

Living Well

July / August 2026

CELEBRATING

50
YEARS

Dear participants

Hello and welcome to our July–August edition of Living Well!

As the cooler months settle in, it's a great time to stay connected, keep active, and enjoy meaningful moments through friendship and shared experiences. Whether you're joining a local outing, trying something new, or catching up over a cuppa, there's something for everyone.

This season brings plenty to celebrate, from NAIDOC Week and Bastille Day to the festive spirit of Christmas in July. In August, we recognise Senior Citizens Day and Daffodil Day, celebrating community, resilience, and kindness.

Winter is also a wonderful time to focus on wellbeing—staying active, socially connected, and making the most of those crisp, sunny days.

We're so glad you're part of our Living Well community and look forward to sharing these months with you.

Thank you
The Living Well Team

Involve Social Groups

Expressions of Interest

EOI - 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

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



Noticeboard

Secure Your Spot – Booking Required

As some gym classes are reaching full capacity, booking in advance is highly encouraged to secure your spot early to avoid disappointment. If you have no booking and the class is full then you will not be allowed to join the gym session. If you are booked in and unable to come to the class, please cancel the booking as we do have waitlists for those wishing to attend.

For the following activities: Walkie Talkies, Hunting and Exploring, Treasure Hunters, Golden Getaway and Winery Adventures, payment at the time of booking will be required to secure your spot. We appreciate your understanding and cooperation as we manage our programs and ensure everyone has a fair opportunity to participate

Remember to refer to the fortnightly updates for any changes to social groups, activities and exercise schedules.

Browse and Brunch Tuesday July 21st

Join us for a new fun and relaxed day out exploring some of Canberra's best shopping spots! Each outing will take us to a different location, where you can browse unique stores, discover that hidden gem, and enjoy the atmosphere at your own pace.

We'll also take time to sit down together for a coffee and something to eat—because great shopping is even better with great company.

Come along, make new friends, share a few laughs, and enjoy a wonderful day out!

Pick up BCC 10am Humpy Hall 10:15am and Return 2pm

Bookings are essential – limited seats available. Please contact our reception team [02 6264 0200](tel:0262640200) or email contact@crccs.com.au to reserve your seat.

OPALS, Older Person Legal Services

Initial presentation on Planning ahead, Rights and responsibilities of an Attorney or other suitable decision maker and the roles and responsibilities of an Executor of a Will, followed by a subsequent presentation Voluntary assisted Dying.

Bookings are essential – limited seats available. Please contact our reception team [02 6264 0200](tel:0262640200) or email contact@crccs.com.au to reserve your seat.

10.30am Tuesday 28 July in meeting room 2 at Belconnen Community Centre

Noticeboard

Health Information session

These sessions include helpful tips on staying safe in hospital, saving money on health care (including bulk billing, allied health services, walk-in centres, and insurance options), and understanding advance care planning—how to make sure your wishes are known if you can't speak for yourself.

Bookings are essential – limited seats available. Please contact our reception team [02 6264 0200](tel:0262640200) or email contact@crccs.com.au to reserve your seat.

10.30am Tuesday 25 August in meeting room 2 at Belconnen Community Centre

Early Notification — Save the Date

CRCS Open Day

The **Involve Team** invites **CRCS participants, community members, and CRCS staff** to our organisation-wide **CRCS Open Day** on:

Tuesday, 13 October 2026

This year's Open Day will showcase what every CRCS team does. Come along, explore our programs, and try a range of activities, games, and friendly competitions throughout the day.


You'll have the chance to meet our teams across Early Childhood, Youth, Family Foundation, and Seniors, learn about the services we provide, and discover new ways to get involved.

Keep an eye on our socials and internal updates for program details as we get closer to the day.


New Groups and Activities

Spanish Social Group:

Join us for a welcoming and relaxed social morning designed especially for our Spanish senior community.


 **Dates:** Every Friday starting from 10 July - 10am - 2pm


 **Cost:** \$20.00

 **Location:** Belconnen Community Centre - Meeting Room 2


Ukulele Social Group:

This group is open to both beginners and experienced players. Sessions are all about fun, connection, and making music together — there's no professional instructor, just a relaxed get-together to enjoy playing and learning at your own pace. Please register your interest, as we may need to purchase additional ukuleles for participants who don't have one. If you already have your own, please bring it along.

 **Dates: Start date 7 July** Tuesday weekly - 10am - 12pm

 **Cost:** \$10.00 – Involve Members

 **Location:** Art Room 2 – Belconnen Community Centre


 **Contact:** Please book by calling our reception ([02 6264 0200](tel:0262640200)) or email contact@crs.com.au.


Easel Does It:

Ready to unwind, get a little creative, and enjoy some good company?


Whether you're a seasoned painter or just curious to give it a go, you're welcome to jump in, have fun, and let your imagination lead the way. It's all about enjoying the moment, sharing a chat, and maybe even surprising yourself along the way.

Easel Does It is a relaxed, feel-good art group where there's no pressure—just plenty of laughs, colour, and creativity. Come along, make your mark, and remember, Easel Does It!

 **Dates:** Tuesday 7 July – Weekly 10am - 1pm

 **Cost:** \$15 – Involve Members

 **Location:** Art Room 1, Belconnen Community Centre

 **Contact:** Please book by calling our reception ([02 6264 0200](tel:0262640200)) or email contact@crs.com.au.

Moments to Remember

Walkie Talkie

11 May

We sadly say a farewell to Elke. Elke was a bright light in Walkie Talkie always funny, a little bit sassy and full of character.

She will be greatly missed, and our thoughts are with her family.



Walkie Talkie

25 May

Today was Elizabeth's last walk with us, she is off to Tasmania to be closer to her daughter. Elizabeth has been a regular at Walkie Talkie's on a Monday since the group started. Elizabeth will be missed and we wish her well.



Drumming with Charles

Month of June

We were lucky to have Charles for the month of June sharing with us his love of drumming and African music.





Weather Phenomena



Word list:

- | | | | |
|----------|-----------|-----------|----------|
| BLIZZARD | FROST | OVERCAST | STORM |
| CLOUD | GUST | PRESSURE | STRATUS |
| DEWPOINT | HAIL | RAIN | THUNDER |
| DROUGHT | HEATWAVE | RAINBOW | TORNADO |
| ECLIPSE | HURRICANE | SLEET | TYPHOON |
| FLOOD | LIGHTNING | SNOWFLAKE | WILDFIRE |
| FOG | MIST | SNOWSTORM | WIND |









Ready to live your best life?



Capital Region
Community
Services

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.

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.

Living Well on Her Own Terms



This year, Peggy transitioned from the Commonwealth Home Support Programme (CHSP) to the Home Care Packages (HCP).

She had significant medical needs, including major surgery, which required in-home nursing care during her recovery. She also needed support with equipment purchases, domestic assistance, home and garden maintenance, and social support to attend medical appointments and go shopping.

With so many needs, it was challenging for Peggy and her Care Coordinator to manage the budget in a way that covered both services and essential purchases. At the same time, it was clear that she remained very independent and capable of planning her own care.

After discussing options, we agreed that she could trial self-managing her care management, with CRCS stepping in only when she needed extra support. This gave her more control and freed up more of her budget for the services and items she needed most.

Since making the change, Peggy has found self-management both effective and empowering. It has reduced her stress and given her peace of mind, knowing she can access the right supports at the right time and on her own terms.

link to this: crcs.com.au/annual-report-2024-2025/purpose-and-wellbeing/aged-care-and-transport-services/peggys-story-living-well-on-her-own-terms/

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.

Additional costs will be for morning tea, lunch, wine tasting or tours you may want to do when visiting the locations.

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 ARE 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 Talkies - 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

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@crs.com.au to reserve your seat.

July

- **6 July:** Weston Park, walk around the edge of the park finishing at the Rail Cafe
- **13 July:** Lake Tuggeranong, walk along the lake finishing at the shopping mall.
- **20 July:** Griffith Shops, Starting and finishing at the shops we'll walk around the parklands behind the shops.
- **27 July:** Jerrabomberra Pond, walk around the pond, through part of Jerrabomberra and finishing at Suppeto Collective Cafe.

August

- **3 August:** Fadden Pines, walk through the pine forest finishing at Common ground in Gowrie
- **10 August:** Googong, walk through a parkland in Googong finishing at Moker Bean Cafe
- **17 August:** Mawson, a gentle walk though Mawson ending at Southlands Sopping centre.
- **24 August:** Yarralumla Creek Woden, walk along the creek through Woden finishing at the shopping centre.
- **31 August:** Walking from Lady Denman Dr along the lake to Black Mountain rowing club

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

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@crccs.com.au to reserve your seat.

July

- **14 July:** Crookwell, we'll start with a drive around this small country town. Visit Lindner Sock factory before stopping for lunch.

August

- **11 August:** Adaminaby, rug up for this trip as we might see snow. We'll visit the Big Trout and stop at the bakery for a hot drink and a treat.

Browse and Brunch - Tuesday (monthly)

Starting 21 July, this will run monthly—come along, meet new people, and enjoy a great day out!

Pick up times: First passenger Pick up - Belconnen Community Centre - 10:00am
Second passenger Pick up - Humpy Hall Page – 10:15am

Return times: 2:00pm

Involve Members: \$15

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@crccs.com.au to reserve your seat.

July

- **21 July:** Join us for a relaxed day out exploring great shopping spots, with time for coffee and a bite.

August

- **18 August:** Join us for a relaxed day out exploring great shopping spots, with time for coffee and a bite.

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
 Outing for out of town - Belconnen Community Centre - 9:am
 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 (Please note an additional \$20.00 if outing is outside of the ACT/Queanbeyan)

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@crs.com.au to reserve your seat.

July

- **1 July - Australian War Memorial:** come along for a visit to the Australian War Memorial as we reflect on Australia’s history and honour those who have served.
- **8 July - Sutton & Gundaroo:** Join us for a relaxing outing to Sutton & Gundaroo, discovering local history, countryside views and rural charm.
- **15 July - Canberra Railway Museum:** Join us for a day out as we step back in time and discover Australia’s rail heritage
- **22 July - Strathnairn – Cafe stepping Stone:** come along for a relaxed outing to Strathnairn and enjoy morning tea at cafe Stepping Stone located in the historic 1920’s homestead.
- **29 July - Cooma:** Come along for a day trip to Cooma, NSW as we explore this historic snowy Mountains.
Please note out of town: change in pickup times BCC: 9am & Humpy Hall 9.15am

August

- **5 August - Scenic Drive:** Himalayan Cedar Lookout, Dairy Farmers Lookout, Scrivener Dam Lookout, Government House Lookout
- **12 August - Old & New Parliament House:** Come along for a guided visit to Old & New Parliament house, exploring Australia’s political history and Heritage
- **19 August - Canberra Glassworks:** Join us for a creative outing to Canberra glassworks as we explore the fascinating art of glassmaking.
- **26 August - Tarago NSW:** Enjoy a day out in Tarago NSW, taking in the fresh country air and peaceful surrounds of this historic village.

Please note Out of town: change in pickup times BCC: 9am & Humpy Hall 9.15am

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.

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)

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@crccs.com.au to reserve your seat.

July

- **10 July:** Kambah area
- **24 July:** Calwell/ Erindale / Weston creek area

August

- **14 August:** Braddon /Dickson/ Ainslie area
- **28 August:** Scullin/Charnwood 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 17 July and 21 August

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@crccs.com.au to reserve your seat.

July

- **17 July: Local Winery's - Mount Majura Vineyard & Contentious Character Winery Kingston Foreshore**

Mount Majura Vineyard lies near the top of the Majura Valley, just outside the city of Canberra and is part of The Ainslie Volcanics.

Contentious Character began among the vines of Wamboin, on the NSW/ACT border and now proudly calls the Kingston Foreshore home. Because great wine starts with character and so does the best conversations

Additional costs will be for lunch, wine tasting or tours you may want to do when visiting the locations.

August

- **21 August: Bungendore -Lark Hill Winery**
Lark Hill was established in 1978 by Sue & Dave Carpenter, it sits high on the escarpment above Bungendore, 30km North East of Canberra. The picturesque Vineyard is a peaceful place to relax as you enjoy a wine flight (tasting), or a glass of wine. You can share a bottle with friends over lunch and choose your favourites to take home.

Additional costs will be for lunch, wine tasting or tours you may want to do when visiting the locations..

Friday Flicks - Hoyts Westfield Belconnen - (monthly)

Friday 3 July and Friday 7 August

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 catchups.

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@crccs.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.

Time:	9.30am – 1.30pm
Location:	Ngunnawal Seniors Centre, Jabanungga Ave, 33 Yarrowonga 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

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@crs.com.au to reserve your seat.

July	August
<ul style="list-style-type: none"> 6 July: Armchair Travel-Bhutan! Explore a Himalayan kingdom of happiness, monasteries, and breathtaking mountain landscapes. 13 July: Christmas in July 20 July: Outing-Yowani Golf Club is a favourite venue for lunch. The food is delicious. 27 July: Jim the Music Man 	<ul style="list-style-type: none"> 3 August: Cowboy and Horses day we will be honouring the spirit and legacy of the cowboy and their trusted steeds. 10 August: Senior Citizens day/International Mahjong Day celebrate with games galore! 17 August: Outing - Refer fortnightly update 24 August: Men's Choir 31 August: Armchair Travel-Borneo! Explore a land of ancient rainforests, exotic wildlife, and rich tribal heritage!

Men's Business - Ngunnawal - Monday

Looking for a great way to spend your Monday? Come along to our men's group to say hello, reconnect with familiar faces, and meet new mates. Enjoy easy going chats on a range of topics, take part in games, share stories, and support one another in a friendly, relaxed environment.

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)

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@cracs.com.au to reserve your seat.

Fun and Games-Ngunnawal - Monday

The Fun and Games Group gathers every Monday afternoon in Ngunnawal for plenty of laughs, connection, and a bit of friendly competition. Open to all abilities, the games are tailored so everyone can take part and enjoy.

Time: 1.30am – 3.30pm

Location: Ngunnawal Centre

Involve Members: \$10 (afternoon tea included)

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@cracs.com.au to reserve your seat.

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.

JULY – Over the next two to three months we will be working on our winter project. This year we are going to make a lamp table with raised panel sides and a woven lattice front. We will continue to have short skills sessions and demonstrations during this time, but our focus will be on the lamp table.

AUGUST - We are continuing work on our lamp table project. Aiming to complete the project in time for the arts showcase. Insert this month’s woodwork focus/project

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

Location: Ngunnawal Centre

Involve Members: \$8 (tea and coffee available)

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@crccs.com.au to reserve your seat.



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. 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)

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@crccs.com.au to reserve your seat.

July

- **6 July** - NAIDOC Week is one of Australia's most important national celebrations, recognising the history, culture, and achievements of Aboriginal and Torres Strait Islander peoples
- **13 July** - Bastille Day, known in France as La Fête Nationale, is celebrated on July 14th each year to mark the storming of the Bastille prison in 1789 — a turning point in the French Revolution. It symbolizes liberty, democracy, and the spirit of resistance.
- **20 July** – Australian Royal Mint
- **27 July** – Christmas In July - Dress up if you like we are gathering at Jamison Southern Cross club for a festive themed lunch, with all the traditional trimmings a delicious Roast Turkey and Glazed Ham with a glass of spiced mulled wine. We don't need to wait till December!

August

- **3 August** – National Museum of Australia – Life in the Great Barrier Reef: Dive into an immersive VR experience with turtles, rays, sharks and whales. Cost: \$18
- **10 August** – Sports day Dress up in your favourite sport team colours. Bring your best competitive self and “LET THE GAMES BEGIN...”
- **17 August** – Celebrating Youth Day – Let's share stories, laughter, and the joy of staying young at heart.
- **24 August** – Geoscience Australia – Explore Earth science exhibits, enjoy lunch at Blackstone Café, and take a walk through the Time Walk garden.
- **31 August** – Daffodil Day is marked by the beautiful daffodil, a gentle symbol of hope. It's a special time to come together, reflect, and show kindness-Let's take a moment to share hope and brighten someone's day.

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. 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

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@crs.com.au to reserve your seat.

July

- **7 July - National Museum of Australia:** Come along for a day of discovery, learn and connect as we visit the National Museum of Australia.
- **14 July - Timeless Tunes:** We sing beloved classics, Favorite hits from past, and tunes that bring back cherished memories- all in a fun, relaxed and welcoming environment
- **21 July - Fun & Games:** Put your thinking caps on and join us for a fun filled session of games.
- **28 July - Exercise Of the day:** Stay active and feel great with our gentle chair exercise.

August

- **4 August - Southern Cross Club Woden:** Join us for a casual club lunch- connect, chat and unwind with friends.
- **11 August - Moments to Remember:** Join us for a special reminiscing session where memories come to life through treasured keepsakes. Bring along meaningful item such as a photograph, piece of jewellery, souvenir any object that holds a special memory
- **18 August - Byran Butler:** Take a trip down memory lane with a live performance featuring the golden oldies we know and love.
- **25 August - Exercise of the day:** Stay active and feel great with our gentle chair exercise.

Korean Social Group - Tuesday (monthly)

Culture, Connection, and Community – Tuesday 14 July & Tuesday 11 August

Our Korean Social Group meets monthly, offering a welcoming space to connect through activities, games, outings, and conversation. Everyone is welcome.

Time: 11am - 2pm

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

Involve Members: \$10

July

August

- **14 July – We will be in meeting room 2 at Belconnen Community Centre for this date.** Beginning our day with a relaxed morning tea before moving into a chair-based exercise session led by Kim. After lunch, we will be joined by Soobin from the Stroke Foundation for an engaging and informative session.

- **11 August – Do you love music and movement?** In today's session we'll enjoy some gentle exercises and have fun drumming together. Come join the rhythm, try something new and enjoy a lively, social day with the group.

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.

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. Everyone is welcome.

Time: 10am – 12.30pm

Location: Art Room 2 - Belconnen Community Centre.

Involve Members: \$10 (morning tea included)

Games and Chat - Wednesday (weekly)

Come along and enjoy a lively, feel-good session packed with classic games like Rummikub, Triominos and more—plus plenty of laughter, great company, and cheerful conversation!

Time: 1.30pm - 3.30pm

Location: Meeting Room 2 - Belconnen Community Centre

Involve Members: \$10 (morning tea included)

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@crccs.com.au to reserve your seat.



Dance In a Line - Thursday (weekly)

Dance in a Line is a fun and social music-and-movement class for seniors of all abilities, with both chair-based and standing options so everyone can participate at their own pace.

Time: 1pm - 2pm

Location: The Gym-Belconnen Community Centre

Involve Members: \$7.50

Drumming - Thursday (weekly)

Our Senior Djembe Drum Group meets every Thursday—no experience required. 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)

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.

Time: 1.30pm – 3.30pm

Location: Meeting Room 2-Belconnen Community Centre

Involve Members: \$10 (morning tea included)

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@crccs.com.au to reserve your seat.

Joy of Drawing - Thursday (weekly)

Unwind, express yourself, and connect with others in our gentle art therapy inspired drawing group. No drawing experience needed.

Time: 1.30pm – 3.30pm

Location: Art Room 1-Belconnen Community Centre

Involve Members: \$10 (afternoon tea included)



Healthy Living - Thursday (weekly)

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.

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

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@crccs.com.au to reserve your seat.

July

- **2 July:** Wimbledon Day – Celebrate the world's most prestigious tennis tournament, known for its traditions and grass courts.
- **9 July:** Outing – Enjoy a festive lunch at Jamison Southern Cross Club with roast turkey, glazed ham, and mulled wine.
- **16 July:** Bryan Butler is back by popular demand showcasing all the evergreen songs you know and love.
- **23 July:** Celebrate the Glasgow Commonwealth Games 2026 with trivia and games!!
- **30 July:** Cowboy and Horses day we will be honouring the spirit and legacy of the cowboy and their trusted steeds.

August

- **6 August:** Outing-Yowani Golf Club with a performance by the one and only Fred the Music Man.
- **13 August:** Senior Citizens day/International Mahjong Day celebrate with games galore!
- **20 August:** Armchair Travel-Borneo! Explore a land of ancient rainforests, exotic wildlife, and rich tribal heritage!
- **27 August:** Outing-Refer fortnightly update

Spice of Life - Friday (weekly)

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. 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

Bookings are essential limited seats available. Please book in by calling our reception team 02 6264 0200 or email contact@crccs.com.au to reserve your seat.

July

- **3 July:** Wimbledon Day
- **10 July:** Christmas in July getting festive in the cooler month, dress up if you like.
- **17 July:** Bryan Butler will be performing the songs you know and love.
- **24 July:** Outing-The Royal Mint and lunch at Olive View Cafe
- **31 July:** Outing Yowani Golf Club celebrate the Glasgow Commonwealth Games with trivia and games!!

August

- **7 August:** Performance by Fred the Music Man and also celebrating horses day.
- **14 August:** Outing-Fedra Olive Grove is located on the Federal Highway in Collector NSW. Sample the award-winning produce in the Olive View Café before taking some home after visiting the shop.
- **21 August:** Senior Citizens Day/International Mahjong day (Play Board Games)
- **28 August:** Outing-Yowani Golf Club-Armchair Travel-Borneo! Explore a land of ancient rainforests, exotic wildlife, and rich tribal heritage!

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

- \$13 community members
- \$11 concession members
- \$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:** 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	