

## May | 2024

### Monday

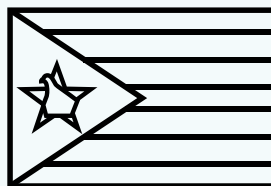
### Thursday

### Friday

#### May 2nd

**HEALTHY LIVING 10am - 2pm**

Enjoy a session of chair yoga with Negar before we jet-off to Zimbabwe! We will look at the culture, history, traditions of this Southern African country.



#### May 3rd

**SPICE OF LIFE 10am-2pm**

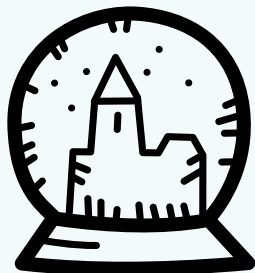
Bring your dancing shoes today as we will have Fred the Music Man entertain us with some music after some morning tea.



#### May 6th

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

Today we will be doing some show and tell! Please bring in a tiny, treasured item you have! We will then share with friends what this treasure means to you.



#### May 9th

**HEALTHY LIVING 10am - 2pm**

Enjoy a session of chair yoga with Negar before we celebrate Mother's Day! We will reminisce over things our mother's told us as we were children.



#### May 10th

**SPICE OF LIFE 10am-2pm**

Join us today at the centre as we celebrate Mother's Day. We will have some different activities to celebrate this special day.

## Monday

### May 13th

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

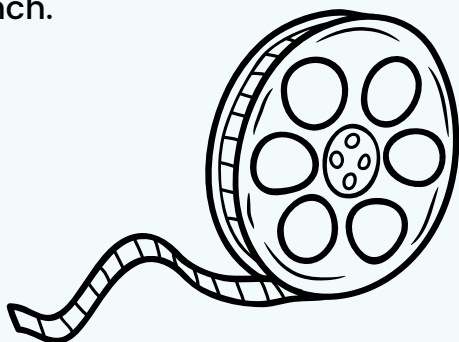
Today we will have the Men's Canberra Choir coming to entertain us with music. Ana from Hearing Australia will also be coming to the center for a free hearing check for those clients that haven't had their hearing checked recently!



### May 20th

**FUN & GAMES 10:00am-2pm**

Today we will be meeting at an earlier time as we'll be heading to **LDK Greenway** for a movie and lunch.



## Thursday

### May 18th

**HEALTHY LIVING 10am - 2pm**

Start your day right with chair yoga before sharing morning tea with friends! Afterwards, we will armchair to Italy and do a special cooking experience as a group.



### May 23rd

**HEALTHY LIVING 10am - 2pm**

Join us for chair yoga before sharing morning tea together. We will take advantage of the lovely weather by having **picnic or BBQ at the park** today.

## Friday

### May 17th

**SPICE OF LIFE 10am-2pm**

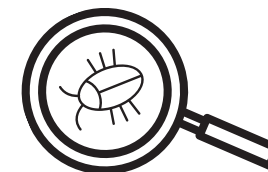
Today we will meet at the centre for morning tea before heading out for **lunch** at a destination of your choosing! We will decide this in the weeks prior to leaving.



### May 24th

**SPICE OF LIFE 10am-2pm**

Come and join us at the center we will go on a treasure/scavenger hunt! We work in teams to find items hidden in the center.



**Monday**

**May 27th**

**NO GROUP  
PUBLIC HOLIDAY**

**Thursday**

**May 30th**

**HEALTHY LIVING 10am - 2pm**

Start the day with some chair yoga with Negar. Thereafter, we will join for The Biggest Morning tea! We will then channel our inner Indiana Jones and go on a treasure/scavenger hunt!



**Friday**

**May 31st**

**SPICE OF LIFE 10am-2pm**

Come and join us at the centre today as we will have a representative from Health Care Consumer's Association. They will speak to us about how to Navigate the Health System.



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

**communities  
atWORK**