

Communities@Work

Seniors Programs Ngunnawal - July

2019

Monday	Tuesday	Wednesday	Thursday	Friday	
Fijian-Indian Group 10:00am – 2:00pm	Social Group 9:30am – 12:00pm Lunch is NOT included	Variety Group 10:00am – 2:00pm Lunch is included	Movie Group 1:00pm – 3:30pm Lunch is NOT included	Men's Shed 9:30am – 1:30pm Lunch is optional	Variety Group 10:00am – 2:00pm Lunch is Included
1 Social day Enjoy social conversations over morning tea before joining in some gentle exercises to get your body moving. After, join in our blanket crochet project before enjoying a few games with the group.	2 National Museum Join us as we travel through history as we head to the National Museum of Canberra. Explore Australia's history before enjoying lunch with the group at the café.	3 Winter Solstice Come along and join us as we celebrate those born in July. After, join in for activities celebrating the Winter Solstice! Warm yourself up with conversations over a hot meal.	4 Victoria and Abdul Enjoy the British biographical drama based on the book of the surname which follows the real-life relationship of Queen Victoria and her servant Abdul Karim. The film stars Judi Dench.	5 Day in the shed Join our local Men's Shed for a day of woodworking, gardening and other activities! Work on current projects or start something new. Feeling social? Enjoy conversations with the men over a cuppa.	5 Chocolate Day Celebrate International Chocolate Day with our group! Celebrate all things chocolate with us as we enjoy chocolate themed quizzes, cooking activities and more!
8 Crochet blanket Enjoy a day of gentle exercises, social conversations and board games! Join in with our group as we put together and finish off our blankets for those in need.	9 Social programs 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, head down to the club with the group for lunch.	10 Hellenic Club Join as we go out on an excursion to the Hellenic Club for lunch at the Bistro. Enjoy the social outing with the group and meet with old friends or make new ones!	11 Chocolat Join us for the romantic, comedy-drama <i>Chocolat</i> based on the novel of the same name. The movie follows a young mother who soon learns how her chocolate can influence her small town in different and interesting ways.	12 AFP Museum Explore the history of the Australian Federal Police as we head out to the AFP Museum. Enjoy insight into Australia's law enforcement before heading to a nearby café for lunch with the group.	12 AFP Museum Explore the history of the Australian Federal Police as we head out to the AFP Museum. Enjoy insight into Australia's law enforcement before heading to a nearby café for lunch with the group.
15 Gentle exercises Start your week right with some gentle exercises in the morning. Join in for a craft project as we make scarves and beanies. Afterwards, join in for a board game or two.	16 Guided relaxation Start your week right and enjoy a serene morning with our guided relaxation. After, join in for word games and board games before enjoying lunch at the centre. <i>2pm finish time.</i>	17 Silk scarves Learn how to dye your very own silk scarf to keep or give to someone as a gift. An additional cost of \$10 per scarf applies. Afterwards, enjoy lunch with the group.	18 Lady in the Van Starring Maggie Smith, <i>The Lady in the Van</i> follows the true story of Miss Mary Shepherd, an eccentric, homeless woman who 'temporarily' parked her van in the driveway of the English writer Alan Bennett.	19 Fun at the shed End your week the right way with our local Men's Shed. Catch up with old friends or make new ones with conversations over a cuppa. Feeling handy? Work on some projects in the shed before joining in for a hot meal.	19 Paint for a cause End your week the right way with our Variety Group. Join us as we paint for a cause and make a beautiful gift for someone in need. Afterwards, join in for social conversations over lunch.

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22 Social day Enjoy social conversations over morning tea before joining in some gentle exercises to get your body moving. After, get knitting as we continue our scarves and beanies.	23 Fun and games Come along for a fun filled day and enjoy social conversations with the group over morning tea. Afterwards, join in a variety of board games from our collection before enjoying lunch with the group at the local club.	24 ACT Smart 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, join in a reminiscence session about the good old days.	25 The King and I Enjoy the classic musical by Richard Rodgers and Oscar Hammerstein II, <i>The King and I</i> . Starring Deborah Kerr the film follows Anna, a widow who accepts a job as a live-in governess to the King Siam's children.	26 Day in the shed Join our local Men's Shed for a day of woodworking, gardening and other activities! Work on current projects or start something new. Feeling social? Enjoy conversations with the men over a cuppa.	26 Garden day Come along and join our group as we have a garden day. Plant flower bulbs in the garden and fertilise the vegetables. After working up an appetite in the courtyard, enjoy lunch with the group.
29 Gentle exercises Start your week right with some gentle exercises in the morning. Enjoy a chat with the group and bring your knitting needles as we continue with our scarves and beanies.	30 Guided relaxation Start your week right and enjoy a serene morning with our guided relaxation. After, join in for word games and board games before we head off to lunch at the local club.	31 Musical fun Have a musical morning as we sing along to the musical stylings of Brian Butler! Enjoy a chat over lunch before making letters for International Friendship Day.			

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 |
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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