

# SENIOR'S PROGRAMS

## March | 2024

## NGUNNAWAL

### Monday

### Tuesday

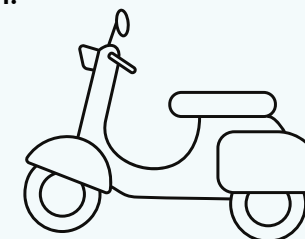
### Wednesday

### Friday

#### March 1st

**Men's Business 10am-2pm**

Come along as we polish and revamp the scooter. We will play card games after lunch.



#### March 4th

**Creative Projects**

**10am- 1:00pm**

Join us as we **head out for lunch** in celebration of Canberra Day!

**The Woodwork Group**

**1:00pm - 3:30pm**

We will continue in the workshop with Dave instructing the project of the day!

#### March 5th

**Healthy Living**

**9:30am-1:30pm**

Come join us for some chair yoga! We'll celebrate International Women's Day and look at the women in our lives and the roles they have played in shaping who we are today.

**Fun & Games**

**1:30pm - 3:30pm**

Join with friends for afternoon tea and a game of your choice!

#### March 6th

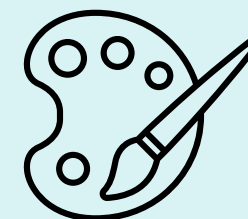
**Spice of Life 10am-2pm**

We are meeting up at the center and afterwards heading to **Albert Hall** to enjoy the Chief Minister's Senior Concert. We'll have lunch at the center before going out.

#### March 8th

**Men's Business 10am-2pm**

Join the group today as we design our own multi panel canvas paints.

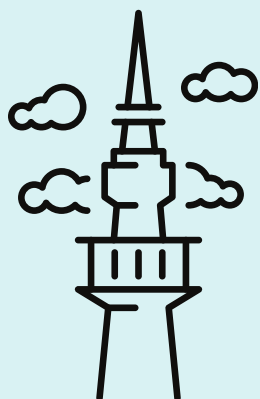


**communities  
at work**

## Monday

**March 11th**

**NO GROUP  
PUBLIC HOLIDAY**



**March 18th**

**Creative Projects  
10am-1pm**

Today we'll have a speaker from COTA who will be giving us information on programs and services we can access in the Canberra region.

**The Woodwork Group  
1:00pm - 3:30pm**

We will continue in the workshop with Dave instructing the project of the day!

## Tuesday

**March 12th**

**Healthy Living  
9:30am-1:30pm**

We'll start the day with chair yoga afterwards we will have an information session from COTA on services that are available for seniors.

**Fun & Games**

**1:30pm-3:30pm**

Today we'll enjoy an afternoon with a variety of board games.

**March 19th**

**Healthy Living  
9:30am-1:30pm**

Join with friends for chair yoga before we head out for **lunch at Gold Creek**.

**Fun & Games**

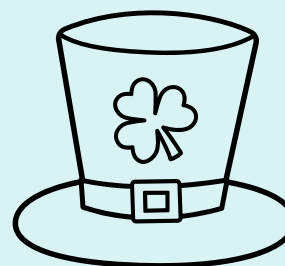
**1:30pm-3:30pm**

Join with friends for afternoon tea and some games of your choice.

## Wednesday

**March 13th**

**Spice of Life 10am-2pm**  
Join with friends for St Patrick's Day! We'll commemorate the day with **lunch at the Irish Club**.



**March 20th**

**Spice of Life 10am-2pm**  
Let's celebrate Harmony Day by embracing our differences as a group. Today please come dressed in your favorite traditional attire and we'll have a meal from a different part of the world. Come share something about your country!

## Friday

**March 15th**

**Men's Business 10am-2pm**  
Ever wanted to try your hand at wood burning? Come along and give it a go as we will be doing wood pyrography.



**March 22nd**

**Men's Business 10am-2pm**  
Join us as we head out to the National Museum, we will do a shop and walk around the museum before we settle down **for lunch** on the premises.

## Monday

### March 25th

#### Creative Projects

10am-1pm

Join us as we prepare for Easter. We will have a variety of activities to celebrate this occasion.

#### The Woodwork Group

1:00pm - 3:30pm

Today we will be learning about pocket hole joinery. We will look at how it works and how to use it!

## Tuesday

### March 26th

#### Healthy Living

9:30am-1:30pm

After chair yoga, we'll take a **drive around North Canberra** to see how the city is developing before heading back to the center for lunch.

#### Fun & Games

1:30pm-3:30pm

Today we'll enjoy an afternoon with a variety of board games.

## Wednesday

### March 27th

#### Spice of Life 10am-2pm

Today Catherine from COTA will be presenting information on what COTA can do for you and will also cover the programs and services that Seniors can access. She will cover some information on My Aged Care. Come along to listen and learn from her!

## Friday

### March 29th

Please remember to notify us when not attending by calling 6293 6254 or texting or calling 0435160339.