

SENIORS PROGRAMS

NOVEMBER | 2022

NGUNNAWAL

Monday

October 31st

CREATIVE PROJECTS

10am-1pm

Join us for a day at the centre as we celebrate Halloween with arts, crafts and games!

THE WOODWORK GROUP

1pm-3:30pm

Today we'll look at the wood lathe basics!

Tuesday

November 1st

HEALTHY LIVING

9:30am-1:30pm

After chair yoga, we'll welcome a guest speaker from COTA to discuss all things Aged Care!

FUN & GAMES 1:30pm-

3:30pm Join with friends for high tea to celebrate Melbourne Cup Day!

Wednesday

November 2nd

SPICE OF LIFE 10am-2pm

Join with friends for a day at the centre as we celebrate the **Spring Racing Carnival!** We'll enjoy a delicious high tea before some fun carnival games! Don't forget to dress up for fashions on the field!

Friday

November 4th

MENS BUSINESS 10am-2pm

Join with friends as we jet off to South Africa and Chile! We'll look at their different cultures, histories and traditions before sharing lunch together!



November 7th

CREATIVE PROJECTS

10am-1pm

Join with friends as we continue our knitting projects followed by some fun games.

THE WOODWORK GROUP

1pm-3:30pm

Today we'll continue working on our current projects!

November 8th

HEALTHY LIVING

9:30am-1:30pm

Enjoy a session of chair yoga before celebrate Spring with a special flower arranging workshop!

FUN & GAMES 1:30pm-

3:30pm Join with friends for afternoon tea and a game of your choice!

November 9th

SPICE OF LIFE 10am-2pm

Join with friends as we celebrate **Remembrance Day** and acknowledge men and women who have served before we share lunch together and join in a game or two!

November 10th

MENS BUSINESS 10am-2pm

Catch up with friends over morning tea before we continue with our drawing and sculpting workshops with resident art teacher, Brian!

communities
at work

Monday

November 14th

CREATIVE PROJECTS

10am-1pm

Catch up with friends over morning tea before we start a new project, making candles!

THE WOODWORK GROUP

1pm-3:30pm

Today we'll start an exciting new project, making wooden toys for children!

Tuesday

November 15th

HEALTHY LIVING

9:30am-1:30pm

After chair yoga, we'll share morning tea before we learn how to make our own sushi and share it for lunch!

FUN & GAMES 1:30pm-

3:30pm Today we'll enjoy an afternoon movie with some yummy treats!

Wednesday

November 16th

SPICE OF LIFE 10am-2pm

Join with friends for morning tea and games at the centre before we embrace the warmer weather and head to the **Gungahlin Lakes Club** for lunch! Don't forget to bring along some money for lunch!



Friday

November 18th

MENS BUSINESS 10am-2pm

Enjoy a day at the centre catching up with friends over morning tea before we join in some friendly competition! We'll try our hand at poker and a mix of classic board games before sharing lunch together.



November 21st

CREATIVE PROJECTS

10am-1pm

Today we'll embrace the warmer weather and head out to the **Hall School Museum** for a look around and lunch!

THE WOODWORK GROUP

1pm-3:30pm

Today we'll continue working on our wooden toys project!

November 22nd

HEALTHY LIVING

9:30am-1:30pm

Join with friends for chair yoga before we head out for a picnic lunch at **Lennox Gardens**!

FUN & GAMES 1:30pm-

3:30pm Join with friends for afternoon tea and celebrate **Thanksgiving**!

November 23rd

SPICE OF LIFE 10am-2pm

Catch up with friends over morning tea before we welcome special guests, **The Brite Notes**! We'll be getting into the Christmas spirit as they perform some classic songs before sharing lunch together!

November 24th

MENS BUSINESS 10am-2pm

Join with friends and catch up over morning tea before we head out for the day to the **National Museum of Australia**! We'll have a look around a variety of exhibitions before lunch at the café!

Monday

November 28th

CREATIVE PROJECTS

10am-1pm

Join us for a day at the centre for World TV Day! We'll look at the history of TV and some of our favourite TV moments from over the years!

THE WOODWORK GROUP

1pm-3:30pm

Today we'll continue working on our wooden toys project!

Tuesday

November 29th

HEALTHY LIVING

9:30am-1:30pm

After chair yoga, we'll share morning tea before we discuss the health benefits of laughter before playing some fun games together!

FUN & GAMES 1:30pm-

3:30pm Join with friends for afternoon tea and a game of your choice!

Wednesday

November 30th

SPICE OF LIFE 10am-2pm

Aloha! Join us for the trip of a lifetime as we head to Hawaii! From tropical trivia and a luau lunch, we'll learn more about this beautiful island and all it has to offer!

