

Monday 10.00am - 2.00pm	Tuesday 2.00pm - 4.30pm	Wednesday 10.00am - 2.00pm	Thursday 1.00pm - 3.30pm
Fijian Indian Group	Art Group	Variety Group	Movie Group
<b>CLOSED - 2 October</b> <ul style="list-style-type: none"> <li>Centre closed for Labour Day public holiday</li> </ul> <b>9 October</b> <i>bring lunch to share</i> <ul style="list-style-type: none"> <li>Excursion: Yass</li> </ul> <b>16 October</b> <i>bring lunch to share</i> <ul style="list-style-type: none"> <li>Share conversation and bring lunch to share</li> </ul> <b>23 October</b> <i>bring lunch to share</i> <ul style="list-style-type: none"> <li>Excursion: Picnic at Lake Ginninderra</li> </ul> <b>30 October</b> <i>bring lunch to share</i> <ul style="list-style-type: none"> <li>Share conversation and bring lunch to share</li> </ul>	<b>3 October</b> <ul style="list-style-type: none"> <li>Own work: Bring along a project to begin or finish</li> </ul> <b>10 October</b> <ul style="list-style-type: none"> <li>Own work: Bring along a project to begin or finish</li> </ul> <b>17 October</b> <ul style="list-style-type: none"> <li>Own work: Bring along a project to begin or finish</li> </ul> <b>24 October</b> <ul style="list-style-type: none"> <li>Workshop on watercolour</li> </ul> <b>31 October</b> <ul style="list-style-type: none"> <li>Workshop on watercolour</li> </ul>	<b>4 October</b> <i>lunch provided</i> <ul style="list-style-type: none"> <li>Light exercise</li> <li>Raffles</li> <li>Craft activity: Cotton towel leaf prints</li> </ul> <b>11 October</b> <i>lunch provided</i> <ul style="list-style-type: none"> <li>Birthday celebrations</li> <li>Cooking demonstration: Making truffles</li> <li>Mini golf</li> </ul> <b>18 October</b> <i>lunch provided</i> <ul style="list-style-type: none"> <li>Entertainer: Belconnen Singers</li> <li>Bingo</li> </ul> <b>25 October</b> <ul style="list-style-type: none"> <li>Excursion: Bowling and lunch at Mayfield Mews</li> </ul>	<b>5 October</b> <i>snacks provided</i> <ul style="list-style-type: none"> <li>Enjoy a movie and conversation</li> </ul> <b>12 October</b> <i>snacks provided</i> <ul style="list-style-type: none"> <li>Enjoy a movie and conversation</li> </ul> <b>19 October</b> <i>snacks provided</i> <ul style="list-style-type: none"> <li>Enjoy a movie and conversation</li> </ul> <b>26 October</b> <i>snacks provided</i> <ul style="list-style-type: none"> <li>Enjoy a movie and conversation</li> </ul>

### Friday

10.00am - 2.00pm

#### Variety Group

**6 October** lunch provided

- Entertainer: Accordion Player

**13 October** lunch provided

- Craft activity: Making succulents from lollies
- Bingo

**20 October**

- Excursion: The National Library and lunch at Book Plate

**27 October** lunch provided

- Cooking demonstration: One Dish Bake

### Friday

9.30am - 1.30pm

#### Men's Shed

**6 October** lunch optional

- Morning tea and conversation
- Woodwork

**13 October** lunch optional

- Morning tea and conversation
- Woodwork

**20 October** lunch optional

- Morning tea and conversation
- Woodwork

**27 October**

- Excursion: Australian War Memorial

A varied contribution is requested for all programs.

Please note that places are limited for all excursions.

You can make your booking, discuss program contributions or direct general enquiries by calling **6228 9200**.

Our services are available to all seniors. If you wish to access our funded service and you are aged 65 years or older; or 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 this service 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](http://myagedcare.gov.au)

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[www.commsatwork.org](http://www.commsatwork.org)



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