

### Tuesday

9.30am - 1.30pm

#### Variety Group

**2 May** lunch provided

- Gentle exercises

**9 May** lunch provided

- Birthday celebrations
- Singing with Tiffany

**16 May** lunch provided

- Craft activity: making bath bombs

**23 May**

- Excursion: Bungendore with lunch at the Woodworks Café

**30 May** lunch provided

- St John Ambulance information session

### Thursday

9.30am - 1.00pm

#### Variety Group

**4 May** lunch provided

- Exercises with Donna
- St John Ambulance information session

**11 May** lunch provided

- Birthday and Mother's Day Celebrations
- Craft activity: making flowers

**18 May** lunch provided

- Exercises with Donna
- Clay crafts
- Entertainer: Dallas Atkins

**25 May** lunch provided

- Exercises with Donna
- Biggest Morning Tea celebrations and games

### Thursday

1.30pm - 4.00pm

#### Art Group

**4 May**

- Own work: finishing projects

**11 May**

- Clay crafts: making ceramic faces

**18 May**

- Discover the elements of design

**25 May**

- Own work: finishing projects

### Friday

10.00am - 2.00pm

#### Lanyon Men's Group

**5 May**

- Morning tea, lunch and conversation

**12 May**

- Morning tea, lunch and conversation

**19 May**

- Movie day at Goodwin Village, Monash

**26 May** lunch provided

- Morning tea, lunch and conversation
- Arts and crafts

A varied contribution is requested for all programs.

Please note that places are limited for all excursions.

You can make your booking, discuss program contributions or direct general enquiries by calling **6228 9200**.

Our services are available to all seniors. If you wish to access our funded service and you are aged 65 years or older; or you are Aboriginal or Torres Strait Islander and 50 years or older, you will need to contact My Aged Care.

My Aged Care will assess your eligibility for a referral to this service under the Commonwealth Home Support Programme.

**My Aged Care Centre**  
1800 200 422

Mon to Fri: 8am to 8pm  
Sat: 10am to 2pm

[myagedcare.gov.au](http://myagedcare.gov.au)

[facebook.com/communitiesatwork](https://www.facebook.com/communitiesatwork)

[www.commsatwork.org](http://www.commsatwork.org)



Australian Government  
Department of Health

Funded by the Australian Government Department of Health