

# Communities@Work

# 2019

## Young Adult Activities Gungahlin | October

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

Functional Literacy & Numeracy		Independent Living Skills Training Theme Week 1: About Me		
MON 30	TUES 1	WED 2	THU 3	FRI 4
Please bring a packed lunch or money for lunch	Lunch provided	Please bring a packed lunch or money for lunch	Lunch provided	Please bring a packed lunch or money for lunch
<b>MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS</b>				
				
<b>Meal plan, shop and cook</b> Garlic prawn pasta	<b>Name bingo</b>	<b>Sports and fitness at the park</b>	<b>Swimming</b>	<b>National Library</b>
<b>Skill Building Workshop</b> <ul style="list-style-type: none"> <li>Understanding own personal information</li> <li>Understanding clothes and shoe sizes generally and personally</li> <li>Understanding size and weight measurements generally and personally</li> <li>Using a phone</li> </ul>				
				
<b>Mental Health awareness workshop</b>	<b>Creative "About Me" writing</b>	<b>Cooking</b> Tuna Caesar salad wraps	<b>Feelings Chart</b>	<b>Show &amp; tell day</b> Bring an item that you would love to show

\*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.

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Functional Literacy & Numeracy		Independent Living Skills Training Theme Week 2: Reading		
MON 7	TUES 8 Please bring a packed lunch or money for lunch	WED 9 Please bring a packed lunch or money for lunch	THU 10 Please bring a packed lunch or money for lunch	FRI 11 Lunch provided
<b>MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS</b>				
				
Centre Closed	War Memorial	Swimming	Sports & fitness at the park	Bunnings workshop
<p><b>Skill Building Workshop</b></p> <ul style="list-style-type: none"> <li>• The alphabet</li> <li>• Identifying important information</li> <li>• Using the internet</li> <li>• Recognising signs</li> <li>• Reading labels and prices</li> </ul>				
				
Public Holiday	Word Hunt	Car Wash	Mason Jar candle holder	Cooking Vegetable stir fry

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Functional Literacy & Numeracy			Independent Living Skills Training Theme Week 3: Writing	
MON 14	TUES 15	WED 16	THU 17	FRI 18
Please bring a packed lunch or money for lunch	Lunch provided	Lunch provided	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch
<b>MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS</b>				
				
Meal plan, shop and cook Quiche	Swimming	Sports & fitness at the park	Tie Dye crafts	Papier Mache pots
<b>Skill Building Workshop</b> <ul style="list-style-type: none"> <li>• The alphabet</li> <li>• Writing own name and address</li> <li>• Composing a sentence</li> <li>• Identifying important information</li> <li>• Writing a note, shopping list, letter or email</li> <li>• Using word processors</li> <li>• Completing forms</li> </ul>				
				
Create a recipe to practice writing	Gardening	Bbq	Clean up the centre day	Comic Strip Script

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Functional Literacy & Numeracy			Independent Living Skills Training Theme Week 4: Time	
<b>MON 21</b> Please bring a packed lunch or money for lunch	<b>TUES 22</b> Lunch provided	<b>WED 23</b> Please bring a packed lunch or money for lunch	<b>THU 24</b> Please bring a packed lunch or money for lunch	<b>FRI 25</b> Lunch provided
<b>MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS</b>				
				
<b>Travel training: Bus trip to Zone bowling</b> Bring MyWay card or Bus fare & companion card	<b>Meal plan, shop and cook Chickpea Curry</b>	<b>Swimming</b>	<b>Sports &amp; fitness at the park</b>	<b>Cooking Pesto salad</b>
<b>Skill Building Workshop</b> <ul style="list-style-type: none"> <li>• Number recognition</li> <li>• Telling the time/reading a clock</li> <li>• Concept of time (days, weeks, months, years)</li> <li>• Planning your time</li> <li>• Estimating duration</li> </ul>				
				
<b>Time vocabulary</b>	<b>Introduce – Time: Hours</b>	<b>Analog vs Digital clock</b>	<b>Gardening</b>	<b>Minute Math: How to Estimate</b>

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Spring			Independent Living Skills Training Theme Week 4: Money	
<b>MON 28</b> Please bring a packed lunch or money for lunch	<b>TUES 29</b> Lunch provided	<b>WED 30</b> Please bring a packed lunch or money for lunch	<b>THU 31</b> Please bring a packed lunch or money for lunch	<b>FRI 1</b> Lunch provided
<b>MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS</b>				
				
<b>Questacon</b> Fee: \$17.50 Bring companion card	<b>Meal plan, shop and cook</b> Bbq chicken salad	<b>Travel training: Bus trip to Zone bowling</b> Bring MyWay card or Bus fare & companion card	<b>Swimming</b>	<b>Halloween Party Cooking</b>
<b>Skill Building Workshop</b> <ul style="list-style-type: none"> <li>• Coin and note identification</li> <li>• Understanding the value of currency</li> <li>• Calculating change</li> <li>• Budgeting</li> <li>• Online money and minded activities</li> <li>• Paying bills</li> <li>• Opening a bank account</li> </ul>				
				
<b>Budgeting practice board</b>	<b>Lava lamp</b>	<b>Learn a musical instrument</b>	<b>Gardening</b>	<b>Monopoly Game</b>

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