

Monday	Tuesday	Wednesday	Thursday	Friday	
Fijian-Indian Group 10.00am - 2.00pm Bring lunch to share	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	
<p style="text-align: right;">2</p> <p>Easter Monday Public Holiday</p>	<p style="text-align: right;">3</p> <p>Exercise & Socialise Participate in our gentle exercises, including Tai Chi & chair exercises. Enjoy a social chat over some morning tea. Afterwards, enjoy a friendly board game or two.</p>	<p style="text-align: right;">4</p> <p>Birthday Bingo Wish happy birthday to those born in April with our birthday celebrations. Participate in our gentle exercises, including Tai Chi & chair exercises. Try your luck in our raffle draw and enjoy a friendly competition of bingo.</p>	<p style="text-align: right;">5</p> <p>Movie Day Join our social movie club filled with a diverse group of people who share a passion for film. Grab a bowl of popcorn as we watch films from the golden years, cult classics and the latest blockbusters.</p>	<p style="text-align: right;">6</p> <p>Woodcraft & COTA Enjoy a social chat over some morning tea & head into our shed as we build model boats and wooden toys. See what's happening in the community as Trish Low from COTA Seniors Services tells us about the services they offer and housing options.</p>	<p style="text-align: right;">6</p> <p>Socialise & Sing-along Enjoy a social chat over some morning tea. Participate in our sing-along led by musical entertainer, Bill Motherway. Afterwards, enjoy a friendly competition of bingo.</p>
<p style="text-align: right;">9</p> <p>Health & Story Sharing Come learn about health, nutrition and education. Join us as we share stories and experiences and learn more about other cultures.</p>	<p style="text-align: right;">10</p> <p>Light Exercise & Lunch Light exercises to get the blood pumping then a chat over a nice cuppa. Afterwards, exercise your brain with a quiz before we go down to the Lakes Club for lunch.</p>	<p style="text-align: right;">11</p> <p>Chat with the Salvos Hear from our guest speaker, Ross Norgate, from The Salvation Army as he talks to us about the No Interest Loans Scheme. Participate in our gentle exercises including chair exercises. Join in a board game or participate in our group singalong!</p>	<p style="text-align: right;">12</p> <p>Movie Day Join our social movie club filled with a diverse group of people who share a passion for film. Grab a bowl of popcorn as we watch films from the golden years to the cult classics and the latest blockbusters.</p>	<p style="text-align: right;">13</p> <p>Garden Planning & Woodcraft Come in for a chat and cuppa, then have a look at the centre's new iPads as we look at garden planning tools. Don't have a green thumb? Head into our shed as we build model boats and wooden toys.</p>	<p style="text-align: right;">13</p> <p>Story Sharing & Mini Golf Join our group as we have some morning tea and hear life stories from some of our members. After lunch, sink a hole-in-one in a round of indoor mini golf.</p>
<p style="text-align: right;">16</p> <p>Health Education & Story Sharing Come learn about health, nutrition and education. Join us as we share stories and experiences and learn more about other cultures.</p>	<p style="text-align: right;">17</p> <p>Socialise & Play Games Start your day off with some nice gentle exercises and a few laughs. Enjoy some morning tea and a chat with friends, then test your skills with some of our board games and a quiz.</p>	<p style="text-align: right;">18</p> <p>A Trip to Yass Come along for a bus trip to the Yass Soldiers Club and dance or singalong to their Morning Melodies. Be entertained by Barry Bishop singing songs from the not so older days.</p>	<p style="text-align: right;">19</p> <p>Movie Day Join our social movie club filled with a diverse group of people who share a passion for film. Grab a bowl of popcorn as we watch films from the golden years to the cult classics and the latest blockbusters.</p>	<p style="text-align: right;">20</p> <p>Garden Planning & Woodcraft Join our local Men's Shed as we begin development and planning on our centre's new garden. Head into the shed for some woodworking, create something new or work on current projects.</p>	<p style="text-align: right;">20</p> <p>Craft & Darts Learn how you can use old magazines & books to create lovely paper bead necklaces. After a social chat and some lunch, participate in our darts competition.</p>

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23 Health Education & Story Sharing Come learn about health, nutrition and education. Join us as we share stories and experiences and learn more about other cultures.	24 A Trip to Murrumbateman Enjoy a social chat over some morning tea. Afterwards, join us on a road trip as we head to Murrumbateman to enjoy some scenery and lunch.	25 ANZAC Day Public Holiday	26 Movie Day Join our social movie club filled with a diverse group of people who share a passion for film. Grab a bowl of popcorn as we watch films from the golden years to the cult classics and the latest blockbusters.	27 Visit the National Portrait Gallery Stroll through the halls of the National Portrait Gallery with us as we look at some of the nation's great portraits. Admire the art and view over lunch at the Portrait Cafe.
30 Healthy Education & Story Sharing Come learn about health, nutrition and education. Join us as we share stories and experiences and learn more about other cultures.				

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.



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Department of Health

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Department of Health

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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