

# Communities@Work

## Seniors Programs Ngunnawal - April

# 2019

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Fijian-Indian Group</b> 10:00am – 2:00pm	<b>Social Group</b> 9:30am – 12:00pm Lunch is <b>NOT</b> included	<b>Variety Group</b> 10:00am – 2:00pm Lunch is included	<b>Movie Group</b> 1:00pm – 3:30pm Lunch is <b>NOT</b> included	<b>Men's Shed</b> 9:30am – 1:30pm Lunch is optional	<b>Variety Group</b> 10:00am – 2:00pm Lunch is Included
<b>1 Stroke awareness</b> Come join in for some gentle exercises in the morning before we are joined by Robyn Pender from the Stroke Foundation providing an information session on stroke awareness and prevention.	<b>2 Guided relaxation</b> Start your week right with social conversations over morning tea. Join in for some guided relaxation before trying your hand in a game of Bingo. Afterwards, join the group for lunch at the club.	<b>3 Birthdays and fun</b> Celebrate those born in the month of April with birthday celebrations followed by our monthly raffle. After, join in for a game of Bingo or join in for some art and craft. Enjoy lunch with the group and a game of Rummikub.	<b>4 Out of Africa</b> Enjoy the American epic, romantic drama <i>Out of Africa</i> based in 20th-century colonial Kenya. The movie stars Meryl Streep and Robert Radford and is drawn from the life and writings of author Isak Dinesen.	<b>5 Musical performer</b> End your week the right way with a musical, fun filled morning as we are joined by the musical stylings of Dallas Atkins. After, join the men in the shed for some activities before joining the group for some lunch.	<b>5 Musical performer</b> End your week the right way with a musical, fun filled morning as we are joined by the musical stylings of Dallas Atkins. After, enjoy conversations with the group over lunch before joining in for a craft activity, Faberge eggs!
<b>8 Craft and games</b> Start your week right with gentle exercises in the morning followed by social conversations over morning tea and work on our crochet blanket project. After, join in for some board games.	<b>9 Fun and games</b> Enjoy social conversations over morning tea before unwinding with some guided relaxation. Test your knowledge with a quiz and a game or two of Rummikub. After, join the group for lunch at the club.	<b>10 The Brite Notes</b> Come along as we are joined by the musical group, The Brite Notes. Go for a trip to the past as they perform hits from the 50s. After, finish off our art projects or join in for some fun and games!	<b>11 Robin Hood</b> Come along for the action adventure, blockbuster hit, <i>Robin Hood Prince of Thieves</i> , based on the classic tale of Robin Hood. Starring Kevin Costner, Morgan Freeman and the late Alan Rickman.	<b>12 Clock making 101</b> Enjoyed our last clock making session or maybe you missed it? Join us as we have a second look at the basics of clock fit ups and carcass construction. Feeling social? Chat over a cuppa with the men.	<b>12 Cooking activity</b> Grab your apron as we look at making Figolli, a traditional Maltese Easter Biscuit. After enjoying lunch with the group, decorate the biscuits and wrap some to take home!
<b>15 Trip to the park</b> Come along with our group as we head down to the Canberra southside as we visit the Tuggeranong park and go for a stroll followed by lunch at a local cafe.	<b>16 Burns Club</b> Come along on a bus trip to everyone's favourite, the Burns Club! Enjoy a variety of foods at the Star Buffet and enjoy conversations with the group over lunch.	<b>17 Mount Stromlo</b> Enjoy a taste of Canberra's history and one of our most iconic landmarks, the Mount Stromlo Observatory, as we head out on a trip for the day. Enjoy lunch and conversations with the group at the cafe.	<b>18 Chocolat</b> Join us for the romantic, comedy-drama <i>Chocolat</i> based on the novel of the same name. The movie follows a young mother who soon learns how her chocolate can influence her small town in different and interesting ways.	<b>19 Good Friday</b>  No program, public holiday.	<b>19 Good Friday</b>  No program, public holiday.

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<b>22 Easter Monday</b>  No program, public holiday.	<b>23 Guided relaxation</b> Enjoy social conversations over morning tea before unwinding with some guided relaxation. Test your knowledge with a quiz and a game or two of Rummikub. After, join the group for lunch at the club.	<b>24 Anzac Day Eve</b> Join our group on the eve of Anzac Day for our acknowledgement and quiz of those who served. Enjoy our cooking activity as we make Anzac biscuits before joining in a game of Bingo!	<b>25 Anzac Day</b>  No program, public holiday.	<b>26 Day in the shed</b> 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.	<b>27 Trip to Lanyon</b> Come along for a tour of the 1850's restored, Lanyon Homestead. Discover the Convict-era outbuildings and explore the stunning gardens. Additional \$7 tour fee applies, lunch included.
<b>29 Botanic Gardens</b> Join our Fijian-Indian group as we head out on a trip to the Australian National Botanic Gardens. Enjoy a day in the outdoors and see the wonderful natural gardens.	<b>30 Brain games</b> Unwind with some guided relaxation and social conversations over morning tea. After, exercise your mind with some brain games before joining the group for lunch at the local club.				

## 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](http://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](http://www.commsatwork.org)**



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