

## Tuesday

### Variety Group

9.30am - 1.30pm  
Lunch is included

2

#### Independent Living Centre

Come along for a stroll down to the Independent Living Centre as we go for a tour through the facility. After, head back to the centre with the group as we enjoy some lunch.

9

#### Tulip Top Gardens

Come along for a bus trip and enjoy a lovely Spring day out as we go to the Tulip Top Gardens for a look at the flowers. After, enjoy lunch at the local cafe.

16

#### Social Morning

Come along, have a social morning and catch up over morning tea and a cuppa. Have some fun and laughs and participate in some activities with the group. After enjoy a prepared meal amongst friends.

## Thursday

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4

#### The Price is Right

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. It's fun and games afterwards as we play The Price Is Right, back by popular demand!

11

#### Guest Speaker

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. Afterwards, hear from a guest speaker from the Stroke Foundation before joining the group for some lunch.

18

#### Game Day

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. Afterwards, it's game day! Play your choice of a game of cards or your favourite board game before having some lunch with the group.

### Art Group

1.30pm - 4.00pm  
Afternoon tea provided

#### 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.

#### Acrylics Workshop

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.

#### Art Projects

Feeling artistic? Come down for an afternoon of art and craft and join our local art group. Meet with a diverse range of people who share the same passion of art and be inspired for a current project or something entirely new!

## Friday

### Men's Group

10.00am - 2.00pm  
Lunch is included

5

#### Heath Ledger Exhibition

Come for a trip to the National Film and Sound Archive to look around and see the Heath Ledger: A Life in Pictures exhibition. Explore the life of the late actor.

12

#### Lunch at the Labor Club

End your week the right way and join our men as we head to the Stirling Labor Club for activities, social conversations and lunch. Come along and meet old friends, or make new ones.

19

#### Movie at Goodwin

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.

### Tuggeranong Women's Neighbourhood

10.00am - 12.00pm  
Lunch is NOT included

#### 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.

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23

#### Creative Mandalas

Get crafty as we continue to explore Mandalas, both through colouring in and painting on stones. After, enjoy social conversations with the group over some lunch.

30

#### Make Apricot Balls

Come along and enjoy some conversations over morning tea. Brush up on your culinary skills as we make, and eat, apricot balls! After, enjoy lunch with the group.

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25

#### Silk Scarves

Participate in our gentle exercise group for seniors run by Donna or socialise over a cuppa. Back by popular request, we will be painting our own silk scarf. An additional cost of \$10 per scarf and a limit of 2 scarves per person applies.

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Lunch is included

26

#### Cuppa and a Chat

Join with our local men's group for some companionable conversation and enjoy a meal. Come along and meet old friends, or make new ones.

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#### Craft for Cause

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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

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](http://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](http://www.commsatwork.org)



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