

Communities@Work

Seniors Programs Ngunnawal - October

2019

Monday	Tuesday	Wednesday	Thursday	Friday	
Fijian-Indian Group 10:00am – 2:00pm	Social Group 9:30am – 12:00pm Lunch is NOT included	Variety Group 10:00am – 2:00pm Lunch is included	Movie Group 1:00pm – 3:30pm Lunch is NOT included	Men's Shed 9:30am – 1:30pm Lunch is optional	Variety Group 10:00am – 2:00pm Lunch is Included
	1 Tulip Top Gardens Enjoy a lovely Spring day outdoors as we head out to the Tulip Top Gardens. See the wonderful flowers and enjoy a day out with the group. Enjoy a light lunch before heading back to the centre.	2 Bingo and raffle Join us for our monthly birthday celebrations! After, try your luck in our morning raffle and reminisce in a game of Movie Star Bingo! Enjoy social conversations with the group over lunch.	3 Temple of Doom Join us for the second instalment in the Indiana Jones series, <i>Indiana Jones and the Temple of Doom</i> . Indiana Jones finds himself in North India tasked with the finding of a mystical stone.	4 Grand Prix End your week with our Ngunnawal Grand Prix. Join in for some exhilarating RC car racing with the men. Afterwards, join the men for social conversations over lunch.	4 Springtime fun Surprise Spring activities! Bring along something you enjoy such as knitting, puzzles, crosswords, or craft. After, enjoy something special to have with lunch with ingredients from our garden!
7 Labour Day No program, public holiday.	8 Guided relaxation Start your week right and enjoy a serene morning with our guided relaxation. After, join in for word games and board games before we head off to lunch at the local club.	9 Ornaments craft Come along and make a set of beautiful Christmas ornaments to take home. Using clay and imprinted with fabrics for texture, then painted with a gloss finish! <i>A small contribution fee applies.</i>	10 The Blind Side Starring Sandra Bullock and Quinton Aaron, <i>The Blind Side</i> is based on an extraordinary true story that follows the life and journey of a homeless, African American teen who is drafted in the NFL.	11 Home safety Come along as we are joined by a representative from ACT Policing who will provide information on home safety. Learn all you need to about remaining safe in your community before enjoying lunch.	11 Home safety Come along as we are joined by a representative from ACT Policing who will provide information on home safety. Learn all you need to about remaining safe in your community before enjoying lunch.
14 Hearing Australia Start your week right with our Fijian-Indian Group and enjoy some gentle exercises in the morning. After, we are joined by Hearing Australia for hearing checks. Join in with the group for some paper craft as we make Christmas decorations.	15 Hearing Australia Start your week right and enjoy a serene morning with our guided relaxation. We are also joined by Hearing Australia for hearing checks and enjoy lunch and a chat with the group at the centre. <i>2pm finish time.</i>	16 Miniature village Head out for a wonderful Spring day as we visit the Cockington Green Garden's miniature village in Nicholls. Enjoy a stroll through the gardens or take the train before having lunch at the café. <i>\$10 entry fee applies.</i>	17 Bewitched Based on the hit 60's television show of the same name, <i>Bewitched</i> follows Jack Wyatt who lands a role on a 1960's tv show. Jack soon learns that his co-star may actually be the witch she portrays in the show.	18 Tap dancing Catch up with a social chat over morning tea before enjoying a fantastical toe tapping morning as we are joined by the wonderful Silver Treads Tap Dance group. Afterwards, join the group for some lunch.	18 Tap dancing Catch up with a social chat over morning tea before enjoying a fantastical toe tapping morning as we are joined by the wonderful Silver Treads Tap Dance group. Afterwards, join the group for some lunch.

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21 Parliament House Come along for a trip out as we explore Canberra's history with a trip out to the Old Parliament House to walk through the museum. Enjoy strolling through some of the iconic moments in Canberra's history.	22 Guided relaxation Start your week right and enjoy a serene morning with our guided relaxation. After, join in for word games and board games before we head off to lunch at the local club.	23 Musical fun Catch up with a social chat over morning tea before singing along to your favourite songs of the past. Dance or tap along with the group. After working up your appetite, join the group for conversations over lunch.	24 Perfect Storm Starring George Clooney and based on a true story, <i>The Perfect Storm</i> tells the story of the courageous men and women who risk their lives pitting their fishing boats and rescue vessels against the sea.	25 Old Canberra Inn End your week the right way with our Men's Shed! Come along for a day out as we head to Leslie Morsehead Manor for a visit before heading out to the Old Canberra Inn for social conversations over lunch.	25 Miniature village Head out for a wonderful Spring day as we visit the Cockington Green Garden's miniature village in Nicholls. Enjoy a stroll through the gardens or take the train before having lunch at the café. <i>\$10 entry fee applies.</i>
28 Picnic at the lake Come along and enjoy a wonderful Spring day out as we head out to Kingston. Enjoy social conversations over a picnic at the lake or take in the beautiful scenery.	29 Guided relaxation Start your week right and enjoy a serene morning with our guided relaxation. After, join in for word games and board games before we head off to lunch at the local club.	30 Quiz masters Put your brain to the test as we have a quiz off with each table using their knowledge to compete against other teams. Earn the most points to win the grand prize!	31 Last Train from Gun Hill The classic western tale <i>Last Train from Gun Hill</i> follows a U.S. Marshall, Kirk Douglas searching for the outlaw that killed his wife.		

Can we help you?

You can make your booking, discuss program contributions or direct any general enquiries

by calling us on **6228 9200**



Please note that places are limited for all excursions, so book your spot now!

Our services are available to all seniors. A small contribution is requested per program.

If you wish to access Government funded services and you're aged 65 years or older, or if you are Aboriginal or Torres Strait Islander and 50 years or older, you will need to contact My Aged

Care. They will assess your eligibility for a referral to our services under the Commonwealth Home Support Programme.

My Aged Care Centre

1800 200 422 | www.myagedcare.gov.au |
Mon to Fri: 8am to 8pm | Sat: 10am to 2pm

Call us on (02) 6293 6500 or visit us at
www.commsatwork.org



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