

SENIORS PROGRAMS

March | 2024

HOLDER

Monday

March 4th

FUN & GAMES 11:30am-3:30pm
Today we will be celebrating World Wildlife Day today with some quizzes and games. If you have a picture of your favorite animal bring it in and share with friends about why you like this animal.



Thursday

March 7th

HEALTHY LIVING 10am - 2pm
Enjoy a session of chair yoga with Negar before we jet-off to Greece! We will look at the culture, history, traditions and share stories of this Southeast European country. If you have travelled to Greece, please share with the group your experiences. Bring along any memories, photos or trinkets!

Friday

March 1st

SPICE OF LIFE 10am-2pm
Today is Zero Discrimination Day and World Prayer Day! We will be focusing on forms of discrimination, and we will also have a discussion on different religions and methods of prayer and their history.



March 8th

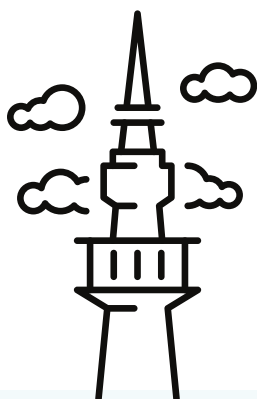
SPICE OF LIFE 10am-2pm
Join us today on Hearing Awareness week, Ana from Hearing Australia will be here offering free hearing test. Bring your hearing aids for a clean and new batteries. We will also play some physical fun games.

**communities
at work**

Monday

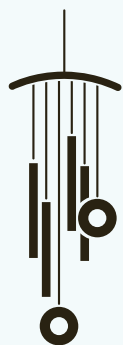
March 11th

NO GROUP PUBLIC HOLIDAY



March 18th

FUN & GAMES 11:30am-3:30pm
Today we will gather as friends at the center for some fun and laughter. We will make some wind chimes with different materials.



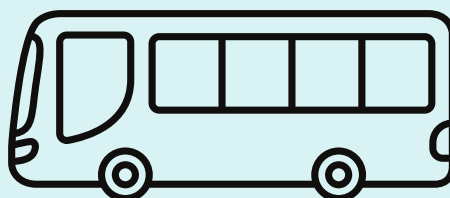
Thursday

March 14th

HEALTHY LIVING 10am - 2pm
Join us for chair yoga before sharing morning tea together. We will be hosting Catherine from COTA today who will be talking about services and programs that are available to us in the community. She will also speak on accessing My Aged Care and Increasing confidence online.

March 21st

HEALTHY LIVING 10am - 2pm
Start the day with chair yoga with Negar. Thereafter, we will head out to a **mystery location in the community for some lunch**.



Friday

March 15th

SPICE OF LIFE 10am-2pm
Today we will be heading to the Northside, **Gold Greek Village for lunch** and walk around the village shops.



March 22nd

SPICE OF LIFE 10am-2pm
Come and join us at the centre as we catch up as friends. Today we will be celebrating Easter with craft and games.



**communities
at work**

Monday

March 25th

FUN & GAMES 11:30am - 3:30pm

Come along and enjoy autumn with us as we head out to **Weston Park and have picnic!** We'll play some games and walk down to the lake (if possible) and feed the ducks.



Thursday

March 28th

HEALTHY LIVING 10am - 2pm

Start your day right with chair yoga before sharing morning tea with friends! Afterwards, we'll have Easter fun and games!



Friday

March 29th

**NO GROUP
PUBLIC HOLIDAY**



Please remember to notify us when not attending by calling 6293 6254 or texting or calling 0435 160 339.

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