

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Fijian-Indian Group 10.00am - 2.00pm Bring lunch to share</p>	<p>Social Group 9.30am -12.00pm Lunch is NOT included</p>	<p>Variety Group 10.00am - 2.00pm Lunch is included</p>	<p>Movie Group 1.00pm - 3.30pm Lunch is NOT included</p>	<p>Men's Shed 9.30am - 1.30pm Lunch is optional</p>	<p>Variety Group 10.00am - 2.00pm Lunch is included</p>
				<p>Annual General Meeting Come along to our men's shed and end your week with a social chat over morning tea with our members. Participate in the shed's Annual General Meeting and then join us in the shed for some woodwork.</p>	<p>Gardening Have you got a green thumb or are wanting to have a fun-filled day? Join our variety group as we plant bulbs in pots to take home. Enjoy a game of balloon tennis after lunch.</p>
<p>Collector Hotel 4 Our Fijian-Indian group heads out on a trip through the countryside to the historic Collector Bushranger Hotel. Enjoy a stroll around the village and some lunch with our group.</p>	<p>Musical Mornings 5 Be entertained by the Canberra Men's Choir, see how many songs you know and participate in the sing-a-long.</p>	<p>Sing-a-long 6 Celebrate and wish Happy Birthday to those born during the month of June. See how you fare in the monthly raffle, participate in some gentle exercises and then after lunch, join in a game of Rummikub or test your vocals in a sing-a-long.</p>	<p>Film Fanatics 7 Join our social movie club filled with a diverse group of people who share a passion for film. Grab a bowl of popcorn as we watch films from the golden years to the cult classics and the latest blockbusters.</p>	<p>Woodwork 8 Start your Friday morning off the right way with a chat with the men over morning tea. After, move into the shed for some woodwork or if you have a green thumb, head into the garden to see what is growing and what needs tending to.</p>	<p>Decoupage Coasters Relax, socialise and participate in some craft as we look at creating beautiful decoupage coasters. Afterwards, get active as we play a friendly game of basketball hoops.</p>
<p>Centre Closed for Queen's Birthday Public Holiday 11</p>	<p>Lakes Club 12 Wake up the right way with some gentle morning exercises. Get your brain active afterwards with a friendly board game or two before we head off to the Lakes Club for lunch.</p>	<p>Bus Trip to Bungendore 13 Come with us as we head out on a scenic bus trip through the countryside to visit Bungendore. Have a look around the Woodworks before enjoying a wonderful lunch at the cafe.</p>	<p>Film Fanatics 14 Join our social movie club filled with a diverse group of people who share a passion for film. Grab a bowl of popcorn as we watch films from the golden years to the cult classics and the latest blockbusters.</p>	<p>Men's Health Week 15 Meet for some morning tea and a chat as we look at Men's Health Week. Listen to guest speaker David Traylen as he joins us to talk about My Health Record and how it can benefit you.</p>	<p>Storytellers Guild Have a fun-filled, engaging morning with an entertainer from the Storytellers Guild tells us an interactive story. Put your brain to the test after lunch as we play some memory games.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
Fijian-Indian Group 10.00am - 2.00pm Bring lunch to share	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
18 Share Stories Come learn about health, nutrition and education. Join us as we share stories and experiences and learn more about other cultures.	19 Out in the County Enjoy a morning drive through the country as we head out to the Sutton Bakery for lunch.	20 Get Crafty Hear from Jasmine, the marketing co-ordinator at H&R Block, as she talks about making taxation easier for the end of financial year and how they can assist. Get crafty as we make cards or have some fun with word quizzes.	21 Film Fanatics Join our social movie club filled with a diverse group of people who share a passion for film. Grab a bowl of popcorn as we watch films from the golden years to the cult classics and the latest blockbusters.	22 Star Buffet Enjoy a social cuppa over morning tea. Then, enjoy a wide variety of cuisines from around the world as we head out to the Burns Club and enjoy a lunch at the Star Buffet.
25 Share Stories Come learn about health, nutrition and education. Join us as we share stories and experiences and learn more about other cultures.	26 Exercises & Games Start your morning the right way and participate in some gentle morning exercises. After, challenge yourself with a game of two of Rummikub.	27 Musical Morning Have a musical morning as we are joined by the members of the Canberra Men's Choir who will perform some of their hits. After a delicious meal, enjoy a game of Bingo or Rummikub.	28 Film Fanatics Join our social movie club filled with a diverse group of people who share a passion for film. Grab a bowl of popcorn as we watch films from the golden years to the cult classics and the latest blockbusters.	29 Baking Cupcakes Bring your apron as we bake some marble cupcakes for morning tea. After, enjoy a healthy lunch before we enjoy some knowledge testing whiteboard games.

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

Find us on Facebook