

# Communities@Work

## Seniors Programs Holder - February

# 2019

Tuesday	Thursday		Friday	
<b>Variety Group</b> 9:30am – 1:30pm Lunch is included	<b>Variety Group</b> 9:30am – 1:00pm Lunch is included	<b>Art Group</b> 1:30pm – 4:00pm Afternoon tea provided	<b>Men's Group</b> 10:00am – 2:00pm Lunch is included	<b>Tuggeranong Women's Neighbourhood</b> 10:00am – 12:00pm Lunch is <b>NOT</b> included
			<b>1 Outdoor conversations</b> Join our men's group for our weekly get together. Enjoy the weather in our courtyard and share in conversations and activities. Learn how you can have your feedback and complaints resolved.	<b>1 No program</b>  No program
<b>5 OPALS Information</b> Come along for an information session about Older Persons ACT Legal Services. Find out how Legal Aid can help you. After, join the group for conversations over lunch.	<b>7 Ice breakers</b> Get moving and participate in gentle exercises from our fitness instructor. Join us as we get to know each other in a whole new way as we play ice breaker games before sharing in some lunch together.	<b>7 Card making</b> Bring your art books as we are making cards out of your existing paintings. Find out the beautiful designs you can make by recycling old work.	<b>8 National Museum</b> Join our men's group for a trip to the National Museum of Australia where we will explore the many interesting and inspiring exhibits about life in Australia and the world.	<b>8 Craft for a cause</b> 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.
<b>12 Royal Australian Mint</b> Grab a seat on the bus as we head to the Royal Australian Mint for an excursion. Come along for a tour as we view the 'Long ago, today, tomorrow' art installation.	<b>14 Valentine's Day craft</b> Get moving and participate in gentle exercises from our fitness instructor. Learn how you can have your feedback and complaints resolved. Afterwards, get crafty as we make Valentine's Day themed decorations before enjoying some lunch together.	<b>14 Heart shaped boards</b> Come along for a group project as we make a large, hard shaped notice pin board for use in our senior's centre.	<b>15 Legal Aid ACT</b> Join our men's group for our weekly get together at our home in Holder. We will be visited by an expert from Legal Aid ACT who will provide us with a presentation on legal issues facing older people. Afterwards, enjoy a meal with the men!	<b>15 Craft for a cause</b> 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.

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<b>19 Outdoor gardening</b> Head outdoors as we begin work in our courtyard. Fertilise our pot plants and plan for the new garden! Learn how you can have your feedback and complaints resolved. After, join the group for lunch.	<b>21 OPALS information</b> Join in for some morning exercises with our fitness instructor. Come along for an information session about Older Persons ACT Legal Services. Find out how they can help you.	<b>21 Cross stitching</b> Join our local art group for a fun-filled afternoon as we explore cross stitching. Learn how to cross stitch on a large scale and explore collaborative work.	<b>22 Film at Goodwin</b> 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.	<b>22 Craft for a cause</b> 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.
<b>26 Fun and games</b> Join our variety group in Holder as we have a fun filled day. Enjoy chatting with the group as we play a variety of board games. Feeling hungry? Enjoy lunch with the group afterwards.	<b>28 Card games</b> Get moving and participate in exercises facilitated by our fitness instructor. After, play a hand of cards with the group before engaging in social conversations over lunch.	<b>28 Painting outdoors</b> Grab your painting materials and join our group as we head outdoors. Enjoy painting under the natural light in the courtyard.		

## 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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