



**COMMUNITY
SERVICES #1**
enable • enhance • enrich

SENIORS April 2021

ACTIVITIES CALENDAR

Contact Derryth for more information 6126 4700

MONDAY

JOYFUL MOMENTS

11am - 12.30pm

12 April - Ukulele concert

Concert, performance or other activities and morning tea.

Hall CS#1

CRAFT FOR KINDNESS & GAMES FOR FUN!

2pm - 4pm

Weekly

Conversation and coffee over games or crafting for charity.

Room 2 CS#1

ACTIVITIES ON WHEELS Fortnightly

We come to you with books, DVD's, audiobooks, large print books, craft and more...

TUESDAY

MOVIE MADNESS

10am - 2.30pm

20 April

Fortnightly

Join us for a Movie followed by a light lunch and good conversation.

Woden Westfield

CHINESE GROUP MYSTERY TOUR

12noon - 3.30pm

Weekly

Join us for a secret adventure and picnic/BBQ each week around Canberra or surrounds. Departs from CS#1 and Canberra City.

MUSIC AT MIDDAY

11am - 1pm

13 April

The RMC Band on concert. Bookings essential.

Canberra Theatre

WEDNESDAY

CHAIR DANCING & MORNING TEA

10am - 12noon

Weekly

Weekly chair exercises to help stay mobile and healthy followed by morning tea.

CS#1 Hall

CROATIAN LUNCH GROUP

11am - 2pm

Weekly

Lunch and friendship with Croatian speaking seniors. Canberra region Clubs or Griffith Hall

CHINESE GROUP ZOOM CHAT

10.30 - 11.30am

Weekly

An online group chat with other Cantonese speaking seniors.

THURSDAY

SENIORS BINGO

10.30am - 12.30pm

Weekly

Join us for morning tea and bingo.

CS#1 Hall

COOLEMAN COURT SHOPS BUS

9.30am - 2.30pm

1, 15 & 29 March

Fortnightly

Transport to and from Cooleman Court Weston.

FRIDAY

SPANISH GROUP

10am - 2pm

2, 16 & 30 April

Fortnightly

Share food & activities with Spanish speaking seniors.

Griffith Neighbourhood Hall

JAMISON SHOPS BUS AND LUNCH

10.30am - 2.30pm

9 & 23 April

Fortnightly

Transport to and from Jamison Shopping Centre

CHAIR YOGA

1.30 - 2.30pm

Weekly

A Chair Yoga class to help you stay healthy and mobile.

CS#1 Hall

ACTIVITIES ON WHEELS Fortnightly

We come to you with books, DVD's, audiobooks, large print books, craft and more...

Fees apply to activities and transport. Bookings essential.



WELLBEING HUB
A COMMUNITY SERVICES #1 INITIATIVE

COMMUNITY DEVELOPMENT April 2021

ACTIVITIES CALENDAR

For more information contact us on 6126 4700

MONDAY

FOOD PANTRY

10am - 1pm
Weekly

Do you need some support with food? We have a variety of quality household products at affordable prices. PLEASE CALL TO BOOK

CS#1 Narrabundah

JOYFUL MOMENTS

11am - 12.30pm
12 April - Ukulele concert

Concert, performance or other activities and morning tea.

Hall CS#1
Contact Derryth

TUESDAY

FOOD PANTRY

10am - 1pm
Weekly

Do you need some support with food? We have a variety of quality household products at affordable prices. PLEASE CALL TO BOOK

CS#1 Narrabundah

STRUM FOR FUN UKULELE GROUP

10.30am - 11.30am
Weekly

Beginners & Intermediate Ukulele groups. Join us for some musical fun!

CS#1 Hall

WEDNESDAY

FOOD PANTRY

1pm - 4pm
Weekly

Do you need some support with food? We have a variety of quality household products at affordable prices. PLEASE CALL TO BOOK

CS#1 Narrabundah

MIXED BAG SINGING GROUP

2.30pm - 3.30pm
Weekly

Singing for fun, followed by a hot drink and chat.

CS#1 Narrabundah Hall

NEW

MEN 4 WELLBEING

2.00pm - 4.00pm
7 & 21 April

Socialising, conversation and learning new skills

CS#1 Hub

THURSDAY

FOOD PANTRY

1pm - 4pm
Weekly

Do you need some support with food? We have a variety of quality household products at affordable prices. PLEASE CALL TO BOOK

CS#1 Narrabundah

FRIDAY

FOOD PANTRY

1pm - 4pm
Weekly

Do you need some support with food? We have a variety of quality household products at affordable prices. PLEASE CALL TO BOOK

CS#1 Narrabundah

YOGA

1.30 - 2.30pm
Weekly

Join our Yoga class to help you stay healthy and mobile.

CS#1 Hall
Contact Derryth

Due to Covid-19 restrictions and eligibility requirements of groups please contact wellbeing@communityservices1.org to register for activities. You must be registered to attend.