

## Monday

### **The Scoop Holder**

10am-1pm

### **Fun and Games Holder**

1:30pm-3:30pm

### **The Culture Exchange Ngunnawal**

10am-1pm

## Tuesday

### **Let's Get Physical Ngunnawal**

9:30am-11:30am

### **Bookworms, Film Buffs and Beyond Ngunnawal**

1pm-3:30pm

## Wednesday

### **Spice of Life Ngunnawal**

10am-1pm

### **Fun and Games Ngunnawal**

1:30pm-3:30pm

## Thursday

### **Let's Get Physical Holder**

9:30am-11:30am

### **Bookworms, Film Buffs and Beyond Holder**

1:00pm-3:30pm

## Friday

### **Mens Business Ngunnawal**

10am-1pm

### **Creative Projects Ngunnawal**

1:30pm-3.30pm

### **Spice of Life Holder**

10am-1pm

### **Creative Projects Holder**

1:30pm-3.30pm

Please note that places are limited for all groups and bookings are essential, so book your spot by calling Tess on 6126 9022 or email [tessa.hutchison@commsatwork.org](mailto:tessa.hutchison@commsatwork.org)

SENIOR'S PROGRAMS | 2021  
**Communities@Work**

### **The Scoop – Holder**

Extra! Extra! Read all about it! Join us as we work together to design, develop and deliver the Communities@Work Seniors Newsletter. We want to include what you want to read, from local news, current affairs, client stories, recipes, activities and more! Come along and put your knowledge, skills and experiences to good use! Afterwards, share in a light lunch with the group.

### **Fun and Games – Holder**

Fancy some friendly competition? Would you like to fine-tune your skills or challenge yourself with something new? Join with friends and make new ones as we play a variety of games and share afternoon tea together. From the old classics to the new favourites, board games, brain games, even ball games, you will never be bored at the games group!

### **The Culture Exchange – Ngunnawal**

Someone once said, 'The beauty of the world lies in the diversity of its people' and we could not agree more. We welcome people from all backgrounds, cultures and religions and believe in sharing knowledge, learning about experiences and celebrating stories. The Culture Exchange will be held every Monday morning from 10am to 1pm at Ngunnawal. Come along and learn about a variety of cultures, participate in themed activities and share stories with friends over a light lunch.

### **Let's get Physical – Ngunnawal**

Start your day right with our Exercise Group at Ngunnawal, held every Tuesday morning from 9:30am to 11:30am. Here you'll spend the first half of the session engaging in various forms of exercise including chair yoga, strength and balance, and weight and resistance exercises. Afterwards, chat with friends and meet new ones as we share morning tea together and play a game or two!

### **Bookworms, Film buffs and Beyond – Ngunnawal**

Are you a book worm? Or a film buff? Or simply enjoy good discussion centred around a variety of interesting topics? This is the group for you, held every Tuesday afternoon from 1pm to 3:30pm. Each month, we will explore a wide range of books, movies and discussions topics of your choosing to share our experiences, expand our knowledge and challenge our thinking! Nothing is off limits! Afternoon tea will be provided.

### **Spice of Life – Ngunnawal**

They say, 'variety is the spice of life', so why not come along to our Variety Group at Ngunnawal, held every Wednesday from 10am to 1pm. From trivia to travel, bingo to bowling, pen pals and performers, and don't forget the excursions, there is something for everyone at the variety group! A light lunch will be provided.

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Fancy some friendly competition? Would you like to fine-tune your skills or challenge yourself with something new? Join with friends and make new ones as we play a variety of games and share afternoon tea together. From the old classics to the new favourites, board games, brain games, even ball games, you will never be bored at the games group!

### **Let's get Physical – Holder**

Start your day right with our Exercise Group at Holder, held every Thursday morning from 9:30am to 11:30am. Here you'll spend the first half of the session engaging in various forms of exercise including chair yoga, strength and balance, and weight and resistance exercises! Afterwards, chat with friends and meet new ones as we share morning tea together and play a game or two!

### **Spice of Life – Holder**

They say, 'variety is the spice of life', so why not come along to our Variety Group at Holder, held every Friday from 10am to 1pm. From trivia to travel, bingo to bowling, pen pals and performers, and don't forget the excursions, there is something for everyone at the variety group! A light lunch will be provided.

### **Creative Projects – Ngunnawal**

Work the right side of your brain and get your creative juices flowing at the Ngunnawal Creative Group, held every Friday afternoon from 1:30pm-3:30pm. There will be a wide range of creative activities on offer! Music to mosaics, painting to pottery, gardening to glazing, as well as some exciting collaborative projects, you are only limited by your imagination! Afternoon tea will be provided.

### **Bookworms, Film buffs and Beyond – Holder**

Are you a book worm? Or a film buff? Or simply enjoy good discussion centred around a variety of interesting topics? This is the group for you, held every Thursday afternoon from 1pm to 3:30pm. Each month, we will explore a wide range of books, movies and discussions topics of your choosing to share our experiences, expand our knowledge and challenge our thinking! Nothing is off limits! Afternoon tea will be provided.

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### **Men's Business – Ngunnawal**

Connection, construction and conversation! Come along to the Ngunnawal Mens Group, held every Friday from 10am to 1pm. Get your hands dirty in the garden, work on small woodwork projects in the workshop, or join in some healthy competition with a game or two! The opportunities are endless! Afterwards, share in a light lunch with friends.