

# Social & Wellbeing Groups

## NOVEMBER 2024



COMMUNITY  
SERVICES #1

BOOKINGS REQUIRED PH: 02 6126 4740 OR 0408 739 020  
OR EMAIL: WELLBEING@COMMUNITYSERVICES1.ORG

### MONDAY

**PLAYGROUP**  
**Back for Term 2**  
Monday's 9.30-11am  
Westfield Woden  
For information call:  
02 6126 4700

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

**Art Exhibition**  
The CS#1 Drawing  
group launches its  
art show at 3pm on Mon  
18th of November.  
Come along and meet  
the artists and enjoy  
afternoon tea.  
All Welcome.

### TUESDAY

**STRUM FOR FUN**  
Weekly 10-11am  
Beginners Ukulele  
group. Join us for  
some musical fun!  
**CS#1 Hall**

  
**New Bus Service**  
Did you know CS#1 has a  
new community bus  
timetable? The bus is  
available for bookings for  
people who are socially  
isolated through lack of  
transport options.  
Please call CS#1 reception  
on 02 6126 4700  
to book your seat.

### WEDNESDAY

**COMMUNITY GARDEN**  
Weekly  
10.30am - 11.30am  
Get stuck into our  
garden & socialise  
with other green  
thumbs.

### THURSDAY

  
**Christmas Party**  
Dont miss the annual  
Christmas party on  
Thurs 5th December from  
5-7pm at our head office:  
63 Boolimba Cres,  
Narrabundah.  
Free sausage BBQ, cupcake  
decorating, facepainting  
santa visit, huge raffle  
and more.  
All welcome.

### FRIDAY

**GIRLS GRAMMAR  
INTERGENERATIONAL  
GROUP**  
Fortnightly  
11am - 12.15pm  
Girls Grammar Deakin

**YOUTH GARDENERS**  
Are you 14-17 years of  
age and keen to do  
some volunteer work  
in our garden?  
Join us on Friday's  
from 3.45-4.45pm

**SEWING GROUP**  
Fortnightly  
10.30am - 12.30pm  
Beginners sewing  
group - come along to  
learn how to make  
something amazing  
including, crafts &  
Christmas gifts

**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 CS#1 reception for eligibility and bookings: 1800 960 938**