

# Communities@Work

## Seniors Programs Ngunnawal - February

# 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 Gardening day</b> Join us for a day of gardening in the courtyard as we set up the trellis and hanging baskets. Hear about our feedback and complaints process before joining with the group for some lunch.	<b>1 Cultural day</b> Join us as we have a Chinese New Year celebration. Hear about our feedback and complaints process and enjoy a fun-filled day with a variety of activities and food.
<b>4 Social day</b> Join in for some morning gentle exercises followed by morning tea. Afterwards, work on some knitting projects before playing some board games.	<b>5 Light exercises</b> Meet for some light exercises before partaking in some brain games. After, join the group for some lunch at the local club.	<b>6 Bingo and raffle</b> Join us as we celebrate our monthly birthdays with the group. Join in our monthly raffle before playing everyone's favourite, Bingo!	<b>7 Film fanatics</b> Come down and enjoy a movie with a diverse group of people who share a passion for film. Join us as we watch films from the golden years to cult classics and the latest blockbusters.	<b>8 Picnic in the park</b> Come down and join our group as we head out for an excursion to the Weston Park. Join in for some lunch in the outdoors and enjoy social conversations.	<b>8 Picnic in the park</b> Come down and join our group as we head out for an excursion to the Weston Park. Join in for some lunch in the outdoors and a game of mini golf or ride the mini train.
<b>11 Corin Forest</b> Come along for a trip out to Corin Forest with the group as we spend a day outdoors and share some conversation over lunch.	<b>12 Music at Midday</b> Join us as we visit the Canberra Theatre for the Music at Midday performance at the Canberra Theatre. After, it's lunch at Snappers.	<b>13 Life stories</b> Start your morning with some exercises with the group. Hear about our feedback and complaints process, after join in some reminiscence therapy as we share life stories of the members.	<b>14 Film fanatics</b> Come down and enjoy a movie with a diverse group of people who share a passion for film. Join us as we watch films from the golden years to cult classics and the latest blockbusters.	<b>15 Bush poetry</b> Hear from one of our members of our Men's Shed as he provides a presentation on bush poetry and his experiences serving in the military. After join the group for some lunch	<b>15 Bush poetry</b> Hear from one of our members of our Gungahlin Men's Shed as he provides a presentation on bush poetry. After, make some bird treats for our garden before enjoying some lunch with the group.

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<b>18 Gentle exercises</b> Start your morning the right way with some gentle exercises with the group. After, have some morning tea with the group before working on some knitting projects.	<b>19 Social morning</b> Start your day with social conversations over morning tea, followed by some light exercises with the group. After working up the appetite, join us at the club for some lunch.	<b>20 Mystery tour</b> Come along for a scenic bus trip with the group and behold some of the sights of Canberra. Afterwards, come along for a trip to a special location for lunch!	<b>21 Film fanatics</b> Come down and enjoy a movie with a diverse group of people who share a passion for film. Join us as we watch films from the golden years to cult classics and the latest blockbusters.	<b>22 Workshop day</b> Join our local Men's Shed for a day of woodworking and gardening. Enjoy social conversations over a cuppa before working on some projects in the shed.	<b>22 Tree of life</b> Get crafty as we have an arts and craft day and work on a collaborative project for the centre to reflect our cultural diversity before sharing lunch with the group.
<b>25 Picnic in the park</b> Hop on the bus for a trip to the John Knight Park in Belconnen. Join our group as we have a picnic in the park and share in some stories together.	<b>26 Gold Creek Cafe</b> Enjoy light exercises in the morning before getting into a game of Rummikub! Hear about our feedback and complaints process before joining us as we head to the Gold Creek Café Injoy for some lunch.	<b>27 Songs and music</b> Have a fun-filled, musical day as we are joined by the Belconnen Singers. After, enjoy ten-pin bowling and some lunch.	<b>28 Film fanatics</b> Come down and enjoy a movie with a diverse group of people who share a passion for film. Join us as we watch films from the golden years to cult classics and the latest blockbusters.		

## 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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