

Communities@Work

Seniors Programs Holder - October

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>1 Spring gardening Come along and enjoy a day in the outdoors! Join us as we head out into our courtyard to do some spring gardening. After working up an appetite join the group for social conversations over lunch.</p>	<p>3 Fitness and fudge Start your day the right way with our exercises by our YMCA fitness instructor. After getting active, join the group as we make and taste some delicious fudge. After join for social conversations with the group over lunch.</p>	<p>3 Mosaics and painting End your day the artistic way with our art group. Join us as we spruce up our garden for Spring as we finish off our mosaic bird path. Fancy paint? Help us paint some garden containers to add a bit of colour to the garden.</p>	<p>4 Stroke foundation Come along as we are joined by a representative from the Stroke Foundation to help raise awareness around strokes and the foundation. Join in for discussions afterwards with the group over lunch.</p>	<p>4 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>8 Sherbet making Bring back those sweet memories of old as we learn how to make this old fashioned, delicious treat, sherbet! After a walk and taste down memory lane, join the group for a social catch up over some lunch.</p>	<p>10 Bowling Start your day the right way with our exercises by our YMCA fitness instructor. After, join the group outdoors and enjoy a game or two of bowling. Can you score a strike? After working up an appetite enjoy some lunch.</p>	<p>10 Artistic Afternoon Join our local art group for an artistic afternoon and end your day the right way. Bring along your own art and carry on with existing projects or create something brand new!</p>	<p>11 Movie at Goodwin Come together to enjoy the surround sound of an old time movie at Goodwin Village. Continue with a meal and social conversation as we catch up on the week's events and share what impacted us from the film.</p>	<p>11 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>15 Clothing and pantry Join us as we head out for a tour of the Communities@Work clothing program and pantry. Learn about the services available to the community and perhaps model some clothing! Limited spaces available, book in quick to secure a spot.</p>	<p>17 Card making Come along and get active as we our joined by our YMCA fitness instructor for some light morning exercise. After, join in for a craft activity as we make cards to celebrate birthdays and other special occasions before joining in for lunch.</p>	<p>17 Shibori dyeing Bring along a white cotton item to dye as we have fun with Shibori dying! Enjoy learning the Japanese technique of dyeing to create beautiful patterns and garments.</p>	<p>18 Silver Treads Dance Come along for a trip up to our Ngunnawal centre as we visit our Gungahlin Men's Shed for a fantastical toe tapping morning as we are joined by the wonderful Silver Treads Tap Dance group. Afterwards, join the group for some lunch.</p>	<p>18 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>

Tuesday	Thursday		Friday	
Variety Group 9:30am – 1:30pm Lunch is included	Variety Group 9:30am – 1:00pm Lunch is included	Art Group 1:30pm – 4:00pm Afternoon tea provided	Men's Group 10:00am – 2:00pm Lunch is included	Tuggeranong Women's Neighbourhood 10:00am – 12:00pm Lunch is NOT included
22 Felt bird brooches Add a splash of colour and fun to your wardrobe as we make felt bird brooches that you can wear. After, catch up with old friends or make some new ones with conversations over lunch.	24 Bingo and exercises Start your morning our exercises from our YMCA instructor before enjoying everyone's favourite, Bingo. After, catch up with old friends or make some new ones with conversations over lunch.	24 Artistic Afternoon Join our local art group for an artistic afternoon and end your day the right way. Bring along your own art and carry on with existing projects or create something brand new!	25 Burn's Club End your week the right way and join our men as we head to the to the Burn's Club. Enjoy catching up with the men and having a chat whilst enjoying the varied amounts of food at the buffet.	25 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.
29 Vogue exhibition Come along for a trip through the times as we visit the National Portrait Gallery to view the Vogue Exhibition. Explore the past 60 years of the fashion magazine displaying some of the most iconic celebrities.	31 Gardening and fun Start your day the right way with our exercises by our YMCA fitness instructor. After, join the group outdoors as we enjoy a day of Spring gardening. After, join the group for conversations over lunch.	31 Fun with felt Enjoy an artistic and sensory afternoon as we use felt to make necklaces. Find out how you can create beautiful accessories using felt decorations.		

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.commsatwork.org



Australian Government
Department of Health

Funded by the Australian Government
Department of Health

 Find us on
Facebook