



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

# SENIORS November 2021

## ACTIVITIES CALENDAR

Contact Derryth for more information 6126 4700

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>*SPANISH GROUP</b> Restarting 15 Nov 10am - 2pm <b>Weekly</b> <i>Conversation, activities and lunch with Spanish speaking Seniors</i> <i>Belconnen Labour club</i></p> <p><b>*CRAFT FOR KINDNESS &amp; GAMES FOR FUN!</b> Restarting 15 Nov 2pm - 4pm <b>Weekly</b> <i>Conversation and coffee over games or crafting for charity.</i> <i>CS#1 Hall</i></p> <p><b>ACTIVITIES ON WHEELS</b> Restarted <b>Fortnightly</b> <i>We come to you with books, DVD's, audiobooks, large print books, craft and more... (Monday and Friday)</i></p>	<p><b>*MOVIE MADNESS</b> Restarting 30 Nov 10am - 2.30pm <b>Fortnightly</b> <i>Join us for a Movie followed by a light lunch and good conversation.</i> <i>Woden Westfield</i></p> <p><b>*CHINESE GROUP MYSTERY TOUR</b> Restarting 16 Nov 12noon - 3.30pm <b>Weekly</b> <i>Join us for a secret adventure and light lunch each week around Canberra or surrounds other Chinese Mandarin speaking seniors.</i></p>	<p><b>*CHAIR DANCING &amp; MORNING TEA</b> Restarting 17 Nov 10am - 12noon <b>Weekly</b> <i>Weekly chair exercises to help stay mobile and healthy followed by morning tea.</i> <i>CS#1 Hall</i></p> <p><b>*CROATIAN LUNCH GROUP</b> Restarting 17 Nov 11am - 2pm <b>Weekly</b> <i>Lunch and friendship with Croatian speaking seniors.</i> <i>Griffith Hall</i></p>	<p><b>*SENIORS BINGO</b> Restarting 18 Nov 10.30am - 12.30pm <b>Weekly</b> <i>Join us for morning tea and bingo.</i> <i>CS#1 Hall</i></p> <p><b>*COOLEMAN COURT SHOPS BUS</b> 9.30am - 2.30pm <b>11 &amp; 25 Nov</b> <b>Fortnightly</b> <i>Transport to and from Cooleman Court Weston.</i></p>	<p><b>*SPANISH GROUP</b> 10am - 2pm <b>12 &amp; 26 Nov</b> <i>Share food &amp; activities with Spanish speaking seniors.</i> <i>Griffith Neighbourhood Hall</i></p> <p><b>*JAMISON SHOPS BUS</b> 10.30am - 2.30pm <b>19 Nov</b> <i>Transport to and from Jamison Shopping Centre</i></p> <p><b>CHAIR YOGA</b> Restarting 5 Nov 1.30 - 2.30pm <b>Weekly</b> <i>A Chair Yoga class to help you stay healthy and mobile.</i> <i>CS#1 Hall</i></p> <p><b>*CHINESE ZOOM CHAT</b> 10.30 - 11.30am <b>Weekly</b> <i>An online group chat with other Chinese Mandarin speaking seniors.</i></p> <p><b>ACTIVITIES ON WHEELS</b> <b>Fortnightly</b></p>

Fees apply to activities and transport. Bookings essential. \* Eligibility for group required through My Aged Care - please ask us if you need assistance.



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

# COMMUNITY DEVELOPMENT November 2021

## ACTIVITIES CALENDAR

For more information contact us on 6126 4700

### MONDAY

**FOOD PANTRY**  
9.30am - 12pm  
1 - 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

### TUESDAY

**FOOD PANTRY**  
9.30am - 12pm  
1 - 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

**STRUM FOR FUN  
UKULELE GROUP**  
Restarting 2 Nov

10.30am - 11.30am  
**Weekly**  
*Beginners & Intermediate Ukulele groups. Join us for some musical fun!*

CS#1 Hall

### WEDNESDAY

**FOOD PANTRY**  
9.30am - 12pm  
1 - 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**  
Restarting 10 Nov  
2.30pm - 3.30pm  
**Weekly**

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

CS#1 Hall

### THURSDAY

**FOOD PANTRY**  
9.30am - 12pm  
1 - 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**  
9.30am - 12pm  
1 - 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**  
Restarting 5 Nov  
1.30 - 2.30pm  
**Weekly**  
*Join our Yoga class to help you stay healthy and mobile.*

CS#1 Hall

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