

Tuesday

Variety Group

9.30am - 1.30pm
Lunch is included

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Indoor Bowls

Come down and join our variety group as we warm up and play a friendly game of indoor lawn bowls. Afterwards, join the group in some social conversations over a warm meal.

11

40th Anniversary Open Day

Celebrate the beginning of Spring with the group and create beautiful Mandala stones. Test your knowledge and get your brain active with group trivia and then join in for some conversations over a warm meal.

18

Gold Creek Village

Go for a bus trip out to Gold Creek Village. Enjoy the scenery and go for a walk with the group as we explore. Enjoy some lunch and tea at a local cafe before heading back to the centre.

Thursday

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Games Day

Gentle exercise group for seniors run by Donna or socialise over a cuppa. Enjoy some friendly competition in some of your favourite board games or card games. Catch up with old friends or make new ones over lunch.

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40th Anniversary Open Day

After morning exercise, a change may be necessary. Celebrate Spring with a high tea and dressing up, complete with hats, ties and gloves. Together, we will celebrate all that makes memories of a high tea in Spring so special.

20

Tap your Toes

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. Afterwards, tap your toes and sing along to Irish tunes by Bill Motherway before enjoying lunch and conversations with the group.

Art Group

1.30pm - 4.00pm
Afternoon tea provided

Artistic Afternoon

Join our local art group for an artistic afternoon as we workshop using acrylics. Bring along some paint, brushes and some paper or canvas.

40th Anniversary Open Day

Find your inner artist by experimenting with the range of materials we will have available to produce your very own still life painting or drawing.

Create a Masterpiece

Bring a current piece or create something entirely new at our art group. Workshop with acrylics and bring your own paints, brushes and a canvas or paper.

Friday

Men's Group

10.00am - 2.00pm
Lunch is included

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Cuppa and Chat

Join our local men's group and enjoy some companionable conversations over morning tea and a cuppa. Come along and meet old friends or make new ones. Enjoy a meal with the group before joining in the afternoon's activities.

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Stirling Labor Club

End your week the right way and join our men as we head to the Stirling Labor Club for activities, social conversations and lunch. Come along and meet old friends or make new ones.

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Spring Barbecue

Have a great day out and come along for a bus trip as our men's group goes out for a Spring barbecue. Enjoy a chat with the guys over a sausage sizzle!

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. Make teddy bears and clothes for local emergency services and outreach programs or just come along for a chat over morning tea. Craft materials are provided.

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Nuno Felting

Learn the Australian founded technique of Nuno Felting. Find out how you can use this versatile technique to felt onto other fabrics, creating a decorative design.

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Seedlings in Spring

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. See how seedlings we planted are faring in Spring! Pot the seedlings and take them home to grow. Enjoy lunch and conversations with the group.

Art Group

1.30pm - 4.00pm
Afternoon tea provided

Shiburi Scarves

Join our art group as we begin a shiburi workshop. Learn how to decorate a scarf using Japanese tie dying techniques and discover the beautiful patterns.

Friday

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Lunch is included

Movie at Goodwin

Come along for a trip to the Goodwin Village in Monash as we enjoy an entertaining film with the group. Afterwards, enjoy a friendly chat and some social discussions over lunch.

Tuggeranong Women's Neighbourhood

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Craft for a Cause

Participate in our craft activities for a good cause. Make teddy bears and clothes for local emergency services and outreach programs or just come along for a chat over morning tea. Craft materials are provided.

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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