

Communities@Work

Seniors Programs Ngunnawal October

Monday	Tuesday	Wednesday	Thursday	Friday
Fijian-Indian Group 10.00am - 2.00pm	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
Public Holiday	Eating Out Come along for a trip down to Mitchell for morning tea at the La Sablé Pâtisserie, followed by lunch at the old Canberra Inn.	Dance and Music Celebrate our monthly Birthdays with cake and a handmade card. Enjoy a performance by a youth dance troupe, then share lunch with the group before joining in a game of Musical Bingo.	Film Fanatics 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.	Woodwork & Gardening Come down and join our local men's shed and enjoy some morning tea over a chat with the men. Get handy as the men head into the workshop for some woodwork or head into the garden for some work. Worked up an appetite? Stay for some lunch with the group!
Floriade Come along and spend a day outdoors as we head to Floriade to check out the flowers. See this year's theme and explore the stalls!	Lunch at the Club Meet in the morning for a chat over a cuppa before joining in for some exercise for both body and brain. After, come along down to the club with the group for some lunch.	Gardening & Games Spend some time outside with the veggie patch and tend to the garden or join in a game of Bocce to get you moving. After lunch, test your skills with a whiteboard game or two.	Film Fanatics 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.	Green Thumb Start your Friday morning off the right way with a chat with the men over morning tea. Move into the shed for some woodwork or if you have a green thumb, head into the garden.
Learn to Knit Participate in our gentle exercises and enjoy a conversation over morning tea. Learn to knit in our knitting for beginners before enjoying a shared lunch. Afterwards, enjoy a board game or two with the group.	Guest Speakers Come along for a talk about Advance Care Plan from Health Care Consumers' Association Yelun Hung before having some lunch with the group at the club.	Musical Morning Start your morning the right way with some gentle exercises with the group. Enjoy a musical morning as we are joined by Bright Notes! Enjoy lunch with the group before trying your luck at a game of Bingo or Rummikub.	Film Fanatics 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.	Spring Harvest What's new in the garden? Help us plan meals using our fresh vegetables, fruits and herbs from the garden. Get hands-on with our fully equipped woodworking shed; create something brand new or work on a current piece.
15	16	17	18	19

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Share Stories Participate in our gentle exercises and enjoy a conversation over morning tea. Share stories and experiences as we learn more about other cultures. Enjoy a shared lunch and join the group for some board games.	Lunch at Club Have a social morning with the group over morning tea and coffee before we enjoy a day out in the sun as we tend to the garden and do some planning. Feeling hungry? Join the group for lunch at the club afterwards.	Canberra Glassworks Join us as we head to the Canberra Glassworks for a guided tour of the facility and viewing of current exhibitions. Places are limited so you must book! After, join the group for lunch at the centre.	Film Fanatics 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.	Motor Museum Come along for an excursion out to Binalong as we visit the Motor Museum. Get up close with some rare and classic cars of the past.
Bus Trip Come for a bus trip out through the country as the group heads out to Gundaroo. Go for a stroll through the country town and take in the sights before enjoying lunch at a local cafe.	Parliament House Head out for an excursion to Parliament House as we go for a walk through the Rose Gardens followed by lunch at the Public Place Cafe.	Guest Speaker Participate in some gentle exercise in the morning before hearing from our guest speaker Rebecca Davey from Arthritis ACT as she provides information about falls prevention. After enjoying lunch with the group, have some fun with a game of mini golf		Bowling See if you can score a strike as we play a game of ten pin bowling in the morning. Enjoy social conversations over lunch with the group before we play some brain games!

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.



Funded by the Australian Government
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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