

SENIOR'S PROGRAMS

NGUNNAWAL

MAY | 2021

Monday

May 3rd

**THE CULTURE EXCHANGE
10AM-1PM**

Join with friends as we watch 'The Best Exotic Marigold Hotel'. Afterwards, share in lunch and continue our knitting project for The Canberra Hospital Foundation.

May 10th

**THE CULTURE EXCHANGE
10AM-1PM**

Come along to the group as we continue our knitting project for The Canberra Hospital Foundation before sharing lunch in the courtyard in the beautiful Autumn weather.

Tuesday

May 4th

**LETS GET PHYSICAL
9:30am-11:30am**

Start your morning right with chair yoga! Afterwards, join in morning tea and a game!

**BOOKWORMS & FILMBUFFS
1pm-3:30pm**

Come along as we continue the series 'The Crown' over afternoon tea and popcorn!

May 11th

**LETS GET PHYSICAL
9:30am-11:30am**

Start your morning right with chair yoga! Afterwards, join in morning tea and a game!

**BOOKWORMS & FILMBUFFS
1pm-3:30pm**

Come along as we continue the series 'The Crown' over afternoon tea and popcorn!

Wednesday

May 5th

SPICE OF LIFE 10am-2pm

Come along as we celebrate Mothers! Little Penguins will be visiting for some activities. After lunch, we will play a fun game of 'mother's recognition' using old photos of clients as a babies and children before creating our own mother-inspired haiku poems.

May 12th

SPICE OF LIFE 10am-2pm

Come along and learn about Eid al Fitr - celebrating the end of Ramadan by Muslim people. We will eat a delicious traditional Turkish lunch before activities that will teach us about Muslim culture.

Friday

May 7th

MENS BUSINESS 10am-1pm

Join us we celebrate Star Wars Week! Join in Star Wars themed activities before lunch with the group.

**CREATIVE PROJECTS
1:30pm-3:30pm**

We will be making our own picture frames! Gift it to a friend or keep it for yourself!

May 14th

MENS BUSINESS 10am-1pm

We will be heading on a scenic drive before lunch at the Yacht Club!

**CREATIVE PROJECTS
1:30pm-3:30pm**

Get creative making mosaic tiled coasters with friends!

Communities@Work

Monday

May 17th

THE CULTURE EXCHANGE 10am-1pm

Join us as we watch a TED Talk. This week, we will be looking at the topic of wisdom from great writers on every year of life! Afterwards, share your thoughts over lunch with friends.

May 24th

THE CULTURE EXCHANGE 10am-1pm

Today, we will be heading out on a scenic bus trip around Canberra to enjoy the last of the Autumn landscape! We will be collecting autumn leaves to make bookmarks as a gift or for yourself to keep!

Tuesday

May 18th

LETS GET PHYSICAL 9:30am-11:30am

Start your morning right with chair yoga! Afterwards, join in morning tea and a game!

BOOKWORMS & FILMBUFFS 1pm-3:30pm

Come along as we finish season one of 'The Crown' and discuss your thoughts on the series!

May 25th

LETS GET PHYSICAL 9:30am-11:30am

Start your morning right with chair yoga! Afterwards, share in morning tea!

BOOKWORMS & FILMBUFFS 1pm-3:30pm

Join with friends as we work our way through some of our favourite movies, as chosen by you!

Wednesday

May 19th

SPICE OF LIFE 10am-2pm
Come and celebrate Library and Information Week! The children from Little Penguins will visit us for story time and book-mark making. A representative from Libraries ACT will speak to us about what programs are available for you to participate in at your local library.

May 26th

SPICE OF LIFE 10am-2pm
Join us as we host Australia's Biggest Morning Tea! Dress in yellow and blue and enjoy some fun craft activities and games. Gold coin donations will be given to The Cancer Council to continue their great work and research.

Friday

May 21st

MENS BUSINESS 10am-1pm
Spend the day reminiscing with friends. Bring in something special to you and share the story behind it over lunch!

CREATIVE PROJECTS 1:30pm-3:30pm

Try something a little luxurious and make your own bath bomb!

May 28th

MENS BUSINESS 10am-1pm
Finish your week the right way, a classic movie with mates, popcorn included!

**CREATIVE PROJECTS
1:30pm-3:30pm** Join us as we make scented candles over afternoon tea!