

CENTRE 4 SENIORS NEWSLETTER

Where the mind...the heart...and the spirit thrive!

Communities@Work
Parkinson Street, Weston
(Located next to Cooleman Court)
Phone 6126 9000



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

2010

Volume 26, Issue 1

WHAT'S ON THIS MONTH

Mondays

Memory Lane

We are now open on a Monday from 9.30 am-1.00 pm with a new program called *Memory Lane*. All activities will be designed to help your memory.

Friday 17

Bus Trip to Floriade

We will be leaving the Centre 4 Seniors at 9.00 am. Bring along money for morning tea, lunch and gold coin donation for the bus fare.

Bookings essential 6126 9000.

Friday 24

Bus Trip to Spotlight

Meet at the Centre 4 Seniors at 9.00 am. Bring money for morning tea, shopping and gold coin for bus fare. We will return to the Centre 4 Seniors for lunch.

Bookings essential 6126 9000.

Wednesday 29th

Bus Trip to Tulip Top Gardens



Meet at the Centre 4 Seniors at 9.00 am. Bring along \$11.00 for entry fee, money for morning tea, lunch and gold coin for bus fare. Tea and coffee is provided free for the day.

Seniors receive 10% discounts off plants bought at the nursery.

Bookings essential 6126 9000

Wednesdays at 10.00 am

Mah-jongg. Have you wanted to learn how to play Mah-jongg? Join us on Wednesdays at 10.00 am.

Wednesdays 1.00-2.30 pm

Music 4 Everyone. This program is all about music for fun and being involved including singing, playing bongos and percussion instruments.

*Growing old is mandatory,
Whereas growing up is optional!*



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*September Calendar 2
Week 1*

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Week 2 & 3*

*September Calendar 4
Week 4 & 5*

It's about you. Always!

Communities@Work

Thursday mornings at 9.30 am YMCA Gentle Exercise Program with Russell. These exercises are designed to keep you active and strengthen you to help prevent falls. We are now holding these exercises in the community hall next door so we have a lot more room for exercises.

Art group—Every Thursday afternoon from 1.00 - 3.00 pm Jane assists with artwork. Jane is an experienced art teacher who would love to encourage you with your latest art project.

Friday morning we have craft. Bring along whatever project you are working on or join us in knitting squares for rugs for Karinya House for mothers and babies, knitting beanies for oncology at Canberra Hospital or making cards.



In July 25 beanies were given to Oncology from the Centre 4 Seniors.

We are slowly expanding our craft activities. If you have any new ideas, bring them along and show us. Also enjoy some freshly made morning tea and lots of good conversation.

FUTURE DATES TO MARK ON YOUR CALENDAR NOW

Friday 3 December: Christmas Lunch with entertainment by the Kebilu Trio



WEEK 1

MONDAY August 30 — Memory Lane

- 9.30 am** Jigsaw Puzzle
- 10.00 am** Morning Tea
- 11.45 am** Lunch

WEDNESDAY 1

- 9.45 am:** Morning tea
- 10.00 am:** Mah-jongg
- 11.45 am** Lunch
- 1.00-2.30pm:** Music 4 Everyone

THURSDAY 2

- 9.30 am:** Gentle Exercises
- 10.30 am:** Morning Tea
- 11.00 am:** Rummy Club/Cards
- 11.45 am:** Lunch
- 1.00-3pm:** Art with Jane

FRIDAY 3

- 10.00 am:** Morning Tea
- 10.30 am:** Craft
- 11.45 am:** Lunch

Always take plenty of time to make snap decisions.

The best way to stay out of hot water is to keep a cool head.

Fear is the dark room where we develop our negatives.

CENTRE 4 SENIORS - SEPTEMBER 2010

WEEK 2

MONDAY 6—Memory Lane

9.30am Scrabble
10.00am Morning Tea
11.45am Lunch

WEDNESDAY 8

9.45 am: Morning tea
10.00 am: Mah-jongg
11.45 am Lunch
1.00-2.30pm: Music 4 Everyone

THURSDAY 9

9.30 am: Gentle Exercises
10.30 am: Morning Tea
11.00 am: Rummy Club/Cards
11.45 am: Lunch
1.00-3 pm: Art with Jane

FRIDAY 10

10.00 am: Morning Tea
10.30 am: Craft
11.45 am: Lunch

Even if you are on the right track, you will get run over if you sit there.

Everyone is born an original, but most die a carbon copy.

Character is who you are when no one is watching.

WEEK 3

MONDAY 13—Memory Lane

9.30 am Water Colours
10.00 am Morning Tea
11.45 am Lunch

WEDNESDAY 15

9.45 am: Morning tea
10.00 am: Mah-jongg
11.45 am Lunch
1.00-2.30pm: Music 4 Everyone

THURSDAY 16

9.30 am: Gentle Exercises
10.30am: September Birthdays
Morning Tea



11.00 am: Rummy Club/Cards
11.45 am: Lunch
1.00-3 pm: Art with Jane

FRIDAY 17

9.00 am **Bus trip to Floriade**
Bring money to buy morning tea and lunch and gold coin for bus fare.
Bookings essential 6126 9000

It's about you. Always!
Communities@Work

CENTRE 4 SENIORS - SEPTEMBER 2010

WEEK 4

MONDAY 20—Memory Lane

9.30 am Water colours

10.00 am Morning Tea

11.45 am Lunch

WEDNESDAY 22

9.45 am: Morning tea

10.00 am: Mah-jongg

11.45 am Lunch

1.00-2.30pm Music 4 Everyone

THURSDAY 23

9.30 am: Gentle Exercises

10.30 am: Morning Tea

11.00 am: Rummy Club/Cards

11.45 am: Lunch

1.00-3 pm: Art with Jane

FRIDAY 24

9.30 am **Bus Trip to Spotlight. Bring money for morning tea, gold coin for bus fare and to shop. Leaving Spotlight at 11.30am.**

Bookings essential 6126 9000

WEEK 5

MONDAY 27—Memory Lane

9.30 am Up Words

10.00 am Morning Tea

11.45 am Lunch

WEDNESDAY 29

9.00am **Bus Trip to Tulip Top Gardens**
Bring \$11.00 entry fee, money to buy morning tea and lunch, gold coin for bus fare. Tea and coffee free.

Bookings essential 6126 9000

THURSDAY 30

9.30 am: Gentle Exercises

10.30 am: Morning Tea

11.00 am: Rummy Club/Cards

11.45 am: Lunch

1.00-3 pm: Art with Jane

FRIDAY OCT 1

10.00 am: Morning Tea

10.30 am: Craft

11.45 am: Lunch

If you require any more information about any activities in this Newsletter or would like more information about the Centre4Seniors, please contact the Centre4Seniors Coordinator:

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