



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

SENIORS January 2022

ACTIVITIES CALENDAR

Contact Romney for more information 6126 4700

MONDAY

SPANISH GROUP

10 am — 2 pm

Resuming 7th Feb
Weekly

*Concert, performance or other
activities and morning tea.*

Hall CS#1

CRAFT FOR KINDNESS & GAMES FOR FUN!

2pm - 4pm

Weekly

Resuming 24 January

*Conversation and coffee over
games or crafting for charity.*

Room 2 CS#1

ACTIVITIES ON WHEELS Fortnightly

Resuming 10 January

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

TUESDAY

MOVIE MADNESS

10am - 2.30pm

Resuming 18 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

Resuming 18 January

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

CS#1 Hall

CROATIAN LUNCH GROUP

11am - 2pm

Weekly

Resuming 12 January
*Lunch and friendship with
Croatian speaking seniors.
Canberra region Clubs or
Griffith Hall*

THURSDAY

SENIORS BINGO

10.30am - 12.30pm

Weekly

Resuming 20 January

*Join us for morning tea
and bingo.*

CS#1 Hall

COOLEMAN COURT SHOPS BUS

9.30am - 2.30pm

Resuming 20 January
Fortnightly

*Transport to and from
Coleman Court Weston.*

FRIDAY

SPANISH GROUP

10am - 2pm

Resuming 4 February
Fortnightly

*Share food & activities with
Spanish speaking seniors.*

Griffith Neighbourhood Hall

JAMISON SHOPS BUS AND LUNCH

10.30am - 2.30pm

14 and 28 January
Fortnightly

*Transport to and from
Jamison Shopping Centre*

CHAIR YOGA

1.30 - 2.30pm

Weekly

Resuming 14 January
*A Chair Yoga class to help
you stay healthy and mobile.*

CS#1 Hall

ACTIVITIES ON WHEELS Fortnightly

Resuming 14 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 Emma on 6126 4723 or 0408 739 020

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
Re-opens Tuesday 4 January

CS#1

TUESDAY

FOOD PANTRY 10am - 1pm **Weekly**

Do you need some support with food? We have a variety of affordable products.
PLEASE CALL TO BOOK
Re-opens 4 January
CS#1

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

Resumes 11 January
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
Re-opens 4 January
CS#1

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

Resumes 19 January
Singing for fun, followed by a hot drink and chat.
CS#1 Hall and online.

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
Re-opens 4 January
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.
PLEASE CALL TO BOOK
Re-opens 4 January
CS#1

YOGA 1.30 - 2.30pm **Weekly** **Resuming 14 January** *A Chair Yoga class to help you stay healthy and mobile.* CS#1 Hall

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