

# Communities@Work

## Seniors Programs Ngunnawal - March

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 Clock making</b> Join our local Men's Shed for a day of woodworking and clock making 101. Learn about the basics of making a simple, yet functional, desk piece.	<b>1 Cultural project</b> Come down and join our variety group as we put the finishing touches on our cultural project. Enjoy conversations with friends over lunch.
<b>4 Craft for a cause</b> Start your week right with some gentle exercises with the group before sharing in morning tea. After join the group in knitting or crocheting for nursing homes before enjoy lunch with the group.	<b>5 Gentle exercises</b> Come along to test your skills with everyone's favourite, Rummikub! After, join the group and get some nice gentle exercises in with before going off to the local club for lunch.	<b>6 Cooking fun</b> Celebrate those born in the month of March with birthday celebrations followed by our raffle. After, reap the rewards of the harvest and join in a cooking activity using produce from our garden!	<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 Pen turning</b> Come into the workshop as we revisit pen turning for part 2 of our introduction to pen turning. Missed the first workshop? Enjoy a recap of the previous pen turning demo.	<b>8 Get crafty</b> Help prepare for our St Patrick's Day celebration as we make wreath to celebrate all things Irish. Bring along green material or ribbon if you have some. After, join in for conversations over lunch.
<b>11 Public holiday</b>  No program	<b>12 Brain games</b> Get your feet moving and come down for gentle exercises in the morning. After exercising your body exercise your mind with brain games followed by lunch at the local club.	<b>13 Musical fun</b> Come along as we are joined by everyone's favourite entertainer, Bill Motherway! After, join in our St Patrick's Day celebration before enjoying conversations with the group over lunch.	<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 Musical fun</b> Come along as we are joined by everyone's favourite entertainer, Bill Motherway! After, join in our St Patrick's Day celebration before enjoying conversations with the group over lunch.	<b>15 Musical fun</b> Come along as we are joined by everyone's favourite entertainer, Bill Motherway! After, join in our St Patrick's Day celebration before enjoying conversations with the group over lunch.

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<b>18 Boat cruise</b> Enjoy a day an Autumn day outdoors as we head out to Lake Burley Griffin for a cruise on the lake. After, join the group for lunch at the Yarralumla cafe.	<b>19 Seniors Week</b> Join us for the annual big day out trip to the Chief Minister's concert as we celebrate Senior's Week. Enjoy a musical performance before heading off to the Arboretum for lunch.	<b>20 Life stories</b> Get crafty as we start on a collaborative project for the centre or stimulate your brain with a quiz. After lunch, hear some life stories from our clients.	<b>21 Senior's Expo</b> Come along as we head out to the Senior's Expo. Join us as we head to Exhibition Park and find out information about what services are available to you. <b>(There is no movie group in the afternoon)</b>	<b>22 Trip to the inn</b> Join our local men's group as we go out on an excursion to the Old Canberra Inn in Lyneham. Enjoy social conversations with the men over lunch.	<b>22 Cooking demo</b> End your week with our Friday variety group and enjoy social conversations over morning tea. After, join us for a cooking demonstration as we look at how you can make beetroot and feta dip.
<b>25 Craft for a cause</b> Start your week right with some gentle exercises with the group before sharing in morning tea. After join the group in knitting or crocheting for nursing homes before enjoy lunch with the group.	<b>26 Gentle exercises</b> Come along to test your skills with everyone's favourite, Rummikub! After, join the group and get some nice gentle exercises in with before going off to the local club for lunch.	<b>27 Walk in the aviary</b> Enjoy an Autumn day in the outdoors as we go on a trip to Gold Creek to visit the Walk in Aviary. See a variety of native Australian birds. After, have lunch with the group at the Harcourt Inn.	<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.	<b>29 Workshopping</b> Join our local Men's Shed for a day of woodworking, gardening and other activities. Work on current projects or start something new. Feeling social? Enjoy conversations with the men over lunch.	<b>29 Museum trip</b> Head out for a bus trip as we head to the National Museum of Australia for a day out. After working up your appetite, enjoy lunch with the group at the cafe.

## Can we help you?

You can make your booking, discuss program contributions or direct any general enquiries

by calling us on **02 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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