

Tuesday

Variety Group

9.30am - 1.30pm
Lunch is **NOT** included

Community Choir

Wish Happy Birthday to those born in March with our birthday celebrations.
Enjoy the sounds of the Mixed Bag Community Choir.

Chief Minister's Concert

Join the Chief Minister and the Band of the Royal Military College for a morning performance at Albert Hall. Join us for lunch afterwards at the Woden Southern Cross Club. RSVP by the 2nd of March to secure a spot!

Thursday

Variety Group

9.30am - 1.00pm
Lunch is included

Exercise and Games

Participate in our gentle exercise group for seniors run by Donna or socialise over morning tea. After lunch, join in a hand of cards or a friendly game of Yahtzee or Scrabble.

Beads and Brooches

March Happy Birthday celebrations. Participate in our gentle exercise group for seniors run by Donna or socialise over morning tea. After lunch, join in on some craft where we will be using primo to create beads and brooches.

Seniors Expo

Find out what's happening in your local community and what groups and activities are available for you as we attend the Senior's Week Expo at Exhibition Park.

Art Group

1.30pm - 4.00pm
Lunch is **NOT** included

Natural Landscapes

Learn how to create detailed nature landscapes, focusing on how to create rocks and a variety of grasses.

Landscapes

Learn how to compose a landscape and natural placement. Bring along a landscape photo for reference!

Excursion

NO PROGRAM - Excursion

Friday

Lanyon Men's Group

10.00am - 2.00pm
Lunch is included

Chats and Cards

Join our local men's group for a social chat over coffee and morning tea. Enjoy some lunch and a hand of cards or board games with the guys.

Ross Island Conservation

Join us as we visit the Ngunnawal Men's Group and listen to guest speaker John Kemister talk about the conservation of the Scott & Shackleton huts on Ross Island.

Indoor Bowls

Join our local men's group for a social chat over coffee and morning tea. Try your hand at our indoor bowls competition.

Tuggeranong Women's Neighbourhood

10.00am - 12.00pm
Lunch is **NOT** included

Craft for Cause

Craft creations for a good cause, such as teddy bears and clothing for the homeless going to local emergency services and outreach programs or come along for just a social chat over morning tea. Craft materials are provided.

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Felting Fun

Come learn the art of felting. Find out how you can use felt to create a beautiful piece of artwork.

Op Shop Stop

Join us as for some gentle exercises as we visit local op shops in Weston Creek and see what treasures you can find.

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St Patrick's Day

Participate in our gentle exercise group for seniors run by Donna or socialise over morning tea. Celebrate St Patrick's Day with the musical stylings of local entertainer, Bill Motherway.

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The Price is Right

Participate in our gentle exercise group for seniors run by Donna or socialise over morning tea. See how well you fare in a game of The Price is Right!

Art Group

1.30pm - 4.00pm
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Artistic Afternoon

Bring along your own work or create something brand new and join our local art group for an artistic afternoon.

Bring Your Own

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Chats and Cards

Join our local men's group for a social chat over coffee and morning tea. Enjoy some lunch and a hand of cards and board games with the guys.

Poker

Join our local men's group for a social chat over coffee and morning tea. Enjoy some lunch and join in a hand of Texas Hold 'Em Poker.

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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.



Australian Government
Department of Health

Funded by the Australian Government
Department of Health

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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