

Monday

Creative Projects Holder

10am-1pm

Fun and Games Holder

1:30pm-3:30pm

The Culture Exchange Ngunnawal

10am-1pm

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 | 2021
Communities@Work

The Culture Exchange – Ngunnawal

Someone once said, 'The beauty of the world lies in the diversity of its people' and we could not agree more. We welcome people from all backgrounds, cultures and religions and believe in sharing knowledge, learning about experiences and celebrating stories. The Culture Exchange will be held every Monday morning from 10am to 1pm at Ngunnawal. Come along and learn about a variety of cultures, participate in themed activities and share stories with friends over a light lunch.

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

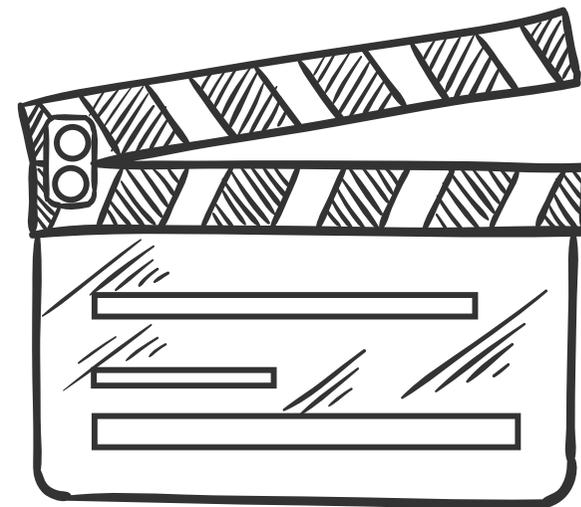
Are you a book worm? Or a film buff? Or simply enjoy good discussion centred around a variety of interesting topics? This is the group for you, held every Tuesday afternoon from 1pm to 3:30pm. Each month, we will explore a wide range of books, movies and discussions topics of your choosing to share our 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.

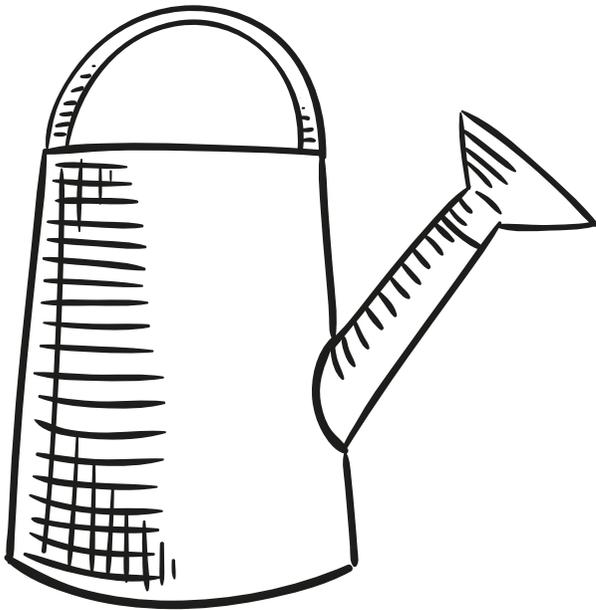
Creative Projects – Ngunnawal

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.



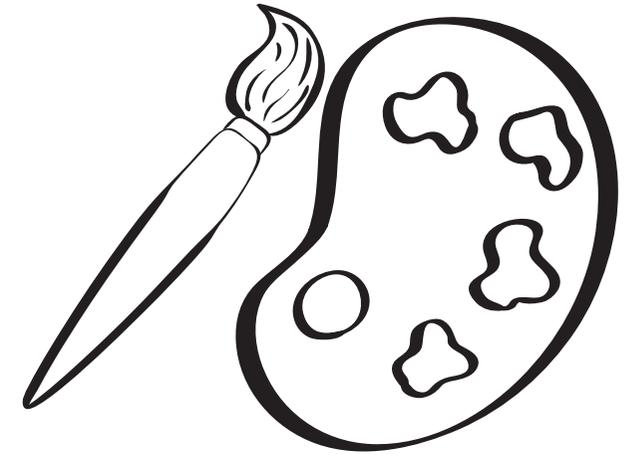
Men's Business – Ngunnawal

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.