










Communities@Work

2019

Young Adult Activities

Tuggeranong | 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 Please bring a packed lunch or money for lunch	TUES 1 Please bring a packed lunch or money for lunch	WED 2 Please bring a packed lunch or money for lunch	THU 3 Lunch provided	FRI 4 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Program planning: have your say	Bowling at Zone Bowling Cost: \$6.45 per game	Swimming Bring appropriate clothing	Cooking Vegie & rice burgers	Pool Competition
Skill Building Workshop <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 				
				
Library Visit	Gardening	Art and craft: Group Project	Literacy and Numeracy Skills	Program planning: have your say

*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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Functional Literacy & Numeracy		Independent Living Skills Training Theme Week 2: Reading		
MON 7	TUES 8 Lunch provided	WED 9 Please bring a packed lunch or money for lunch	THU 10 Please bring a packed lunch or money for lunch	FRI 11 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Centre Closed	Cooking Sticky chicken lettuce cups	Walking group	Swimming	Sports & Fitness at the park
Skill Building Workshop <ul style="list-style-type: none"> The alphabet Identifying important information Using the internet Recognising signs Reading labels and prices 				
				
Public Holiday	Literacy and Numeracy Skills	Library Visit	Program Planning: have your say	Literacy and Numeracy Skills

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Functional Literacy & Numeracy			Independent Living Skills Training Theme Week 3: Writing	
MON 14 Please bring a packed lunch or money for lunch	TUES 15 Please bring a packed lunch or money for lunch	WED 16 Please bring a packed lunch or money for lunch	THU 17 Please bring a packed lunch or money for lunch	FRI 18 Lunch Provided
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Yarralumla Play Station 18 holes \$14	Library Visit	Travel training Bring MyWay and Companion Card	Car wash - exterior	BBQ @ Adventure Playground
Skill Building Workshop <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 				
				
STEM challenge	Planning our bus trip tomorrow	Shopping & lunch at a local cafe	Trivia Competition	Fire safety drills

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Functional Literacy & Numeracy			Independent Living Skills Training Theme Week 4: Time	
MON 21 Please bring a packed lunch or money for lunch	TUES 22 Please bring a packed lunch or money for lunch	WED 23 Please bring a packed lunch or money for lunch	THU 24 Please bring a packed lunch or money for lunch	FRI 25 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Container Deposit Scheme Bring in bottles/containers for recycling	Movies @ Limelight	Literacy and Numeracy Skills	Way2Fast – Slot cars \$12 half hour	Swimming Bring appropriate clothing
Skill Building Workshop <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 				
				
Gardening	STEM Challenge	Library Visit	Art & craft: Group Project	Trivia Competition

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Functional Literacy & Numeracy			Independent Living Skills Training Theme Week 4: Money	
MON 28 Please bring a packed lunch or money for lunch	TUES 29 Lunch provided	WED 30 Lunch provide	THU 31 Please bring a packed lunch or money for lunch	FRI 1 Please bring a packed lunch or money for lunch
MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS				
				
Literacy and numeracy skills	Cooking Sweet potato & lentil veggie rolls	Cotter Dam Visit	Botanical Gardens Visit	Walking Group Bring appropriate clothing
Skill Building Workshop <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 				
				
Swimming	Walking group Bring appropriate clothing	BBQ @ Cotter	Botanical Scavenger Hunt	Container Deposit Scheme Bring in bottles/containers for recycling