

Living Well

September / October 2026

CELEBRATING

50
YEARS

Dear participants

As the days grow longer and Canberra bursts into colour, there's no better time to get out, stay active, and enjoy everything our community has to offer. Spring brings a renewed sense of energy and possibility, and this September/October edition is packed with opportunities to connect, explore, learn something new, and have fun along the way.

Inside this newsletter you'll find a wonderful mix of social groups, outings, special events, new activities, community updates, and memorable moments from across our Living Well community. Whether you'd like to stroll through the spectacular blooms of Floriade, join a new social group, discover a hidden gem on one of our day trips, learn a new skill, or simply enjoy a coffee and conversation with friends, there is something for everyone.

This season brings exciting opportunities to connect with others and enjoy being part of your community. We are looking forward to welcoming participants to our CRCS Open Day, enjoying the warmer weather through outdoor activities and walks, and making the most of the many outings and experiences on offer. From local adventures and community events to creative groups and social gatherings, there are plenty of ways to stay active, engaged and connected.

One of the featured articles in this edition highlights an important message: don't let transport be the reason you miss out. Many people are surprised to learn just how many ways our Community Transport service can help them stay independent and connected, whether it's attending a social group, catching up with family and friends, joining a community event, or heading out on one of our excursions. If there's somewhere you'd like to go, we'd love to have a conversation about how we can support you.

We are also continuing to grow our volunteer driver team to help create more opportunities for people to get out and about, including evenings and weekends where possible. If you know someone who enjoys meeting people, helping others and making a real difference in the community, please encourage them to consider becoming a volunteer driver. It is a rewarding way to support people to remain connected, independent and living well.

We're also excited to introduce several new opportunities, including our Ukulele Group, Spanish Social Group, Browse and Brunch outings, and From the Ground Up gardening group. These programs have been developed in response to community interest and are designed to create more opportunities for friendship, enjoyment, learning and wellbeing.

As you browse through these pages, we encourage you to step outside your usual routine and try something new. Join a group you've never attended before, book a seat on an outing, invite a friend along, or talk to our team about how we can help you become more involved. Every activity is an opportunity to build connections, create memories, and continue doing the things that matter most to you.

Thank you for being part of our Living Well community. We look forward to seeing you at our activities, on our buses, and sharing another fantastic season of connection, friendship and fun together.

Thank you

The Living Well Team

Word Search

WORLD BEER TYPES



R K F Z B A M B E R J F H
 D U N K E L R Y E P J Q P
 W S C H W A R Z B I E R G
 E T R L A G E R E L V M H
 I O S C O T C H R S T L E
 Z U A L E O W H L N R A L
 E T Y E M T N J I E I M L
 N W I T B I E R N R P B E
 B A R L E Y L K E C E I S
 O C I R I S H Y R V L C F
 C I D E R A S A I S O N R
 K Z T D C A S K V R U W H

Pilsner
 Lambic
 Irish
 Schwarzbier
 Barley

Lager
 Dunkel
 Berliner
 Cask
 Saison

Stout
 Amber
 Scotch
 Cider
 Weizenbock

Ale
 Tripel
 Rye
 Helles
 Witbier

Involve Social Groups

Expressions of Interest

EOI - Yoga Gungahlin Area

We're exploring interest in a new Yoga Group and would love to hear from you! Whether you're new to yoga or have practised before, this gentle and inclusive program will focus on improving flexibility, balance, strength, and relaxation in a welcoming social environment.

Participants will have the option to choose from:

Chair Yoga – A supportive and accessible option using a chair for seated and standing movements.

Mat Yoga – Traditional floor-based practice tailored to individual abilities and comfort levels.

This is a great opportunity to stay active, improve wellbeing, and connect with others while enjoying the physical and mental benefits of yoga.

Interested? Register your Expression of Interest today and let us know if you would prefer Chair Yoga, Mat Yoga, or both options.

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

EOI - Writing Group

We are seeking expressions of interest from participants who would like to be part of a friendly and supportive Writing Group.

The Writing Group provides an opportunity to explore creativity, build confidence in writing and storytelling, and connect with others who share an interest in writing. Participants can develop their writing skills, share stories and experiences, and engage in meaningful discussion in a welcoming environment.

No previous writing experience is required. Participants of all abilities are welcome, whether you are writing for the first time or have years of experience. Register your interest by calling our reception team on [02 6264 0200](tel:0262640200) or email contact@cracs.com.au

EOI - Full Day Trips

We're seeking expressions of interest for a range of exciting day trips designed to help you explore new places.

These outings will feature earlier departures and later return to destinations further then our usual travel area. Register your interest by calling our reception team on [02 6264 0200](tel:0262640200) or email contact@cracs.com.au

Noticeboard

Important Reminder: Upcoming Program Fee Adjustments

At Capital Region Community Services (CRCS), we are committed to continuing to provide high-quality Aged Care and Involve Program services that support connection, wellbeing, and community participation.

As previously advised, and in response to increasing operational costs, wage increases, and the growing costs associated with delivering our programs, CRCS will be implementing gradual fee adjustments across the Involve Program. The current fee structure has not undergone a comprehensive review for at least three years, and these changes are intended to improve consistency and sustainability while helping to avoid significant fee increases in the future.

The updated fees are being introduced in two stages to minimise the impact on participants. **Stage 1 was implemented on 9 March 2026.**

As previously advised, the second stage of fee adjustments will take effect from 1 September 2026.

These adjustments support the ongoing delivery of the programs, activities, outings, and services that our community values and enjoys.

We appreciate your understanding and continued support as we work to ensure our programs remain accessible, sustainable, and responsive to the needs of our participants.

For further information or to discuss how these changes may affect you, please contact our team on [02 6264 0200](tel:0262640200) or email contact@crccs.com.au

Thank you for being a valued member of the CRCS community.

How Safe is your home? – Tuesday 22 September

ACT Police liaison Team will be presenting a talk on home safety.

Topics they will cover:

- Home safety enhancements
- Protecting yourself
- Reporting to Police
- Smoke alarms – testing, maintenance, and placement
- Safe use of heaters, electrical appliances and charging devices
- Li-Battery Safety
- Answering community questions

Time: 2pm – 3pm **Location:** Belconnen Community Centre

Please book in with our reception team on [02 6264 0200](tel:0262640200) or email contact@crccs.com.au

Noticeboard

CRCS Open Day - Tuesday, 13 October 2026

Come along to the **CRCS Open Day** at Belconnen Community Centre and discover more about the programs, services and activities available through CRCS.

This free community event is for **people of all ages**, with plenty to see and do throughout the day. Meet our friendly teams, learn about ways to get involved, and enjoy activities, games, demonstrations and friendly competitions. Whether you already participate in a CRCS program or are visiting us for the first time, everyone is welcome.

Save the date and follow CRCS on social media for the full program and further event details.

Event details

Date: Tuesday 13 October 2026

Time: 10am–7pm

Location: Belconnen Community Centre, 23 Swanson Court, Belconnen

Cost: Free



Joy of Drawing – Cancellation Notice School Holidays

Due to school holidays our facilitator John will be unavailable. The last session will be Thursday 24 September and returning Thursday 15 October

Noticeboard

St John 1st Aid part 2 – Tuesday 27 October

Ray from St John's is back to share more 1st aid techniques. These sessions are proving to be popular and informative for our participants

Time: 10.30am – 12.30pm

Location: Belconnen Community Centre

Cost: Free

Please book in with our reception team on [02 6264 0200](tel:0262640200) or email contact@crccs.com.au



Belconnen Community Centre Gym Safety Reminder

A Safer Gym Starts with All of Us

Our gym has recently undergone a mini upgrade, creating a cleaner, more organised space for everyone to enjoy. To help maintain a safe and welcoming environment, we ask all users to return free weights and equipment to their designated places after use.

Keeping the gym tidy helps prevent injuries, reduces trip hazards, and ensures equipment is easy for everyone to find. By working together, we can create a safer, more efficient, and enjoyable workout experience for all.

Please remember: Use it. Return it. Keep our gym safe for everyone.



New Groups Reminder

Spring Into Something New with CRCS

As we welcome the warmer weather and longer days, we're excited to introduce a range of new activities designed to help you get out, connect with others, learn something new, and enjoy all that spring has to offer.

This season, we're bringing together opportunities for music, culture, gardening, social connection, and community outings. Whether you're keen to pick up a ukulele, nurture your green thumb, or enjoy a day of shopping and brunch with friends, our newest programs offer something for everyone.

Our new weekly Ukulele Group at Belconnen Community Centre provides a fun and relaxed space to make music and build confidence, while the Spanish Social Group offers a welcoming environment for older Spanish-speaking community members to connect and share conversation. For those who enjoy the outdoors, From the Ground Up is a hands-on gardening group where participants can plant, grow, and learn together while enjoying the fresh air and company of others. And if you're looking for a social outing, keep an eye out for Browse and Brunch, a new excursion combining shopping, coffee, and great conversation at local shopping destinations.

New Activities at a Glance:

- **Ukulele**

Tuesdays, 10:30am-12:30pm

Belconnen Community Centre

- **Spanish Social Group**

Fridays, 10:00am-2:00pm

Belconnen Community Centre

- **From the Ground Up**

Wednesday fortnightly, 10:00am-12:00pm

Humpy Hall, 17 Frewin Place, Scullin

- **Browse and Brunch**

Dates to be confirmed

Departing 10:00am from Belconnen Community Centre or 10:15am from Humpy Hall, returning 2:00pm

We look forward to welcoming new and familiar faces as we launch these exciting additions to our program. Spring is the perfect time to try something different, make new connections, and be part of your local community.

Please remember to book in as this assists us if any changes are needed for our activities to be able to contact you.

Please book in with our reception team on [02 6264 0200](tel:0262640200) or email contact@crccs.com.au

Moments to Remember

War Memorial-Golden Getaway

June 2026

In June, members of our social group Golden Getaway enjoyed a meaningful visit to the Australian War Memorial in Canberra. Participants explored the galleries, reflected on Australia's military history, and shared stories and conversations throughout the day. It was a wonderful opportunity to connect and appreciate an iconic national landmark together.



Wobbly Mob Social Group-Christmas in July lunch

Monday 27 July 2026

Festive jumpers and plenty of laughs... that's what Christmas in July is all about!

The Wobbly Mob gathered at the Southern Cross Club in Jamieson, bringing a little Christmas magic to the middle of winter. It was a wonderful opportunity to enjoy a delicious meal and celebrate the friendships that make our groups so special.

Here's to staying active, connected, and creating memories together.



Walkie Talkie

Monday 13th July

When it's too cold and raining to walk outside, visit the Antarctica exhibition at the Australian Museum instead.



We're Here to Stay

Your Transport and Social Groups Are Continuing with CRCS

Thank you for being part of our Living Well family.

At CRCS, we know that staying connected, independent and supported matters. We want to reassure you that our Community Transport and Social Support Groups are continuing and remain an important part of our future.



What isn't changing?

- ✓ We're here for You and we're here to stay.
- ✓ Your transport services will continue with CRCS.
- ✓ Your social support groups will continue with CRCS.
- ✓ The friendly, caring and person-centred support you know will continue.
- ✓ Our team will continue to be here for you.
- ✓ Our commitment to helping you stay connected, active and independent remains strong.



A message from our team

While some changes are occurring within our broader aged care services, our commitment to supporting older people in our community has not changed.

We remain committed to providing community transport and social connection programs that support people every day.



You're part of our community

Our transport services help you get to appointments, shopping, social activities and important places.

Our social groups help you build friendships, stay active, have fun and remain connected.



**You are valued. You belong.
You are an important part of the CRCS Living Well family.**

**We're here. We're staying.
And we're looking forward to our future together.**



Let Us Help You Get Out and About

Your CHSP Transport Service

Life is better when you're connected

Many people think community transport is only for medical appointments.

But CHSP Transport can help you get to many of the places and activities that are important to your health, wellbeing, independence and social connections.

Whether it's attending an appointment, meeting friends for coffee, visiting family or getting to your local community group, transport can help you continue doing the things that matter most.

What can I use my transport service for? Your transport referral may be able to assist with travel to:

Health and wellbeing - Helping you maintain your health and independence.

- Doctor appointments
- Specialist appointments
- Physiotherapy
- Podiatry
- Hearing services
- Hospital outpatient appointments
- Exercise and wellness programs
- Allied health services

Staying connected and involved - Keeping connected to people and activities can improve wellbeing and reduce isolation.

- Social groups
- Community centres
- Men's sheds
- Craft and hobby groups
- Church or faith activities
- Cultural events
- Libraries
- Educational programs
- Volunteer activities
- Coffee catch-ups
- Support groups
- Community events

Everyday living - Transport can help make everyday life easier and support you to remain active in your community.

- Shopping trips
- Banking
- Personal errands
- Hairdresser appointments
- Visiting family and friends
- Accessing community services
- Activities that help you stay independent

Did you know? Many participants don't realise that transport may also be available to:

- Visit family and friends
- Attend weekend community activities
- Participate in evening events
- Get to an airport, train station or coach terminal for onward travel
- Reconnect with activities they've stopped doing

While CHSP cannot fund holidays or flights themselves, transport can be available to help you get to your departure point, just as we would assist you to get to many other community destinations.

We're growing our transport options

Our professional drivers currently operate mainly during standard business hours. We are also increasing our volunteer driver team, which will help us expand transport options over time, including evenings and weekends where possible. Availability will depend on volunteer numbers and scheduling, but we are actively working to create more opportunities for participants to travel when they need to.

So, if you've been thinking:

- "I'd love to get back to my social group."
- "I'd like to visit family more often."
- "I'd like to attend a weekend activity."
- "I'd like help getting to the airport or train station."
- "I'd like to get out more."

Please let us know. Even if we can't provide the service immediately, we'd love to talk with you about your needs and explore what may be possible now and into the future.

Not sure if we can help? Give us a call.

Our team is happy to have a conversation about where you'd like to go and how transport might support your goals, independence and wellbeing. We encourage you to ask the question. You may be surprised by what's possible.

Know of anyone who loves helping others? Share the opportunity with them to become a volunteer driver. We'd love to welcome them to our team!

Ready to Get Out and About?

Contact the CRCS Community Transport Team

☎ 02 6278 8124 ✉ transport@crccs.com.au 🌐 www.crccs.com.au

Don't let transport be the reason you miss out.

Let's talk about how we can help you stay connected, independent and living well.

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

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: Humpty 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.

September	October
• 7 September-Palmerville Heritage Park Enjoy a gentle stroll through nature finishing at Belconnen Soccer Club. • 14 September-Floriade 2026 This event is always a delight as we meander through the hundreds of blooms on display. • 21 September-Gungahlin Pond. A stroll around the top end of the ponds finishing at Gungahlin Lakes Golf Club. • 28 September-Florey Starting at Lake Ginninderra we will amble through to Florey finishing at The Irvine Cafe.	• 5 October-PUBLIC HOLIDAY NO SOCIAL GROUP • 12 October-Fadden Pines Join us as we explore at a relaxed pace the pine forest finishing at Common ground in Gowrie. • 19 October-Jerrabomberra Pond Heading south for this walk around the pond, through part of Jerrabomberra and finishing up at Suppeto Collective Cafe. • 26 October-Parliament House Explore the two gardens on either side of Parliament House, enjoying the beautifully landscaped grounds and peaceful surroundings.

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.

September

- **8 September-Road Trip**

As we head out of winter let's do a road trip. We will travel through Bungendore, Tarago coming out at Goulburn. Then heading down the highway divert into Collector before heading home. We'll stop at points of interest along the way and for something to eat.



October

- **13 October-CRCS Open Day:**

Belconnen Community Centre and discover more about the programs, services and activities available through CRCS. This free community event is for people of all ages, with plenty to see and do throughout the day. Save the date and follow CRCS on social media for the full program and further event details.

Event details

Date: Tuesday 13 October 2026

Time: 10am–7pm

Location: Belconnen Community Centre, 23 Swanson Court, Belconnen

Cost: Free

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.

September

- **15 September:**

Enjoy a day of shopping, exploration, and social connection as we visit two local shopping destinations this month: -Lanyon Marketplace, Conder and Calwell Shopping Centre.

These community hubs offer a variety of supermarkets, specialty stores, cafés, and essential services, providing plenty of opportunities to browse, shop, and enjoy time with friends.

Whether you're searching for a bargain, picking up a few essentials, or simply enjoying a day out, there's something for everyone.

October

- **20 October:**

Discover all that Canberra Centre Civic has to offer on our first shopping outing to this popular retail destination in the heart of Civic.

With an extensive range of stores, cafés, specialty retailers, and places to relax, there is something for everyone to enjoy

As this is our first visit, we'll take time to explore some of the Centre's many attractions, browse the shops, enjoy a coffee with friends, and become familiar with the layout.

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.

September

- **9 September** – Adore Tea Teahouse & Boutique, Woden
 Enjoy a morning of tea tasting, conversation and boutique shopping.
- **16 September** – Tulip Top Gardens
 Explore beautiful seasonal tulips and enjoy the gardens. \$22 admission.
 Out-of-town outing | Pickup: Belconnen Community Centre 8:45am | Humpy Hall Page 9am
- **23 September** – COTA ACT Seniors & Better Ageing Expo 2026
 Discover services, resources and activities supporting healthy and positive ageing.
- **30 September** – Collector & Fedra Olive Grove Farm, NSW
 Enjoy a day in the countryside, explore the olive grove and discover local produce.
 Out-of-town outing | Pickup: Belconnen Community Centre 8:45am | Humpy Hall Page 9am

October

- **7 October** – Old Parliament House
 Explore one of Australia's iconic landmarks and discover its history.
- **14 October** – National Archives: Rear Vision – The Holden Collection
 Explore Holden's history through photos, records and memorabilia.
- **21 October** – Canberra Reptile Zoo
 Meet fascinating reptiles and learn about their habitats and behaviours.
- **28 October** – Gunning, NSW
 Explore this charming country town, its heritage, shops and local character.
 Out-of-town outing | Pickup: Belconnen Community Centre 8:45am | Humpy Hall Page 9am

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@crcs.com.au to reserve your seat.

September

- **11 September**-Bungendore NSW.
Phil's Emporium and Vinnies Braidwood
Please note an additional \$20.00 outing
is outside of the ACT/Queanbeyan
- **25 September**-Fyshwick

October

- **9 October**-Mitchell/Gungahlin
Green shed, Salvos and Vinnies
- **23 October**- Queanbeyan NSW
Vinnies, Salvos and Lions Community
Bookshop



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 18 September and 30 October

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.

September

- 18 September The Vintner Daughter and Dionysus Winery (home of Woo Chocolates) Murrumbateman NSW**

A relaxing day is planned as we visit the Murrumbateman wine region to sample fine wines, delicious chocolates and enjoy great company. Starting with The Vintners Daughter Vineyard, founded in 2014 by husband-and-wife team Ben Osborne and Steph Helm, whose winery reflects a lifetime of wine industry expertise.

After a spot of lunch we will head to Dionysus Winery, a family-owned vineyard producing quality wines since 1998 and home to the famous Woo Chocolates, where you can enjoy wine tasting and browse their handcrafted chocolates the perfect ending to any day out.

October

- 30 October Collector Wines NSW**

Discover the charm of Collector Wines, a celebrated boutique winery located in the heart of the Canberra Wine District. Set amidst rolling countryside, this destination offers a unique opportunity to enjoy the region's natural beauty while learning about the art and history of local winemaking.

This enjoyable outing offers the perfect opportunity to connect with others, experience the charm of the Australian countryside, and create lasting memories with fellow seniors. We look forward to sharing this special day of discovery, friendship, and relaxation with you.

Friday Flicks - Hoyts Westfield Belconnen - (monthly)

Friday 4 September and 2 October

Whether you're a keen movie lover or simply enjoy sitting back and watching a good film, Friday Flicks is the perfect opportunity to relax, unwind, and enjoy a great movie in the company of others.

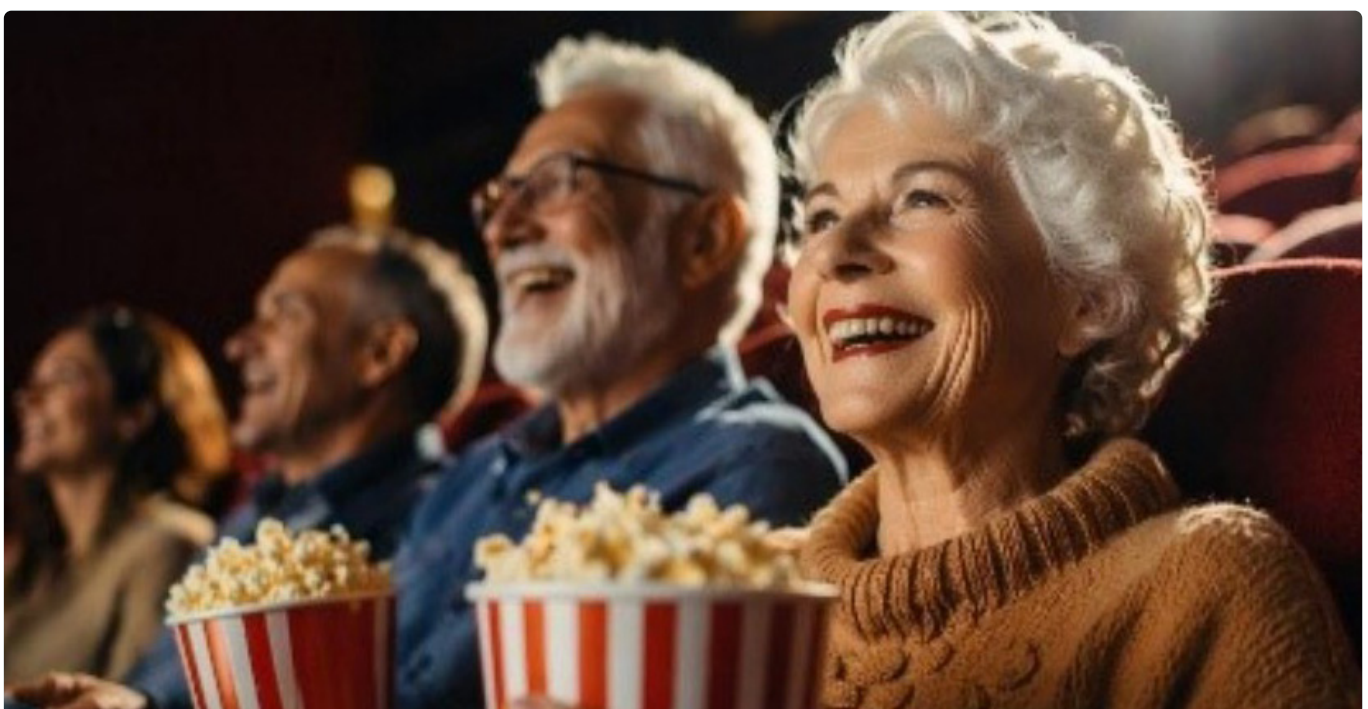
This popular social group brings together those who enjoy the shared experience of film and conversation. Simply book in with our reception team and you'll receive an email advising which movie will be showing. If the selected film isn't quite your cup of tea, that's no problem at all, just let us know and we'll update your attendance.

With three Friday Flicks sessions scheduled over the next two months, there will be plenty of opportunities to enjoy a variety of films and spend time with fellow movie enthusiasts. Whether you enjoy comedy, drama, adventure, classics, or something a little different, each session promises an enjoyable and welcoming experience.

The fun doesn't stop when the credits roll. After the movie, stay on for lunch and a relaxed chat with the group. It's a wonderful chance to share your thoughts on the film, make new connections, catch up with friends, and enjoy good conversation in a friendly and supportive environment.

Friday Flicks offers more than just a movie. It's a chance to socialise, connect with others, and enjoy an entertaining day out. We look forward to welcoming you to our next screening!

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 designed to help you stay connected, active, and engaged within your community. Our groups provide regular opportunities to meet new people, build friendships, and participate in enjoyable activities in a friendly and supportive environment.

Activities vary across our groups and may include:

- Gentle exercise and movement activities
- Short walks and outdoor outings
- Board games and card games!
- Arts, crafts, and creative projects
- Group lunches and café catch-ups.
- Social conversations and shared interests



When do the groups meet?

Weekly Groups: Held on selected weekdays, between 9:30 am and 3:30 pm.

Fortnightly Groups: Meet every second week, usually between 9:30 am and 3:30 pm.

Monthly Groups: Once a month, with dates, times, and activities varying by group.

You are welcome to join one group or participate in several. Attend regularly or drop in when it suits you. All groups are inclusive, welcoming, and focused on promoting wellbeing, independence, enjoyment, and social connection.

Stay Informed

For specific group dates, times, locations, and upcoming activities, please refer to our monthly program calendar or contact our team. We look forward to welcoming you to one of our groups!

We also send fortnightly updates and reminders to keep participants informed about upcoming events and activities. If you would like to receive our newsletter and updates, please email contact@crccs.com.au and request to be added to our mailing list.

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 Yarrawonga St, Ngunnawal (opposite Capital Dentistry)

Involve Members: \$24. Morning Tea is included. A light lunch can be provided for an extra \$5. 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.

September

October

- **7 September** – Spring Celebration
Celebrate the arrival of spring with a relaxed gathering, friendship, and spring-themed fun.
- **14 September** – World Peace Day
Celebrate peace, kindness, and connection through friendship, conversation, and community activities.
- **21 September** – Lunch Outing to Strathairn
- **28 September** – Footy Finals
Enjoy the excitement of the Footy Finals with great company, good friends, and plenty of action!

- **5 October** – PUBLIC HOLIDAY – NO SOCIAL GROUP
- **12 October** – Bring Your Teddy Day
Bring your favourite teddy and enjoy a fun-filled morning of activities, conversation, and friendship.
- **19 October** – Lunch Outing to Snapper, Yarralumla
- **26 October** – Halloween
Enjoy a fun Halloween morning with themed activities, games, and plenty of laughs with friends.

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: \$18. (morning tea is included and a light lunch can be provided for \$5.00 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: \$12 (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.

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

Location: Ngunnawal Centre

Involve Members: \$12 (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.

September

- During September, we will be working to complete our woven lattice lamp table project. We are aiming to have some completed for them to be shown at our open day, held at Belconnen Community Centre Tuesday 13th October Spring Celebration Celebrate the arrival of spring with a relaxed gathering, friendship, and spring-themed fun.



October

- October- Please note that Monday October 5th is a public holiday and there will be no social groups on.**

October-With the completion of our lamp table project, we are now looking towards the end of the year. We will use this opportunity to look at some simple short-term projects that would make ideal gifts for family and friends for Christmas.



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: \$24 (morning tea is included and a light lunch can be provided for \$5.00 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.

September

- **7 September – Spring Bulb Planting**
Plant spring bulbs in pots and watch them bloom into a colourful display.
- **14 September – Photo Memories Collage** Bring along your favourite photos and get creative making a personalised collage gift for family or friends. Share memories, connect with others, and create something special to take home.
- **21 September – International Coffee Day** Calling all coffee lovers! Raise a mug with us as we celebrate the International Coffee Day. Enjoy freshly brewed coffee, fun trivia about everyone's favourite morning drink and plenty of laughs.
- **28 September – Visit to Tulip Top Garden** Enjoy a wonderful outing to the stunning Tulip Top Gardens, surrounded by vibrant blooms and beautiful spring scenery. A great opportunity to connect with nature's beauty and create lasting memories together.

October

- **5 October – Public Holiday no social groups**
- **12 October – Unplug, Play and Stay connected!** Board games are more than just fun – they're a fantastic way to boost memory, spark strategy and share laughter with wonderful people. Let's pull up a chair and join the fun!
- **21 September – Oktoberfest!** Join us for a festive afternoon filled with fun classical beer games and fun. Whether you're coming for the music, the mouthwatering food, or a bit of game-day glory, there's a seat at the table waiting for you.
- **26 October – Scenic drive Canberra and Bungendore area**
Join us for a relaxing day out as we cruise through the stunning landscapes connecting Canberra and the historic village of Bungendore. Leave the driving to us, sit back and enjoy the vibrant countryside and excellent company.

Belconnen Community Centre groups

Easel Does It - Tuesday (weekly)

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!

Time: 10.00am – 1.00pm

Location: Belconnen Community Centre

Involve Members: \$18 (morning tea included)

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

Ukulele - Tuesday (weekly)

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.

Time: 10.30am – 12.30pm

Location: Belconnen Community Centre

Involve Members: \$12 (morning tea included)

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

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 Crescent, 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@crccs.com.au to reserve your seat.

September

- **1 September** – Southern Cross Club Woden. **PLEASE NOTE THE BUS DEPARTS AT 10AM**
- **8 September** – Golden Tales
Golden Tales is a warm & welcoming storytelling activity where we come together to share the unforgettable moments, lessons, and adventures.
- **15 September**- Jim the Music Man
Join us as we are entertained by Jim as he performing our favourite hits and tunes that brings back cherished memories.
- **22 September**-Wellness Talk with Therese. Join us for an informative wellness talk covering practical tips to support your health and wellbeing.
- **29 September**-Exercise with Kim
Stay active and feel great with our gentle chair exercise

October

- **6 October** – Heritage Nursery and The Oaks Brasserie
PLEASE NOTE THE BUS DEPARTS AT 10AM
- **13 October BCC OPEN DAY** -Please meet at Raiders club 10am, we will head over to BCC for fun day full of activities. Returning to Raiders at 1:30.
- **20 October**-BEST Club Op Shop
Join our op shop day for great finds & good company! Bring something to swap, pre-loved clothes, books, home decor, etc.
- **27 October**-Exercise with Kim
Stay active and feel great with our gentle chair exercise

Korean Social Group - Tuesday (monthly)

Culture, Connection, and Community

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: \$18

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.

September

- **8 September- Drumming**
We are inviting a professional drummer to join us for a session.

October

- **13 October-** No group due to open day at Belconnen Community Centre



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: \$18

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.

September

- **2 September**- General Health information talks presented by Women's Health Matters organisation
- **16 September- Moon Festival celebration**
Join us to celebrate the Moon Festival with fun games, enjoy festive food like Moon cakes, lantern quizzes, chat and make new friends.
- **30 September**- Join us for a wonderful opportunity to meet new friends, reconnect with familiar faces, and enjoy meaningful conversations in a relaxed and supportive environment.

October

- **14 October- Double Ninth Festival (Chongyang)**
Come and join us to share the story of the ancestors while having a cup of fresh brewed Chrysanthemums tea to promote good health and it's a ritual to cleanse bad luck.
- **28 October**- Board games are a great way to keep the mind active, spark conversation, and enjoy meaningful social connection. Come along to for a friendly session of games, laughter, and companionship. All abilities are welcome, and there will be something for everyone to enjoy

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: \$15 (morning tea included)

From The Ground Up! - Wednesday (weekly)

PLEASE NOTE DUE TO EXISTING BOOKINGS THIS ACTIVITY WILL RUN ON THE BELOW DATES: Enjoy a relaxing morning of planting, sharing gardening tips and connecting with others. Something for every green thumb!

Time: 10am – 12.00pm

Location: Humpy Hall, 17 Frewin Place Scullin.

Involve Members: \$12 (morning tea included)

Games and Chat - Wednesday (weekly)

Friendly Competition, Great Company!

Enjoy classic games like Rummikub and Triominos, with plenty of laughs, conversation and friendly competition.

Time: 1.30pm - 3.30pm

Location: Belconnen Community Centre

Involve Members: \$12 (morning tea included)

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.

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: \$10

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: Belconnen Community Centre

Involve Members: \$12 (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: Belconnen Community Centre

Involve Members: \$12 (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.

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: \$24 Morning Tea is included. A light lunch can be provided for an extra \$5. 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@crs.com.au to reserve your seat.

September

- **3 September-Spring Celebration**
Celebrate spring with friends old and new. Enjoy this cheerful social group filled with laughter, conversation, and seasonal activities in a relaxed and welcoming setting.
- **10 September**- Outing-Yowani Country Club
- **17 September**- World Peace Day
Come together to reflect on the values of kindness, understanding, and unity. Join us for a relaxed and enjoyable session celebrating the positive impact we can make in our community.
- **24 September**- Outing to Raiders at Kippax for Footy Finals Fever
Wear your team colours, enjoy the finals action, good company and plenty of team spirit!

October

- **1 October**-Curious Events
Celebrate Curious Events Day with us as we explore unusual facts, mysterious happenings, and fascinating discoveries from around the world. Join in the fun, share your thoughts, and enjoy a morning of conversation, learning, and surprises.
- **8 October**-Bring your Teddy to Work Day
Bring your favourite teddy for a fun day of connection, conversation and nostalgia.
- **15 October-Halloween**
Join us for a hauntingly good time as we celebrate Halloween with fun activities, sweet treats, and plenty of laughs. It's the perfect chance to get together with friends and enjoy some festive fun.
- **22 October**-Outing to Yowani Country Club + Fred the Music Man
- **29 October**-Lunch Outing to Snapper, Yarralumla

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: \$9 (afternoon tea included)



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: \$24 Morning Tea is included. A light lunch can be provided for an extra \$5. 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.

September

- **4 September**-Spring Celebration
Celebrate the arrival of spring. Enjoy spring-themed activities and the opportunity to connect with others in a welcoming and relaxed environment.
- **11 September**-OUTING Gundaroo NSW
- **18 September**-Footy Finals at BCC
The finals are here! Join us at BCC to watch the action, cheer on your team, and enjoy great company with fellow footy fans. Don't miss the excitement as we celebrate the biggest games of the season together!
- **25 September**-OUTING: Yowani Golf Club Lunch Outing
Come along and enjoy a visit to the popular Yowani Golf Club. Tasty food, great company, variety of activities, and beautiful views await!

October

- **2 October** – Curious Events
Explore weird, wonderful and surprising facts in this fun, interactive session.
- **9 October** – Tulip Top Gardens
Enjoy the beautiful seasonal flowers and peaceful gardens. \$22 admission.
- **16 October** – Bring Your Teddy to BCC
Bring your favourite teddy for a fun and relaxed day of laughter and connection.
- **23 October** – Lunch Outing: Yowani Golf Club
Enjoy a delicious lunch and good company.
- **30 October** – Halloween
Enjoy a spook-tacular day of costumes, games, treats and fun!

Spanish Social Group - Friday (weekly)

Ready to meet new people, practise your Spanish and have fun in a relaxed and friendly environment?

The group is a great way to connect with other Spanish speakers, make new friends and enjoy Spanish conversation through fun games and interactive activities. When we're not heading out, our Friday sessions include things like conversation games, team challenges, quizzes and activities designed to get everyone involved and chatting.

And it's not all indoors! We also organise 2–3 outings per month visiting Canberra and surroundings.

Come along, have some fun, practise your Spanish and meet your new Spanish-speaking community!

Time: 10am – 2pm

Location: Belconnen Community Centre

Involve Members: \$24 Morning Tea is included. A light lunch can be provided for an extra \$5. Please advise at time of booking in for this activity

Facilitator(s): Melina

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.

