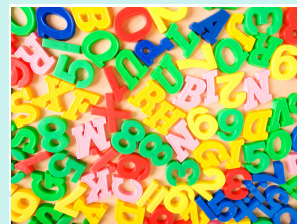
Indigenous Painting



Computer Skills



Board Games



Literacy and Numeracy



Karaoke

Independent Living Skills

Week 3 Focus: Managing Our Daily Routine

MON 15

Please bring a packed lunch or money for lunch

TUE 16

Lunch Provided

WED 17

Please bring a packed lunch or money for lunch

THU 18

Please bring a packed lunch or money for lunch

FRI 19

Please bring a packed lunch or money for lunch

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



Creating daily routines and to-do lists



BBQ at the Park



All Abilities Gym



Yarralumla Mini Golf
\$16:00/person
Leave Hub by 10:15



Pizza Party



Calendar Planning for May



Using a diary, planner or calendar



Time Management Skills



Organisational Skills



Dream Time Stories



Art and Craft
Making Calendars



Outdoor Games



Managing Emotions
Making Dream Catchers



World Heritage
Day Activities



Numeracy and
Literacy

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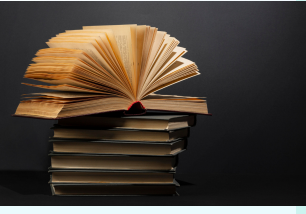





Independent Living Skills

Week 4 Focus: Building Relationships

MON 22	TUE 23	WED 24	THU 25	FRI 26
Lunch Provided	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch		Please bring a packed lunch or money for lunch

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

 <div>Four Ingredient Cooking</div>	 <div>War Memorial visit Leave Hub by 10:15am</div>	 <div>All Abilities Gym</div>	 <div>ANZAC Day</div>	 <div>Resolving Conflict with Friends</div>
 <div>Meeting new people–Role Play</div>	 <div>Social Boundaries Seeking Consent</div>	 <div>Effective Communication Skills</div>	 <div>ANZAC Day</div>	 <div>Learn about Empathy</div>
 <div>Karaoke</div>	 <div>World Book Day Activities</div>	 <div>Chair Yoga</div>	 <div>ANZAC Day</div>	 <div>Card Games</div>

April 2024

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South Hub Program

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Independent Living Skills

Week 5 Focus: Building Relationships

MON 29

Please bring a packed lunch or money for lunch

TUE 30

Lunch Provided

WED 01

Please bring a packed lunch or money for lunch

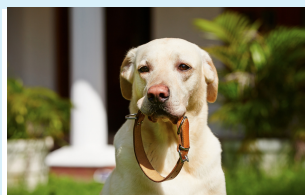
THU 02

Please bring a packed lunch or money for lunch

FRI 03

Please bring a packed lunch or money for lunch

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



RSPCA Visit
Leave Hub by
10:15am



Four Ingredient
Cooking



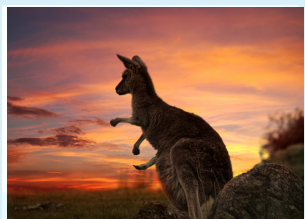
All Abilities Gym



National Film and
Sound Archives
Leave Hub 10:15am



Community Walk



Learning about
Native Animals



Practicing Active
Listening



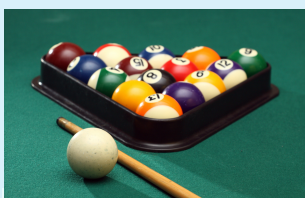
Gardening



Activities to do
with friends



Learn to Bake
Cupcakes



Pool Competition



Indigenous Painting



Trivia Games



Art and Craft-
Friendship Bracelet



Creative Designs