

Tuesday

Variety Group

9.30am - 1.30pm
Lunch is included

Music Excursion

Join us as we celebrate those born during the month of June. Come along for a bus trip up to the Ngunnawal group as special guests, the Canberra Men's Choir, entertain us. Afterwards, join in for a group lunch.

Healthy Eating

Listen and learn as guest speaker, Lianne from Nutrition Australia, comes along to talk about healthy eating for seniors. Afterwards, join in for a social conversation over lunch.

Thursday

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Crepe Paper Daffodils

Start the morning with Donna and participate in some gentle exercises before joining in for morning tea and craft. We will be making crepe paper daffodils before we enjoy a group lunch.

Story Cubes

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. Try your luck in a game of cards or spin a yarn together with the story cubes.

Art Group

1.30pm - 4.00pm
Afternoon tea provided

Photo in Art

Join our art group and bring your choice of a photo as we use it as the basis for a fantastic art piece over the next few weeks.

Photos in Art

Join our local art group as we continue to look at using photos to create art pieces. Missed the first week? Bring your own photo and find out how you can use it as the basis of an art piece!

Friday

Men's Group

10.00am - 2.00pm
Lunch is included

Games

Join our men's group for some conversation over morning tea. Participate in various activities including cards and bowls, then have a bite to eat with the men!

Model Cars

Enjoy a nice cuppa over morning tea and a chat with the guys. Get hands-on as we look at electronic model cars and discuss the construction process before enjoying a warm meal.

Lunch at the Club

Try your hand in a game of cards before our group heads down to the Weston Labour Club for a bite and a social outing.

Tuggeranong Women's Neighbourhood

10.00am - 12.00pm
Lunch is NOT included

Craft for a Cause

Participate in our craft activities for a good cause with creations 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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National Gallery

Go on a trip through history as we visit the National Gallery of Australia and look at some of Australia's most memorable art pieces.

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Know Your Rights

Come along and join us as a guest speaker from ADACAS provides an informative talk on Knowing Your Rights. Have your voice heard afterwards in a Q&A with the speaker.

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Guest Speaker

Start the morning right with our gentle exercise group for seniors run by Donna or socialise over a cuppa. Afterwards, hear from Ross Norgate as he shares about the No Interest Loan Scheme that is available through the Salvation Army.

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Board Games

Start the morning right with our gentle exercise group for seniors run by Donna or socialise over a cuppa. Follow up with a fun-filled day of board games and a quiz.

Art Group

1.30pm - 4.00pm
Afternoon tea provided

Photos in Art

Join our local art group as we continue to look at using photos to create art pieces. Missed the first weeks? Bring your own photo along or work on an existing art piece.

Paint with Acrylics

Do you love using acrylics or are you a beginner wanting to learn how to use them? Come along as we look at the introduction of how best to use them when painting.

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Fall Prevention

Hear from our guest speaker from COTA as they provide a presentation about falls risk prevention. Afterwards, join the group for social conversations over a warm lunch.

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Indoor Bowls

Get your bowling hat out as we play a friendly game of indoor carpet bowls. Unwind in the afternoon as we enjoy a social discussion over lunch and a game of cards.

Tuggeranong Women's Neighbourhood

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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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