

Communities@Work

Seniors Programs Holder - September

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>3 National Stroke Week Come along and participate in Stroke Week as we are joined by a representative from the Stroke Foundation to help raise awareness around strokes and the foundation. Join in for discussions afterwards with the group over lunch.</p>	<p>5 National Stroke Week Join in our morning exercises before we are joined by a representative from the Stroke Foundation to help raise awareness around strokes and the foundation during Stroke Week. Join in for lunch afterwards with the group.</p>	<p>5 Spotlight excursion Are you creative and enjoying going out? Come along for a trip out to Queanbeyan as we visit Spotlight and explore a vast array of craft items to create future projects. Book in quick there are limited seats available!</p>	<p>6 Movie at Goodwin Come together to enjoy the surround sound of an old time movie at Goodwin Village. Continue with a meal and social conversation as we catch up on the week's events and share what impacted us from the film.</p>	<p>6 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>10 Financial info session Enjoy an information filled day as we are joined by Chris Richie, a financial advisor who will provide some basic financial information on how you get the most out of your dollar. Enjoy a meal with the group and join in for social conversations.</p>	<p>12 Spring gardening Start your day with our exercises from our fitness instructor from the YMCA. After getting active and loosening up, join us as we head into our courtyard to do some Spring gardening to kick of our Spring garden.</p>	<p>12 Air dry clay Ever wanted to make clay pottery? Well join us as we explore air dry clay and make all the things you've wanted to make with clay with a fraction of the work!</p>	<p>13 Social gathering Join our men's group for our weekly get together. Enjoy fun and games and share in some conversations and activities. Try a new game and enjoy the company of new and old friends. Afterwards, enjoy a meal cooked together in the centre!</p>	<p>13 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>17 Rodney's Café Enjoy the outdoors and nature? Enjoy delicious food? Then we have the excursion for you! Join our Tuesday Variety Group as we head out to Pialligo to enjoy a day out and lunch at Rodney's Garden Café.</p>	<p>19 Indoor bowling Start your day with our exercises with our fitness instructor from the YMCA. 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>19 Air dry clay End your day the right way and join our local art group as we continue to explore air dry clay. Learn how you can shape and mould the clay into exquisite shapes and designs!</p>	<p>20 Stirling Labour Club End your week the right way and join our men as we head to the Stirling Labour Club for activities, social conversations and lunch. Come along and meet old friends, or make new ones.</p>	<p>20 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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24 Fashion Project Come along and enjoy a fun filled day as we hold a fashion project! Discuss all things fashion as we look at clothes, jewellery and makeup. Feeling photogenic? Strike a pose for the camera before joining in conversations over lunch.	26 Financial session Enjoy an information filled day as we are joined by Chris Richie, a financial advisor who will provide some basic information on how you get the most out of your dollar. Enjoy a meal with the group and join in for social conversations.	26 Air dry clay End your day the right way and join our local art group as we continue to explore air dry clay. Learn how you can shape and mould the clay into exquisite shapes and designs!	27 National Arboretum Enjoy a social excursion to the National Arboretum. Relax amongst scenic views of Canberra and explore the planning and education of tree plantation. Enjoy a picnic lunch with new and old friends.	27 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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