

Communities@Work

Seniors Programs Holder - December

2019

Tuesday	Thursday		Friday	
Variety Group 9:30am – 1:30pm Lunch is included	Variety Group 9:30am – 1:00pm Lunch is included	Art Group 1:30pm – 4:00pm Afternoon tea provided	Men's Group 10:00am – 2:00pm Lunch is included	Tuggeranong Women's Neighbourhood 10:00am – 12:00pm Lunch is NOT included
3 Appletree performance Come down and join us for a special festive day as we are joined by the Appletree Child Care Centre as they put on a special Christmas performance. Enjoy a catch up and conversations with group and share a nice meal together.	5 Christmas craft Come along and enjoy a social morning as we catch up over morning tea. Join in for a Christmas craft activity as we prepare for the festive season. After, join the group for conversations accompanied by a tasty meal.	5 Artistic afternoon Join our local art group for an artistic afternoon. Bring along your own art and carry on with existing projects or create something brand new!	6 Burn's Club Join us on a trip out as we head down to the Burn's Club for lunch. Enjoy a variety of foods with the men and catch up for social conversations with old friends or make some new ones.	6 No program No program.
10 Christmas party Join us for our end of year Christmas party! Get together with the group as we have our end of year send offs. Enjoy a toe tapping morning as we have a special performance by the Silver Soles Cloggers before enjoying Christmas lunch.	12 Christmas party Join us for our end of year Christmas party! Get together with the group as we have our end of year send offs. Enjoy an entertaining day as we are joined by musical performer, Dallas Atkins before enjoying Christmas lunch.	12 Christmas party Come along and join our Art Group as we have our end of year celebration. Enjoy a fun afternoon as we have our send offs before closing for the year.	13 Christmas party Join in the festivity at Ngunnawal as we head up for our end of year Christmas party. Enjoy great snacks, amazing lunch and a delicious desert. Exciting activities on offer with ecstatic social interactions to end the year in the best way!	13 No program No program.
17 No program No program.	19 No program No program.	19 No program No program.	20 No program No program.	20 No program No program.

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31 No program 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.

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.commsatwor



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