

## Seniors Program | *Ngunnawal* - March

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Fijian-Indian Group</b> 10:00am – 2:00pm	<b>Social Group</b> 9:30am – 12:00pm Lunch is <b>NOT</b> included	<b>Variety Group</b> 9:30am – 1:30pm Lunch is included	<b>Movie Group</b> 1:00pm – 3:30pm Lunch is <b>NOT</b> included	<b>Men's Shed</b> 9:30am – 1:30pm Lunch is optional	<b>Variety Group</b> 10:00am – 2:00pm Lunch is Included
<b>2 Lake Burley cruise</b> Kick-start Autumn the right way and enjoy a day out with our Fijian Indian Group as we head to Yarralumla for a cruise on Lake Burley Griffin. Catch up with friends over lunch after the cruise.	<b>3 Fun and games</b> Come along and join us for a fun filled morning as we catch up for morning tea followed by word games, trivia and Rummikub! Afterwards, join the group for social conversations over a delicious lunch. <i>2pm finish</i>	<b>4 High tea party</b> Start your day with our fortnightly exercises with Praksis before celebrating March birthdays over morning tea. Put your cooking skills to use as we prepare our own high tea! Afterwards, enjoy lunch and games with friends.	<b>5 Begin Again</b> Staring Keira Knightly and Mark Ruffalo, <i>Begin Again</i> follows the journey of a young song writer (Knightly) and her journey with a troubled record label executive (Ruffalo) in this charming indie hit.	<b>6 Social catch up</b> Come along as we meet at the Holder centre to enjoy a variety of activities with the men. Partake in conversations, catch up with old friends and enjoy a board game or a hand of cards. Afterwards, enjoy a meal amongst the men.	<b>6 World Wildlife Day</b> Celebrate World Wildlife Day with a focus on sustaining life on earth. Learn some interesting facts and test your knowledge with some games before sharing conversations over lunch.
<b>9 No program</b>  No program, public holiday	<b>10 Social gathering</b> Start your week with our social group. Meet up with friends and enjoy some conversations over morning tea and games. Afterwards, come down for a trip to the Lakes Club as the group enjoys lunch.	<b>11 Lunch melodies</b> Hear from a guest speaker from the Continence Foundation about how to best treat and manage incontinence. Then get ready to tap your toes over lunch as we head to the Raiders Club for Lunchtime Melodies!	<b>12 A Knight's Tale</b> Heath Ledger stars as William Thatcher, a low-born 14th century squire who replaces his recently deceased master as the competitor at a jousting competition; a pastime only permitted to knights.	<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. Enjoy discussions with the men about the day over lunch at the local café.	<b>13 RMC Duntroon</b> Spend an Autumn day outdoors and enjoy a scenic trip around The Royal Military College, Duntroon. Learn about one of the world's leading military training establishments before lunch at Poppies Cafe.
<b>16 Canberra Zoo</b> Enjoy a day out with the group as we head down to Canberra Zoo. Stroll through the paths of the zoo and spend the day learning about different animals, both native and exotic. After, enjoy conversations over lunch.	<b>17 Fun and games</b> Come along and join us for our weekly social gathering. Catch up with old friends or make some new ones. Enjoy some morning tea before enjoying a board game or two with the group.	<b>18 St. Patricks Day</b> Join in our fortnightly exercise session with Praksis, then celebrate St Patricks Day and all things Irish! Try your luck at bingo and trivia, or create your own Irish art before sharing lunch with the group.	<b>19 Three Kings</b> After the Persian Gulf War ends, three soldiers (Clooney, Cube and Wahlberg) stumble upon information about a huge cache of gold hidden near their base. Unexpected discoveries soon turn this accident into a mission.	<b>20 Men's Minstrels</b> Join us at the Ngunnawal centre and enjoy the beautiful harmonies of the Men's Minstrels from the Canberra Men's Choir as they perform musical numbers at the centre. Enjoy some conversations and games after lunch.	<b>20 Men's Minstrels</b> Tap your toes and enjoy the beautiful harmonies of the Men's Minstrels from the Canberra Men's Choir as they perform musical numbers at the centre. After conversations over lunch join in some painting activities.

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<b>23 Gentle exercises</b> Join our Fiji Indian group to start your week right with some gentle exercises in the morning. Join in for our knitting project or partake in social conversations. Afterward, join in for a board game or two with the group.	<b>24 Albert Hall</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>25 Social day</b> Open day at the Seniors Centre in Ngunnawal. Join us for an enjoyable day, share in morning tea and spend time in our garden, learning how to use iPads or relax with a board game or craft activities before a BBQ lunch with friends.	<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>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 Fun and games</b> Open day at the Seniors Centre in Ngunnawal. Test your finesse and join the group for a friendly game of quoits and enjoy an information session before participating in our craft for volunteers. After, enjoy some lunch with the group.
<b>30 Toys for children</b> Start your week right with some gentle exercises and catch up over morning tea. After, join us as we start our first project for the year as we make soft toys for children in need. Enjoy a board game with the group.	<b>31 Social gathering</b> Start your week with our social group. Meet up with friends and enjoy conversations over morning tea and board games. Afterwards, come down for a trip to the Lakes Club as the group enjoys 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