












Communities@Work

2019

Young Adult Activities Tuggeranong | April

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

| Work/General Skills | | | Independent Living Skills Training Theme Week 1: Using a Diary or Calendar | |
|---|---|---|--|---|
| MON 1 Please bring a packed lunch or money for lunch | TUES 2 Please bring a packed lunch or money for lunch | WED 3 Please bring a packed lunch or money for lunch | THU 4 Please bring a packed lunch or money for lunch | FRI 5 Lunch provided |
| MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS | | | | |
|  |  |  |  |  |
| Program planning: have your say | Bowling at Zone Bowling Cost: \$6.45 per game | Walking group or swimming Bring appropriate clothing | Movies at Limelight Cost: \$12 | Cooking chicken wraps |
| Skill Building Workshops <ul style="list-style-type: none"> • Reading a calendar • Using a diary/organiser and calendar • Identifying key information • Associated literacy and numeracy • Estimating timing and duration | | |  | |
|  |  |  |  |  |
| Boardgames | STEM challenge | Art and craft: Group Project | Program planning: have your say | Literacy and Numeracy Skills |

*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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| 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 | TUES 9 Please bring a packed lunch or money for lunch | WED 10 Please bring a packed lunch or money for lunch | THU 11 Please bring a packed lunch or money for lunch | FRI 12 Please bring a packed lunch or money for lunch |
| MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS | | | | |
|  |  |  |  |  |
| Movies at Limelight Cost: \$12 | Basketball | Library Visit | Car wash - inside | Travel training to Bowling Bring MyWay and Companion Card |
| Skill Building Workshops <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 | |  | | |
|  |  |  |  |  |
| Art and Craft: Group Project | Literacy and Numeracy Skills | STEM challenge | Planning our bus trip tomorrow | Zone Bowling Cost: \$6.45 per game |

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| Work/General Skills | | | | Independent Living Skills Training Theme Week 3: Personal Appearance (at work or in the community) | |
|---|---|---|--|--|--|
| MON 15 Please bring a packed lunch or money for lunch | TUES 16 Lunch provided | WED 17 Please bring a packed lunch or money for lunch | THU 18 Please bring a packed lunch or money for lunch | FRI 19 | |
| MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS | | | | | |
|  |  |  |  | PUBLIC HOLIDAY | |
| Walking group or swimming Bring appropriate clothing | Cooking Stir fry | Car wash - outside | Walking group or swimming Bring appropriate clothing | | |
| Skill Building Workshops <ul style="list-style-type: none"> • Personal hygiene workshop • Grooming and dressing • Deciding what to wear • Creating a daily routine • Buying clothes • Using make-up and other products | | |  | | |
|  |  |  |  | Centre Closed | |
| Literacy and Numeracy Skills | Art and craft: Easter Egg Baskets | Pool Competition | Trivia Competition | | |

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| Work/General Skills | | Independent Living Skills Training Theme Week 4: Identifying Mistakes (receiving feedback for improvement) | | |
|---|---|--|----------------|---|
| MON 22 | TUES 23 Lunch provided | WED 24 Please bring a packed lunch or money for lunch | THU 25 | FRI 26 Please bring a packed lunch or money for lunch |
| MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS | | | | |
| PUBLIC HOLIDAY |  |  | PUBLIC HOLIDAY |  |
| | Cooking Risotto | Tie Dye Bring a piece of clothing | | Walking group or swimming Bring appropriate clothing |
| Skill Building Workshops <ul style="list-style-type: none"> Self-reflection activities How to receive feedback or criticism How to give feedback or make a complaint Role-play activities Creating a plan for improvement | |  | | |
| Centre Closed |  |  | Centre Closed |  |
| | Fire safety drills | Literacy and Numeracy Skills | | Library Visit |

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| Work/General Skills | | Independent Living Skills Training Theme Week 4: Task Completion (work or general life tasks) | | |
|--|---|--|--|---|
| MON 29 Lunch provided | TUES 30 Lunch provided | WED 1 Please bring a packed lunch or money for lunch | THU 2 Please bring a packed lunch or money for lunch | FRI 3 Please bring a packed lunch or money for lunch |
| MORNING TEA / SETTING THE SCENE / AWARENESS TOPICS | | | | |
|  |  |  |  |  |
| Meal Plan, Shop and Cook Chicken and corn soup | BBQ at Centre | Walking group or swimming Bring appropriate clothing | STEM challenge | Bunnings Workshop |
| Skill Building Workshops <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 | |  | | |
|  |  |  |  |  |
| Sports at Centre | Mood Charades | Library visit | Art and craft: group project | Literacy and Numeracy Skills |

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