

## Seniors Program | *Holder* - March

Tuesday	Thursday		Friday	
<b>Variety Group</b> 9:30am – 1:30pm Lunch is included	<b>Variety Group</b> 9:30am – 1:00pm Lunch is included	<b>Art Group</b> 1:30pm – 4:00pm Afternoon tea provided	<b>Men's Group</b> 10:00am – 2:00pm Lunch is included	<b>Tuggeranong Women's Neighbourhood</b> 10:00am – 12:00pm Lunch is <b>NOT</b> included
<b>3 Women's Day</b> Celebrate International Women's Day with us as we enjoy quizzes and games. Wear purple to celebrate and support the day. Catch up with the group for social conversations before enjoying some lunch.	<b>5 Women's Day</b> Celebrate and support International Women's Day with us. Hear from some of the women in our group; hear their unique stories and share your own! Catch up with friends afterwards for conversations over lunch.	<b>5 Women's Day</b> Add a splash of purple to your palette and get creative with our Thursday Art Group as we create art to celebrate International Women's Day.	<b>6 Social gathering</b> Come along as we meet at our Holder centre to enjoy a variety of activities with the men. Partake in conversations over morning tea, catch up with old friends, and enjoy a board game or a hand of cards. Afterwards, enjoy a meal amongst the men.	<b>6 No program</b> Spend the day with our Women's Neighbourhood group as we are joined by Hearing Australia who will be providing hearing screening and information. Participate in our craft activities for a good cause. Craft materials are provided.
<b>10 Continance Foundation</b> Enjoy an information session as we are joined by Continance Foundation of Australia. They will provide information on how incontinence can be treated and managed. Afterwards, catch up with the group for social conversations.	<b>12 Information session</b> Start your morning right with our exercises then enjoy an information session as we are joined by Continance Foundation of Australia. They will provide information on how incontinence can be treated and managed.	<b>12 Artistic afternoon</b> Join our local art group for an artistic afternoon and end your day the right way. Bring along your own art and carry on with existing projects or create something brand new!	<b>13 National Museum</b> Wander through the halls of the National Museum of Australia as we enjoy a day out exploring the latest exhibitions highlighting Australia's history. After, join the men for discussions on the day over lunch at the local café.	<b>13 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>17 St. Patrick's Day</b> Have a fun filled day with lots of laughs as we Celebrate St. Patrick's Day with decorating our centre and making our own Leprechaun! Catch up with the group with social conversations over lunch.	<b>19 St. Patrick's Day</b> Start your day right with our morning exercises before joining in for St Patrick's Day celebrations. Enjoy a themed day full of games and quizzes before enjoying conversations over lunch.	<b>19 St. Patrick's Day art</b> Add a touch of green and gold to your palette and spend your afternoon with our local art group as we have a St. Patrick's Day themed art session.	<b>20 Canberra Men's Choir</b> Join us as we head over to the Ngunnawal Centre for a musical performance from the local Canberra Men's Choir. After, enjoy a hearty lunch and conversations amongst friends.	<b>20 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.

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<b>24 Albert Hall Concert</b> Celebrate Senior's Week with us and enjoy a day out as we attend the Chief Minister's Concert at Albert Hall. After, discuss the performance with the group over lunch at a local cafe. <i>Limited spots available, RSVP required.</i>	<b>26 Senior's Expo</b> Enjoy a day out as we head down to Exhibition Park for the Senior's Week Expo! Learn about services within the community and information on what they can provide. After, enjoy some lunch out with the group.	<b>26 No program</b>  No program today.	<b>27 Men's Link talk</b> Open day at the Seniors Centre in Ngunnawal. Catch up with the men over a cuppa and morning tea. Hear from a speaker from Men's Link who will provide information about mental health & wellbeing. After, enjoy some lunch with the group.	<b>27 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>31 Appletree Child Care</b> Join us for a joy filled day as we are joined by the children from Appletree Child Care. Catch up with the children and participate in a range of games and activities. Afterwards, catch up with the group with conversations over lunch.				

## 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.

## My Aged Care

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.

### Contact 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



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[commsatwork.org](http://commsatwork.org) 6293 6500