

Communities@Work

Seniors Programs Holder - January

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
1 No program No program	3 No program No program	3 No program No program	4 No program No program	4 No program No program
8 Dream boards Start your year right by joining us for a fun-filled day at our new location in Holder! Come down as we make dream boards by using pictures to remind you of your goals and inspiration for the new year.	10 Exercises and fun Is getting active a New Year resolution? Join us at our new location in Holder as we have gentle exercises run by fitness instructor Donna. Afterwards, have a New Year's themed party in our courtyard!	10 Art and fun outdoors Join our local art group now located in our new location at Holder. Enjoy art outdoors as we explore creating art in natural sunlight in our new courtyard. Bring along your existing projects!	11 Outdoor fellowship Join our local men's group at our new location in Holder! Enjoy the weather in our courtyard and share in some conversations and activities. Afterwards, enjoy a meal with the men!	11 No program No program
15 Abstract art Come down and cool off as we learn to create abstract art with ice cube painting! Afterwards, enjoy social conversations over lunch with the group.	17 Balloon games Have some fun and games as we play some balloon games. Laugh as we work our way through balloon tests and challenges. After, enjoy conversations over some lunch.	17 Art as therapy Have a therapeutic and artistic afternoon and join our local art group as we learn about The Medicine Wheel and learn how you can design your own!	18 Lunch at the Raider's End your week the right way and join our men as we head to the Weston Raiders Club for activities, social conversations and lunch. Come along and meet old friends, or make new ones.	18 No program No program

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22 Museum and Gallery Enjoy art and history? Join us as we explore the art and history of Canberra as we head out on a trip to the Canberra Museum and Gallery for a fun-filled day.	24 Aussie fun day Celebrate Australia Day with the group in an Aussie Fun Day! Swat balloon flies, make koala bikies, sing Aussie songs and then test your brain with some Aussie Trivia.	24 Dream boards Come down and join our local art group as we make dream boards by using pictures to remind you of your goals and inspiration for the coming year.	25 Film at Goodwin Come along for a trip to the Goodwin Village in Monash as we enjoy an entertaining film with the group. Afterwards, enjoy a friendly chat and some social discussions over lunch.	25 No program No program
29 Brain training Put your brain to the test and join us for puzzles and exercises to keep your brain in tip top shape. Afterwards, enjoy a nice lunch with the group and participate in some social conversations.	31 Friends and games Have a fun-filled day at our Thursday Variety Group in Holder. Join in for social conversations and play a board game or three before sharing in some lunch with the group.	31 Art of felting Enjoy an artistic afternoon with our art group as we learn the art of felting and see what wonderful and creative ideas you can make with felt!		

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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