



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

# SENIORS AUGUST 2020

## ACTIVITIES CALENDAR

Contact Derryth for more information 6126 4700

### MONDAY

#### **CRAFT FOR KINDNESS, GAMES FOR FUN!**

2.00pm - 4.00pm

**Weekly**

*Share conversation, a hot drink and crafting for charities or games for fun.  
Room 2 CS#1*

### TUESDAY

#### **CHINESE GROUP MYSTERY TOUR**

10am - 2pm

**Weekly**

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

### WEDNESDAY

#### **CHAIR YOGA & MORNING TEA**

10am - 12noon

**Weekly**

*Join us for weekly chair exercises to followed by morning tea to help stay healthy and mobile.  
CS#1 Hall*

#### **CROATIAN LUNCH GROUP**

11am - 2pm

**Weekly**

*Join us for lunch and friendship with other Croatian speaking seniors each week at a different club around Canberra or our community Hall in Griffith.*

### THURSDAY

#### **SENIORS BINGO**

10.30am - 12.30pm

**Weekly**

*Join us for morning tea followed by bingo and scenic drive home.  
CS#1 Hall*

#### **COOLEMAN COURT SHOPPING BUS**

9.30am - 2.30pm

**Fortnightly**

**6 & 20 Aug**

*Shopping transport to and from Cooleman Court Weston.*

### FRIDAY

#### **SPANISH GROUP**

10am - 2pm

**Fortnightly**

**7 & 21 Aug**

*Share food, music, bingo . etc. with other Spanish speaking seniors.  
Griffith Neighbourhood Hall*

#### **JAMISON SHOPPING BUS**

10am - 1pm

**Fortnightly**

**14 & 28 Aug**

*Transport to and from Jamison Shopping Centre.*

**Fees apply to activities and transport.**



# COMMUNITY DEVELOPMENT AUGUST 2020

## ACTIVITIES CALENDAR

**WELLBEING HUB**  
A COMMUNITY SERVICES #1 INITIATIVE

For more information contact Benjamin on 6126 4700 or 0408 739 020

### MONDAY

#### **WALK4WELLBEING**

2pm - 3.30pm

#### **Weekly**

*A Walk by the Lake.  
Meet at Café on the  
Lake at Bowen Park  
Kingston.*

#### **FOOD PANTRY**

1pm - 4pm

#### **Weekly**

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

CS#1

### TUESDAY

#### **STRUM FOR FUN UKULELE GROUP**

10.30am - 11.30am

#### **Weekly**

*Beginners Ukulele  
group. Join us for  
strumming and singing.  
CS#1 Hall*

#### **YOGA FOR WOMEN**

1.30pm - 2.30pm

#### **Weekly**

*Calm, gentle movement  
and relaxation for all  
fitness levels.  
CS#1 Hall*

### WEDNESDAY

#### **MIXED BAG SINGING GROUP**

2.30pm - 3.30pm

#### **Weekly**

*Singing for fun, followed  
by a hot drink and chat.  
CS#1 Hall and online.*

#### **FOOD PANTRY**

10am - 4pm

#### **Weekly**

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

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### THURSDAY

#### **FOOD PANTRY**

10am - 4pm

#### **Weekly**

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

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### FRIDAY

#### **FOOD PANTRY**

1pm - 4pm

#### **Weekly**

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

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#### **OAKS ESTATE COMMUNITY BBQ**

11.30am - 1.30pm

#### **Weekly**

*BBQ and community  
gathering.  
George St Oaks Estate*

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