

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Fijian-Indian Group</b> 10.00am - 2.00pm Bring lunch to share</p>	<p><b>Social Group</b> 9.30am -12.00pm Lunch is NOT included</p>	<p><b>Variety Group</b> 10.00am - 2.00pm Lunch is included</p>	<p><b>Movie Group</b> 1.00pm - 3.30pm Lunch is NOT included</p>	<p><b>Men's Shed</b> 9.30am - 1.30pm Lunch is optional</p>	<p><b>Variety Group</b> 10.00am - 2.00pm Lunch is included</p>
<p><b>2</b> <b>Enjoy conversation</b> Come learn about health and nutrition. Participate in our gentle exercises and enjoy a conversation over morning tea. Join in a friendly board game or two and enjoy lunch afterwards.</p>	<p><b>3</b> <b>Guest Speaker</b> Enjoy a social morning as we catch up over a cuppa and morning tea. Hear from Emma Turner from the Red Cross as she talks about the services the Red Cross provides and how they can help. Afterwards, join the group as they head to the Lakes Club for lunch.</p>	<p><b>4</b> <b>Musical Bingo</b> Try your luck in the morning as we play a game of musical Bingo! Get crafty as we make cards or get active for a game of balloon tennis.</p>	<p><b>5</b> <b>Film fanatics</b> 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><b>6</b> <b>Making pen holders</b> Join us as we catch up over a cuppa &amp; morning tea. Get hands on in the workshop by making pen holders, or get outdoors and tend to the garden. Hear from Emma Turner from the Red Cross as she talks about the services the Red Cross provides and how they can help.</p>	<p><b>Guest Speaker</b> Enjoy a social chat over morning tea before hearing from Emma Turner from the Red Cross as she talks about the services the Red Cross provides and how they can help. After lunch, enjoy a friendly game of Bingo.</p>
<p><b>9</b> <b>Share stories</b> Come learn about health and nutrition. Join us as we share stories and experiences and learn more about other cultures. Try your luck in a game of Bingo before we enjoy a shared lunch.</p>	<p><b>10</b> <b>Lakes Club</b> Work up your appetite as we enjoy some light exercises before some morning tea. Test your brain with some quizzes and join the group afterwards as they head to the Lakes Club for lunch.</p>	<p><b>11</b> <b>Celebrations</b> Celebrate those born in July and join us for morning tea. Participate in our monthly raffle before hearing from Emma Turner from the Red Cross as she talks about the services that the Red Cross provides and how they can help. Afterwards, score a strike in ten pin bowling.</p>	<p><b>12</b> <b>Film fanatics</b> 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><b>13</b> <b>Lunch with mates</b> Keep warm and join our local men's shed as we get to work in our workshop and garden. Enjoy a catch up with the men and lunch with mates.</p>	<p><b>The Belconnen Singers</b> Enjoy some morning tea before joining in on a sing-a-long with The Belconnen Singers, a local seniors choir. Improve your backhand with a game of balloon tennis.</p>
<p><b>16</b> <b>National Gallery</b> Join our group as we go on a bus trip to the National Gallery of Australia. Enjoy a walk through the halls of the gallery and see the latest exhibits and enjoy lunch at the cafe afterwards.</p>	<p><b>17</b> <b>Games</b> Warm up and get active with some light exercises. Join in some fun and games after morning tea as we play Rummikub and Draughts.</p>	<p><b>18</b> <b>War Memorial</b> Come on a trip and join us as we head to the Australian War Memorial and walk through the halls of history. Enjoy lunch at the Poppies Cafe before we head back to the centre.</p>	<p><b>19</b> <b>Film fanatics</b> 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><b>20</b> <b>Take flight</b> 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. Take flight as we test our model helicopters!</p>	<p><b>DIY hand cream</b> Relax, socialise and participate in some craft as we look at making your own hand cream. After, enjoy conversations over a warm meal and unwind with some word games.</p>

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<b>23</b> <b>Learn to knit</b> Join us as we share stories and experiences and learn more about other cultures. Participate in some gentle exercise and information on health and nutrition. Learn how to knit as we look at knitting for beginners.	<b>24</b> <b>Eating out</b> Head out in the morning to the What Cafe for morning tea before we go out to the Southern Cross Club for a club lunch.	<b>25</b> <b>Hats through the ages</b> Enjoy a fun-filled morning as we are joined by Elizabeth Burness from History with a Difference, as she provides a presentation on Hats Through the Ages. Afterwards, put your putting skills to the test in a game of mini golf, or enjoy some craft with some knitting.	<b>26</b> <b>Film fanatics</b> 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.	<b>27</b> <b>Road trip to Bungendore</b> Come with us as we head out on a scenic bus trip through the countryside to visit Bungendore. Enjoy a lunch in front of an open fire at the Lake George Hotel in Bungendore.
<b>30</b> <b>Guest Speaker</b> Join us as we listen to a guest speaker from COTA. Afterwards, enjoy a social conversation over a shared lunch.	<b>31</b> <b>Share your history</b> End the financial year with a good chat about where we have all come from and share stories. What is your history? Join us as we have a look at some old records of your family.			

## 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

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

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