



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

SENIORS January 2021

ACTIVITIES CALENDAR

Contact Derryth for more information 6126 4700

MONDAY

JOYFUL MOMENTS

11am - 12.30pm

Resuming February

Concert, performance or other activities and morning tea.

Hall CS#1

CRAFT FOR KINDNESS & GAMES FOR FUN!

2pm - 4pm

Weekly

Resuming 25 January

Conversation and coffee over games or crafting for charity.

Room 2 CS#1

ACTIVITIES ON WHEELS Fortnightly

Resuming 11 January

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

TUESDAY

MOVIE MADNESS

10am - 2.30pm

Resuming 12 January Fortnightly

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

Woden Westfield

CHINESE GROUP MYSTERY TOUR

12noon - 3.30pm

Weekly

TBD

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

WEDNESDAY

CHAIR DANCING & MORNING TEA

10am - 12noon

Weekly

*Resuming 13 January
Weekly chair exercises to help stay mobile and healthy followed by morning tea.*

CS#1 Hall

CROATIAN LUNCH GROUP

11am - 2pm

Weekly

*Resuming 13 January
Lunch and friendship with Croatian speaking seniors.
Canberra region Clubs or Griffith Hall*

CHINESE GROUP ZOOM CHAT

10.30 - 11.30am

Weekly

TBD

An online group chat with other Cantonese speaking seniors.

THURSDAY

SENIORS BINGO

10.30am - 12.30pm

Weekly

*Resuming 14 January
Join us for morning tea and bingo.*

CS#1 Hall

COOLEMAN COURT SHOPS BUS

9.30am - 2.30pm

7 & 21 January

Fortnightly

*Transport to and from
Coolleman Court Weston.*

FRIDAY

SPANISH GROUP

10am - 2pm

22 January Fortnightly

Share food & activities with Spanish speaking seniors.

Griffith Neighbourhood Hall

JAMISON SHOPS BUS AND LUNCH

10.30am - 2.30pm

15 & 29 January Fortnightly

*Transport to and from
Jamison Shopping Centre*

CHAIR YOGA

1.30 - 2.30pm

Weekly

*Resuming 22 January
A Chair Yoga class to help you stay healthy and mobile.*

CS#1 Hall

ACTIVITIES ON WHEELS Fortnightly

*Resuming 8 January
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 January 2021

ACTIVITIES CALENDAR

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

MONDAY

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

Do you need some support with food? We have a variety of quality household products at affordable prices.
PLEASE CALL TO BOOK
Re-opens 4.1.21

CS#1

TUESDAY

FOOD PANTRY 1pm - 4pm **Weekly**

Do you need some support with food? We have a variety of affordable products.
PLEASE CALL TO BOOK
Re-opens 4.1.21

CS#1

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

Resumes 12.1.21
(26.1.21 Public Holiday - no group)
Beginners Ukulele group. 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
Resumes 4.1.21

CS#1

MIXED BAG SINGING **GROUP**

2.30pm - 3.30pm
Weekly

Resumes 13.1.21

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.

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Re-opens 4.1.21

CS#1

FRIDAY

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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Re-opens 4.1.21

CS#1

OAKS ESTATE **COMMUNITY BBQ** 11.30am - 1.30pm **Weekly**

Resumes 8.1.21
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.