

SENIOR'S PROGRAMS

NGUNNAWAL

April | 2024

Monday

April 1st

**NO GROUP
PUBLIC HOLIDAY**

Tuesday

April 2nd

Healthy Living

9:30am-1:30pm

We will start with chair yoga, then for IBS awareness week, we will talk about the condition and supports.

Fun & Games

1:30pm - 3:30pm

Join with friends for afternoon tea and games!

Wednesday

April 3rd

Spice of Life

10am-2pm

We are meeting up at the center to enjoy the few warm days left before winter with some fun and challenging games. Bring your thinking caps as we challenge ourselves with trivia and quiz games.

Friday

April 5th

Men's Business

10am-2pm

Come along for a BBQ Day! We will play games and have some fun.



April 8th

Creative Projects

10am- 1:00pm

Bring in a photo of your sibling as we discuss them as we commemorate International Siblings Day

The Woodwork Group

1:00pm - 3:30pm

We will continue in the workshop as we start on a new project, clock making!

April 9th

Healthy Living

9:30am-1:30pm

Join us for chair yoga with Suzannah! We will be heading out to **Yarralumla Gardens** for lunch.

Fun & Games

1:30pm - 3:30pm

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

April 10th

Spice of Life

10am-2pm

We are meeting up at the center and afterwards heading to **LDK Seniors' Living Village** for lunch.

April 12th

Men's Business

10am-2pm

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

**communities
at work**

Monday

April 15th

Creative Projects

10am- 1:00pm

We'll start the day at the center for morning tea before heading **out for lunch at Burns Club.**

The Woodwork Group

1:00pm - 3:30pm

We will continue in the workshop with the clock making project.

Tuesday

April 16th

Healthy Living

9:30am-1:30pm

We'll start the day with chair yoga afterwards we will challenge our minds and bodies with some trivia, quiz and physical games.

Fun & Games

1:30pm-3:30pm

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

Wednesday

April 17th

Spice of Life

10am-2pm

Join with friends as we catch up and chat about our school days. Bring in an old school photo in secrecy give it to staff. There will be a game where the group will have to guess who is who!

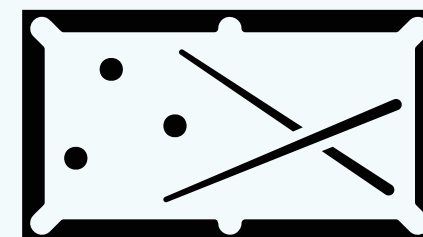
Friday

April 19th

MENS BUSINESS

10am-2pm

Join with friends as we head out to the **Burns Club for lunch** and a competitive game of pool.



April 22nd

Creative Projects

10am-1pm

Today we'll armchair travel to Zimbabwe. We will look at the natural wonders and the some of the interest places of this great country.

The Woodwork Group

1:00pm - 3:30pm

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

April 23rd

Healthy Living

9:30am-1:30pm

Join Suzannah for chair yoga! We will celebrate ANZAC Day together by with remembering and honouring our Heroes.

Fun & Games

1:30pm-3:30pm

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

April 24th

Spice of Life

10am-2pm

Today we will have Lori, from Guide Dogs Australia come and speak about the important role guide dogs play in supporting people to live and achieve their goals and live independently. She will bring along one of their guide dogs!

April 26th

Men's Business

10am-2pm

Join us as we continue working on our wood burning projects.

Monday

April 29th

Creative Projects

10am-1pm

Join us as we enjoy time together as friends, we are celebrating National Empanadas Fiesta Day by making our own!

The Woodwork Group

1:00pm - 3:30pm

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

Tuesday

April 30th

Healthy Living

9:30am-1:30pm

We'll start the day with chair yoga afterwards we'll simulate our senses with different activities.

Fun & Games

1:30pm-3:30pm

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

Wednesday

Friday

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

FREE HEARING TEST 23RD APRIL BY HEARING AUSTRALIA

**communities
atwork**