Communities@Work

June Adult Program
Tuggeranong

Contact the Lifestyle Services Team to book:
(02) 6293 6500

- Please make sure everyone packs a hat and their Companion Cards
- Outdoor activities are subject to weather conditions

WINTER — **Weather Smart**

MON 5

Workshop: Winter Forecasts

Art & Craft

Preparing Light Lunch

Workshop: fire safety

TUE 6

Shopping at the Hyperdome

Bowling at AMF

Cost: $6.45 per game

Coffee at a Local Café

Crazy Science: warm & cold air

WED 7

Walking Group

Bring hat and drink bottle

Swimming

Cost: Free

Meditation

Preparing Light Lunch

Playing pool, table tennis, using computers, tablets and games are available as alternative activities every day

CC: images used under Creative Commons licence.

Communities@Work

June Adult Program
Tuggeranong

Contact the Lifestyle Services Team to book:
(02) 6293 6500

- Please make sure everyone packs a hat and their Companion Cards
- Outdoor activities are subject to weather conditions

WINTER — **Winter Kitchen**

MON 12

Queen's Birthday Public Holiday

Centre Closed

TUE 13

Op Shopping

Barbecue at Centre

Meditation

Workshop: energy efficiency

WED 14

Walking Group

Bring hat and drink bottle

Swimming

Cost: Free

Yoga

Preparing Light Lunch

Playing pool, table tennis, using computers, tablets and games are available as alternative activities every day

CC: images used under Creative Commons licence.

Communities@Work

June Adult Program
Tuggeranong

Contact the Lifestyle Services Team to book:
(02) 6293 6500

- Please make sure everyone packs a hat and their Companion Cards
- Outdoor activities are subject to weather conditions

WINTER — Staying Warm & Flexible

MON 19

Cooking Class

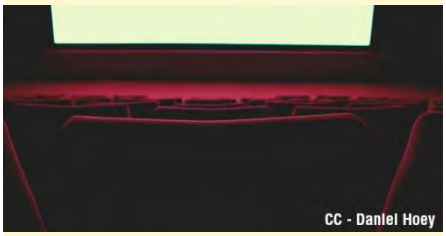
Tuggeranong Community Centre

Art

Preparing Light Lunch

Workshop:
winter skin hazards

TUE 20



Movies at Limelight

Cost: $10.00

Library Visit

Coffee at a Local Café

Workshop:
winter survival tips

WED 21

Walking Group

bring hat and drink bottle

Swimming

cost: free

Aerobics

Preparing Light Lunch

Playing pool, table tennis, using computers, tablets and games are available as alternative activities every day

CC: images used under Creative Commons licence.

www.commsatwork.org

Communities@Work

June Adult Program
Tuggeranong

Contact the Lifestyle Services Team to book:
(02) 6293 6500

- Please make sure everyone packs a hat and their Companion Cards
- Outdoor activities are subject to weather conditions

WINTER — **Promoting Safety**

MON 26

Cooking Class

Tuggeranong Community Centre

Art

Preparing Light Lunch

Planning a Winter Party

TUE 27

Walking Group

Bring hat and drink bottle

Swimming

Cost: Free

Tai Chi

Preparing Light Lunch

WED 28

Corin Forest

cost: $18

Lunch @ Corin Cafe

bring hat and drink bottle

Aerobics

Nature Walks

wear warm clothing

Playing pool, table tennis, using computers, tablets and games are available as alternative activities every day

CC: images used under Creative Commons licence.