



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

SENIORS SEPTEMBER 2020

ACTIVITIES CALENDAR

Contact Derryth for more information 6126 4700

MONDAY

RESUMING

JOYFUL MOMENTS

11.00am - 12.30

Monthly

Share some joy with us with a concert and morning tea.

28 Sept - Dene Burton
(Old Style Country Music)

* Performers/activities may change without notice.

Hall CS#1

CRAFT FOR KINDNESS & GAMES FOR FUN!

2.00pm - 4.00pm

Weekly

Share conversation and a hot drink while crafting for charity or playing games.

Room 2 CS#1

ACTIVITIES ON WHEELS Fortnightly

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

TUESDAY

RESUMING

MOVIE MADNESS

10am - 2.30pm

**8 & 22 Sept
Fortnightly**

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

Woden Westfield

FULL

WEDNESDAY

CHAIR YOGA & MORNING TEA

10am - 12noon

Weekly

Join us for weekly chair exercises to help stay healthy and mobile, followed by morning tea.

CS#1 Hall

FULL

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 and bingo.

CS#1 Hall

COOLEMAN COURT SHOPS BUS

9.30am - 2.30pm

**3 & 17 Sept
Fortnightly**

Transport to and from Cooleman Court Weston.

FRIDAY

SPANISH GROUP

10am - 2pm

**4 & 18 Sept
Fortnightly**

Share food & activities with Spanish speaking seniors.

Griffith Neighbourhood Hall

JAMISON SHOPS BUS

10am - 1pm

**11 & 25 Sept
Fortnightly**

Transport to and from Jamison Shopping Centre

NEW

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.



COMMUNITY DEVELOPMENT SEPTEMBER 2020

ACTIVITIES CALENDAR

WELLBEING HUB
A COMMUNITY SERVICES #1 INITIATIVE

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

MONDAY

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

WALK4WELLBEING 2pm - 3.30pm **Weekly**

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

TUESDAY

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

STRUM FOR FUN UKULELE GROUP 10.30am - 11.30am **Weekly**

Beginners Ukulele group. Join us for some musical fun!

CS#1 Hall

YOGA FOR WOMEN 1.30 - 2.30pm **Weekly**

Calm, gentle movement and relaxation for all fitness levels.

CS#1 Hall

WEDNESDAY

FOOD PANTRY 10am - 4pm **Weekly**

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

CS#1

MIXED BAG SINGING GROUP 2.30pm - 3.30pm **Weekly**

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

CS#1 Hall and online.

THURSDAY

FOOD PANTRY 10am - 4pm **Weekly**

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

CS#1

FRIDAY

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

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.