

AUGUST | 2022

Monday

August 1st

FUN & GAMES 1:30pm-3:30pm

Join us for afternoon tea at the centre as we catch up with friends. Then, we'll celebrate the 'Horse's Birthday' with some fun games and fascinating trivia!

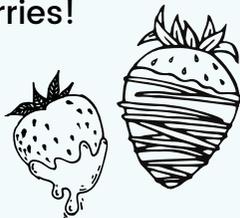
Q: What do you call a horse that likes to stay up late?

A: A night mare!

August 8th

FUN & GAMES 1:30pm-3:30pm

Join with friends for an afternoon at the centre as we prepare our own high tea! We'll be making delicious treats to enjoy including apricot and coconut balls, mini pancakes and chocolate covered strawberries!



Thursday

August 4th

HEALTHY LIVING 9:30am-1:30pm

Join us for session of chair yoga before we share morning tea together. Afterwards, we'll compete in the 'Brain Olympics'! Team up with friends to solve a variety of puzzles, riddles and quizzes to test your knowledge and get you thinking! Don't forget, there'll be chocolates for prizes!

August 11th

HEALTHY LIVING 9:30am-1:30PM

Enjoy a session of chair yoga with Negar before we take a closer look at food labels. We'll discuss how to read them, what they represent and important things to look for when grocery shopping! Afterwards, we'll share lunch together and play a fun game of 'The Price is Right'!

Friday

August 5th

SPICE OF LIFE 10am-2pm

Join with friends as we celebrate each other in honour of **World Friendship Day!** We'll reminisce and share stories of important friendships before engaging in some 'friendly' competition with some fun games.



August 12th

SPICE OF LIFE 10am-2pm

Today we'll be celebrating Indian Independence Day and the Indian Elephant! Join us as we learn more about this significant day in history, as well as this beautiful animal, through trivia and games before a delicious lunch!

Monday

August 15th

FUN & GAMES 1:30pm-3:30pm

Today we're jetting off to Italy to celebrate the Ferragosto Festival, Italy's National Summer Holiday! We'll look at the history of the festival before playing some fun Italian games over some yummy Italian snacks!



August 22nd

FUN & GAMES 1:30pm-3:30pm

Catch up with friends over afternoon tea! Then we'll join in some friendly competition, playing a variety of board games. There'll be some old classics and new favourites, and chocolates for prizes, of course!



Thursday

August 18th

HEALTHY LIVING 9:30am-1:30PM

Today we'll enjoy a session of chair yoga at the centre. Afterwards, we'll discuss the health benefits of the Mediterranean diet! Our friends Connie and Rosa will share some of their recipes and demonstrate a traditional Italian recipe!



August 25th

HEALTHY LIVING 9:30am-1:30pm

Start your day right with chair yoga with Negar! Then we'll explore the idea of community, our experiences of community and the health benefits of having and being part of a community! Afterwards, we'll share lunch together and play some games to get to know each other better!

Friday

August 19th

SPICE OF LIFE 10am-2pm

Enjoy a day out with friends as we head to Old Parliament House! We'll join with the Ngunnawal Men's Group and have a look around the Democracy DNA exhibition, as well as the Changemakers exhibition, before a yummy lunch at The Courtyard Café! Lunch will be at clients own cost.



August 26th

SPICE OF LIFE 10am-2pm

Today we'll be jetting off to Malaysia! A country rich in culture and history, we'll explore the capital, Kuala Lumpur as well as some of their beautiful natural wonders before lunch!