

### Tuesday

#### Variety Group

9.30am - 1.30pm  
Lunch is included

4

#### Christmas tunes

Enjoy a great, music-filled day as we are joined by Bill Motherway performing Christmas songs! After, enjoy conversations with the group over some lunch.

11

#### Christmas festivities

Finish off the year on a high note with a vibrant Christmas performance by the Silver Soles Cloggers! Then enjoy Christmas festivities and a Christmas lunch with the group for our last gathering for 2018.

18

No program

### Thursday

#### Variety Group

9.30am - 1.00pm  
Lunch is included

6

#### Exercise and games

Get moving and participate in some gentle exercises with fitness instructor Donna. Enjoy conversations over morning tea and a cuppa before joining in Christmas games with the group. After working up an appetite, enjoy social conversations over lunch!

13

#### Christmas music and lunch

Come along for our end of year Christmas party as we are joined by entertainer Bill Motherway. Enjoy the Christmas themed tunes. Participate in a Secret Santa lucky dip, enjoy some carols and a group lunch.

20

No program

#### Art Group

1.30pm - 4.00pm  
Afternoon tea provided

#### Seasonal still life

Sharpen your drawing skills while celebrating the silly season. Join our art group as we look at Christmas inspired still life.

#### Art projects

Now's your chance to finish off those unfinished projects ready for the new year! Join our local art group for our last gathering for the year as we work on those unfinished projects.

No program

### Friday

#### Men's Group

10.00am - 2.00pm  
Lunch is included

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#### Friends and fellowship

Join with our local men's group at our Centre4Seniors for some companionable conversation and a meal. Come along and meet old friends, or make new ones.

14

#### Burn's Club lunch

End your year the right way and join our men's group as we head to the Burn's Club for activities, social conversations and a Christmas lunch. Come along and meet old friends, or make new ones.

21

No program

#### Tuggeranong Women's Neighbourhood

10.00am - 12.00pm  
Lunch is NOT included

No program

No program

No program

### Tuesday

#### Variety Group

9.30am - 1.30pm  
Lunch is included

25

No program

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Lunch is included

27

No program

#### Art Group

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Afternoon tea provided

No program

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28

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10.00am - 12.00pm  
Lunch is NOT included

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.



**Australian Government**  
Department of Health

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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](http://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](http://www.commsatwork.org)



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