

Communities@Work

Seniors Programs Ngunnawal - August

2019

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
			1 Love & Friendship Enjoy the period comedy film based on Jane Austen's novel <i>Lady Susan</i> . Starring Kate Beckinsale, <i>Love & Friendship</i> explores the life of recently the widowed Lady Susan.	2 Hearing Australia End your week right with social conversations over morning tea. After, we are joined by Hearing Australia who will provide hearing checks and information on how to best take care of your hearing.	2 Hearing Australia End your week right with social conversations over morning tea. After, we are joined by Hearing Australia who will provide hearing checks and information on how to best take care of your hearing.
5 Gentle exercises Start your week right with some gentle exercises in the morning. Join in for a craft project as we make scarves and beanies. Afterwards, join in for a board game or two with the group.	6 National Archives Come along for a trip out to the National Archives as we explore the new Dressmaker Costume Exhibition. After enjoying a walk around the Archives, enjoy lunch with the group at the Archives Café.	7 Monthly Raffle Come along and join in our monthly raffle and birthday celebrations before playing everyone's favourite, Bingo! After lunch, help prepare for our Indian Independence Day celebration next week.	8 The Hundred Foot Journey <i>The Hundred Foot Journey</i> explores the battle of two restaurants in a village, one run by an Indian family and the other, a lofty Michelin-starred restaurant.	9 Day in the shed Join our local Men's Shed for a day of woodworking, gardening and other activities! Work on current projects or start something new. Feeling social? Enjoy conversations with the men over a cuppa.	9 Craft and fun End your week with our Friday Variety group. Join us as we make craft for our Indian Independence Day celebration on the 14 th of August. Afterwards, join the group for conversations over lunch.
12 Hearing Australia Start your week right with social conversations with our group before we are joined by Hearing Australia. Hearing Australia will provide hearing checks and information on how to best take care of your hearing.	13 Guided relaxation Start your week right and enjoy a serene morning with our guided relaxation. After, join in for some fun with the group with word games and board games before we head off to lunch at the local club.	14 Independence Day Join us as we celebrate Indian Independence Day! Come along and dress up as we learn about Indian culture and join in a variety of activities. After, join in for social conversations over lunch.	15 First Wives Club Based on the novel of the same name, <i>The First Wives Club</i> is an American comedy film that follows three divorcées who seek revenge on their ex-husbands. Starring Bette Midler, Goldie Hawn and Diane Keaton.	16 Café Injoy End your week with our Men's Shed as we head out for an excursion to Café Injoy in Nicholls for social conversations with the men over lunch. Catch up with friends or make some new ones.	16 Scented candles Come along and join our Friday Variety group as we make scented candles. Enjoy a fun activity and the wonderful aromas. Keep for yourself or give as a gift. After, join the group for some lunch.

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19 Gentle exercises Start your week right with some gentle exercises in the morning. Join in for a craft project as we make scarves and beanies. Afterwards, join in for a board game or two.	20 Trivia & games Enjoy our guided relaxation before enjoying some morning tea with the group. After, enjoy a trivia quiz and word games before enjoying lunch with the group at the centre. <i>2pm finish time</i>	21 Embassy Tour Come along for a bus trip as we go for a scenic Embassy Tour in Canberra. After, head out to the Burn's Club for social conversations over a buffet lunch with a variety of food.	22 Hidden Figures <i>Hidden Figures</i> explores the lives of three women at NASA who serve as the brains behind one of the greatest operations in history: the launch of astronaut, John Glenn into orbit.	23 Joinery basics Come along and learn about the basics of joinery and learn how you can use pocket-holes with our demonstration. After a day in the shed, join in for social conversations over some lunch.	23 Stories & games End your week with our Friday Variety group. Join in for some short stories before participating in our brain games. After exercising your brain, join us for lunch with the group.
26 Craft & Fun Come along and join our Fijian Indian group for some gentle exercises in the morning. After join in for craft as we use paper and bangles before playing a few board games.	27 Guided relaxation Start your week right and enjoy a serene morning with our guided relaxation. After, join in for word games and board games before we head off to lunch at the local club.	28 Hearing Australia Come along as we are joined by Hearing Australia who will provide hearing checks and information on how to best take care of your hearing. After, enjoy social conversations over lunch.	29 Mr Magorium's Wonder Emporium Starring Dustin Hoffman <i>Mr Magorium's Wonder Emporium</i> explores the wonderful antics of a 243 year old, magical toy shop owner and his employees.	30 Hobby & Models Bring along a small hobby or model project to work on and welcome our visiting group, the Holder Men's Group. After, join the men for social conversations over lunch.	30 Telstra Tower Come along for a trip out to Black Mountain for a tour at one of Canberra's most iconic buildings, Telstra Tower. Enjoy lunch at the Tower's café and enjoy conversations with the group.

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.com.



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