

Communities@Work

Seniors Programs Holder - August

2019

Tuesday	Thursday		Friday	
<p>Variety Group 9:30am – 1:30pm Lunch is included</p>	<p>Variety Group 9:30am – 1:00pm Lunch is included</p>	<p>Art Group 1:30pm – 4:00pm Afternoon tea provided</p>	<p>Men's Group 10:00am – 2:00pm Lunch is included</p>	<p>Tuggeranong Women's Neighbourhood 10:00am – 12:00pm Lunch is NOT included</p>
	<p>1 Indoor bowling Start your morning right with gentle exercise from our instructor. Then, see how well you score in a friendly competition of indoor bowling with the group. After join in social conversations over lunch with the group.</p>	<p>1 Paintings in Paris End your day the right way with our Art Group as we have a Paris themed afternoon. Look at paintings of the Arc de Triomphe to the Notre Dame and inspire your creativity.</p>	<p>2 Fun in the kitchen Do you enjoy food and Italy? Experience the best of both worlds as we make risotto at our centre. Learn how you can make a meal to remember! After enjoying some fun in the kitchen join the men for social conversations over lunch.</p>	<p>2 Craft for a cause Participate in our craft activities for a good cause. Make teddy bears and clothes for local emergency services and outreach programs or just come along for a chat over morning tea. Craft materials are provided.</p>
<p>6 Balloon tennis Come along and join us for social conversations over morning tea. After catching up, get moving with a friendly game or two of balloon tennis with the group. Worked up an appetite? Join in for conversations over lunch.</p>	<p>8 Memory games Have some laughs and fun as we are joined by our exercise instructor in the morning. Test your brain afterwards with some memory games with group before joining in for some social conversations over lunch.</p>	<p>8 Artistic afternoon End your day the right way and 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!</p>	<p>9 Fun and games Enjoy a fun filled day as we have a games day at Holder! Learn a new card game or two and bring out your competitive spirit or just enjoy the companionship. After, enjoy a chat and social discussion with the men over lunch.</p>	<p>9 Craft for a cause Participate in our craft activities for a good cause. Make teddy bears and clothes for local emergency services and outreach programs or just come along for a chat over morning tea. Craft materials are provided.</p>
<p>13 Poppy's Café Come along for a day out in Canberra as we head down to Poppy's Café at the Australian War Memorial for lunch. Catch up with friends or make some new ones and enjoy conversations over lunch ,</p>	<p>15 Bollywood Come along for a fun filled day as we hold a Bollywood themed day and celebrate Indian cinema culture. Enjoy a variety of Bollywood themed activities before joining the group for conversations over lunch.</p>	<p>15 'A Sense of Home' Come along and join in as we begin our art project for the Tennant's ACT art competition with a theme of 'A Sense of Home'. The exhibition celebrates strength in the community and its connection to the senses.</p>	<p>16 Popcorn and a movie Come along and enjoy an entertaining film with the group! Enjoy the full experience of popcorn and ice cream. After, join the men for friendly chats and social discussions over lunch.</p>	<p>16 Craft for a cause Participate in our craft activities for a good cause. Make teddy bears and clothes for local emergency services and outreach programs or just come along for a chat over morning tea. Craft materials are provided.</p>

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20 The Brite Notes Come along as we are joined by the musical group, The Brite Notes for a musical cabaret performance. Go for a trip to the past as they perform hits from the 50s. After, join in for some lunch with the group.	22 Indoor golf Start your morning right with some gentle exercises with the group. After, score a hole in one in a game of indoor golf before joining in with the group for lunch.	22 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!	23 Weston Irish Club End your week the right way and join our men as we head to the Weston Irish Club for activities, social conversations and lunch. Come along and meet old friends, or make new ones.	23 Craft for a cause Participate in our craft activities for a good cause. Make teddy bears and clothes for local emergency services and outreach programs or just come along for a chat over morning tea. Craft materials are provided.
27 Men's Minstrels After some morning tea, enjoy a fun, music filled day as we are joined by the Canberra Men's Choir Minstrels. After singing songs and tapping along, enjoy lunch with the group.	29 Reminiscence Start your morning right with our exercises in the morning. After, join in our reminiscence session looking back at some of the significant moments in our lives before enjoying lunch with the group.	29 'A Sense of Home' Come along to our local art group and join in as continue our art project for the Tennant's ACT art competition with a theme of 'A Sense of Home'.	30 Gungahlin Men's shed Come along for a trip out to the Northside of Canberra as we visit the Gungahlin Men's Shed for a hobby and model day. Enjoy social conversations with the men over lunch.	30 Craft for a cause Participate in our craft activities for a good cause. Make teddy bears and clothes for local emergency services and outreach programs or just come along for a chat over morning tea. Craft materials are provided.

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.commsatwork.org



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