

# Living Well

March - April 2026



CELEBRATING  
**50**  
YEARS

## Dear Participants

Welcome to our March–April edition!

In this issue, you'll find stories, updates and upcoming activities that celebrate the strength of our community and the many ways we support one another. There's lots happening over the next two months, and we'd love to see you.

To help us continue offering engaging, high-quality Aged Care and engaging Involve programs and activities, we recently shared an updated fee schedule with our community. We invite you to take a moment to look over the new details as the changes are gradually introduced and check pricing and booking information for any activities you'd like to join.

And remember, while we know you're perfectly capable of keeping your house in order or carrying your own shopping bags, sometimes it's nice to have an extra set of hands so you've got more time (and energy!) for the things you enjoy. Whether it's cleaning, gardening or a bit of support while out and about, CRCS services can be that friendly helping hand.

Thank you for being part of the Living Well journey. Your ideas, stories and feedback help shape each edition, so please keep them coming at [contact@crs.com.au](mailto:contact@crs.com.au) — we love hearing from you.

Thank you  
**The Living Well Team**

# Aged Care Update

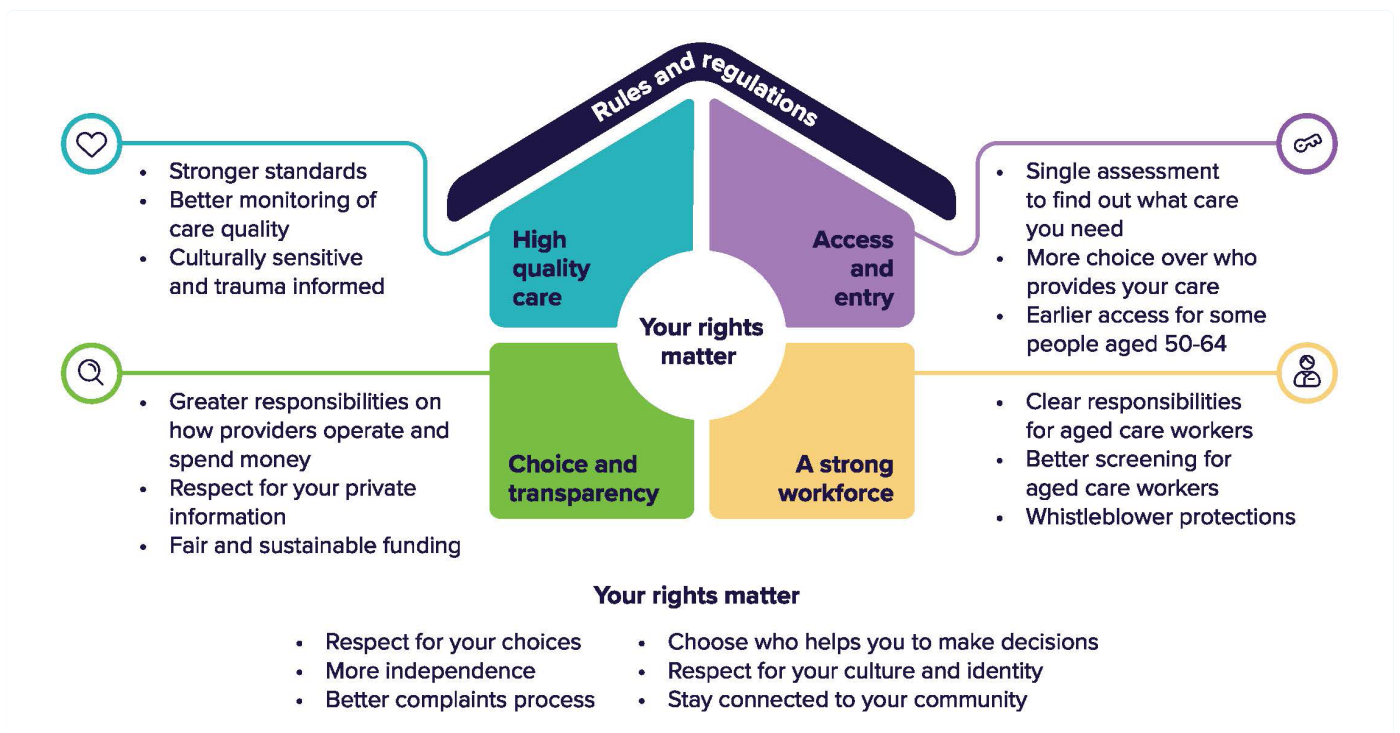
## Aged Care Statement of Rights

### Your Privacy Matters

Your personal information such as your health and finances is private. At CRCS, we protect your personal information and only share it with the people you choose. You also have the right to see your records and correct any mistakes in your personal information.

At CRCS we respect your privacy and personal information. If you note a mistake in our records or billing we will fix it quickly. We are always happy to discuss how we store your information, and the cost of your services.

This right is protected under Section 23, Clauses (5) and (6) of the new Aged Care Act 2024.



We'll include updates in each newsletter, so if you have questions, email us at [contact@cracs.com.au](mailto:contact@cracs.com.au).

You can also subscribe to updates from the Department of Health here:

<https://www.health.gov.au/using-our-websites/subscriptions/subscribe-to-aged-care-newsletters-and-alerts>

# Involve Social Groups

## Noticeboard

### Upcoming Public Holiday Day in March and April

Please note there will be no groups or activities on all public holiday days this includes and gym, social pickleball, and badminton sessions.

### Boxercise

Expression of Interest: Improve your fitness with Boxercise. Are you looking for a new class to add to your fitness regime or something a bit different for social connections please register your interest with reception on [02 6264 0200](tel:0262640200) or email [contact@crs.com.au](mailto:contact@crs.com.au)

### Chinese Seniors Group

Expression of Interest: We're looking to start a new cultural group and would love to hear from anyone interested in joining. The group will offer a warm, social space to connect with others, share culture, and enjoy relaxed activities together.

If you or someone you know may be interested, please register your interest on [02 6264 0200](tel:0262640200) or email [contact@crs.com.au](mailto:contact@crs.com.au)

### No Sessions – Come Sew with Me

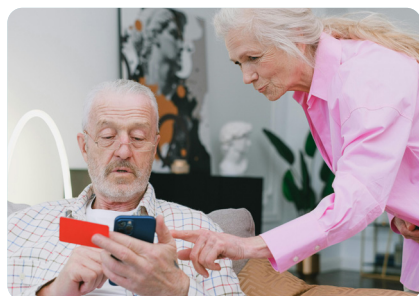
There will be no Come Sew with Me on Wednesday 11 and 18 March.

### Mindful Companions

There will be no Mindful Companions in March. This activity will be back on Tuesday 21 April in Art Room 2, at 10am - 12pm.

### Out and About

Due to low attendance this activity has been cancelled



### Staying Safe Online

Learn how to identify scams and fraud, know what to look for, and how to protect your personal and financial information.

When: 21 April at 1:30pm

Where: Belconnen Community Centre in the Theatre

### **BBQ at John Knight Park**

Come and join us for sausages, sizzle and a chat.

When: Tuesday 24 March, 11:30am. The cost of the BBQ is \$5.

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### **Crafts Galore**

We will not be running Crafts Galore on Mondays this will be moved to Wednesdays and merged with Art Tasters under a new group name - Arts and Crafts.

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### **Men's Social Group - Belconnen Area**

We're inviting expressions of interest for a new Men's Social Group for the Belconnen area, a relaxed, social space for men to connect, share stories, enjoy activities and build community.

If you or someone you know would enjoy meeting new people, having a chat over a cuppa, or taking part in light social activities, we'd love to hear from you.

Please register your interest on [\(02\) 6264 0200](tel:0262640200) or [contact@crccs.com.au](mailto:contact@crccs.com.au).

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### **Golden Gateway**

Golden Gateway is a travel initiative for participants living in Canberra's Southside community, offering relaxing and social bus trips to beautiful destinations in and around Canberra. For any interested Northside residents, please feel free to attend.

Register for attendance with reception on [\(02\) 6264 0200](tel:0262640200) or email [contact@crccs.com.au](mailto:contact@crccs.com.au)

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### **CRCS Service Fee Update**

To continue providing quality Aged Care and Involve Programs, CRCS will be introducing gradual fee adjustments. These changes help ensure our services remain sustainable and available for the community.

For full details, please view the updated fees here: [View Updated Fees](#)

If you have any questions, contact us at [contact@crccs.com.au](mailto:contact@crccs.com.au) or call [\(02\) 6264 0200](tel:0262640200).

*Thank you for being part of the CRCS community!*



**RE: Notification of Co-contribution pricing changes for Involve services.**

Dear Participants,

We hope this message finds you well.

To support the ongoing delivery of quality Aged Care and Involve Programs, and in response to rising operational costs and wage increases, Capital Region Community Services (CRCS) will be implementing gradual fee adjustments. The Involve Program fee structure has not been reviewed for at least three years, and these changes aim to improve consistency while avoiding sudden increases.

The updated fees will be introduced in two stages, with the first changes effective from 9 March 2026, followed by a second stage effective from 1 September 2026, as outlined below:

Tiny Tumbler	Single pass	10 pass
March 2026	\$9	\$75
September 2026	\$10	\$90

Gym programs	CHSP participants	Community Members	Concessions
March 2026	\$7.50 / hr	\$13 / hr	\$11 / hr
September 2026	\$10 / hr	\$15 / hr	\$13 / hr

Social Support Group	CHSP participants	Community Members	Concessions	Lunch including
March 2026	\$5 / hour	\$15 / hr	\$13 / hr	Extra \$3
September 2026	\$6 / hour	\$17 / hr	\$15 / hr	Extra \$5

Social Support Group with set fee structure *	CHSP participants	Community Member	Concessions	Excursion within ACT/Queanbeyan	Excursion outside of ACT
March 2026	\$8 / session	\$15 / hr	\$13 / hr	\$15/ session	Extra \$20
September 2026	\$10 / session	\$17 / hr	\$15 / hr	\$15/ session	Extra \$20

\*This fee structure applies to the following programs: Dance in A Line, Yarning & Stitching, Golden Getaway, Treasure Hunters, Hunting & Exploring and Walkie Talkies.

Thank you for your understanding. If you have any questions or concerns regarding these changes, please contact [stella.shin@crccs.com.au](mailto:stella.shin@crccs.com.au).


Yours sincerely,

Stella Shin  
Executive Manger

## New Groups and Activities

### Winery Adventures:

Join us for Winery Adventures — a social day out visiting local wineries, meeting new people, and enjoying the journey as much as the destination. It's a fun, relaxed way to explore the region and make great memories

 **Dates:** On a Friday once a month, Pickup BCC 9.45am and Humpy Hall 10am. Date 27 March and 24 April


 **Cost:** \$33

### Korean Group:


We run a range of activities, games, and outings once a month for our Korean community.

Through this group, we hope you can enjoy a relaxed and welcoming atmosphere, share conversations, have fun together, and naturally feel a sense of belonging in the local community and connection with one another.

저희는 매달 한 번, 한인 커뮤니티를 위한 활동, 게임, 나들이를 마련하고 있습니다. 이 모임을 통해 여러분께서 편안하고 즐거운 분위기 속에서 함께 대화를 나누고, 게임도 즐기며, 자연스럽게 지역 커뮤니티에 소속감을 느끼고 서로 연결되어 있음을 느끼실 수 있기를 바랍니다.


 **Dates:** Tuesday 10 March and Tuesday 28 April, 11am – 2pm

 **Cost:** \$10.00


 **Location:** Humpy Hall - 17 Frewin Place, Scullin

### Joy of Drawing

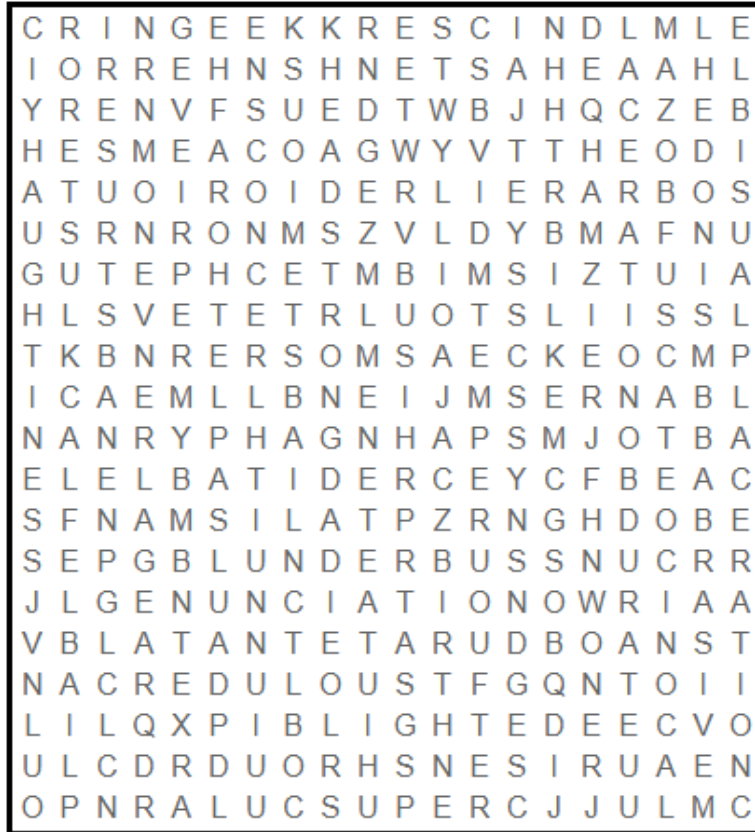
Art lessons for all levels

 **Dates:** Thursday – only school term 1.30pm – 3.30pm

 **Cost:** \$10.00

 **Location:** Belconnen Community Centre

## Word Hunt: Living Well Edition



ABRASIVE  
 ABSTAIN  
 ABSTEMIOUS  
 ABSTRUSE  
 BILK  
 BLATANT  
 BLIGHTED  
 BLITHE  
 BLUNDERBUSS  
 CREDITABLE  
 CREDULOUS  
 CREPUSCULAR  
 CRINGE

ENSCONCE  
 ENSHROUD  
 ENUNCIATION  
 ENVENOM  
 HASTEN  
 HAUGHTINESS  
 HEADSTRONG  
 HEDONISM  
 LACERATION  
 OBDURATE  
 LACHRYMOSE  
 LACKLUSTER  
 LACONIC

OBDURATE  
 OBFUSCATE  
 OBJECTIVE  
 PLAUSIBLE  
 PLETHORA  
 PLIABLE  
 RENOWN  
 REPRIEVE  
 RESCIND  
 TALISMAN  
 TEDIUM  
 TEMPER

## Moments to Remember

### Mature Multi Fitness

Wednesdays 12.45pm-1.45pm

Participant receiving one on one instruction by instructor Ryan



### Mature Multi Fitness

Wednesdays 12.45pm-1.45pm

Group Photo: Instructor Ryan with participants





# Ready to live your best life?

*living well*  
AGED CARE, TRANSPORT & SOCIAL GROUPS

**Living Well** brings together our Aged Care, Transport and Involve programs. It's more than a name change – it reflects our belief that as we get older, we value independence and having the time and ability to focus on the things that matter most – family, friends and enjoying life.

<b>Domestic Assistance</b>		From cleaning, dishwashing, meal prep, we can help with chores in your home.
<b>Personal Care</b>		Our qualified Care Workers provide assist with your personal needs including eating, bathing, grooming, dressing and more.
<b>Home Maintenance</b>		We provide gardening services such as pruning, mowing and yard clearance.
<b>Transport</b>		Sit back and let us do the driving so you can attend social activities and appointments without the fuss.
<b>Social Groups</b>		Our Involve social program is packed with fun activities throughout the week.
<b>Flexible Respite</b>		A flexible support service designed to support the relationships between carers and care recipients.
<b>Social support individual</b>		Support with shopping and attending medical appointments/ accessing the community with a care worker.

## Find Out More

Get in touch with the CRCS Living Well team and start making more time for what matters most.

**Community Care CHSP Program:** (02) 6278 8101 or [communitycare@cracs.com.au](mailto:communitycare@cracs.com.au)

**Transport:** (02) 6278 8124 or [transport@cracs.com.au](mailto:transport@cracs.com.au)

**Involve:** (02) 6264 0200 or [involve@cracs.com.au](mailto:involve@cracs.com.au)

Support the Commonwealth Home Support Program (CHSP). We also provide non-funded services. Living Well is for people aged 65+, or 50+ if you identify as Aboriginal or Torres Strait Islander.

## Driving Connection, One Journey at a Time



At Capital Region Community Services, connection is at the heart of everything we do. Driving Connection: One Journey at a Time highlights how our transport support is helping people access medical appointments, community activities, and essential services — reducing isolation and strengthening wellbeing across our region.

Through every journey, we're helping individuals stay connected, independent, and supported.

David says it is a privilege to support people in their daily lives. "Every person has a story. When someone trusts you, when they're happy to see you, that means everything."

Read the full story: <https://crcs.com.au/driving-connection-one-journey-at-a-time/>

# Creativity

March	April
<p data-bbox="119 459 335 504">Art and Crafts</p> <ul data-bbox="95 560 750 896" style="list-style-type: none"> <li> <p data-bbox="135 560 510 638"><b>Wednesdays</b> <b>Mixed media collage art</b></p> <p data-bbox="135 649 750 896">Letting your imagination free, we will create fun characters from old vases, plates, pots, and glasses. We will glue them and paint them into fun characters. That can be used as a plant pot or key holders.</p> </li> </ul> <div data-bbox="111 929 710 1310"> </div>	<p data-bbox="821 459 1037 504">Art and Crafts</p> <ul data-bbox="805 560 1476 784" style="list-style-type: none"> <li> <p data-bbox="829 560 1197 649"><b>Wednesdays</b> <b>Watercolor techniques</b></p> <p data-bbox="837 660 1476 784">We will learn water colour techniques and then you will create your own water colour art piece.</p> </li> </ul> <div data-bbox="869 828 1468 1310"> </div>

# Joy of Drawing

**Day:** Thursday (only during school terms) **Time:** 1:30pm–3:30pm **Location:** BCC **Cost:** \$10  
**Facilitator:** John

March	April
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Introducing our facilitator John Vance is a practising artist who specialises in painting and drawing. He has had over 20 years' experience, teaching painting and drawing classes at the Canberra School of Art through the Centre of Continuing Education.

Students in this class will be encouraged to learn how to draw and paint and discuss ideas about art from the past and the present!

# Adventures

Involve Members: \$15.00

(Please note an additional \$20.00 if outing is outside of the ACT/Queanbeyan)

March	April
<p><b>Hunting and Exploring</b></p> <ul style="list-style-type: none"> <li><b>10 March: Goulburn</b> Pick up BCC 9:00am, Pick up HH 9:15am</li> </ul> <p>We'll spend the day exploring this country town so close to Canberra. The Big Merino, Water works and lunch in the main street.</p>	<p><b>Hunting and Exploring</b></p> <ul style="list-style-type: none"> <li><b>14 April: Cootamundra</b> Pick up BCC 8:45am Pick up HH 8:55am</li> </ul> <p>Coota is mostly famous for being the birthplace of Donald Bradman, so we'll visit his home now museum.</p>
<p><b>Treasure Hunters</b></p> <p>Pick up BCC 9:45am, Pick up HH 10am</p> <ul style="list-style-type: none"> <li><b>6 March: Scullin/Charnwood</b> Join us as we look for Treasure at Another Chance, Barneys Boutique-ReRuns op Shop.</li> <li><b>20 March: Bungendore (\$35.00 as out of the ACT)</b> Join Treasure hunters for an adventure exploring historic Bungendore op shops.</li> </ul>	<p><b>Treasure Hunters</b></p> <ul style="list-style-type: none"> <li><b>3 April: Public Holiday</b></li> <li><b>17 April: Mitchell/Gungahlin</b> Join us for a fun filled day as we explore Goodies Junctions Salvos and Vinnies.</li> </ul>
<p><b>Winery Adventures</b></p> <p>Pick up BCC 9:45am, Pick up HH 10:00am</p> <ul style="list-style-type: none"> <li><b>27 March: Fedra Olive Grove Farm and Olive View cafe</b> Fedra Olive Grove is halfway between Canberra and Goulburn. We will have lunch in the cafe, maybe purchase some fresh produce from the store.</li> </ul>	<p><b>Winery Adventures</b></p> <ul style="list-style-type: none"> <li><b>24 April: Murrumbateman Winery</b> Established in 1973, Murrumbateman Winery is a small boutique winery producing high-quality, award-winning wines from locally sourced, handpicked grapes. Be sure to say Hello to Molly.</li> </ul>

# Adventures

March	April
<p><b>Golden Getaway</b> Pick up BCC 9:45am, Pick up HH 10:00am</p> <ul style="list-style-type: none"> <li> <p><b>4 March: National Film and Sound Archive</b> Come visited Canberra's National Film and Sound Archive, discovering iconic films, sounds, and stories from Australia's past.</p> </li> <li> <p><b>11 March: Gold Creek Federation square</b> We explore Gold Creek Federation Square, browsing boutique specialty shops, enjoying cafés and more</p> </li> <li> <p><b>18 March: The Portrait Gallery</b> We are visited Canberra's National Portrait Gallery, enjoying inspiring portraits, stories, and creative moments together.</p> </li> <li> <p><b>25 March: Braidwood</b> We are exploring historic Braidwood NSW, enjoying heritage streets, shops, and small-town charm.</p> </li> </ul>	<p><b>Golden Getaway</b></p> <ul style="list-style-type: none"> <li> <p><b>1 April: Strathnairn Arts, Gallery and Cafe</b> We visit Strathnairn Arts, exploring studios, creative spaces, local artists, and relaxed countryside vibes.</p> </li> <li> <p><b>8 April: National Gallery of Australia</b> We are at the National Gallery of Australia, enjoying iconic artworks, sculptures, and inspiring creative spaces.</p> </li> <li> <p><b>15 April: Scenic Drive</b> Enjoyed a scenic drive visiting Mount Ainslie, Mount Pleasant, and Red Hill Lookout views.</p> </li> <li> <p><b>22 April: National Arboretum</b> We are visiting the National Arboretum, enjoying stunning landscapes, forests, viewpoints, and fresh Canberra air.</p> </li> <li> <p><b>29 April: Yass</b> We visit Yass, NSW, explore historic streets, local shops, cafés, and charming country town vibes.</p> </li> </ul>
<p><b>Friday Flicks</b></p> <ul style="list-style-type: none"> <li> <p><b>13 March:</b> Book in with our reception team and you will receive an email advising which movie you will be seeing. If you don't want to see it just email us back. We will enjoy a classic, uplifting, or popular film together. After the movies, stay for a friendly chat and some lunch.</p> </li> </ul>	<p><b>Friday Flicks</b></p> <ul style="list-style-type: none"> <li> <p><b>10 April:</b> Book in with our reception team and you will receive an email advising which movie you will be seeing. If you don't want to see it just email us back. We will enjoy a classic, uplifting, or popular film together. After the movies, stay for a friendly chat and some lunch.</p> </li> </ul>

## Healthy Living

**Time:** 10am-2pm, Thursday. **Involve Members:** \$20 **Facilitators:** Simon Taylor.

**Location:** All activities held at Belconnen Community Centre. Morning Tea included a light lunch can be provided for an extra \$3. Please advise at time of booking in for this activity

### March

- 5 March: Fred the Music Man**  
Group be at Yowani Golf Club, the day will start with chair yoga with Kim, and we will enjoy music from the Fred the Music Man.
- 12 March: International Waffle Day**  
We will celebrate waffle day by decorating and looking at unique toppings from around the world.
- 19 March: St Patrick's Day**  
Today we're going all in on green as we celebrate everything Irish for St Patrick's Day. Think shamrocks, good cheer, and plenty of festive fun. And of course, we couldn't let the day pass without a round of Irish Bowls—we know it's a favourite, and it's the perfect way to keep the spirit of the day rolling.
- 26 March: Harmony Day**  
A wonderful way to celebrate Harmony Day is to learn about the different cultures represented in your own facility; by learning about their traditional food, language, music, national costumes, drinks, and games.

### April

- 2 April: International Children's Book Day**  
Celebrating Hans Christian Andersen, famed fairytale author, with themed activities, games, and quizzes
- 9 April: Games day**  
Today we will have fun and exciting variety of games. The competition is on! Enjoy a day of fun and laughter with friends.
- 16 April: Move More Month**  
Today we're continuing our group's theme by joining the Heart Association in celebrating Move More Month. We'll keep engaging in simple, enjoyable activities and fun games that help us stay active and moving.
- 23 April: ANZAC day commemorations**  
Honour the Spirit of the ANZACs with variety of activities and conversations
- 30 April: Lunch at The George Harcourt Inn, Golden Creek**  
We will start at centre with some morning tea and exercises, and thereafter, head out for lunch at The George Harcourt Inn. We will return to the centre and depart home

## Spice of Life (BCC)

**Time:** 10am-2pm, Friday. **Involve Members:** \$20 **Facilitators:** Simon Taylor. **Location:** All activities held at Belconnen Community Centre.

Morning Tea included a light lunch can be provided for an extra \$3. Please advise at time of booking in for this activity

### March

- **6 March: International Waffle Day**  
Enjoy making and eating Waffles.
- **13 March: Outing-Yowani Golf**  
Harmony Day is celebrated on 21st March and what better way to do this, then pay a visit to one of our favourite places the Yowani Golf Club.
- **20 March: Celebration of St Patrick**  
Green is the dress theme for today to celebrate all that is Irish for St Patricks day. Of course, Irish Bowls will be played as we know how much you love this game.
- **27 March: Outing-Weston Park**  
We will have a wander around Weston Park and play a few games before enjoying a BBQ.

### April

- **3 April: Public Holiday**
- **10 April: Games Day**  
Laughs, giggles, and all kind of mayhem for a day of team challenges.
- **17 April: Outing-National Portrait Gallery**  
Bloom explores the beauty and symbolism of flowers. You will discover how flowers have long been used in art to express emotion and convey messages of personal, cultural and religious significance.
- **24 April: ANZAC day commemorations**  
Honour the Spirit of the ANZACs with variety of activities and conversations

# Walkie Talkies

**Day:** Monday **Pick up times:** 10am (Humpy Hall); 10:10am (BCC) **Return times:** 1:00pm **Cost:** \$15  
**Lunch:** Bring money for lunch or purchase at venue **Facilitator:** Therese and Susan



## March

- **2 March: Yerrabi Pond to Raiders club**  
Yerrabi pond is always full of wildlife to watch as we walk part of its banks finishing at the Raiders Club.
- **16 March: Nara Park**  
After walking through Nara Park, we will walk along the lake finishing at The Jetty Cafe
- **23 March: Palmerville Heritage Park**  
Walk around the newly renovated parklands then finish at the Belconnen Soccer Club.
- **30 March: Along Lake to Mici's Cafe at Duntroon**  
We will walk along the lake near the Canoe club and finish inside Duntroon at Mici's cafe.

## April

- **13 April: Lyneham Wetlands**  
The Lyneham wetlands always have wildlife to look at and is peaceful to walk around. We will finish in Dickson for lunch.
- **20 April: Cotter**  
We will walk around the boardwalks and pathways that run around the Cotter Park area. Bring your own lunch.
- **27 April: Anzac Day Public Holiday**  
**No Groups**

# Wobbly Mob

**Day:** Monday **Times:** 10am to 2pm **Cost:** \$20 **Lunch:** Morning Tea included a light lunch can be provided for an extra \$3. Please advise at time of booking in for this activity **Facilitator:** Lai  
**Location:** Belconnen Community Centre

## March

- **5 March: World Wildlife Day**  
World Wildlife Day, celebrates the world's wild animals and plants while raising awareness of the importance of conservation and protecting biodiversity for future generations.
- **9 March: CANBERRA DAY-NO GROUPS**
- **16 March: St Patrick's Days**  
St Patrick's Day is a day of Irish celebrations in Australia.  
Join us for fun activities and wear a little bit of green! Whether it's a green Irish breakfast tea or a Guinness pie at lunch time, it's important to celebrate this great Irish day.
- **23 March: Outing-National Capital Exhibition Commonwealth Park**  
Explore the people and events that shaped our National Capital — from First Nations peoples and the site selection to the design competition and the vision behind Canberra's iconic trees.
- **30 March: Easter Fun and Games**  
Join us to celebrate Easter with fun games and maybe even an egg hunt — bunny ears optional!

## April

- **2 April: EASTER MONDAY-NO GROUPS**
- **13 April: Mosaic Coaster**  
Mosaics bring Color into your living space; we will be using a simple way to create some beautiful mosaic coasters or centrepieces for your table.
- **20 April: Anzac Day**  
Today we honour and pay respect to our Anzacs. Through songs and sharing memories. Please wear your poppy.
- **27 April: Anzac Day Public Holiday-No Groups**

# Move and Mingle Group - Ngunnawal

**Day:** Monday **Times:** 9:30am to 1:30pm **Cost:** \$20 **Location:** Ngunnawal Centre **Lunch:** Morning Tea included a light lunch can be provided for an extra \$3. Please advise at time of booking in for this activity

## March

- **2 March: International Waffle Day**  
Join us in celebrating International Waffle Day, a day dedicated to enjoying and appreciating waffles.
- **9 March: CANBERRA DAY-NO GROUPS**
- **16 March: St Patricks Days**  
St Patrick's Day is a day of Irish celebrations in Australia. When heading off in the morning make sure you wear a little bit of green! And whether it's a green Irish breakfast tea or a Guinness pie at lunch time, it's important to celebrate this great Irish day.
- **23 March: Armchair Travel-Saudi Arabia**  
A day of travel to Saudi Arabia. Fact files, trivia, quizzes, music, videos and sweet treats. We hope you enjoy the Saudi Arabia travelog!
- **30 March: Easter Fun and Games**  
Join us as we celebrate Easter with fun games and maybe an Easter egg hunt. Dress up in your easter finery and of course bunny ears are optional.

## April

- **6 April: Easter Monday-Public Holiday No Groups**
- **13 April: Swap Shop**  
Bring an item or two and after the morning exercise, see if there is something you want to swap with!
- **20 April: Anzac Day**  
Today we honour and pay respect to our Anzacs. Through songs and sharing memories. Please wear your poppy.
- **27 April: Anzac Day Public Holiday-No Groups**

## Men's Business

**Day:** Monday **Time:** 10am–2pm **Location:** Ngunnawal **Cost:** \$20 **Lunch:** Morning Tea included a light lunch can be provided for an extra \$3. Please advise at time of booking in for this activity.

**Facilitator:** Simon

March

April



### Looking for an enjoyable way to spend your Monday?

Join our men's group to say HELLO, catch up with old friends, and meet new ones. We chat about a variety of topics, play games, share life stories, and support one another in a relaxed, welcoming atmosphere. Whether you enjoy conversation, laughter, or simply want some company, this group offers a warm, inclusive space for every senior man to feel involved and valued.

## Fun and Games-Ngunnawal

**Day:** Monday **Time:** 1:30pm–3:30pm **Location:** Ngunnawal Centre **Cost:** \$12

**Lunch:** Afternoon Tea **Facilitator:** Simon

March

April

Fun and Games group invites you to enjoy laughter, friendship, and light-hearted competition every Tuesday in Ngunnawal. Whether you're into Scrabble, Rummikub, or classic board games like snakes and ladders, this welcoming group is all about great games and even better company.

Come join the Fun and Games group for a weekly dose of laughter, friendly faces, and easy-going competition every Tuesday in Ngunnawal. Whether you love Scrabble, Rummikub, or classic favourites like snakes and ladders, you'll find a relaxed, welcoming space where great games meet even better company.

# Woodwork - Ngunnawal

**Day:** Monday **Session 1:** 10am to 12pm. **Session 2:** 1pm to 3pm

**Location:** Ngunnawal Community Centre **Cost:** \$10 **Facilitator:** Dave **Lunch:** Not provided

## March

- **2 March: French Polish**  
**Start new project.** Quilt/towel ladder storage rack. What it is and how it is made. Resin from the Lac insect. Application. Brush and rubber. Concept of building up layers. Lots of thin layers are better than less thick layers.
- **9 March: CANBERRA DAY PUBLIC HOLIDAY - NO GROUPS**
- **16 March: Continue French Polish**  
Continue current project. How to apply additional layers. Sanding in between. The polish in French polish. Slow build up. Patience pays off.
- **23 March: Continue Project-Towel Ladder**
- **30 March: Continue Project-Towel Ladder**

## April

- **6 April: Easter Monday- PUBLIC HOLIDAY - NO GROUPS**
- **13 April: Fresh off the boat series**  
Convict tools and how to set up a colony. Looking at what tool's convicts bought with them, how things have changed, and how they have stayed the same. We will also continue our current projects.  
  
Basic tools. Saws, hammers, planes. Brief history of each tool.
- **20 April: Fresh off the boat series continued**  
Continue looking at convict tools and working with some of the basic tools they had, in addition to the types of joints they would have used for quick production. Round mortise and tenon joinery, scotch eye, adze, draw knife etc. Continue current project. Which should be ready for varnish this week.
- **27 April: Anzac Day Public Holiday-No Groups**

## BEST Club

The Belconnen Energetic Seniors on a Tuesday (BEST) Club is a weekly opportunity to socialise in a friendly and stimulating environment. BEST Club provides a program of games, guest speakers, activities, outings and exercise.

Enjoy morning tea while connecting with others, then maybe have lunch (at your own expense) in the Club restaurant at 12:30pm.

- **Cost:** \$15 (Involve participants)
- **Day:** Tuesday
- **Time:** 10:30am–12:30pm
- **Location:** Raiders Club Kippax, 155 Hardwick Cres, Holt
- **Facilitator:** Susan
- **Lunch/details:** Morning tea (lunch afterwards at your own cost)

### March

### April

- **3 March: Living in the 70's Exhibition - The National Library**

Look back on life in the 70s including politics, feminism, pop culture, news of the day, and more

- **10 March: Book Swap**

Bring a book, swap a story, and discover a brand-new Favorite! Join us for a fun-filled day with morning tea and friendly conversation.

- **17 March: Craft Activity**

Let's get creative we are decorating jars for lollie's or trinkets whatever use you need or design you want.

- **24 March: Exercise of the day**

Stay active and feel great with our gentle chair exercise with Kim

- **7 April: National Botanic Gardens**

Join us for a relaxed meal, friendly conversation, even a lovely walk around the gardens.

- **14 April: Trivia Time!**

Join us for a fun and lively game of Trivia, test your knowledge, share some laughs, and enjoy friendly competition with friends. No pressure—simply good fun and great company.

- **21 April: Fred the Music man**

Get ready to tap your toes and sing along, enjoy a delightful mix of classic good time oldies.

- **28 April: Exercise with Kim**

Stay active and feel great with our gentle chair exercise

## Korean Social Group

**Day:** Thursday **Time:** 11am–2pm **Location:** Humpy Hall, 17 Frewin Place, Scullin **Cost:** \$10.00  
**Facilitator:** Anne

### March

- **10 March:**  
Join us in playing games and creating social connections.

### April

- **28 April:**  
Join us in playing games and creating social connections.



We run a range of activities, games, and outings once a month for our Korean community.

Through this group, we hope you can enjoy a relaxed and welcoming atmosphere, share conversations, have fun together, and naturally feel a sense of belonging in the local community and connection with one another.

## Dance in a Line

**Day:** Thursday **Time:** 1pm–2pm **Location:** BCC Gym **Cost:** \$7.50 (Involve participants)  
**Facilitator:** Therese

### March

### April



Discover the joy of Dance in a Line, whether you're looking to stay active, try something new, or simply enjoy a good laugh with great company, this fun and gentle Music and Movement program is the perfect way to lift your spirits and keep your body moving.

No experience needed—just bring your enthusiasm and a smile. Why not give it a try?



## Celebrate Connection. Create Impact.

This Canberra Day, CRCS is proud to join the Hands Across Canberra Appeal to raise funds for programs that strengthen community connection across the ACT.

This year, our focus is on upgrading tables and chairs at the Belconnen Community Centre—a vital hub for families, seniors, and local groups. Modern furniture will make the space more comfortable, accessible, and welcoming, ensuring everyone feels seen, supported, and valued.

Your support helps us create safe, inclusive spaces where community thrives.

### How You Can Help

- Donate: Every dollar builds stronger community ties
- Fundraise: Host a morning tea, trivia night, or coin challenge
- Spread the Word: Share our message with your networks

Canberra Day is Monday 9 March 2026

**Let's come together to build a Canberra where everyone belongs.**

**Donate Now:** <https://bit.ly/4qbfuk2>

# Gym and Fitness Programs

Looking for a relaxed and social environment to enjoy fitness and strength programs? Look no further than our gym at the Belconnen Community Centre.

## Costs

- \$15 community members
- \$13 concession
- \$7.50 Involve members

**Don't forget:** Booking your gym classes in advance is highly encouraged. Classes will be capped once they reach capacity, so secure your spot early to avoid disappointment

## Classes

- **Back in Balance:** Exercises designed to help with fall prevention and support free and easy daily movement.
- **Mature Fitness:** Activities to improve strength, balance, and coordination. No machines are used in this class. Designed for seniors.
  - Mature Multi-Fitness:** Low-impact cardio and strength activities for seniors, including cross training, interval training and CrossFit.
- **Mature Strength:** Basic weight exercises combined with machine exercises to improve fitness and strength. Designed seniors.
- **Open Gym:** Do an assessment with a personal trainer to create a program just for you, or freely use the gym.
- **Swiss Ball:** Exercises using large exercise balls to improve balance, stamina and
- **Gentle Movement:** Increase your aerobic fitness, no matter where you are starting from.
- **Building Strength:** Learn how to safely execute movements to get the most out of your workout.
- **Chair yoga:** A gentle form of yoga that can be done sitting on a chair or standing using a chair for support.
- **Yoga:** A physical, mental and spiritual practice combining postures, breathing exercises and meditation to enhance wellbeing and consciousness.

Monday	Tuesday	Wednesday	Thursday	Friday
Badminton 10:45am-12:45pm	Swiss Ball 9:30-10:30am	Building Strength 9:30-10:30am		Mature Strength 9:45-10:45am
Chair Yoga 11am-12pm	Open Gym 11am-12pm	Gentle Movement 11:30am-12:30pm	Chair Yoga 10am-11am	Social Badminton (open) 10:30-12pm
	Mat Yoga 12:30-1:30pm	Mature Multi-Fitness 12:45-1:45pm		Mature Fitness 11am-12pm
Social Pickleball 1-3pm		Advanced Social Badminton 12:30-2pm		Social Badminton (advanced) 12:30-2pm
	Social Pickleball 2:30-4:30pm	Back in Balance 1:45-2:45pm	Social Pickleball 1:30-3:30pm	