

## MAY | 2022

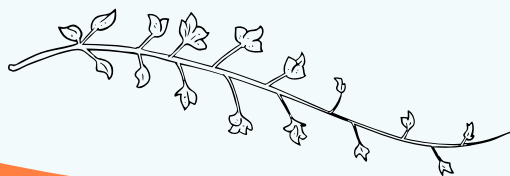
### Monday

#### May 2nd

**FUN & GAMES 1:30pm-3:30pm**  
Come along with your thinking caps and join us for a game of Trivial Pursuit! Team up with friends as we explore a variety of topics, from science to geography, history to entertainment - let's test our knowledge! Who knows, you might surprise yourself with how much you know!

#### May 9th

**FUN & GAMES 1:30pm-3:30pm**  
Join us for a special afternoon tea as we celebrate the wonderful Mums in our program! We'll share stories, experiences and learn more about Mothers Day traditions around the world!



### Thursday

#### May 5th

**HEALTHY LIVING 9:30am-1:30PM**  
Start your day right with chair yoga with Negar! Afterwards, let's delve into learning about plant leaves and their health benefits. We'll look at some of our favourite leaves and identify foods that we only eat the leaves of. After lunch, we'll finish with a leafy brew of tea!

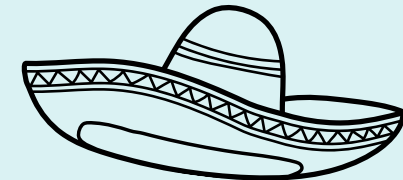
#### May 12th

**HEALTHY LIVING 9:30am-1:30PM**  
Join us for chair yoga before we explore the Autumn colours and leaves of Canberra with a scenic drive! We will stop for morning tea at a surprise viewing point before returning to the centre for a delicious warm lunch!

### Friday

#### May 6th

**SPICE OF LIFE 10am-2pm**  
Hola! Today we will be jetting off to Mexico to celebrate Cinco de Mayo! Complete with passports, piñatas, sombreros, and a delicious lunch, join us for the trip of a lifetime!



#### May 13th

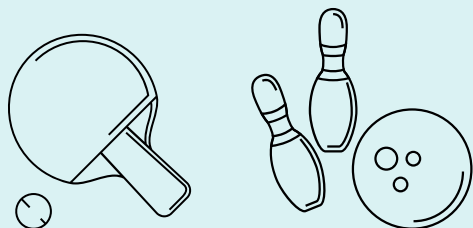
**SPICE OF LIFE 10am-2pm**  
Join us for a day at the centre as we host our own Masters Games! Team up with friends as we compete in a variety of fun games that are bound to get you laughing!

## Monday

### May 16th

#### FUN & GAMES 1:30pm-3:30pm

Join with friends and catch up over afternoon then! Then, we'll share in some friendly competition and get moving with a variety of fun games. Team up and try your hand at bowling and table tennis!



### May 23rd

#### FUN & GAMES 1:30pm-3:30pm

Today we'll be looking at all things movies! The annual Cannes Film Festival is coming up so we'll be testing your knowledge of some classic movies and getting to know some famous actors. Don't forget the popcorn!



## Thursday

### May 19th

#### HEALTHY LIVING 9:30am-1:30pm

Start your day right with chair yoga with Negar! Enjoy catching up with friends over morning tea before we move onto some fun games! We'll try some tricky brain teasers, memory extensions and physical challenges as we enjoy keeping our body and mind fit and active!

### May 26th

#### 'SILVER IS GOLD' SENIORS EXPO!

Today we'll be heading to the Silver is Gold Seniors Expo! The expo will feature a range of health, leisure and lifestyle stalls catering to all seniors. There will be giveaways and exciting prizes. All seniors are welcome, entry by gold coin donation. If you would like to come along, please let your group facilitator know or book by calling 6293 6254.

## Friday

### May 20th

#### SPICE OF LIFE 10am-2pm

Today we will be celebrating the International Day for Biological Diversity, looking at all things nature and animals! We'll explore some interesting facts about our nature, look at what's in our own backyard and learn more about our favourite animals through some fun games and quizzes!



### May 27th

#### SPICE OF LIFE 10am-2pm

Roll up! Roll up! Join us as we visit the National Library to see an exhibition about the history of the circus in Australia. Afterwards, we'll have lunch at the library café before a scenic drive back to the centre.