

### Tuesday

#### Variety Group

9.30am - 1.30pm  
Lunch is included

### Thursday

#### Variety Group

9.30am - 1.00pm  
Lunch is included

#### Art Group

1.30pm - 4.00pm  
Afternoon tea provided

### Friday

#### Men's Group

10.00am - 2.00pm  
Lunch is included

#### Tuggeranong Women's Neighbourhood

10.00am - 12.00pm  
Lunch is NOT included

#### Brightnotes

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. Then enjoy being entertained by the wonderful Brightnotes before enjoying lunch and a chat with old and new friends.

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#### 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.

#### Lunch at the Raiders Club

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

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#### Craft for 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.

6

#### Melbourne Cup Day

We are off and racing over to Ngunnawal for a special lunch, sweeps and fashions on the field. Wear your racing best. After the race at 3pm, hop on the bus as we head home.

8

#### Gentle Exercise

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. Afterwards, enjoy a game of cards or join in a memory game before lunch with the group.

#### Get Creative

Needing to finish off that current piece or wanting to create something brand new? Be inspired with our local art group for an artistic afternoon.

#### My Health Record

Hear from a presenter from My Health Record. Learn what having a My Health Record means, how to use it and what health care providers will use and have access. A friendly social event with some important information.

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#### Craft for 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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#### My Health Record

Learn what having a My Health Record means, how to use it and what health care providers will use and access as we are joined by a presenter from My Health Record. After, enjoy social conversations over lunch.

15

#### Christmas Preparation

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. After, help with Christmas cake in preparation for the Christmas party. Feeling crafty? Make Christmas tree decorations from corks. Bring a gift valued at \$5 for a Secret Santa lucky dip.

#### Recycling craft

Learn how you can recycle old paintings to make gifts cards and learn some new techniques that work well with gift cards.

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#### National Library of Australia

Join us to explore the Cook and the Pacific Exhibition at the National Library of Australia. A fascinating tour through an important period of Australian and Pacific history. Enjoy lunch with the group at the downstairs cafe, or bring your own.

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#### Balloon Games

Come along and join our group in a social morning and catch up over morning tea and a cuppa. Have some fun and laughs as we participate in balloon games. After, enjoy a prepared meal amongst friends.

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#### Christmas Creations

Deck the halls with boughs of holly as we make Christmas decorations! Join us as we prepare the centre for our upcoming Christmas party! After working up your appetite, join the group for some lunch.

### Thursday

#### Variety Group

9.30am - 1.00pm  
Lunch is included

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#### Christmas Preparation

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. Enjoy cooking? Help with the meal prep for our Christmas party and make some gingerbread or decorate the centre. Bring a gift valued at \$5 for a Secret Santa lucky dip

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#### Gentle Exercises

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. Afterwards, join in for some games with the group before enjoying fellowship over lunch

#### Art Group

1.30pm - 4.00pm  
Afternoon tea provided

#### Afternoon Acrylics

Join our local art group for an artistic afternoon in our workshop using acrylics. Bring along some paint, brushes, paper or even a canvas.

#### Artistic Afternoon

Join our local art group for an artistic afternoon in our workshop using acrylics. Bring along some paint, brushes, paper or even a canvas.

### Friday

#### Men's Group

10.00am - 2.00pm  
Lunch is included

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#### Movie at Goodwin Villiage

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.

30

#### 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.

#### 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](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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