

Tuesday

Variety Group

9.30am - 1.30pm
Lunch is included

Thursday

Variety Group

9.30am - 1.00pm
Lunch is included

Art Group

1.30pm - 4.00pm
Afternoon tea provided

Friday

Men's Group

10.00am - 2.00pm
Lunch is included

Tuggeranong Women's Neighbourhood

10.00am - 12.00pm
Lunch is NOT included

Plant seeds for Spring

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. Join in with Sue as we plant seeds for Spring. Pot the vegetable seedling for you to take home in six weeks.

2

Paint with acrylics

Join our local art group for an artistic afternoon as we workshop using acrylics. Bring along some paint, brushes and some paper or canvas.

Movies at Goodwin Village

Come along for a trip to the Goodwin Village in Monash as we enjoy an entertaining film with the group. Afterwards, enjoy a friendly chat and some social discussions over lunch.

3

Craft for cause

Participate in our craft activities for a good cause. Make teddy bears and clothes for local emergency services and outreach programs or just come along for a chat over morning tea. Craft materials are provided.

7

Op Shop Stop

Join us for some gentle exercises as we go for a walk in Weston Creek and visit local op shops and see what treasures you can find.

Story cubes

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. Who can tell the best story? Join us as we play Story Cubes. Roll the picture die and invent a great story.

9

Artistic 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.

Games

Join our men's group for some conversation over morning tea. Participate in various activities including cards and bowls, then have a bite to eat.

10

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14

Morning tea and chat

Come down and enjoy some social conversations over morning tea. Enjoy a friendly board game or two with the group and see how well you fare. Afterwards, sit down and enjoy a nice warm meal.

Paint crockery

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. Get crafty and create beautiful crockery as we paint white ceramics with oven set paints.

16

Paint with acrylics

Bring your paint, brushes and a canvas and join our local art group as we workshop how to use acrylic paints.

Guest speaker

Come along for a bus trip to the Ngunnawal Community Centre where we will hear from the Stroke Foundation. Afterwards, enjoy some discussions over lunch.

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Trip to Bunnings

Come along for a trip to Bunnings in Tuggeranong as we learn about potting herbs and have a browse around the store. After, enjoy some lunch with the group at a local cafe.

28

Irish tunes

Tap your toes and sing along to Irish tunes by Bill Motherway. After, enjoy lunch and conversations with the group.

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23

Exercise & Scrabble

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. After, try your luck in a game of cards or test your word finding skills in a game of Scrabble. Enjoy a nice warm meal and some social conversations over lunch.

30

Guest speaker

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. Hear from guest speaker, Sarah from ADACAS who will be speaking about advocacy for older persons and how it can benefit you.

Art Group

1.30pm - 4.00pm
Afternoon tea provided

Get creative

Bring a current piece or create something entirely new at our art group. Workshop with acrylics and bring your own paints, brushes and a canvas or paper.

Artistic afternoon

Join our local art group for an artistic afternoon as we workshop using acrylics. Bring along some paint, brushes and some paper or canvas.

Friday

Men's Group

10.00am - 2.00pm
Lunch is included

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Exhibition at NPG

Join us on a tour of the National Portrait Gallery to view images of some of Australia's major figures, past and present. After, join us for some lunch at the gallery cafe.

Lunch at the Labor Club

End your week the right way and join our men as we head to the Weston Creek Labor Club for activities, social conversations and lunch.

Tuggeranong Women's Neighbourhood

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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.



Australian Government
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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