

Monday

Creative Projects Holder

10am-1pm

Fun and Games Holder

1:30pm-3:30pm

Creative Projects Ngunnawal

1:30pm-3:30pm

Tuesday

Healthy Living Ngunnawal

9:30am-1:30pm

Bookworms, Film Buffs and Beyond Ngunnawal

1pm-3:30pm

Wednesday

Spice of Life Ngunnawal

10am-2pm

Thursday

Healthy Living Holder

9:30am-1:30pm

Friday

Mens Business Ngunnawal

10am-2pm

Spice of Life Holder

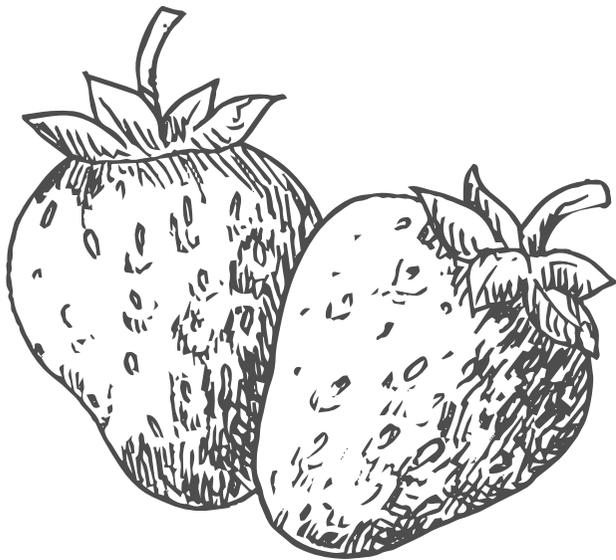
10am-2pm

Please note that places are limited for all groups and bookings are essential, so book your spot by calling Tess on 6126 9022 or email tessa.hutchison@commsatwork.org

SENIOR'S PROGRAMS | 2022
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Healthy Living – Ngunnawal

Start your day right at our Healthy Living group held every Tuesday from 9:30am to 1:30pm at Ngunnawal. Here you'll spend the first half of the session engaging in various forms of exercise including chair yoga, strength and balance, and weight and resistance exercises. Afterwards, chat with friends over morning tea before joining in a range of activities focusing on health and nutrition. There will be cooking classes, market tours, informative talks and yummy lunches, all in a friendly and fun environment!



Bookworms, Film buffs and Beyond – Ngunnawal

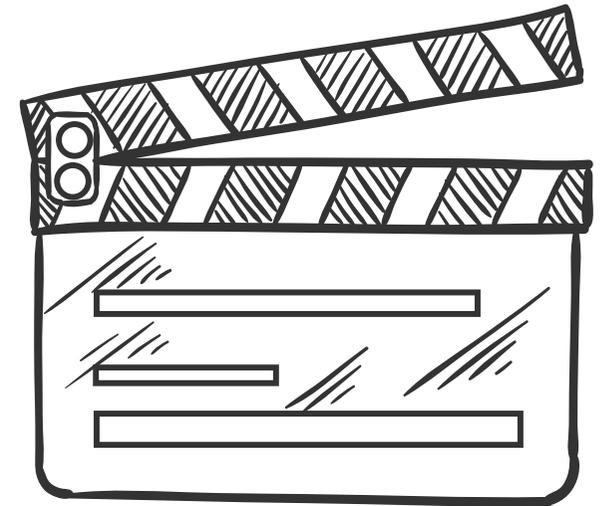
Are you a book worm? Or a film buff? Or simply enjoy good discussion centred around a variety of interesting topics? This is the group for you, held every Tuesday afternoon from 1pm to 3:30pm. Each month, we will explore a wide range of books, movies and discussions topics of your choosing to share our experiences, expand our knowledge and challenge our thinking! Nothing is off limits! Afternoon tea will be provided.

Spice of Life – Ngunnawal

They say, 'variety is the spice of life', so why not come along to our Variety Group at Ngunnawal, held every Wednesday from 10am to 2pm. From trivia to travel, bingo to bowling, pen pals and performers, and don't forget the excursions each month, there is something for everyone at the variety group! Morning tea and a light lunch will be provided.

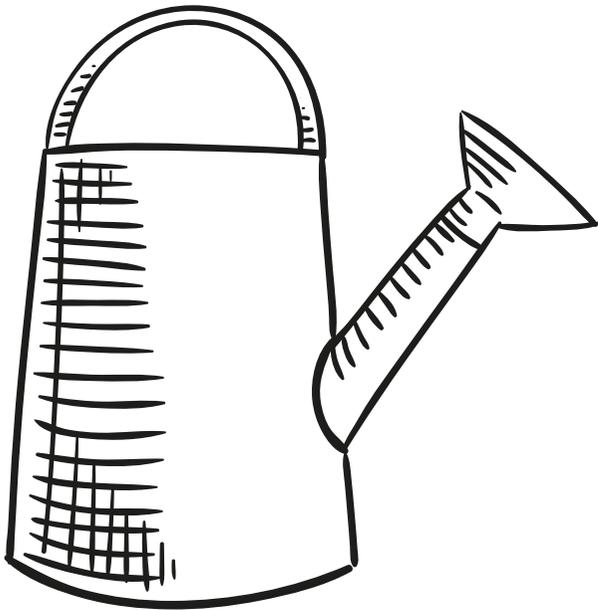
Creative Projects – Ngunnawal

Work the right side of your brain and get your creative juices flowing at the Ngunnawal Creative Group, held every Monday afternoon from 1:30pm-3:30pm. There will be a wide range of creative activities on offer! Music to mosaics, painting to pottery, gardening to glazing, as well as some exciting collaborative projects, you are only limited by your imagination! Afternoon tea will be provided.



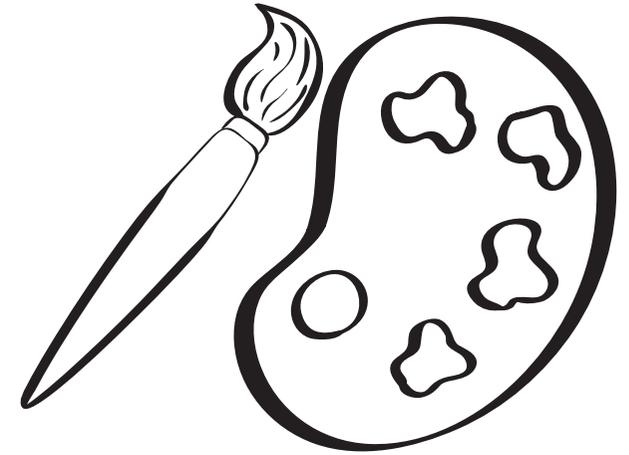
Men's Business – Ngunnawal

Connection, construction and conversation! Come along to the Ngunnawal Mens Group, held every Friday from 10am to 2pm, morning tea and lunch included. Get your hands dirty in the garden, work on small woodwork projects in the workshop, or join in some healthy competition with a game or two! And don't forget about the excursions! We love heading out for lunch and exploring new places around Canberra. The opportunities are endless!



Creative Projects – Holder

Work the right side of your brain and get your creative juices flowing at the Holder Creative Group, held every Monday morning from 10am-1pm. There will be a wide range of creative activities on offer! Music to mosaics, painting to pottery, gardening to glazing, as well as some exciting collaborative projects, you are only limited by your imagination! Morning tea and a light lunch will be provided.



Healthy Living – Holder

Start your day right at our Healthy Living group, held every Thursday from 9:30am to 1:30pm at Holder. Here you'll spend the first half of the session engaging in various forms of exercise including chair yoga, strength and balance, and weight and resistance exercises. Afterwards, chat with friends over morning tea before joining in a range of activities focusing on health and nutrition. There will be cooking classes, market tours, informative talks and yummy lunches, all in a friendly and fun environment!

Spice of Life – Holder

They say, 'variety is the spice of life', so why not come along to our Variety Group at Holder, held every Friday from 10am to 1pm. From trivia to travel, bingo to bowling, pen pals and performers, and don't forget the excursions each month, there is something for everyone at the variety group! Morning tea and a light lunch will be provided.

OUR GROUPS
communities
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Bernie

Bernie started with Communities at Work in 2019 and is part of both the Seniors and Transport team.

Bernie will be working with the Mens Group and Creative Group at Ngunnawal on Fridays. In his own words, Bernie is a man of mystery and power, whose power is exceeded only by his mystery. He is absolutely awkward and a proud nerd and geek! Bernie is buoyant, efficacious and a self-made thousandaire. He is in search of sleep, sanity & The Shire and prefers his puns intended.

Bernie once had a crab tap on his foot and offer him a lollipop - true story, just ask him!

Favourite food Seafood diet

Favourite movie Magic Mike

Favourite travel destination Canada



Robyn

Robyn is a new member of the Seniors team and will be working with a number of groups both in Holder and Ngunnawal including the Spice of Life, Creative Projects and The Culture Exchange Groups. Robyn has extensive work experience in health care and the community sector.

Robyn has lived in Canberra for many years with most of her family and she loves to spend time with her grandchildren. Robyn was born into a musical family, so music is and always will be a big part of her life. She has learnt to play the piano, guitar, flute, and various recorders, as well as singing in a local choir.

Robyn is also passionate about woodwork and furniture restoration, gardening, mosaics, bike-riding and kayaking.

Favourite food: Indian Food

Favourite movie: Finding Neverland

Favourite travel destination: Africa



Tess

Tess started with Communities at Work back in 2018 as a Transport Facilitator and moved into the Seniors Coordinator role at the beginning of 2020. Over the last year, she has been working with the team to redesign and redevelop the Seniors' program with a focus on health and well-being. Tess has a background in Public Health and has a strong interest in community development. She has volunteered with several community groups, both locally and internationally, and has travelled to Africa to work in programs focusing on education and nutrition. Tess is currently studying and learning to speak Spanish and is passionate about her family, faith and dog Frankie!

Favourite food: Anything Italian

Favourite movie: Into the Wild

Favourite travel destination: Africa



Laura

Laura is new to Communities at Work and started with the Seniors' program in January 2021. Laura will be working with various Seniors' groups including The Scoop, Fun and Games and the Bookworms Group. Laura has travelled to many countries across Latin America but did not expect to make the move to Australia! Laura recently completed a bachelor's degree in Psychology at the University of Canberra. She has worked across various industries including health, social and hospitality. Laura enjoys watching drama series with her Mum and looking after her niece and nephew!

Favourite food: Any food her mum cooks

Favourite movie: Drama series

Favourite travel destination: To be decided, but I am looking forward to exploring Australia.



Bianca

Bianca has been a part of the Seniors team for 5 years now! She will be leading the Newsletter Group and the Fun and Games Group at Holder on Mondays. She has two boys, aged 16 and 12. She started her career in the community sector by volunteering with mother support groups in France and Canberra.

She was a regular host of the 'Yes She Can' multicultural women's radio show on 91.1 FM. Bianca recently submitted her PhD in which she enjoyed gathering stories and creating community art with Kamilaroi women from Moree and Canberra as well as international artists.

Favourite food: Vegetarian curries

Favourite movie: Eurovision Song Contest - The Story of Fire Saga

Favourite travel destination: Port Douglas



Simon

Simon is the newest member to the Seniors team! Simon will be working with our seniors' groups at Ngunnawal on Mondays with The Culture Exchange. He is passionate about the arts and science, and has extensive experience working on a range of art projects with various community groups across Australia.

Simon recently lived in Alice Springs working with artists from town camps and managing an art studio and gallery where many artworks and installations were displayed. Simon recently moved back to Canberra and has two children.

Favourite food: Japanese

Favourite movie: Action movies

Favourite travel destination: Anywhere in nature

Can We Help You?

You can make your booking, discuss program contributions or direct any general enquiries by calling us on **(02) 6126 9022**

Please note that places are limited for all groups and bookings are essential, so book your spot by calling Tess on 6126 9022 or email tessa.hutchison@commsatwork.org

Our services are available to all seniors. A small contribution is requested per program.

If you wish to access 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. My Aged Care will assess your eligibility for a referral to our services under the Commonwealth Home Support Programme.

My Aged Care Centre

1800 200 422

Mon to Fri: 8am to 8pm, Sat: 10am to 2pm
myagedcare.gov.au



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