

Living Well

May / June 2026



CELEBRATING
50
YEARS

Dear participants

As we move into May and June, Canberra enters a season that celebrates connection, contribution and reflection. From recognising the vital role older Canberrans play during National Volunteer Week, to marking National Reconciliation Week and the ACT's Reconciliation Day, this time of year reminds us just how powerful it is to belong - to a community, to shared stories, and to one another; the value of lived experience, shared stories and staying connected to what matters most.

At CRCS this belief sits at the heart of everything we do. We know that living well is about more than services or activities — it's about relationships, purpose and feeling genuinely welcome. Staying socially connected isn't just enjoyable; it plays a critical role in wellbeing, independence and quality of life at every age.

That's why in this edition; we're shining a light on why staying social matters — and how easy it can be to take that first step. When people are supported in a person-centred way, meaningful connections grow, strengths shine through, and positive social impact follows - not just for individuals, but for the whole community.

Whether you're looking to try something new, reconnect with others, or simply keep doing the things that make you feel good, we hope this issue of Living Well inspires you. Connection, laughter and shared experiences may be closer than you think — and we'd love to walk alongside you.

Thank you

The Living Well Team

Involve Social Groups

Expressions of Interest

EOI - 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 email contact@crs.com.au

EOI - Ukulele Social Group

Do you love music or have you always wanted to try the ukulele? Join us for a relaxed and fun Ukulele Social Group where beginners and experienced players are all welcome.

This group is all about enjoying music together—learning new songs, sharing skills, and having a good sing-along in a friendly and supportive environment. No pressure, just good vibes, laughter, and lots of strumming.

Whether you already own a ukulele or are curious to give it a go, we'd love to hear from you. To help us plan sessions and tailor the group to participants' interests, please register your interest by calling our reception [02 6264 0200](tel:0262640200) or email contact@crs.com.au

Expressions of Interest

EOI - Spanish Senior Social Group

Are you a Spanish-speaking senior looking to connect, socialize, and enjoy good company? We are exploring the creation of a Spanish Seniors Social Group—a welcoming space to share conversations, culture, laughter, and activities in Spanish.

The group would offer opportunities to meet new people, make friends, and stay socially active in a relaxed and supportive environment. Activities may include social catch-ups, cultural celebrations, games, guest speakers, and shared interests shaped by the group.

If you (or someone you care for) are interested in joining, we'd love to hear from you.

To help us understand community interest and plan next steps, please register your interest by calling our reception [02 6264 0200](tel:0262640200) or email contact@crccs.com.au

EOI - Senior Art Group

We are seeking expressions of interest for a Senior Art Group designed for older adults who enjoy creativity and working on guided, defined art projects to run on Tuesdays.

This group would offer structured projects each term, allowing participants to explore different art styles and mediums while working step-by-step toward completed artworks. Projects will be planned and supported, making the group suitable for all skill levels—from beginners to those with prior experience.

The focus is on creativity, skill-building, and social connections in a relaxed and supportive environment. Projects can be adapted to suit varying abilities and interests.

If you are interested in joining this group, we'd love to hear from you. This will help us plan sessions and tailor the program to participants' needs.

Register your interest by calling our reception [02 6264 0200](tel:0262640200) or email contact@crccs.com.au

Noticeboard

From The Ground Up

We are looking for participants who don't mind getting a little bit dirty by rolling up their sleeves and joining our gardening & propagation group, a relaxed friendly activity focused on social connections and growing our community vegetable garden together.

This group is all about:

- Sharing gardening experiences, tips, and a few good garden stories
- Swapping cuttings, seeds, and plants (because everyone grows too many tomatoes)
- Planting, tending, and harvesting vegetables as a team
- Enjoying plenty of conversation, laughs, and fresh air

We'll even get a little crafty, building bee hotels, watering stations, and feeders to look after our garden's tiniest guests. Come along for good company, a bit of soil under your nails, a cuppa to keep you going and the satisfaction of growing something together.

Please register your interest by calling our reception team [02 6264 0200](tel:0262640200) or email contact@crs.com.au

Mindful Companions

The Mindful Companions session has been cancelled.

First Aid for Seniors with St Johns Ambulance

May 19 at Belconnen Community Centre

June 23 at Belconnen Community Centre

St John's Ambulance provides specialized first aid training for seniors, focusing on the unique needs and challenges they may face.

Walkie Talkies

Please note that the return time for Walkie Talkies has changed from 1pm to 1.30pm.

New Groups and Activities

Games and a Chat:

Come along and play games with others and have a chat.

We'll have Rummikub, Triominos and more. Let us know what you would like to play. A relaxed, friendly time to connect, laugh and enjoy some games together.



Dates: Wednesday weekly - 1:30pm – 3:30pm



Cost: \$10.00



Location: Belconnen Community Centre - Meeting Room 2

Boxercise:

Improve your fitness with Boxercise!

This new inclusive Boxercise session will offer options for both standing and seated participants, making it suitable for a range of abilities and fitness levels. Exercises can be adapted so everyone can participate at their own pace while enjoying a fun, supportive group environment.

If you or someone you support would like to get involved, please register your interest by calling our reception team [02 6264 0200](tel:0262640200) or email contact@crccs.com.au



Dates: Wednesday-weekly - 11 am – 12pm



Cost: \$7.50



Location: Belconnen Community Centre - Gym

Chinese Seniors Group:

Join us for a welcoming and relaxed social morning designed especially for our Chinese senior community. Starting from Wednesday 13 May and running fortnightly, enjoy friendship, conversation, and connection in a supportive environment. Each session includes traditional cultural games such as mahjong, chess, cards, and other familiar favourites that keep the mind active and spirits high.

Come along for laughter, light refreshments, and the joy of staying socially connected. New members are always welcome—feel free to bring a friend!

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



Dates: Wednesday-Fortnightly Time: 10am-1pm



Cost: \$15



Location: Meeting Room 2 -Belconnen Community Centre

Moments to Remember

Cupcake day at Belconnen Community Centre for 2026 Canberra Appeal Day with one of regular gym participants Jim and Stefano Senior Manager Education and Care about to enjoy cupcakes baked by Fliss Henss Senior Manager Governance



**Lake George Winery & Fedra Olive Grove Farm
Friday 27 March 2026-**

The first of what promises to be many outings saw our intrepid adventurers facing down wind and rain with good humor and determination. Hats were tested, jackets zipped, and everyone insisted they were “fine.” Spirits lifted noticeably once the wine tasting began, and the day was soon declared a resounding success—weather very much forgiven.

A big thank you to both venues for their warm hospitality ensuring a great time was had by all.











Ready to live your best life?



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.

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

Transport: (02) 6278 8124 or transport@cracs.com.au

Involve: (02) 6264 0200 or 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.

Why staying social matters — and how to get started



Staying socially connected is one of the best things you can do for your health and happiness. Spending time with others can lift your mood, boost your confidence, keep your mind active and even support your physical wellbeing. Most importantly, it helps you feel part of something — and that sense of belonging matters at every stage of life.

Just ask Christine, who has been part of our Involve social groups since 2021. At 77, she stays active, independent and connected by attending woodwork each week and keeping up her fitness classes. For Christine, it's not just about the activities — it's the friendships, the sense of achievement and the joy of sharing experiences with others that make all the difference.

If you've been thinking about joining something new, here are 5 simple tips to help you get started:

Have a browse — take a look through the Living Well newsletter and choose an activity that sparks your interest.

Start small — try just one session and see how it feels. There's no pressure.

Bring a friend — sharing the experience can make those first steps easier and more enjoyable.

Let us welcome you — our friendly facilitators will meet you when you arrive, introduce you to others (if you'd like), or simply be there while you settle in.

Be kind to yourself — trying something new takes courage, and every small step counts. Connection, laughter and new experiences could be just around the corner — and we'd love to welcome you.

Keep reading to learn more about Christine's journey with Involve and how she's building the healthy, independent life she wants.

link to this: cracs.com.au/annual-report-2024-2025/connection-and-belonging/living-well-social-groups/christines-story-staying-active-and-independent/

Meet Anne

Bringing Joy, Connection and Care to Living Well



We're pleased to introduce Anne, a valued member of our Living Well team. Anne facilitates a Korean group and coordinates group lunches at the café, creating welcoming spaces for people to connect and enjoy time together.

Since joining CRCS in October 2025, Anne has quickly made a positive impact. She describes the Living Well team in one word: respect — something she brings into her work every day.

Anne believes Living Well is about more than just passing time. "We help people stay healthy, find their passion, and connect with others. Here, people find joy together and get their energy back," she shares.

Outside of work, Anne enjoys walking her dog, gardening, and spending time with friends. Known for her optimistic nature, she has a special ability to uplift others and create a positive environment.

Anne also deeply values working with older people, appreciating their wisdom and life stories, which she says inspire her and build her confidence.

We're grateful to have Anne as part of the team, bringing kindness, positivity and connection to our community.

Outings and Day Trips

Join us for enjoyable outings and day trips designed to be relaxed, social, and fun. A great way to get out, meet others, and enjoy something new together.

Locations and pick up and drop off times may differ. Please make sure you make a note of this before booking in.

Remember to check the fortnightly update for any changes

BOOKINGS ESSENTIAL please call reception 02 6264 0200 to secure your seat

Involve Members \$15.00

Concession: \$13.00 per hr

Community Members

(including Fee for Service Packages): \$15.00 per hour
 (Please note an additional \$20.00 if outing is outside of the ACT/Queanbeyan)



Walkie Talks - Monday (weekly)

Pick up times: Humpy Hall 10:00am Belconnen Community Centre 10:10am

Return times: 1:30pm

Involve Members: \$15

Lunch/details: Bring your own or purchase at venue

Facilitator(s): Therese and Susan

May

- **4 May: Lake Tuggeranong**
Starting near the skate park we'll walk part of the lake ending at the mall for lunch.
- **11 May: Arboretum**
We'll explore some of the different walks the Arboretum has to offer finishing at the cafe to watch the view.
- **18 May: Weston Park**
We'll walk around the park along the water finishing Oaks Cafe.
- **25 May: Edison Park**
Walking around the outer edges of the park, past the cemetery and onto the mall for lunch.

June

- **15 June: Queanbeyan Train Station**
Starting at the train station we'll follow the path along the river finishing at the leagues club.
- **22 June: Yerribi Ponds**
There is always something to look at while walking along Yerribi pond. We'll finish at Raiders Club Gungahlin
- **29 June: Tidbinbilla**
BRING YOUR OWN LUNCH
We'll walk the sanctuary loop or those who would like a shorter walk can walk the Koala loop.

Hunting and Exploring - Tuesday (monthly)

Pick up times: First passenger Pick up - 9:00am
Second passenger Pick up - Humpy Hall Page – 9.15am.

Return times: Outing for around Canberra 1:30pm
Outing for outside of Canberra 2pm-3pm

Involve Members: \$15

May

- **12 May: Bundanoon**
Once we arrive at Bundanoon, we have several lookouts and places of interest to visit. We'll decide on the day as the weather will play a part in our day. Lunch will be at a cafe in town.

June

- **9 June: Braidwood**
A day in the beautiful town of Braidwood is always a joy. We'll wonder through the shops and have lunch in one of the many cafes.



Golden Getaway - Wednesday (weekly)

Pick up times: First passenger Pick up - Belconnen Community Centre - 9:45am
 Second passenger Pick up - Humpy Hall Page - 10:00am.

Return times: Outing for around Canberra 1:30pm
 Outing for outside of Canberra 2pm-3pm

Involve Members: \$15
 (Please note an additional \$20.00 if outing is outside of the ACT/Queanbeyan)

May	June
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- 6 May: Fetherston Gardens Weston**
 Fetherston Gardens are over 50 years old and include an Arboretum: Woodland, Herb, Native, Secret and Gallipoli gardens and open green spaces, arbores, ponds and a maze of paths.
- 13 May: Pialligo Estate**
 Join as we explore Pialligo Estate with Numerous Garden Nurseries & Boutique retail and Cafe.
- 20 May: Federation Square**
 Reptile Zoo, Canberra Walk in Brid Aviary, Aarwun Gallery, Green Gold Nursey, Gift shops and more, chose you own adventure!!!
- 27 May: Braidwood NSW**
 Step back in time and join us for a delightful outing to Braidwood, a beautifully preserved heritage town in New South Wales. Known for its historic charm, boutique shops, and welcoming country atmosphere

- 3 June: Royal Australian Mint and Nara Park, The Jetty Cafe on the lake for lunch**
 Visit the Royal Australian Mint to see coin-making in action and more, enjoy a stroll through Nara Park, and relax with a lakeside lunch at The Jetty Café
- 10 June: National Film and sound Archive**
 Explore Australia’s rich audiovisual history at the National Film and Sound Archive, featuring films, recordings, and exhibitions.
- 17 June: Lanyon Homestead**
 Experience the restored 1850s homestead, discover the convict-era outbuildings, and explore the stunning gardens that make Lanyon Homestead a gem in Canberra’s history.
- 24 June: Murrumbateman NSW**
 Murrumbateman offers the perfect setting to unwind. Join as we explore Fairley Square, Indulge in handmade Chocolate, cakes and more followed by lunch at Country inn.

Treasure Hunters - Friday (Fortnightly)

Join us as we look for treasure at our many op shops around Canberra and surrounds. Together, we hunt for hidden gems, share our best finds, and celebrate the joy of discovering unique, pre-loved items – one op shop at a time, with a relaxed lunch stop on the way. Times will vary if we are heading out of the ACT be sure to make a note of this.

Pick up times: First passenger Pick up - Belconnen Community Centre - 9:45am
 Second passenger Pick up - Humpy Hall Page - 10:00am.

Involve Members: \$15
 (Please note an additional \$20.00 if outing is outside of the ACT/Queanbeyan)

May	June
<ul style="list-style-type: none"> • 1 May: Queanbeyan area • 15 May: Fyshwick area • 29 May: Holt/Jamison/Belconnen area 	<ul style="list-style-type: none"> • 12 June: Goulburn area Cost: (\$35) Pick up BCC 9:30am or HH 9.45am Returning: Belconnen 3.30pm, HH 3.15pm • 26 June: Tuggeranong /Woden area

Winery Adventures - Friday (monthly)

Pick up times: First passenger Pick up - Belconnen Community Centre - 9:45am
Second passenger Pick up - Humpy Hall Page - 10:00am.

Return times: Outing for around Canberra 1:30pm
Outing for outside of Canberra 2pm-3pm

Involve Members: \$15
(Please note an additional \$20.00 if outing is outside of the ACT/Queanbeyan)

When: Friday 22 of May and 19 of June

May

- 22 May: Wallaroo NSW**
 Enjoy a relaxed day out in the countryside with a visit to Nick O’Leary Wines and Poachers Pantry. This vineyard offers beautiful views along the Murrumbidgee River corridor, paired with excellent regional wines. We’ll then lunch at Poachers Pantry surrounded by rolling hills and established gardens, delicious local produce and easy-going country hospitality, this outing promises great food, good company and an enjoyable day away.

June

- 19 June: Gundaroo NSW**
 Enjoy a delightful day out combining fine wine and local history on our upcoming social outing. We’ll begin with a visit to The Gundog Cork Street Cellar, home to a premium Canberra District tasting experience showcasing award-winning wines from the Canberra, Hilltops and Hunter regions. After our tasting, we’ll stop for lunch at the historic Gundaroo Inn. This heritage hotel has been welcoming guests for generations. With good food, excellent wines and warm country hospitality, this outing promises a relaxed and enjoyable day shared with friends.

Friday Flicks - Hoyts Westfield Belconnen - (monthly)

Friday 8 May and Friday 5 June

Whether you're a keen movie lover or simply enjoy sitting back with a good film, this friendly group is just for you.

Book in with our reception team and you'll receive an email letting you know which movie is showing. If it's not your cup of tea, no problem at all, just email us back so we know you're not attending.

After the movie, stay on for a relaxed chat and enjoy lunch together. A lovely way to watch a film and catch up with others.

If you or someone you support would like to join this social group, please book in by calling our reception team [02 6264 0200](tel:0262640200) or email contact@crccs.com.au



Our Social Groups-Something for everyone

We offer a range of welcoming social groups to help you stay connected, active, and engaged. Our groups meet **weekly, fortnightly and monthly**, providing regular opportunities to enjoy good company and take part in activities you enjoy.

Across our groups, activities may include gentle exercise and movement sessions, short walks, board and card games, craft and creative activities, and relaxed lunch outings. There's also plenty of time for conversation, laughter, and social catch-ups.

When do groups meet?

- **Weekly groups:** Held on selected weekdays between 9.30 am and 3:30 pm (may include lunch outings)
- **Fortnightly groups:** Held on alternating weeks, usually between 9.30 am and 3:30 pm

You're welcome to join one group or take part in several — attend regularly or come along when it suits you. All groups are friendly, inclusive, and focused on wellbeing, enjoyment, and staying socially connected.

For specific **dates, times, and locations**, please contact us or check the monthly program calendar. We also provide updates and reminders fortnightly, if you are not signed up for our newsletter please email contact@crs.com.au to request you be added



Ngunnawal Groups

Move and Mingle - A Social Group for Seniors - Monday

Move and Mingle is a welcoming social group for seniors who enjoy staying active, social, and connected. The group offers a fun mix of gentle exercise, engaging activities, and games, with options to suit a wide range of interests and abilities.

Activities may include light fitness sessions, indoor golf and ten-pin bowling, group games, and special days featuring guest performers or entertainment. Members also enjoy regular lunch outings, providing a relaxed opportunity to share a meal, enjoy conversation, and build meaningful connections.

Whether you're looking to stay active, meet new people, or simply enjoy good company, this group focuses on connection, fun, and enjoying life together in a friendly and supportive environment.

Time: 9.30am – 1.30pm

Location: Ngunnawal Seniors Centre, Jabanungga Ave, 33 Yarrawonga St, Ngunnawal (opposite Capital Dentistry)

Involve Members: \$20. Morning Tea is included. A light lunch can be provided for an extra \$3. Please advise at time of booking in for this activity

Facilitator: Simon

May

- **4 May:** Armchair travel to Saudi Arabia+ Nathan Hill performer-TBC
- **11 May:** Performer: Bryan Butler
- **18 May:** Excursion
- **25 May:** Celebrate the 70's-Dress up Eurovision Singalong and games

June

- **1 June:** PUBLIC HOLIDAY no group
- **8 June:** PUBLIC HOLIDAY no group
- **15 June:** The following Excursion to be confirmed in Fortnightly update
- **22 June:** Travel to Tanzania-Hilary performer
- **29 June:** Soccer World Cup and Wimbledon Games Day

Men's Business - Ngunnawal - Monday

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.

Time: 11.00am – 2.00pm

Location: Ngunnawal Centre

Involve Members: \$15. (morning tea is included and a light lunch can be provided for \$3.00 please advise reception at time of booking)

Fun and Games-Ngunnawal - Monday

The **Fun and Games Group** meets every Monday afternoon in Ngunnawal for laughter, connection, and friendly competition. Open to all abilities, games are adapted so everyone can join in—whether it's Scrabble, Rummikub, or classic favourites.

No experience needed—just come along, have fun, and enjoy great company in a relaxed, welcoming space.

Time: 1.30am – 3.30pm

Location: Ngunnawal Centre

Involve Members: \$10 (afternoon tea included)

Woodwork-Ngunnawal - Monday

Our Woodwork for Seniors group offers a relaxed and enjoyable way to stay active, creative, and socially connected. Participants can join either a morning or afternoon session, working on simple woodwork projects while learning or refreshing practical skills in a safe and supportive environment.

These sessions are a great opportunity to share ideas, build confidence, and enjoy hands-on activities with others who love making and creating together. No previous experience is needed — all skill levels are welcome.

MAY-This month we will be examining the different types of screws that are used in woodworking and working on our own projects.

JUNE-We will look at metal inlay and how it can be used to accent timber or provide a decorative touch. During this month we will work on our own design for a metal inlay.

Time: Morning session: 10am – 12pm
Afternoon Session: 1pm-3pm

Location: Ngunnawal Centre

Involve Members: \$10 (tea and coffee available)

Belconnen Community Centre groups

Wobbly Mob - Monday (weekly)

This friendly social group focuses on connection, fun, and getting out and about together. Participants enjoy a mix of gentle activities, games, craft, and relaxed lunch outings. It's a great chance to share laughs, build friendships, and stay socially connected in a welcoming and supportive group. In May and June, we will BEE making hotels, celebrating all the Mums and making some noise for World Music Day. New members are always welcome.

Time: 10am - 2pm

Location: Meeting Room 2-Belconnen Community Centre

Involve Members: \$20 (morning tea is included and a light lunch can be provided for \$3.00 please advise reception at time of booking)

May

- **4 May:** Mother Day celebrating all Mums on this their special day
- **11 May:** Create your own personal crest that represents important aspects and memories for you and your family
- **18 May:** Outing-The Labor Club Belconnen with a performance by a Traditional Chinese Fan Dance Troupe. The dances are centuries old and convey stories, emotions, and cultural heritage.
- **25 May:** World Bee Day raises awareness of the importance of protecting bees and other pollinators, the threats they face, and their contribution to a sustainable future. We will create a simple, engaging bee hotel for our stripey friends.

June

- **1 June:** Reconciliation Day Public Holiday
- **8 June:** Kings Birthday Public Holiday
- **15 June:** World Music Day-We will be having some drumming fun, sharing music, laughter, and good company, musical skills not required, just a smile and a give it a go attitude.
- **22 June:** Outing: Dinosaur Museum Gold Creek We're heading back in time! Come and join us we'll explore fascinating fossils, prehistoric creatures, and enjoy a great day out together. Entrance fee \$18.00
- **29 June:** Woman's Health Matters- A talk by a representative of the organization about woman and their experiences of health which are often different from men's. Circumstances, life stages, responsibilities and finances all influence women's health and wellbeing.

BEST Club-Best Energetic Seniors - Tuesday (weekly)

BEST is a welcoming social club for seniors who enjoy having fun, and spending time together. Participants take part in a friendly mix of games and relaxed social activities, outings, performances and some gentle exercise on the last Tuesday of every month. BEST is all about laughter, connection, and enjoying good company in a supportive and inclusive environment. Afterwards stay for lunch at the club bistro.

Time: 10.30am - 12.30pm

Location: Raiders Belconnen 155 Hardwick Cres, Holt ACT 2615

Involve Members: \$15 (morning tea is included)

Facilitator(s): Susan

May

- **5 May: Hellenic Club Pick up from Raiders Club Holt 10am** Join us for a casual club lunch—connect, chat, and unwind with friends!
- **12 May: Best Club Op shop Day** Join our op shop day for great finds and good company! Bring something to swap, pe-loved clothes, books, home decor, etc.
- **19 May: Jim Elvis** Shake, rattle, and roll with our live Elvis tribute entertainer performing classic hits.
- **26 May: Exercise with Kim** Stay active and feel great with our gentle chair exercise.

June

- **2 June: New Yowani Golf Club- Pickup from Raiders Club Holt 10am** Join us for a relaxed outing to the New Yowani Golf club—enjoy a tasty lunch, friendly conversation, and good company!
- **9 June: Quiz** Join us for a super fun quiz day—test your knowledge, share laughs, and enjoy the excitement together!
- **16 June: Fun & Game** Join us for a fun-filled session featuring games like Rummikub, Tri-Ominos, Scrabble, and a variety of card games—or feel free to bring along your own favorites to share!
- **23 June: Senior first Aid** We are heading over to Belconnen Community Centre to learn more with St Johns Ambulance with advice on Seniors first Aid. Pickup from Raiders Club Holt 10am
- **30 June: Exercise with Kim.** Stay active and feel great with our gentle chair exercise

Korean Social Group - Tuesday (monthly)

Culture, Connection, and Community – Tuesday 12 May & Tuesday 9 June

Our Korean Social Group meets monthly, offering a welcoming space to connect through activities, games, outings, and conversation. In a relaxed and friendly setting, participants can enjoy sharing Korean culture, building friendships, and strengthening community connections. Everyone is welcome.

Time: 11am - 2pm

Location: Humpy Hall, 17 Frewin Place, Scullin. T 2615

Involve Members: \$10

Chinese Social Group - Wednesday (Fortnightly)

Join us on Wednesday for a welcoming and relaxed social morning designed especially for our Chinese senior community. Enjoy friendship, conversation, and connection in a supportive environment. Each week we share traditional cultural games such as mahjong, chess, cards, and other familiar favorite's that keep the mind active and spirits high.

Come along for laughter, light refreshments, and the joy of staying socially connected. New members are always welcome—feel free to bring a friend!

Time: 10am -1pm

Location: Belconnen Community Centre, 17 Frewin Place, Scullin. T 2615

Involve Members: \$15

Come Sew with Me - Wednesday (Fortnightly)

Therese our facilitator, invites you to come along to this relaxed and friendly sewing group where you can enjoy stitching, share skills, and good conversation. Whether you're an experienced sewer or just enjoy a simple project, everyone is welcome. Bring along your creativity, enjoy a cuppa, and spend time with great company while working on something special.

Time: 10am – 12.30pm

Location: Art Room 2-Belconnen Community Centre

Involve Members: \$10 (morning tea included)

Games and Chat - Wednesday (weekly)

We are excited to launch our NEW Seniors Board Games Social Group – every Wednesday.

Come along for a fun, relaxed session filled with classic games like Rummikub, Triominos & more, plus plenty of laughs and friendly conversation. Whether you love playing or just enjoy watching and chatting, there's a seat for you!

Got a favorite game? Let us know—we'd love to include it!

Meet new people, stay connected, and enjoy some mid-week fun.

Time: 1.30pm - 3.30pm

Location: Meeting Room 2 - Belconnen Community Centre

Involve Members: \$10 (morning tea included)

Dance In a Line - Thursday (weekly)

Dance in a Line is a fun and social music-and-movement class for seniors of all abilities, held every Thursday, with both chair-based and standing options so everyone can participate at their own pace. Enjoy easy-to-follow line dances set to a lively mix of disco, country, and popular dance songs while improving movement, rhythm, and balance in a relaxed, welcoming atmosphere—no experience needed, just come along, stay active, lift your mood, and connect with others.

Time: 1pm - 2pm

Location: The Gym-Belconnen Community Centre

Involve Members: \$7.50

Drumming - Thursday (weekly)

Feel the Rhythm! Join Our Senior Djembe Drum Group

Our Senior Djembe Drum Group meets every Thursday, and we invite you to explore the vibrant rhythms of West African drumming—no experience required.

Do you want to:

- Boost wellbeing through rhythm and movement
- Keep the mind active with simple, joyful musical patterns
- Connect socially in a supportive, upbeat atmosphere

Try something creative, expressive, and fun. Our facilitator will guide you step-by-step as you find your rhythm and enjoy group drumming.

Come for the music, stay for the laughter and community.

Time: 10am – 12pm

Location: Meeting Room 2 - Belconnen Community Centre

Involve Members: \$10 (morning tea included)

Yarn and Stitching - Thursday (weekly)

Weekly Yarn & Stitch Social Group

Join our friendly weekly get together for anyone who loves knitting, crocheting, embroidery, or simply good company. Bring your current project—or start something new—as we chat, create, and share tips in a relaxed, welcoming space.

Whether you're a seasoned stitcher or just picking up the needles, you'll enjoy connection, creativity, and plenty of laughter. Craft, connect, and unwind—one stitch at a time.

Time: 1.30pm – 3.30pm

Location: Meeting Room 2-Belconnen Community Centre

Involve Members: \$10 (morning tea included)

Joy of Drawing - Thursday (weekly)

Create, connect, and feel inspired—one sketch at a time.

Unwind, express yourself, and connect with others in our gentle art therapy inspired drawing group. Each week, we explore simple creative activities designed to boost wellbeing, encourage self-expression, and spark meaningful conversation.

No drawing experience needed—just a willingness to relax, create, and enjoy the moment in a warm, supportive space.

Time: 1.30pm – 3.30pm

Location: Art Room 1-Belconnen Community Centre

Involve Members: \$10 (afternoon tea included)

Healthy Living - Thursday (weekly)

Move, Connect and Have Fun!

Healthy Living is a welcoming social group focused on staying active, connected, and feeling good together. The group loves to sing, dance and enjoy lively conversation, along with a fun mix of games and gentle chair yoga. Participants also look forward to regular outings and visits from wonderful guest performers, adding variety and excitement to each get-together. Whether you're moving to the music, stretching at your own pace or sharing a laugh with friends, there's something for everyone. Come along and enjoy healthy living in a fun, social way!

Time:	10am – 2pm
Location:	Belconnen Community Centre
Involve Members:	\$20 Morning Tea is included. A light lunch can be provided for an extra \$3. Please advise at time of booking in for this activity
Facilitator(s):	Simon

May	June
<ul style="list-style-type: none"> • 7 May: Armchair Travel to Saudi Arabia • 14 May: Outing-Yowani Club with Fred the Music Man performing • 21 May: Celebrate the 70's-Dress up Eurovision Singalong and games • 28 May: Outing Yowani Club with Bryan Butler performing 	<ul style="list-style-type: none"> • 4 June: Armchair travel to Tanzania • 11 June: Soccer World Cup and Wimbledon Games Day • 18 June: Outing Yowani Club + Performance • 25 June: Outing-Southern Cross Club Jamison

Spice of Life - Friday (weekly)

Add a Little Spark at the end of your week...

Looking for fun, friendship, and a reason to smile? This lively social group brings joy through a mix of outings, entertainment, and good old-fashioned fun. Enjoy shared adventures out and about, be entertained by talented guest performers, and don your favourite outfits for dress-up days that add a splash of colour and laughter. Our sessions are filled with games, conversation, and plenty of chances to connect, relax, and try something new. Come along and add a little spice to your life

Time: 10am – 2pm

Location: Belconnen Community Centre

Involve Members: \$20 Morning Tea is included. A light lunch can be provided for an extra \$3. Please advise at time of booking in for this activity

Facilitator(s): Simon

May

- **1 May:** Saudi Arabia Travel
- **8 May:** Ventia NBN Fibre upgrade talk
- **15 May:** Outing: The Royal Mint
- **22 May:** Outing: Yowani Club with Bryan Butler performing
- **29 May:** Celebrate the 70's-Dress up Eurovision Singalong and games

June

- **5 June:** Travel to Tanzania
- **12 June:** Soccer World Cup & Wimbledon Games Day
- **19 June:** Outing: Questacon began as a small ANU project in a Canberra primary school and grew into Australia's first interactive science Centre, it inspires hands-on discovery and a lifelong curiosity for science. Questacon \$17.50 entry
- **26 June:** Outing Yowani Club + Performance

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
- \$7.5 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:** You're welcome to train independently and at your own pace or join in with the group with our on site instructor providing support, supervision, and ensuring a safe environment.
- **Swiss Ball:** Exercises using large exercise balls to improve balance, stamina and
- **Boxercise:** Offering options for both standing and seated participants, making it suitable for a range of abilities and fitness levels.
- **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	Boxercise 11:30am-12:30pm	Chair Yoga 10am-11am	Social Badminton (open) 10:30-12pm
	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	