

Communities@Work

Seniors Programs Holder - May

2019

Tuesday	Thursday		Friday	
<p>Variety Group 9:30am – 1:30pm Lunch is included</p>	<p>Variety Group 9:30am – 1:00pm Lunch is included</p>	<p>Art Group 1:30pm – 4:00pm Afternoon tea provided</p>	<p>Men's Group 10:00am – 2:00pm Lunch is included</p>	<p>Tuggeranong Women's Neighbourhood 10:00am – 12:00pm Lunch is NOT included</p>
	<p>2 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! After, enjoy lunch with the group.</p>	<p>2 Artistic afternoon Join our local art group for an artistic afternoon. Bring along your own art and carry on with existing projects or create something brand new!</p>	<p>3 Film at Goodwin Come along for a trip to the Goodwin Village in Monash as we enjoy an entertaining film with the group. Afterwards, enjoy a friendly chat and some social discussions over lunch.</p>	<p>3 Craft for a cause Participate in our craft activities for a good cause. Make teddy bears and clothes for local emergency services and outreach programs or just come along for a chat over morning tea. Craft materials are provided.</p>
<p>7 Venetian Glass Vases Expecting flowers for Mother's Day or perhaps looking at sprucing up your home? Join us as we look at making faux Venetian glass vases. After, join the group for conversations over lunch.</p>	<p>9 Courtyard gardening Do you have a green thumb? Or maybe you enjoy being in the outdoors. Come along and join us as we do some gardening for our courtyard. After working up an appetite enjoy a meal with the group.</p>	<p>9 Group collage Come along for fun-filled afternoon as we work on a group collage. Learn new art techniques and share in conversations with the group.</p>	<p>10 Social conversations Join our men's group for our weekly get together. Enjoy the outdoors in our courtyard and share in some conversations and activities. Afterwards, enjoy a BBQ meal with the men!</p>	<p>10 Craft for a cause Participate in our craft activities for a good cause. Make teddy bears and clothes for local emergency services and outreach programs or just come along for a chat over morning tea. Craft materials are provided.</p>
<p>14 Gentle exercises Start your week the right way with our gentle exercises. Enjoy morning tea and social fun with the group before enjoying a hot meal.</p>	<p>16 Fun and laughter Do you enjoy having fun and having a good laugh? If so, we have you covered. Come along for a fun filled day with our Variety Group and bring along your best jokes and riddles. After, enjoy lunch with the group.</p>	<p>16 Artistic afternoon Join our local art group for an artistic afternoon. Bring along your own art and carry on with existing projects or create something brand new!</p>	<p>17 National Art Gallery Come along for a trip out to the National Art Gallery and explore their latest exhibitions. After, join the men for lunch at the local café and discuss some of the findings.</p>	<p>17 Craft for a cause Participate in our craft activities for a good cause. Make teddy bears and clothes for local emergency services and outreach programs or just come along for a chat over morning tea. Craft materials are provided.</p>

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21 Calligraphy Exhibition Come along for a trip out to the National Museum of Australia. Explore the new Chinese Art exhibition that explores calligraphy and paintings from the National Museum of China.	23 Vive la France You are off on a French holiday... or the next best thing! Join our group for a French themed day as we explore French history and French themed activities.	23 Garden decorations Join us for an artistic afternoon as we explore decorating items for our garden. Help us spruce up the garden and give it your own unique touch!	24 Stirling Labour Club End your week the right way and join our men as we head to the Stirling Labour Club for activities, social conversations and lunch. Come along and meet old friends, or make new ones.	24 Craft for a cause Participate in our craft activities for a good cause. Make teddy bears and clothes for local emergency services and outreach programs or just come along for a chat over morning tea. Craft materials are provided.
28 Reconciliation Day Join us as we celebrate and learn about the history behind the anniversary day that is Reconciliation Day. After, join the group for social conversations over lunch.	30 Card making Start your morning with exercises with our YMCA instructor before enjoying morning tea with the group. After, enjoy a craft activity as we look at card making before enjoying some lunch.	30 Colour for Health Come along for a relaxing afternoon as we look at colouring pictures and the positive effects it can have on your health and wellbeing.	31 Film at Goodwin Come along for a trip to the Goodwin Village in Monash as we enjoy an entertaining film with the group. Afterwards, enjoy a friendly chat and some social discussions over lunch.	31 Craft for a cause Participate in our craft activities for a good cause. Make teddy bears and clothes for local emergency services and outreach programs or just come along for a chat over morning tea. Craft materials are provided.

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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