

SENIORS PROGRAMS

APRIL | 2024

HOLDER

Monday

April 1st

**NO GROUP
PUBLIC HOLIDAY**

Thursday

April 4th

HEALTHY LIVING 10am - 2pm

Enjoy a session of chair yoga with Negar, thereafter, we will look at our hidden treasures. Please bring a 'hidden treasure' from home and share stories behind the item with the rest of the group. This could be an old trinket, item or something that holds sentimental value to you!

Friday

April 5th

SPICE OF LIFE 10am-2pm

Let's come together on International Children's Story Book Day! Celebrate the day by dressing up as a children book character or bringing your favourite children's book. This could be from your childhood or one that you read to your children or grandchildren!

April 8th

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

Join with friends for an afternoon at the center, as we do some gum tree leaf painting. We will have the Galilee students join us for part of session.



April 11th

HEALTHY LIVING 10am - 2pm

Start your day with chair yoga. We are also celebrating International Sibling Day today! We will take the time to appreciate our family ties and indulge in nostalgic memories of our siblings and other childhood moments. Feel free to bring a photo of your sibling or siblings to share with the group.

April 12th

SPICE OF LIFE 10am-2pm

Join us today as we share about our brothers and sisters and recapture the wonderful times we had with them. Bring photos to share with friends.

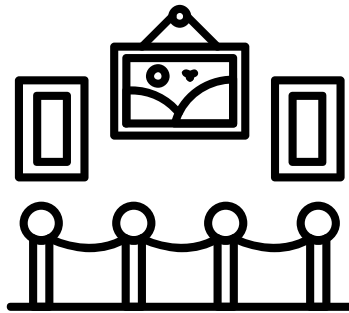
**communities
at work**

Monday

April 15th

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

Today we will be celebrating World Art Day by visiting the **art gallery**. We'll wander through and have a look at some artwork before settling down for lunch.



April 22nd

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

Today we will gather as friends to celebrate World Earth Day as we do a bubble paint flower hydrangea.

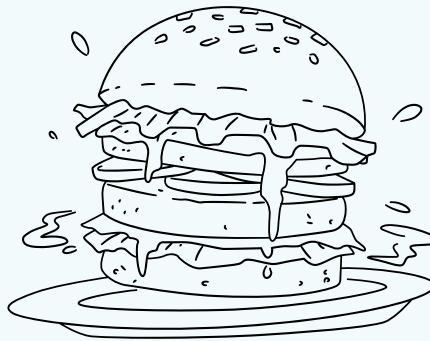


Thursday

April 18th

HEALTHY LIVING 10am - 2pm

Join us for chair yoga before heading out to **Gold Greek on the Northside for lunch**.



April 25th

**NO GROUP
PUBLIC HOLIDAY**

Friday

April 19th

SPICE OF LIFE 10am-2pm

Today we will enjoy time away from the center, we will head to **LDK in Tuggeranong for lunch**.



April 26th

SPICE OF LIFE 10am-2pm

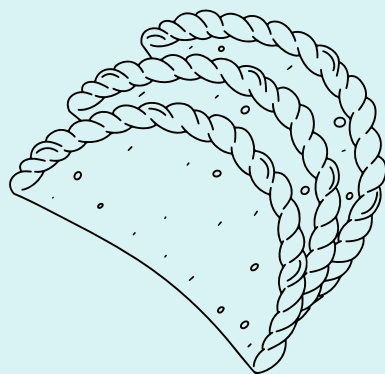
Come and join us at the center as we catch up as friends. Today we will be taking trip to Zimbabwe! This is Sisa's birthplace. She will give a tour guide of the country and share memorable stories of her childhood in this great country of Africa.

Monday

April 29th

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

Come along and make your own empanadas in celebration of National Empanadas Day.



Thursday

Friday

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

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