

Communities@Work

Seniors Programs Ngunnawal- May

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 Cinco De Mayo Enjoy a celebration of all things Mexican! Join us as we look at Mexican culture. Enjoy a cooking demo, Piñatas, music, fun and games! We will also have our monthly raffle and Birthday celebration	2 The Castle Join us as we watch the quirky Australian cult, classic, <i>The Castle</i> . Starring Michael Caton the film follows the Kerrigan family who fight their local council from vacating their beloved family home.	3 Tea light holders Come and learn about the basics of making a simple, yet stylish, tea light holder. After some work in the shed, join the group for some lunch.	3 Cinco De Mayo End your week with a celebration of all things Mexican! Join us as we look at Mexican culture and enjoy a cooking demonstration, Piñatas, music, fun and games!
6 Embassy Drive Come on a trip along Embassy Drive as we go on a bus tour. See Canberra's close to 80 embassies and high commissions before enjoying lunch at the Snapper on the Lake.	7 Canberra Minstrels Start your week right with our guided relaxation before exercising your brain with some quizzes and board games. Enjoy the Minstrels performance before joining the group for lunch at the Lakes.	8 Lunchtime Melodies Go for a trip out to the Belconnen Raiders and enjoy a musical performance at the Lunchtime Melodies. After, enjoy lunch with the group at the Raider's Club.	9 Other Boleyn Girl Enjoy the historical period drama, <i>The Other Boleyn Girl</i> . The film follows the life of the two Boleyn sisters who contest for the affection of King Henry VII.	10 The Minstrels Enjoy a social cuppa with the men in the morning before we are joined by the Canberra Minstrels. Enjoy their musical performance before joining in with the group for lunch.	10 The Minstrels Make yourself a bag of Potpourri for Mother's day with rose petals collected over the year. After, enjoy a music filled morning with the Canberra Minstrels. Afterwards, enjoy a meal with the group and Bingo.
13 Social day Start your week right with some gentle exercises in the morning. Join in for crocheting as we make blankets for people in need before enjoying a board game or two.	14 Day in Canberra Enjoy an Autumn day outdoors as go for a walk in the Jerrabomberra Wetlands. Worked up an appetite? Join us for lunch at the Public Place Café in Fyshwick.	15 Nutrition Australia Enjoy an information filled day with Nutrition Australia who will talk about nutritional needs as we age. Nourishing meals and snacks, how to enrich your meals, easy budgeting meals and much more!	16 Thor Come along for the action blockbuster, <i>Thor</i> . See Australian actor, Chris Hemsworth in his breakout role as the mighty avenger in Marvel's superhero universe.	17 Day in the shed 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 a cuppa and lunch.	17 May Day quiz End your week write and stimulate your brain with some cognitive games. After, tend to our garden for some Autumn vegies with the staff before enjoying lunch and board games.

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20 Social day Start your week right with some gentle exercises in the morning. Join in for crocheting as look out how you can make Granny squares. Afterwards, enjoy a board game or two with the group.	21 Guided relaxation Start your week right with our guided relaxation before exercising your brain with some quizzes and board games. Afterwards, join the group as they head out for lunch at the Lake's Club.	22 Craft Day Enjoy a crafty morning as we look at how to decorate your own ceramic pot with glass beads and mosaic tiles. Afterwards, enjoy a delicious meal and participate in a game of mini golf	23 Miss Potter <i>Miss Potter</i> is the story of Beatrix Potter, the author behind the classic children's book <i>'The Tale of Peter Rabbit'</i> . Staring Renée Zellweger and Ewan McGregor.	24 Nutrition Australia Enjoy an information filled day with Nutrition Australia who will talk about nutritional needs as we age. Nourishing meals and snacks, how to enrich your meals, easy budgeting meals and much more!	24 Nutrition Australia Enjoy an information filled day with Nutrition Australia who will talk about nutritional needs as we age. Nourishing meals and snacks, how to enrich your meals, easy budgeting meals and much more!
27 Reconciliation Day No program, public holiday.	28 Mind Gym Enjoy your morning with some guided relaxation before testing your mind in our "Mind Gym". Enjoy fun group games and social conversations before heading out to the club for lunch.	29 Planning session , Participate in our group planning session, share your thoughts with the group! Afterwards enjoy a delicious lunch and a game of musical Bingo!	30 Cheaper by the Dozen Enjoy the golden year's classic, <i>Cheaper by the Dozen</i> . Based on the real-life story of the Gilbreth family and the amusing anecdotes they experience in family life.	31 Engines Club Come along for a history lesson as we are joined by the Canberra Historic Engines Club as they provide a look into the past of engines through the years. After, enjoy lunch with the group.	31 Royal Mint Enjoy a day out as we go on a trip to the Royal Australian Mint and enjoy a guided tour. After having a browse through Australian history, enjoy lunch with the group at the café.

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



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