

Monday	Tuesday	Wednesday	Thursday	Friday	
Fijian-Indian Group 10.00am - 2.00pm	Social Group 9.30am -12.00pm Lunch is NOT included	Variety Group 10.00am - 2.00pm Lunch is included	Movie Group 1.00pm - 3.30pm Lunch is NOT included	Men's Shed 9.30am - 1.30pm Lunch is optional	Variety Group 10.00am - 2.00pm Lunch is included
Cultural stories 3 Participate in our gentle exercises and enjoy a conversation over morning tea. Share stories and experiences as we learn more about other cultures. Enjoy a shared lunch and join the group for some board games.	Day at the lake 4 Enjoy a day out on the water and in the sun as we take a boat trip at the Lake Burley Griffin. Afterwards, enjoy lunch with the group at Snapper on the Lake.	Birthday celebrations 5 Celebrate those born in December with the group before partaking in our monthly raffle. Put your apron on as we decorate biscuits and make mint balls! After some lunch, play a game of Rummikub or Bingo.	Film Fanatics 6 Join our social movie club filled with a diverse group of people who share a passion for film. Grab a bowl of popcorn as we watch films from the golden years to the cult classics and the latest blockbusters.	Woodwork and gardening 7 Attend our local Men's Shed and enjoy a day filled with gardening, woodwork and social activities. Worked up an appetite? Join the men for some lunch at our centre.	Celebrations and cooking Come down and celebrate those born in December with the group. Get cooking as we make a maltese Christmas log! After a meal with the group, enjoy a friendly game of balloon tennis.
Picnic at the pond 10 Join us as we head to Yerrabi Pond for a picnic. Share stories and talk about the year that was and the year to come over a meal with the group.	Christmas lunch 11 Come along for a shared Christmas lunch as we head to the Weston Centre4Seniors for lunch. Enjoy a fun day of entertainment and great food!	Christmas celebrations 12 Join us for our end of year Christmas lunch and party! Enjoy a great meal with friends and be entertained as we are joined by musical entertainer Dallas Aitkins.	Film Fanatics 13 Join our social movie club filled with a diverse group of people who share a passion for film. Grab a bowl of popcorn as we watch films from the golden years to the cult classics and the latest blockbusters.	Christmas fun 14 Enjoy a day with the men as we celebrate the end of year. Have some fun in our workshop and gardens and enjoy conversations amongst the group and other Christmas fun. After, enjoy a Christmas lunch together!	Christmas antics End the year the right way and join us for a Christmas celebration. Join in for some Secret Santa, play Christmas games and sing carols. Participate in our best dressed competition and enjoy a lunch with the group!
17 No program	18 No program	19 No program	20 No program	21 No program	No program

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24	25	26	27	28
No program	No program	No program	No program	No program
31				
No program				

Can We Help You

You can make your booking, discuss program contributions or direct any general enquiries by calling us on **6228 9200**. Please note that places are limited for all excursions, so book your spot now! Our services are available to all seniors. A small contribution is requested per program.



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Department of Health

If you wish to access Government funded services and you're aged 65 years or older, or if you are Aboriginal or Torres Strait Islander and 50 years or older, you will need to contact My Aged Care. They will assess your eligibility for a referral to our services under the Commonwealth Home Support Programme.

My Aged Care Centre
1800 200 422
www.myagedcare.gov.au
 Mon to Fri: 8am to 8pm
 Sat: 10am to 2pm

Call us on
(02) 6293 6500
 or visit us at
www.commsatwork.org

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