



Capital
Region
Community
Services



Belconnen Community Centre Open Day Program

Discover our programs, services and community activities, meet our teams and try something new.

There will be opportunities for every age and stage of life – from young children and families to older adults and everyone in between.

Theatre

TIME	ACTIVITY	FACILITATOR
10:00am - 11:00am	Ukulele (Trial Session)	Mel
11:45am - 12:45pm	Slow Flow Restorative Yoga	Negar
2:30pm - 4:00pm	Drumming (Trial Session)	Ray

Free trial sessions • No experience required

Meeting Room 2: Community Connections Hub

TIME	ACTIVITY	FACILITATOR
10:00am - 10:30am	Meet the Involve Team	Involve Program
10:30am - 12:30pm	Learn to Knit or Crochet	Fliss & Domi
12:30pm - 1:30pm	Board Games	Involve Program
1:30pm - 2:30pm	Card Games & Social Connections	Involve Program
2:30pm - 3:30pm	Community Quiz & Puzzles	Involve Program
3:30pm - 5:00pm	Social Games & Challenges (Com Hole, Giant Jenga, Connect Four, Ring Toss)	Involve Program
5:00pm - 7:00pm	Program Information & Community Connections	Involve Program



02 6264 0200



contact@crccs.com.au



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Art Room 1

TIME	ACTIVITY	FACILITATOR
10:00am - 12:00pm	Easel Does It	Simon
12:30pm - 1:00pm	Woodwork Demonstration	Dave
2:00pm - 4:00pm	Live Drawing	Josh

Gym

TIME	ACTIVITY	FACILITATOR
9:30am - 10:30am	Swiss Ball	Damien
11:00am - 12:00pm	Open Gym	Damien
12:30pm - 1:30pm	Mat Yoga	Radhika
2:00pm - 2:30pm	Boxing - Come and Try	Damien
2:45pm - 3:15pm	Strength Training - Come and Try	Damien

Hall

TIME	ACTIVITY	FACILITATOR
10:00am - 11:00am	Tiny Tumblers	Lai
12:30pm - 2:30pm	Social Badminton	Community
2:30pm - 4:30pm	Community Pickleball	Community

Café

TIME	ACTIVITY	FACILITATOR
1:00pm - 1:30pm	Cupcake Competition	All Staff



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