







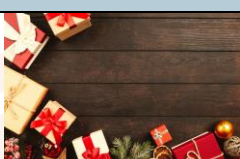

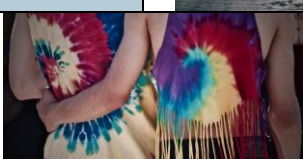


Communities@Work

2019

Young Adult Activities

Tuggeranong | December

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

End of Year		Independent Living Skills Training Theme Week : Planning an event		
MON 2	TUES 3	WED 4	THU 5	FRI 6
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	Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Meal plan, shop, & cook	Bowling	Art & craft: Garden project	Swimming	Catapult painting
Skill Building Workshop <ul style="list-style-type: none"> Planning and preparing for our end of year Christmas parties Invitations & decorations Menu/cooking and shopping Games and entertainment Personally preparing for special events (self-care etc) 				
				
Christmas party planning	Goal setting for 2020	Sharpie Tie dye blanket	Garden planning	Seniors gift

*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.

www.commsatwork.org All photos are available for free from www.unsplash.com

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Tuggeranong | December

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End of Year			Independent Living Skills Training Theme Week 2: Shopping & gift giving	
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 Lunch provided	FRI 13 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Planning for 2020	Meal, plan, shop & cook	Swimming	Walking	Sports & Fitness at the park
Skill Building Workshop <ul style="list-style-type: none"> Identifying appropriate gifts Shopping Gift giving Appropriate behaviour 				
				
Christmas cards	Christmas party planning	Literacy & numeracy skills	Gardening	Bbq

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End of Year			Independent Living Skills Training Theme Week 3: Cooking & traditions	
MON 16 Please bring a packed lunch or money for lunch	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
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Our Garden: Group Project	Clean up the centre day	Cooking	Bake off	Closed until 2020
Skill Building Workshop <ul style="list-style-type: none"> • Christmas traditions workshop • Christmas in different cultures • Cooking for Christmas parties • End of year Christmas party 				
				
Meal planning & shopping	Christmas Decorations	Christmas party	Car Wash	Reopen 2nd Jan

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