

SENIOR'S PROGRAMS

NGUNNAWAL

May | 2024

Monday

Tuesday

Wednesday

Friday

May 1st

Spice of Life 10am-2pm
Come along for a fun-filled day as we enjoy cooking together. We will have a dietician on site and who will prepare a meal with us.

May 3rd

Men's Business 10am-2pm
"May the Force be with you"
Come and celebrate May 4th fun with some Star Wars themed games and activities.



May 6th

Creative Projects 10:00am-1:00pm
Today we will have a visitor from Health Care Consumers for an informative talk about our health!

The Woodwork Group 1:00pm - 3:30pm
We will continue working on our new clock projects with from Dave.

May 7th

Healthy Living 9:30am-1:30pm
Come join us for some chair yoga! Today it's World Asthma Day. Let's discuss the condition and ways of managing it!

Fun & Games 1:30pm - 3:30pm
Join with friends for afternoon tea at Belconnen Labour Club and a game of your choice!

May 8th

Spice of Life 10am-2pm
We are meeting up at the center to celebrate Mother's Day. We will have Stephen from Red Cross visit us today to deliver some information about their services.

May 10th

Men's Business 10am-2pm
Join the group today as we design our own family name wood burning plaque.



communities
at work

Monday

May 13th

Creative Projects

10:00am-1:00pm

We are celebrating Mother's Day together, please bring along a photo of your mother and share with the group some wonderful memories of them.

The Woodwork Group

1:00pm-3:30pm

Dave will be instructing the project of the day!

May 20th

Creative Projects

10am-1pm

We will enjoy time away from the center today with an outing to the **Arboretum**.

The Woodwork Group

1:00pm - 3:30pm

We will be having a close look at hammers today and discuss different types & uses. Also, materials that a hammer is used on.

Tuesday

May 14th

Healthy Living

9:30am-1:30pm

We'll start the day with chair yoga before we head out for a **picnic at Weston Park** if the weather permits.

Fun & Games

1:30pm-3:30pm

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

May 21st

Healthy Living

9:30am-1:30pm

Join with friends for chair yoga! Health Care Consumers will join us today for another informative topic pertaining to our health.

Fun & Games

1:30pm-3:30pm

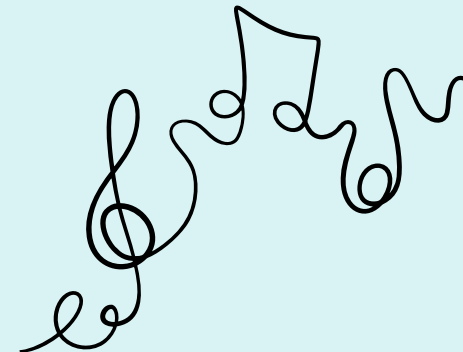
Join with friends for afternoon tea and some games of your choice.

Wednesday

May 15th

Spice of Life 10am-2pm

Join with friends for a session of music and dance as Fred the music man entertains before having lunch together.



May 22nd

Spice of Life 10am-2pm

Let's come together as friends for an outing into the **community** where we will share some **lunch**.

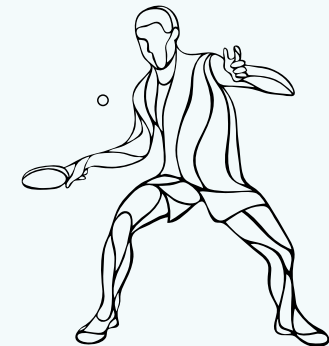


Friday

May 17th

Men's Business 10am-2pm

Come join us at the centre today fore a BBQ! We will have a crack at table tennis and play board and activities



May 24th

Men's Business 10am-2pm

Join us as we head out to the **Yacht Club** for fish and chips and we enjoy the beautiful weather before winter.

Monday

May 27th

**NO GROUP
PUBLIC HOLIDAY**

Tuesday

May 28th

Healthy Living

9:30am - 1:30pm

Start the day with chair yoga with Suzannah. Afterwards you'll have your own homemade burgers to celebrate Hamburger Day!

Fun & Games

1:30pm-3:30pm

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

Wednesday

May 29th

Spice of Life 10am-2pm

Today Catherine from Communities at work will bring along dietician to deliver another cooking session.

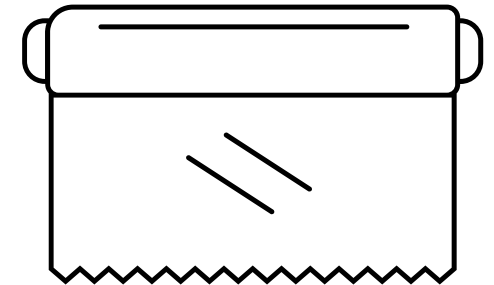
Please come join along as we prepare our own lunch.

Friday

March 31st

Men's Business 10am-2pm

Would you like to learn how to make basic alfoil art? We will make animal or face sculpture using tin foil.



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