

Communities@Work

Seniors Programs Ngunnawal - September

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
2 Games and knitting <i>Group will be held at our Holder Centre.</i> Start your week right with a nice cuppa over morning tea. Continue with our knitting projects and bring a meal and enjoy lunch with the group over games.	3 Burn's Club Come along for a trip down south as we visit the Burn's Club. Enjoy a delicious buffet with a vast amount of choices for lunch! <i>Group will finish at 2pm.</i>	4 Community safety Join in for our monthly birthday celebrations and raffle. We are then joined by a representative from ACT Policing as they will provide a presentation on community safety and awareness.	5 Imitation Game Starring Benedict Cumberbatch <i>The Imitation Game</i> explores the life of MI6 recruit who decrypted German intelligence messages for the British government during World War II.	6 Bush poetry Hear from one of our members of our Men's Shed as he provides a presentation on bush poetry. After, join the men for some conversations over lunch.	6 Bush poetry Hear from one of our members of our Men's Shed as he provides a presentation on bush poetry. After, join our group for some conversations over lunch.
9 Social gathering <i>Group will be held at our Holder Centre.</i> Kick start your week and enjoy social conversations over morning tea. Make new friends or catch up with old ones. Enjoy knitting and games with the group.	10 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.	11 Spring floristry Enjoy a demonstration on floral arrangements and get outdoors and prepare the garden for our Spring flowers! After working up an appetite, join the group for conversations over lunch.	12 No group today No Movie Group today. We apologise for any inconvenience.	13 Paper planes Join us for 'The Great Paper Plan Contest!' Build your own plane and add some flare with a bit of colour and participate in our prize competition with different categories to be won!	13 Craft day End your week the right way and join us for a craft day. Today, we are exploring clay and how you can make a beautiful leaf design bowl. After, join in for lunch with the group.
16 Exercise & craft Enjoy some morning gentle exercises before joining in for craft activities with the group. Bring a meal to enjoy lunch with the group and play a board game or two. <i>Group will be recommencing at our Ngunnawal Centre.</i>	17 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.	18 Tulip Tops Spend a lovely day outdoors and come along for a trip out to the Tulip Top Gardens as we enjoy a lovely Spring day out and enjoy the fresh flowers! Enjoy a picnic with the group after having a look around the gardens.	19 Entrapment Starring Sean Connery and Catherine Zeta-Jones, <i>Entrapment</i> focuses on the relationship between an investigator and the notorious criminal, Mac as they attempt a heist at the turn of the millennium.	20 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.	20 Clay bowls Join us as we continue with our clay bowls as we finish them off by painting and sealing them to create exquisite designs. After, join in for lunch with the group and enjoy social conversations.

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23 Tulip Top Gardens Spend a lovely day outdoors and come along for a trip out to the Tulip Top Gardens as we enjoy a lovely Spring day out and enjoy the fresh flowers!	24 Games and lunch Start your week right and enjoy a serene morning with our guided relaxation. After, join in for word games and board games before enjoying lunch at the centre. <i>2pm finish time.</i>	25 Music and games Enjoy a fantastic music filled day as we are joined by the Belconnen Singers who will be providing a musical performance. Afterwards join in a game of indoor ten pin bowling and see how well you score!	26 Mask of Zorro Based on the fictional character of Zorro, <i>The Mask of Zorro</i> follows the life of a thief who seeks revenge for the death of his brother with the aid of Zorro. The film stars Antonio Banderas and Anthony Hopkins.	27 Coffee day Join us as we celebrate International Coffee Day! Enjoy a range of coffee themed activities and sweets. Learn some coffee facts and grind your own coffee before joining the men for some lunch.	27 Tulip Tops Spend a lovely day outdoors and come along for a trip out to the Tulip Top Gardens as we enjoy a lovely Spring day out and enjoy the fresh flowers! Enjoy a picnic with the group after having a look around the gardens.
30 Exercise & craft Enjoy some morning gentle exercises before joining in for craft activities with the group. Bring a meal to enjoy lunch with the group and play a board game or two.					

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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