

SENIOR'S PROGRAMS

March | 2023

Ngunnawal

Monday

March 6th

CREATIVE PROJECTS 10am - 1pm

Autumn is upon us! Let's meet as friends as we enjoy some games to welcome the session



March 13th

PUBLIC HOLIDAY

NO PROGRAM

Tuesday

March 7th

HEALTHY LIVING 9:30am-1:30pm

Start your morning right with chair yoga! Afterwards, we will celebrate International Women's Day!

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

Share afternoon tea with friends

Wednesday

March 8th

SPICE OF LIFE 10am-2pm

The Brite Notes will be joining us today, put on your tapping shoes as we enjoy live music



March 15th

SPICE OF LIFE 10am-2pm

Seniors Expo - we will be exploring what services are available for us either by visiting the EXPO or having a discussion with our Coordinator Sisa

Friday

March 10th

MENS BUSINESS 10am-1pm

How does fish and chips sound? Come along for a trip to the Yatch Club as we have a day away from the centre



March 17th

MENS BUSINESS 10am-1pm

Join us as we build and transform a mobility scooter we are working on and clay sculptures!



Communities@Work

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Monday

March 20th

CREATIVE PROJECTS 10am - 1pm

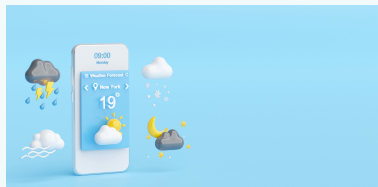
Enjoy a BBQ at Yerribai Pond District Park before the temperature drops. We will take time to appreciate the autumn weather and change of our vegetation.



March 27th

CREATIVE PROJECTS 10AM-1PM

Join the group as we commemorate World Meteorological Day! We'll have discussions and games to celebrate the day.



Tuesday

March 21st

Healthy Living

9:30am-1:30pm

Start your morning with chair yoga wit Suzannah! Afterwards, join us as we celebrate St Patrick's, and we travel to Ireland in armchair travel.

FUN & GAMES

1:30pm-3:30pm

Share afternoon tea with friends and board games.

March 28th

HEALTHY LIVING

9:30am-1:30pm

Start your morning right with chair yoga! Afterwards, we'll have a hearing clinic with Ana from Hearing Australia

FUN & GAMES

1:30pm-3:30pm

Share afternoon tea with friends and board games

Wednesday

March 22nd

SPICE OF LIFE 10am-2pm

HARMONY WEEK - come along and let's celebrate diversity as we share about our cultures and enjoy an exotic meal



March 29th

SPICE OF LIFE 10am-2pm

Take a trip to the neighborhoods we live and have lived as we observe International Neighbour Day



Friday

March 24th

MENS BUSINESS

10am-1pm

We are creative group that enjoy building, making and transforming things, come along and join us as we work on continue working on rebuilding a mobility scooter and clay sculptures.

March 31st

MENS BUSINESS 10am-1pm

Come and have a chill day at the center as we are having a movie day with snack and popcorn.



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