

Communities@Work

2019

Adult Program

Tuggeranong | April

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

Work/General Skills	Independent Living Skills Training Theme Week 1: Using a Diary or Calendar	
<p>MON 1 Please bring a packed lunch or money for lunch</p>	<p>TUE 2 Please bring a packed lunch or money for lunch</p>	<p>WED 3 Light lunch provided</p>
		
<p>Walking group or swimming Bring appropriate clothing</p>	<p>Bowling at Zone Bowling Cost: \$6.45 per game</p>	<p>Meal Plan, Shop and Cook – curry and rice</p>
<p>Skill Building Workshop</p> <ul style="list-style-type: none"> • Reading a calendar • Using a diary/organiser and calendar • Identifying key information • Associated literacy and numeracy skills • Estimating timing and duration 		
		
<p>Art and craft: group project</p>	<p>Shopping at South.Point</p>	<p>Program Planning</p>

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Work/General Skills		Independent Living Skills Training Theme Week 2: Using the Telephone or mobile phone (work/general use)	
MON 8 Please bring a packed lunch or money for lunch		TUE 9 Light lunch provided	
			
Movies at Limelight Cost: \$12		Walking group or swimming Bring appropriate clothing	
MON 10 Please bring a packed lunch or money for lunch		TUE 11 Light lunch provided	
			
Lunch at local cafe		Preparing Light Lunch Veggie stir fry	
WED 10 Light lunch provided		WED 11 Light lunch provided	
			
Cooking Chicken schnitzel salad		Literacy and numeracy	
Skill Building Workshop <ul style="list-style-type: none"> • Practical Workshop: using a telephone or mobile • Conversation skills • Identifying important information • Writing a note and text messaging • Online/Phone Safety • Comparing phone plans 			

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Program Closed	School Holiday Program in progress	
MON 15	TUE 16	WED 17
MON 22	TUE 23	WED 24

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Work/General Skills		Independent Living Skills Training Theme Week 4: Task Completion (work or general life tasks)	
<p>MON 29 Light lunch provided</p>		<p>TUE 30 Lunch Provided</p>	
			
<p>STEM Challenge</p>		<p>BBQ at Centre</p>	
<p>MON 29 Light lunch provided</p>		<p>WED 1 Please bring a packed lunch or money for lunch</p>	
		<p>Walking group or swimming Bring appropriate clothing</p>	
<p>STEM Challenge</p>		<p>Walking group or swimming Bring appropriate clothing</p>	
<p>Skill Building Workshop</p> <ul style="list-style-type: none"> • Estimating time and effort needed • Identifying personal skills and gaps • Seeking help • Setting and sticking to deadlines • Organisation techniques • Creating an action plan 			
			
<p>Preparing Light Lunch Couscous Salad</p>		<p>Literacy and numeracy</p>	
		<p>Art and craft: group project</p>	