

Monday	Tuesday	Wednesday	Thursday	Friday	
<p><b>Fijian-Indian Group</b> 10.00am - 2.00pm</p>	<p><b>Social Group</b> 9.30am -12.00pm Lunch is <b>NOT</b> 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 <b>NOT</b> 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>1</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, cult classics or the latest blockbusters.</p>	<p><b>2</b> <b>Woodwork &amp; Gardening</b> Start the morning with a cuppa and chat before heading out into the garden. Feeling creative? Spend some time in the workshop and create something new or work on a current piece.</p>	<p><b>3</b> <b>Birthday Celebrations</b> Join us as we celebrate those born during November. It's fun and games afterwards as we play the price is right. After lunch, get crafty with Christmas cards.</p>
<p><b>5</b> <b>Cultural Stories</b> Participate in gentle exercises and enjoy a conversation over morning tea. Share stories and experiences as we learn more about other cultures. Enjoy a shared lunch and join the group for some board games.</p>	<p><b>6</b> <b>Melbourne Cup</b> It's race day! Come down as we are joined by the Weston Tuesday group as we watch the big race. Enjoy lunch with the group and bring your fascinators or best hats as we have best dressed prizes. After the race at 3pm, hop on the bus as we head home.</p>	<p><b>7</b> <b>Birthday Celebrations</b> Come down and celebrate those born during November. Afterwards, participate in our monthly raffle before being entertained by the Belconnen Singers. Participate in a game of bingo after lunch.</p>	<p><b>8</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, cult classics or the latest blockbusters.</p>	<p><b>9</b> <b>Planning &amp; Conversations</b> Enjoy morning tea and a cuppa with the guys before heading into the workshop as we prepare for the market day next week. After, enjoy a talk from one of our participants.</p>	<p><b>10</b> <b>Christmas Crafts</b> Christmas is around the corner! Join us in Christmas crafts and decorating the centre. Enjoy social conversations over a meal with the group.</p>
<p><b>12</b> <b>My Health Record</b> Start your week right and join our group for conversations over morning tea. Afterwards, we are joined by a guest speaker from My Health Record who will explain how it could help you. Enjoy a shared lunch and join the group for some board games.</p>	<p><b>13</b> <b>Morning Conversations</b> Engage over chats from old times and share stories. Participate in some light exercise before joining the group at the club for lunch.</p>	<p><b>14</b> <b>Rose Gardens</b> After morning tea come for a trip out to the Rose Gardens for a Spring stroll. Then it's back to the centre for lunch followed by some games and Christmas card making.</p>	<p><b>15</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, cult classics or the latest blockbusters.</p>	<p><b>16</b> <b>Plan Your Future Open Day</b> Head out on an excursion as we travel to Goodwin in Crace for their Plan Your Future open day. Have a look around and learn more about what's happening in the local community.</p>	<p><b>17</b> <b>Guest Speaker</b> Hear from the Stroke Foundation as we are joined by a Stroke Safe speaker providing awareness and prevention information. After, participate in Christmas meal planning and enjoy some games with the group.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Fijian-Indian Group</b> 10.00am - 2.00pm	<b>Social Group</b> 9.30am -12.00pm Lunch is NOT included	<b>Variety Group</b> 10.00am - 2.00pm Lunch is included	<b>Movie Group</b> 1.00pm - 3.30pm Lunch is NOT included	<b>Men's Shed</b> 9.30am - 1.30pm Lunch is optional
<b>19</b> <b>Braidwood Trip</b> Come on a bus trip out through the country as we head to Braidwood. Join us for a stroll around the town and enjoy some lunch at the local bakery.	<b>20</b> <b>Music at Midday Concert</b> Like music and food? Join us as we go to the Canberra Theatre Centre for the Music at Midday concert. Enjoy lunch at the Ducks Nuts afterwards in Dickson.	<b>21</b> <b>Guest Speaker</b> JHear from the Stroke Foundation as we are joined by a Stroke Safe speaker providing awareness and prevention information. After, help with Christmas meal planning, making decorations and putting up the Christmas tree.	<b>22</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, cult classics or the latest blockbusters.	<b>23</b> <b>Green Thumb</b> End your week with our local men's group and enjoy fellowship over morning tea. Head into our garden to tend to the veggies and participate in some meal planning with the harvest.
<b>26</b> <b>My Health Record</b> Participate in our gentle exercises and enjoy a conversation over morning tea about what we learned from My Health Record. Learn to knit in our knitting for beginners before enjoying a shared lunch. After, enjoy some board games with the group.	<b>27</b> <b>Lunch at Lakes</b> Start your day off the right way with some gentle exercises with the group. Enjoy conversations over morning tea and participate in some games. After, join us as we head down to the Lakes Club for lunch.	<b>28</b> <b>Boat Trip on Lake Burley Griffin</b> Enjoy a day out on the water and in the sun as we take a boat trip on Lake Burley Griffin. After, enjoy a wonderful lunch with the group at the Yacht Club.	<b>29</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, cult classics or the latest blockbusters.	<b>30</b> <b>Snapper on the Lake</b> Enjoy a day out on the water and in the sun as we take a boat trip on Lake Burley Griffin. After, enjoy lunch with the group at the Snapper on the Lake.
				<b>Variety Group</b> 10.00am - 2.00pm Lunch is included
				<b>23</b> <b>Corduroys Quartet</b> Be entertained as we are joined by the Corduroys Quartet. Bring along a present for a family member to wrap and decorate as we learn the Japanese art of gift wrapping.

## 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](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)

Find us on Facebook