

Communities@Work

Seniors Programs Ngunnawal - January

2019

Monday	Tuesday	Wednesday	Thursday	Friday	
Fijian-Indian Group 10:00am – 2:00pm	Social Group 9:30am – 12:00pm Lunch is NOT included	Variety Group 10:00am – 2:00pm Lunch is included	Movie Group 1:00pm – 3:30pm Lunch is NOT included	Men's Shed 9:30am – 1:30pm Lunch is optional	Variety Group 10:00am – 2:00pm Lunch is Included
	1 No program No program today	2 No program No program today	3 No program No program today	4 No program No program today	4 No program No program today
7 Activity No program today	8 Mind and body Start your year the right way by exercising your body with some gentle exercises and test your brain with some brain games. Afterwards, join the group as they head to the club for lunch.	9 Get active Start you year the fun way with dancing and chair exercises. Celebrate those born in January before sharing a lunch together. Afterwards, enjoy a round of everyone's favourite game, Bingo!	10 Film fanatics 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.	11 Pen turning Looking to sharpen your woodworking skills? Go no further as the group looks at an introduction to pen turning. Come and learn the basics of turning a pen on wood lathe. Join the group for lunch afterwards.	11 Picnic in the park Enjoy the outdoors and lush scenery? Come along and join our group as we head out to Weston Park for a picnic in the park and have some fun amongst friends or make some new ones.
14 Planning day Come down and enjoy some gentle exercises with the group before sharing in a morning tea and cuppa. Join in as we plan for the year to come and play some board games.	15 Fun and games Get social as we have fun with Rummikub, enjoy morning tea and some light exercise. Afterwards, join the group for some lunch at the club.	16 Courtyard fun Get moving and join in with the group with some fun exercises and dance moves. Help brighten up our courtyard by planting flowers before joining in for lunch.	17 Film fanatics 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.	18 Stories from Africa Come down and join our local Men's Shed as one of our members Glen presents part two of his adventures in Africa followed by a delicious lunch with the group.	18 Silk scarves Learn how you can dye your own beautiful scarf as we look at silk scarf dying. Afterwards enjoy some lunch with the group. An additional cost of \$10 per scarf applies.

Monday	Tuesday	Wednesday	Thursday	Friday	
Fijian-Indian Group 10:00am – 2:00pm	Social Group 9:30am – 12:00pm Lunch is NOT included	Variety Group 10:00am – 2:00pm Lunch is included	Movie Group 1:00pm – 3:30pm Lunch is NOT included	Men's Shed 9:30am – 1:30pm Lunch is optional	Variety Group 10:00am – 2:00pm Lunch is Included
21 Group projects Start your week right with some gentle exercises with the group before sharing in some morning tea. Look at group projects for the year, have lunch and play board games.	22 BBQ and games Come along for some light exercises and a game or two of Rummikub. After, enjoy a BBQ as the group celebrates Australia Day!	23 A day in Canberra Enjoy a day out in Canberra as the group goes out to Black Mountain Peninsula for a picnic outdoors. Have some social fun and games with the group.	24 Film fanatics 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.	25 Australia Day Australia Day celebration! Try your luck in the thong throwing competition, listen to iconic Aussie singers and enjoy an Aussie BBQ. Prizes for the best dressed Aussie!	25 Australia Day Australia Day celebration! Try your luck in the thong throwing competition, listen to iconic Aussie singers and enjoy an Aussie BBQ. Prizes for the best dressed Ozzy!
28 Public holiday No program	29 Statesmen Hotel Join us for a trip out in Canberra as we visit some historical buildings in Canberra with a trip down to Curtin for lunch at The Statesman Hotel.	30 Celebrity head Start the day with some stretches and cardio followed by a fun game of 'Celebrity Head'. Each table will compete against one another to win the competition! After, join in for lunch with the group.	31 Film fanatics 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 |
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