

Communities@Work

Seniors Programs Holder - April

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>2 Scarf Swap Start your week right with our Tuesday group and enjoy social conversations over morning tea. Catch up with old friends or make some new ones. Have a scarf? Bring along a fresh, unwanted scarf for a scarf swap.</p>	<p>4 Croquet and fun Start your day right with our exercises run by our YMCA instructor. After stretching out and getting active, enjoy a friendly game of croquet with the group before joining in conversations over lunch.</p>	<p>4 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!</p>	<p>5 Weston Raider's Club 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.</p>	<p>5 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>9 Easter craft Easter is just around the corner. Join our group as we learn how to make Easter baskets, the perfect gift for friends or family. After, enjoy conversations with the group over lunch.</p>	<p>11 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.</p>	<p>11 Group collage Enjoy a relaxed and creative afternoon with our Art Group. Join in with friends or make some new ones as we work on a group collage.</p>	<p>12 Social discussions Join our men's group for our weekly get together. Enjoy the weather in our courtyard and share in some conversations and activities. Afterwards, enjoy a meal with the men!</p>	<p>12 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>16 Trip to the MOAD Join us as we head out to the Museum of Australian Democracy and enjoy the new Craftivism exhibition. Observe the combination of craft and activism in the intricate detail of the quilts that represent the world's conscience.</p>	<p>18 Easter celebrations Come along for our Easter themed day! Try your knowledge in our Easter quiz or get creative and make some Easter cards. After, enjoy fellowship with the group over lunch.</p>	<p>18 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!</p>	<p>19 Good Friday No program, public holiday.</p>	<p>19 Good Friday No program, public holiday.</p>

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23 Karaoke Up for some fun and a laugh? Join us as we enjoy some karaoke with the group and maybe a duet or two. After working your vocal chords, enjoy conversations with the group over lunch.	25 Anzac Day No program, public holiday.	25 Anzac Day No program, public holiday.	26 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.	26 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.
30 Gardening Do you have a green thumb? Or maybe you just enjoy the outdoors? Come along as we bring a touch of green to our courtyard with some gardening. After, join in for lunch 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.commsat



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