

Communities@Work

Seniors Programs Weston
April

Tuesday

Variety Group

9.30am - 1.30pm
Lunch is NOT included

Laughter Yoga & Board Games

Laugh, have fun and feel good with our gentle exercise, Laughter Yoga. Learn about the connection between mind and body. Afterwards, wind down with a friendly board game or a social chat with friends.

3

Socialise & Exercise

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. After morning tea, join in a hand of cards or a friendly game of Yahtzee or Scrabble.

10

A Visit to the Burns Club

Excursion: Catch up, socialise and join us as we head to the Burns Club and enjoy a wide variety of foods in the Star Buffet.

17

Birthdays & Autumn Art

Wish Happy Birthday to those born in April with our birthday celebrations. Be mesmerised by the warm amber glow of an Autumn candle and learn how to make a beautiful candle holder decorated with leaves.

Thursday

Variety Group

9.30am - 1.00pm
Lunch is included

Art Group

1.30pm - 4.00pm
Lunch is NOT included

5

Painting Through Music

Learn to paint by rhythm and movement as we look at how to create art through music.

12

Art Afternoon

Join our local art group for an artistic afternoon. Bring along your own work or collaborate with others and create a brand new piece.

19

Watercolour Art

Create something new or perfect an old piece. Join our local art group as we learn how to use watercolor paints to create beautiful landscapes.

Friday

Men's Group

10.00am - 2.00pm
Lunch is included

Watch Movies & Socialise

Join our local men's group for a social chat over coffee and morning tea and a hand of cards. Afterwards, enjoy some lunch and grab a bowl of popcorn for an afternoon movie.

6

Craft for a Cause

Participate in our craft activities for a good cause with creations such as teddy bears and clothing for the homeless going to local emergency services and outreach programs or come along for just a social chat over morning tea. Craft materials are provided.

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Tuggeranong Women's Neighbourhood

10.00am - 12.00pm
Lunch is NOT included

Tuesday

Variety Group

9.30am - 1.30pm
Lunch is NOT included

ANZAC Paper Poppies

Create memorial paper poppies on the eve of Anzac Day as we remember those who defended our nation. Afterwards, enjoy a social chat and catch up over lunch.

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Variety Group

9.30am - 1.00pm
Lunch is included

Gentle Exercise & Music

Participate in our gentle exercise group for seniors run by Donna or socialise over morning tea. Join us for a moment of silence, remembering those who have defended our nation. Enjoy local musical entertainers, Bright Notes, as they perform a variety of songs from the past decades.

Thursday

Art Group

1.30pm - 4.00pm
Lunch is NOT included

26

Watercolour Art

Create something new or perfect an old piece. Join our local art group as we continue to learn how to use watercolor paints to create beautiful landscapes.

Men's Group

10.00am - 2.00pm
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Tuggeranong Women's Neighbourhood

10.00am - 12.00pm
Lunch is NOT included

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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

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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