

Seniors Social Groups NOVEMBER 2024

**BOOKINGS REQUIRED CALL 02 6126 4716 OR
EMAIL US: WELLBEING@COMMUNITYSERVICES1.ORG**



**COMMUNITY
SERVICES #1**

MONDAY

**SPANISH GROUP
Fortnightly
10am–2pm**
Activities with
Spanish speaking
seniors.
Bring your lunch.
Belco Labor Club



THE KNITTING PROJECT

Every Mon 2-4pm
Join us to create soft
toys for charity.
Afternoon tea
included

TUESDAY

**SOCIAL GROUP
10am-2.30pm
Fortnightly**
Join us for a movie &
lunch once a month,
Alternate fortnight
will be a social
activity agreed upon
by the group.

**CHINESE GROUP
MYSTERY TOUR
12noon-3.30pm
FORTNIGHTLY**
Join us for a secret
adventure and
picnic/BBQ each
week around
Canberra.
Departs from CS#1
and Canberra City.

**CHINESE PAINTING
MONTHLY
10.30AM-2.30PM
Griffith Hall**

WEDNESDAY

**CHAIR DANCING
& MORNING TEA
10:30am-12noon**
Weekly
Weekly chair
exercises to
help stay mobile
and healthy
followed by
morning tea.
CS#1 Hall

CROATIAN GROUP
Weekly 11am - 2pm
Lunch & friendship
with Croatian
seniors.
Canberra region
Clubs or
Griffith Hall

**Fees apply
to group
activities &
transport**

THURSDAY

**SENIORS BINGO
10.30am 12.30pm**
Join us for morning
tea and bingo.
CS#1 Hall

**COOLEMAN COURT
SHOPPING TRIP
9.30am - 2.30pm
Fortnightly**
Transport to and
from Cooleman
Court Weston.



FRIDAY

**JAMISON SHOPS
BUS & LUNCH
10.30am-2.30pm
Fortnightly**
Transport to & from
Jamison Shops

**CHINESE GROUP
Zoom Meeting
Fortnightly 10.30-11.30am**
Online zoom sessions

**CHAIR YOGA
Weekly 1 - 2pm**
Chair Yoga class helps
you stay healthy
and mobile.
CS#1 Hall

**ACTIVITIES ON WHEELS
10am-12noon
Fortnightly**
We come to you with
books DVD's, audiobooks,
large print books, craft
and more.

**SPANISH GROUP
Fortnightly
10am–2pm**
Activities with Spanish
speaking seniors.
Bring your lunch.
Griffith Hall

**Are you having difficulty paying for groceries for yourself or your family?
We run a food pantry that offers groceries and fresh produce at affordable prices.
Please call reception for eligibility and bookings: 1800 960 938**