

# Communities@Work

## Seniors Programs Holder - July

# 2019

Tuesday	Thursday		Friday	
<p><b>Variety Group</b> 9:30am – 1:30pm Lunch is included</p>	<p><b>Variety Group</b> 9:30am – 1:00pm Lunch is included</p>	<p><b>Art Group</b> 1:30pm – 4:00pm Afternoon tea provided</p>	<p><b>Men's Group</b> 10:00am – 2:00pm Lunch is included</p>	<p><b>Tuggeranong Women's Neighbourhood</b> 10:00am – 12:00pm Lunch is <b>NOT</b> included</p>
<p><b>2 American celebrations</b> Come along and join in for celebrations as we have an American themed day leading up to the 4<sup>th</sup> of July. Join in for American themed quizzes and activities before enjoying social conversations over lunch with the group.</p>	<p><b>4 Independence Day</b> Start your day right with our exercises from YMCA before having an American themed day celebrating the Fourth of July, Independence Day. Learn what the history of the day and the significance it has to America.</p>	<p><b>4 Artistic afternoon</b> End your day the right way and join our local art group for an artistic afternoon. Bring along your own art and carry on with existing projects or create something brand new!</p>	<p><b>5 Fun in the kitchen</b> Join our men's group as we head to the kitchen to make pizzas for lunch! Mix and match your toppings for our tasty lunch and enjoy social conversations with the men. End your week the right way!</p>	<p><b>5 Craft for a cause</b> 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.</p>
<p><b>9 Fashion project</b> Start your week right with our Variety group and enjoy conversations with the group over morning tea. After, join in for our fashion project and hair styling tips before enjoying lunch with the group.</p>	<p><b>11 Canberra Minstrels</b> After some exercises, enjoy a fun, music filled day as we are joined by the Canberra Men's Choir Minstrels. After singing songs and tapping along, enjoy lunch with the group.</p>	<p><b>11 Candlewicking</b> Come along and learn the art of white work embroidery as we explore candlewicking. See what beautiful designs you can make using this form of embroidery.</p>	<p><b>12 CDSCC - Tidbinbilla</b> Join us on our excursion to Tidbinbilla as visit the Canberra Deep Space Communication Complex (CDSCC). Enjoy exploring the exhibitions at the complex and also enjoy lunch and social conversations with the members of our group.</p>	<p><b>12 Craft for a cause</b> 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.</p>
<p><b>16 Social programs</b> Start your day right with some morning tea with the group before learning all about our Social Programs and the services available to you from our Volunteer Coordinator. After, enjoy social conversations with the group over lunch.</p>	<p><b>18 World maps</b> Where in the world? After starting your day with our exercises, join us for a geographically fun day as we explore a clickable word map. Drill down in the detail and discuss our origins.</p>	<p><b>18 Artistic afternoon</b> Join our local art group for an artistic afternoon. Bring along your own art and carry on with existing projects or create something brand new!</p>	<p><b>19 Film at Goodwin</b> 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.</p>	<p><b>19 Craft for a cause</b> 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.</p>

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<b>23 CDSCC - Tidbinbilla</b> Join us on our excursion to Tidbinbilla as visit the Canberra Deep Space Communication Complex (CDSCC). Enjoy exploring the exhibitions at the complex. Afterwards, enjoy lunch with the group.	<b>25 ACT Smart</b> Enjoy a presentation from ACT Smart as they provide information on how to heat your home and how to be energy efficient this winter. After, enjoy conversations over lunch.	<b>25 Recycled art</b> Enjoy a fun-filled afternoon as we explore recycled art. See what creations you can make by recycling and being green! Create art with a message and an impact!	<b>26 Stirling Labour Club</b> End your week the right way and join our men as we head to the Stirling Labour Club for activities, social conversations and lunch. Come along and meet old friends, or make new ones.	<b>26 Craft for a cause</b> 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.
<b>30 Craft and fun</b> Start your day with social conversations over morning tea. After, join in for a craft activity as we decorate welcome bags for new group clients before enjoying some lunch at the centre.				

## 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.

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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