

Tuesday

Variety Group

9.30am - 1.30pm
Lunch is included

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Storytelling & Coffee

Come down and have a chat over tea or coffee. Join us as we play Story Cubes. Roll the picture die and invent a great story. Who can tell the best story?

10

Chat with the Red Cross

Join our group as we celebrate those born in the month of July. Hear from Emma Turner as she talks about the services that the Red Cross provides. Take part in our old-fashioned lolly shop complete with pennies and sixpences.

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Visit the NMA

Come for a trip to the National Museum of Australia and learn about Australia's pearling industry as we look at the new Lustre: Pearling & Australia exhibition.

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Old Fashioned Lolly Shop

Remember when a sixpence bought a bag of lollies? Take part in our old-fashioned lolly shop complete with pennies and sixpences. Afterwards, enjoy lunch and chat about the experience.

12

Christmas in July prep

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. After, put on your apron as we make shortbread biscuits and Christmas cake in preparation for our Christmas in July at the end of the month.

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Christmas in July prep

After a gentle exercise class with Donna, join Sue making bliss balls and decorating the centre as we prepare for Christmas in July to be held next week. You are invited to bring a gift (valued no more than \$5) for a Secret Santa lucky dip. Paper to wrap the gifts will be available.

Art Group

1.30pm - 4.00pm
Afternoon tea provided

Art with Acrylics

What is acrylic paint made of? How does it differ from gouache, watercolour or oil? Join our art group as we learn more about painting in acrylics and how we can get the most out of them.

Art Group

Bring your paint, brushes and some paper and join our local art group as we learn to use acrylic paints.

Art with Watercolour

Take your paint, brushes and some watercolour paper and come along to our art group as we learn how to create an amazing painting using pen and ink with watercolour washes.

Friday

Men's Group

10.00am - 2.00pm
Lunch is included

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Men's Group

Join our men's group for some conversation over morning tea. Participate in various activities and enjoy a movie before we have a bite to eat with the men!

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A Chat & Lovley Meal

Keep warm with a nice cuppa and some morning tea. Join our group as we have discussions on current world issues and afterwards enjoy a meal.

20

Social Outing at Raiders Club

Join us as we head to the Raiders Club in Weston Creek for a social outing. Enjoy conversations among mates and have a club lunch.

Tuggeranong Women's Neighbourhood

10.00am - 12.00pm
Lunch is NOT included

Craft for a Cause

Come along and participate in some craft with loom knitting, crochet and knitting for a good cause as we donate items to local emergency services and outreach programs. Enjoy a social chat over morning tea. Craft materials are provided.

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Art Therapy

Enjoy a morning conversation with friends over a cuppa and morning tea. Relax your mind and get some art therapy as we colour beautiful Mandalas. Afterwards, enjoy a delicious meal.

31

Sing-a-long with the Choir

Tap your toes and sing with friends as we are joined by the talented Mixed Bag Choir. Afterwards enjoy a social catch up over a meal.

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Christmas in July

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. Wear your best Christmas jumper and join in on our Christmas in July celebrations as we share a meal, a secret Santa lucky dip and Christmas carols.

Art Group

1.30pm - 4.00pm
Afternoon tea provided

Art Group

Bring your paint, brushes and a canvas and join our local art group and make your own still life painting.

Friday

Men's Group

10.00am - 2.00pm
Lunch is included

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Scenic Trip to Bungendore

Head up to Ngunnawal and join the Gungahlin Men's Group 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.

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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

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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
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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