

## Monday

### Creative Projects Ngunnawal

10am-1pm

### The Woodwork Group Ngunnawal

1pm-3:30pm

### Fun and Games Holder

1:30pm-3:30pm

## Tuesday

### Healthy Living Ngunnawal

9:30am-1:30pm

## Wednesday

### Spice of Life Ngunnawal

10am-2pm

## Thursday

### Healthy Living Holder

9:30am-1:30pm

## Friday

### Mens Business Ngunnawal

10am-2pm

### Spice of Life Holder

10am-2pm

Please note that places are limited for all groups and bookings are essential, so book your spot by calling 6293 6254 or email [seniors@commsatwork.org](mailto:seniors@commsatwork.org)

SENIORS' PROGRAMS | 2022  
**communities**  
**at work**

### Healthy Living – Ngunnawal

Start your day right at our Healthy Living group held every Tuesday from 9:30am to 1:30pm at Ngunnawal. Here you'll spend the first half of the session engaging in various forms of exercise including chair yoga, strength and balance, and weight and resistance exercises. Afterwards, chat with friends over morning tea before joining in a range of activities focusing on health and nutrition. There will be cooking classes, market tours, informative talks and yummy lunches, all in a friendly and fun environment!

### Mens Business – Ngunnawal

Connection, construction and conversation! Come along to the Ngunnawal Mens Group, held every Friday from 10am to 2pm, morning tea and lunch included. Get your hands dirty in the garden, work on small woodwork projects in the workshop, or join in some healthy competition with a game or two! And don't forget about the excursions! We love heading out for lunch and exploring new places around Canberra. The opportunities are endless!

### The Woodwork Group – Ngunnawal

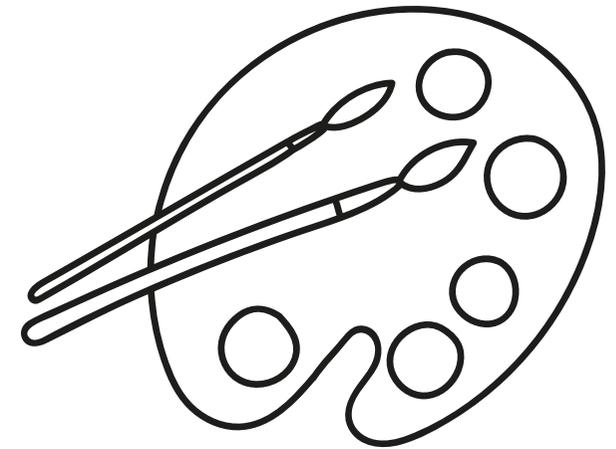
Come along to The Woodwork Group, held every Monday afternoon from 1pm to 3:30pm. We'll be working on a range of projects including wooden ornaments, children's toys, chopping boards, serving trays and much much more! Whether you are new to woodwork or are a seasoned pro, we'd love to have you along! Meet new people, learn new skills, and try something different! Afternoon tea will be provided.

### Spice of Life – Ngunnawal

They say, 'variety is the spice of life', so why not come along to our Variety Group at Ngunnawal, held every Wednesday from 10am to 2pm. From trivia to travel, bingo to bowling, pen pals and performers, and don't forget the excursions each month, there is something for everyone at the variety group! Morning tea and lunch will be provided.

### Creative Projects – Ngunnawal

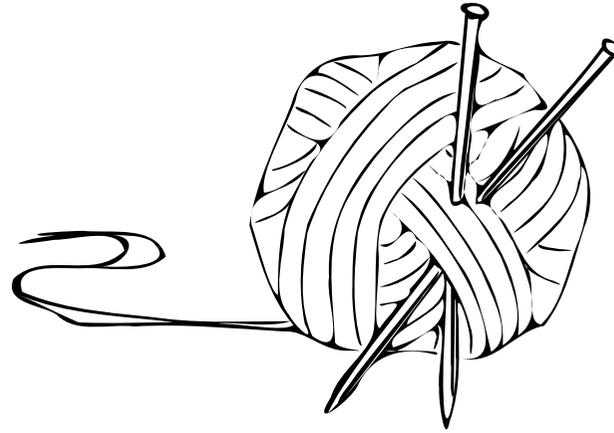
Work the right side of your brain and get your creative juices flowing at the Ngunnawal Creative Group, held every Monday afternoon from 1:30pm-3:30pm. There will be a wide range of creative activities on offer! Music to mosaics, painting to pottery, gardening to glazing, as well as some exciting collaborative projects, you are only limited by your imagination! Afternoon tea will be provided.



OUR GROUPS  
**communities**  
**at work**

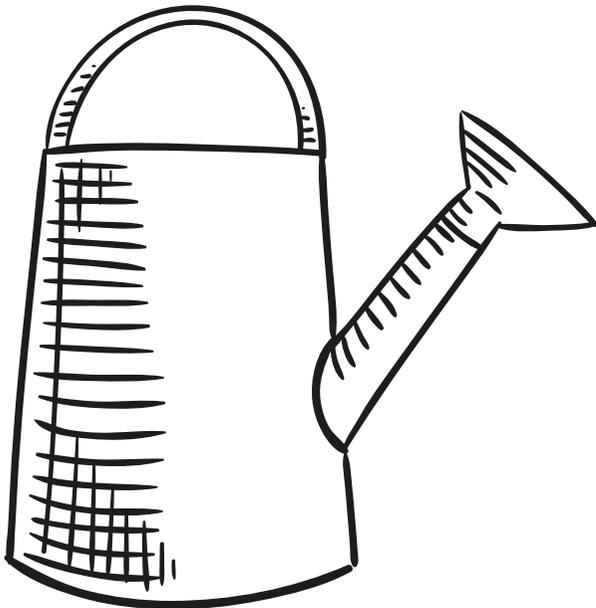
### Fun and Games – Holder

They say, 'variety is the spice of life', so why not come along to our Variety Group at Ngunnawal, held every Wednesday from 10am to 2pm. From trivia to travel, bingo to bowling, pen pals and performers, and don't forget the excursions each month, there is something for everyone at the variety group! Morning tea and lunch will be provided.



### Spice of Life – Holder

They say, 'variety is the spice of life', so why not come along to our Variety Group at Holder, held every Friday from 10am to 1pm. From trivia to travel, bingo to bowling, pen pals and performers, and don't forget the excursions each month, there is something for everyone at the variety group! Morning tea and lunch will be provided.



### Healthy Living – Holder

Start your day right at our Healthy Living group, held every Thursday from 9:30am to 1:30pm at Holder. Here you'll spend the first half of the session engaging in various forms of exercise including chair yoga, strength and balance, and weight and resistance exercises. Afterwards, chat with friends over morning tea before joining in a range of activities focusing on health and nutrition. There will be cooking classes, market tours, informative talks and yummy lunches, all in a friendly and fun environment!

