Communities@Work

December Young Adult Activities

Tuggeranong

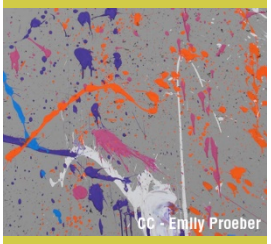
Contact the Lifestyle Services Team to book:
(02) 6293 6500

CHRISTMAS

Independent living skills training:
Event Planning

MON 4

Light Lunch Provided



Arts & Crafts: Canberra Show

TCC Cooking Class

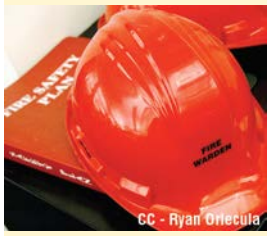
Aerobics

Planning our Christmas Parties

TUE 5

Please bring a packed lunch or money for lunch

Walking Group or Swimming
Bring appropriate clothing



Holiday Safety

Tai Chi

Workshop: Gift Giving

WED 6

Please bring a packed lunch or money for lunch

Cooking

Planning our Shopping Trip

Guided Meditation

Workshop: Budgeting

THU 7

Lunch Provided

Trip to Canberra Outlet Centre

Café Lunch

Yoga

Money Handling Activity

FRI 8

Please bring a packed lunch or money for lunch

Christmas Arts & Crafts

Planning our Christmas Parties

Mindfulness

Preparing for Special Occasions

Games, computer, tablets, TV, pre-vocational skills and walking are available as alternative activities every day.

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Communities@Work

December Young Adult Activities

Tuggeranong

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

CHRISTMAS

Independent living skills training: Christmas

MON 11	TUE 12	WED 13	THU 14	FRI 15
Lunch provided	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Please bring a packed lunch or money for lunch	Lunch provided
CC - Kelly Garnett	CC - Kristofer Palmvik	CC - Carla Whiteford	CC - Terry White	CC - Carla Whiteford
Walking Group or Swimming Bring appropriate clothing	**Christmas Party Cooking**	**Christmas Party**	**Preparing for Christmas Party**	**Christmas Party at Gungahlin**
CC - tanka v	CC - Vettenet	CC - Joëlle McGraw	CC - nathanmac87	CC - Lucyd
Meal Plan, Shop & Cook	**Decorate the Centre**	**Christmas Carols**	**Christmas Trivia**	**Gift Giving**
Meditation	**Yoga**	**Tai Chi**	**Mindfulness**	**Aerobics**
CC - SFU - University Communications	CC - Ann Kathrin Muhlenbeck	CC - Mike Swiech	CC - Lucyd	CC - studio curve
Christmas in Different Cultures	**Preparing for Special Occasions**	**Christmas Arts & Crafts**	**Workshop: Gift Giving**	**Year Reflection and Thank Yous**

Games, computer, tablets, TV, pre-vocational skills and walking are available as alternative activities every day.

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