

Communities@Work



2019

Adult Program

Tuggeranong | October

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

- Please make sure everyone packs a hat and their Companion Card
- Outdoor activities are subject to weather conditions

MON 30	TUE 1	WED 2
Program Closed		
MON 7	TUE 8	WED 9
Program Closed		

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Playing pool, table tennis, using computers, tablets and games are available as alternative activities every day.

www.commsatwork.org

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

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Functional Literacy & Numeracy		Independent Living Skills Training Theme Week 3: Writing	
<p>MON 14 Please bring a packed lunch or money for lunch</p>		<p>TUE 15 Please bring a packed lunch or money for lunch</p>	
			
<p>Yarralumla Play Station 18 holes \$14</p>		<p>Bowling at Zone Cost: \$6.45 per game</p>	
<p>WED 16 Light lunch provided</p>			
<p>Cooking Coconut fish fingers</p>			
<p>Skill Building Workshop</p> <ul style="list-style-type: none"> • The alphabet • Writing own name and address • Composing a sentence • Identifying important information • Writing a note, shopping list, letter or email • Using word processors • Completing forms 			
			
<p>STEM Challenge</p>		<p>Library Visit</p>	
		<p>Gardening</p>	

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Functional Literacy & Numeracy		Independent Living Skills Training Theme Week 4: Time	
<p>MON 21 Please bring a packed lunch or money for lunch</p>		<p>TUE 22 Please bring a packed lunch or money for lunch</p>	
<p>WED 23 Lunch provided</p>			
			
<p>Container Deposit Scheme Bring in bottles/containers for recycling</p>		<p>Movies @ Limelight</p>	
<p>Cooking Crunchy tuna salad</p>			
<p>Skill Building Workshop</p> <ul style="list-style-type: none"> • Number recognition • Telling the time/reading a clock • Concept of time (days, weeks, months, years) • Planning your time • Estimating duration 			
			
			
<p>Gardening</p>		<p>STEM challenge</p>	
			
		<p>Art and craft: group project</p>	

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Functional Literacy & Numeracy		Independent Living Skills Training Theme Week 4: Money	
<p>MON 28 Lunch provided</p>		<p>TUE 29 Please bring a packed lunch or money for lunch</p>	
<p>WED 30 Lunch provided</p>			
			
<p>Cooking Breakfast tart</p>		<p>Container Deposit Scheme Bring in bottles/containers for recycling</p>	
<p>Cotter Dam visit</p>			
<p>Skill Building Workshop</p> <ul style="list-style-type: none"> • Coin and note identification • Understanding the value of currency • Calculating change • Budgeting • Online money and minded activities • Paying bills • Opening a bank account 			
			
<p>Swimming</p>		<p>Money handling skills</p>	
		<p>BBQ @ Cotter</p>	