

Living Well

November - December 2026



Dear participants

Welcome to our November and December newsletter.

As we head towards the end of the year, there's still plenty happening across Living Well.

Join us on 25 November for Food for Thought: Nutrition, Brain Health and Dementia, delivered with the Centre for Ageing Research and Translation (CARAT) at the University of Canberra. Explore practical ways to support brain health and wellbeing as we age.

Thank you to everyone who joined our Belconnen Community Centre Open Day for good company, activities and conversation.

At Scullin Community Garden, our first harvest is making its way into participant lunches and home with participants. Whether you're an experienced gardener or simply enjoy being outdoors, come along, share your knowledge and enjoy this peaceful space. The Speaker Series is a perfect opportunity to visit.

We're also supporting the Giving Tree Appeal. Please consider donating a gift to bring extra joy to local families and individuals doing it tough this Christmas. Details are included later in this newsletter.

Regular activities will pause from 18 December, resuming from 11 January 2027. You're welcome to drop into Belconnen Community Centre for a cuppa and friendly chat during opening hours. See below for closure details.

We look forward to seeing you soon.

Warm regards

The Living Well Team

Healthy Living

WORD SEARCH

Words can run across, down, diagonally, or backward.

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

18 WORDS TO FIND

BREATHING
CONNECTION
FRESH AIR
FRIENDSHIP
GRATITUDE
HOBBIES

HYDRATION
HYGIENE
LAUGHTER
MINDFULNESS
NUTRITION
OUTDOORS

RECOVERY
RECREATION
RELAXATION
REST
ROUTINE
SLEEP

Large Free Printable Sudoku Puzzle – Easy #13

	4				1			8
			8		2		9	4
						7	3	
		6		8	5		1	7
1				4				2
7	8		1	3		4		
	2	9						
6	3		9		8			
8			7				2	



Christmas break: activities and centre opening dates

Please note these dates for the Christmas period:

- **Activities pause:** Most regular activities will pause from 18 December. However, Walkie Talkie will be running on 21 December, and Gym Sessions with Damien will be running on 22 and 23 December.
- **Centre closure:** Belconnen Community Centre will be closed for the Christmas break from 25 December 2026 – 4 January 2027
- **Drop in before Christmas:** From 21 – 23 December you're welcome to visit for a cuppa, morning tea or lunch at the café, a chat, or puzzles and games in the gallery.
- **Welcome back:** We're excited to welcome everyone back when the centre reopens on 4 January.

While our regular activities will be taking a short break that week, Damien's gym sessions on Tuesday and Wednesday will be running as usual, providing a great opportunity to ease back into your routine.

Our café will also be open from 4 January, so feel free to drop in for a coffee, enjoy a friendly chat, and catch up with familiar faces. Whether you're joining a gym session or simply stopping by to say hello, we'd love to see you as we start another wonderful year together

Please book in with Reception if you would like to attend any activities or drop-in sessions during this period so our facilitators can plan and prepare accordingly.





You're invited!

Living Well Christmas Party

Join us for a special Christmas celebration filled with good food, great company, and festive cheer. Enjoy a delicious Christmas meal, connect with friends, and celebrate the season together in a warm and welcoming atmosphere. We look forward to sharing this special occasion with you. 🌲 ✨

When: Wednesday 9 December, 11:30am–3pm

Where: Belconnen Community Centre

Cost: \$25

RSVP by 18 November to BCC Reception or [02 6264 0200](tel:0262640200) or contact@crccs.com.au to secure your place. Payment is required when booking.

Please also let us know your dietary requirements.

**We look forward to
celebrating with you!**



Give a little. Say a lot.

CRCS Giving Tree Appeal 2026

Help create Christmas hampers for local families and individuals, easing financial pressure and sharing a reminder that they are part of a community that cares. Your donation of gifts, festive non-perishable food or funds says, "You matter."

Give a gift. Donate festive food. Contribute funds.
Donate by **27 November** at the Belconnen Community Centre
or online at crcs.com.au/appeal

Scan the QR code to find
out how you can help.



More Information:

contact our team on contact@crcs.com.au,
02 6264 0200 or crcs.com.au

The SPICE Program

Sustainable Personalised Interventions for Cognition, Care & Engagement

SPICE is a FREE therapeutic 10-week program for people with dementia and their care partners living in the ACT. It is delivered by qualified health professionals.

The variety of sessions are designed to support participants with their quality of life, mobility, knowledge, and meaningful engagement.

 Cognitive Stimulation Therapy Small group activities, games and discussions of past and current news, travel, language, and stories. with Occupational Therapist and Allied Health Assistant	 Carer Support Sessions Small group activities, discussions and expert presentations to support care partner wellbeing and confidence. with Social Worker, Psychologist, Occupational Therapist, etc.	 Guided Exercise Sessions Fun, circuit-based activities in a group setting. Each session is supervised and tailored to individual abilities. Supports mobility, balance, and strength. with Physiotherapist and Allied Health Assistants	 COPE[®] Program Individualised in-home sessions to support safety at home, meaningful occupations, and activities of daily living. with Occupational Therapist	 Nutrition & Diet Sessions Individualised sessions to evaluate and advise on nutrition to support wellbeing. with Dietitian
ON-SITE SESSIONS Timing: 2 x 2.5 hour weekly on-site sessions for 10 weeks Northside location: 1-3:30pm Wednesdays and Fridays University of Canberra Hospital, 20 Guraguma St, BRUCE ACT 2617, Ngunnawal Country Southside locations: 1-3:30pm Tuesday and Thursdays Village Creek Centre, 7 Kingsmill St, KAMBAH ACT 2902, or Tuggeranong South Community Health Centre, 50 Box Hill Avenue, CONDER, ACT, 2906, Ngunnawal Country			INDIVIDUAL SESSIONS Individual COPE[®] sessions and Dietetic appointments are arranged to suit participants Location: In-home and on-site	

PROGRAM DESIGN and EVALUATION

The SPICE Program design was informed by Dementia Australia Advocates and supported in 2022 by a grant from the Dementia Australia Research Foundation.

Researchers from the University of Canberra are conducting an evaluation of the SPICE Program to understand if, and how participants benefit from the sessions. More information is provided on enrolment and participation is voluntary.

Involve Social Groups

Expressions of Interest

EOI - Slow Flow Restorative Yoga

Enjoy gentle, mainly floor-based yoga with slow movements, stretching and mindful breathing to support flexibility, mobility and relaxation. Ideal for those who prefer gentle exercise.

Free trial: 16 November, 9.45–10.45am.

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

EOI - Yoga in Gungahlin Town Centre

We're exploring a new, gentle yoga group and would love to hear from you. Whether you're new to yoga or have practised before, you can choose chair yoga, mat yoga or both. It's a chance to stay active, relax and meet others.

To register your interest, call [02 6264 0200](tel:0262640200) or email contact@crcs.com.au. Let us know which option you'd prefer.

New Gym Class - Swiss Ball, Balance & Stretch

Interested in improving your balance, flexibility, mobility, and core strength?

Join Ryan for a fun and supportive class using Swiss balls, balance exercises, and stretching activities. Suitable for a range of fitness levels.

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

EOI - Book Club & Writing Group

Do you enjoy reading, writing, or sharing ideas with others?

We're seeking expressions of interest for a friendly Book Club & Writing Group where participants can discuss books, explore creative writing, share stories, and connect with others in a welcoming environment.

No experience is required. Everyone is welcome.

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

Noticeboard

CANCELLATION OF GROUPS

Unfortunately, the following groups have been cancelled: Men's Business on Mondays at Ngunnawal, and Dance in a Line held on Thursdays at Belconnen Community Centre.

Beginner Nature Photography Workshop

Learn how to get more out of the camera on your phone with wildlife photographer, ecologist and nature guide David Cunningham. Books are required by 17 November.

When: Tuesday 24 November

Time and Location: 1:00pm meet at BCC and then walk to John Knight Memorial Park or 1:30pm meet at John Knight memorial Park and finishing at 3:30pm

Cost: Free

Speaker Series: Food for Thought – Nutrition, Brain Health and Dementia

Join Tara Jewell, Associate Lecturer with the University of Canberra's Centre for Ageing Research and Translation, to explore the links between nutrition, brain health and dementia.

Enjoy morning tea and a cooking demonstration among the vegetables growing at peaceful Scullin Community Garden, with recipes to take home and try.

When: Wednesday 25 November, 10am – 12pm **Location:** Humpty Hall, Scullin

If you need transport from Belconnen Community Centre (10.30am pickup, 12.30pm return), let reception know when booking.

Cost: Free

Staff Christmas Party

The Belconnen Community Centre will close at 12:00 pm on Friday, 4 December. As a result, all groups scheduled for that day will be cancelled, including Advance Social Badminton.

Noticeboard

Yoga Classes with Radhika

Radhika's final yoga sessions for 2026 will be held on Tuesday 8 December.

Yoga classes will return in the new year, with the first session on Tuesday 12 January 2027.

Please note that these sessions include:

- Tuesday Mat Yoga
 - Thursday Chair Yoga
-

Fitness Classes with Ryan

Ryan's final class for 2026 will be held on Friday 18 December.

Classes will resume in the new year, with Ryan returning on Wednesday 13 January 2027.

Sausage Sizzle

Join us for a sausage sizzle, games and a chat to finish off the year. Book and pay at reception by 15 December. If you need transport from Humpy Hall (11am pickup, 3.30pm return), let reception know when booking.

When: Tuesday 22 December, 11:30am–3:00pm **Location:** Belconnen Community Centre

Cost: \$6

Moments to Remember

Belconnen Community Centre Open Day

Tuesday 13 October

Thank you to everyone who joined our Belconnen Community Centre Open Day, and our employees and volunteers who made it happen. It was a fun day with lots of activity, conversation and fun.



From the Ground Up

Wednesday 30 September

Therese and Marianne celebrate Scullin Community Garden's first harvest! Fresh vegetables featured in our Involve lunch and went home with participants, sharing the rewards of growing food and friendships together.



Spice of Life Group

BBQ Day at Yerrabi Pond in Gungahlin



Meet Melina

Creating Connection Through Culture, Music and Community



Whether it's learning a new chord on the ukulele, practising Spanish with friends or heading out on a community outing, Melina believes that some of life's best moments happen when people come together. As a Program Facilitator with the Living Well team, she's passionate about helping older people stay active, connected and part of a welcoming community.

Melina joined CRCS in March 2026 and runs the Spanish Conversation Group on Fridays and the Ukulele Group on Tuesdays at Belconnen Community Centre. Alongside these activities, she supports a range of social groups and outings that help people build friendships and confidence.

Originally from Argentina, Melina has always enjoyed working with people and creating opportunities for connection. Before joining CRCS, she volunteered in communities across Africa, Guatemala, California and Argentina, experiences that strengthened her passion for helping people feel included and engaged.

For Melina, the impact of Living Well is often found in the small moments.

"Sometimes, simply having somewhere to go, people to talk to and something to look forward to can make a huge difference to someone's wellbeing and sense of belonging."

One of the things she loves most about her role is getting to know participants and hearing their stories.

"I love learning from people's life experiences and seeing them enjoy themselves. It's rewarding to help create moments where people feel connected, included and excited to participate in something new."

She has seen how attending a group or outing can help people build confidence, make new friends and feel more connected to their community.

Outside of work, Melina enjoys dancing salsa and bachata, running, yoga, aerial silks, travelling and exploring new places.

What motivates her most is seeing participants leave an activity feeling happy, connected and looking forward to coming back.

Meet Stella

A friendly face and a warm welcome



If you've ever walked into Belconnen Community Centre, you've probably been welcomed by one of the friendly faces at the front desk.

Our Central Administration team helps participants, visitors and CRCS employees navigate our programs and services, while keeping things running smoothly behind the scenes.

One of those friendly faces is Stella, who has been part of CRCS for around 18 months as a Customer Service Officer. She supports community members across a range of services, particularly our Living Well program, which provides social groups and transport to help older people stay connected and independent.

Ask Stella to describe the Living Well team and her answer is simple:

"Lively, lovely and caring!"

"I enjoy hearing people's life stories and learning about their passions and experiences," she says. "It's especially rewarding to see participants smiling and enjoying daily life."

Outside work, Stella enjoys reading, baking, learning languages, trying crochet and getting outdoors for a walk.

For Stella, it's the people who make CRCS special. **"The smiles, laughter and sense of community make CRCS such a welcoming place."**

Come and say hello!

Thinking about joining a group or learning more about Living Well? Drop into Belconnen Community Centre, meet Stella and the team, and discover the programs, activities and support available in your local community.

Meet Julie

A friendly face and a warm welcome



A medical appointment, a catch-up with friends or a community outing – having transport can make all the difference to someone's day. As a Transport Operations Officer with CRCS, Julie helps organise these trips so participants can stay independent, connected and involved in their community.

Julie has been part of the Living Well team for two years. Originally based with the transport team in Bruce, she later moved to Queensland. With her knowledge of the service, can-do attitude and strong relationships with participants, the team was keen to keep her on board.

Today, Julie works remotely from Queensland, continuing to support participants and her colleagues across the distance.

Asked to describe Living Well in one word, Julie chooses participation.

"Living Well is about helping people stay involved, connected and active in their community," she says.

For Julie, a rewarding part of her role is knowing that transport helps people keep doing the things that matter to them.

"Living Well gives people opportunities to actively participate in their community, stay connected and make their own choices about how they want to live their lives."

She also appreciates the experiences and perspectives older people bring to the community.

"They have a lifetime of experiences, stories and knowledge to share, and I think it's important that we take the time to listen to them."

Outside work, Julie loves spending time by the ocean, camping and exploring rock pools for interesting sea creatures. A beach walk, a swim and a look through the rock pools are her favourite ways to unwind after a busy week.

Need Community Transport?

If you call CRCS to organise transport, Julie might be the friendly voice on the other end. Contact our Community Transport team to make a booking or chat about your transport needs.

Getting You Where You Need to Go:

Community Transport



Our Community Transport service helps you stay independent, connected, and confident getting to the places that matter, from medical appointments to shopping and social activities.

We support a wide range of participants, including CHSP, NDIS, Support at Home, CATS, self-funded individuals, and those accessing ACT Government funded community bus services.

Our shared transport model allows you to travel alongside others heading in the same direction, with routes carefully planned to ensure efficiency and reliability. To keep things running smoothly, we ask that you're ready 10 minutes before your scheduled pick-up time.

To ensure a fair and comfortable experience, maximum travel times range from 30 to 60 minutes depending on distance.

[Learn more about our Community Transport service and how to access it](#)

We're here to support your independence and help you stay connected with your community.

DAY TRIPS

Explore Beyond Canberra with CRCS

Enjoy a relaxing day out, discover regional towns and attractions, and connect with others in a friendly group setting. Transport is provided, and all trips depart from Belconnen Community Centre with an additional pick-up available at Humpy Hall, Page.

Where	Cost
4 November Collector and Fedra olive Grove NSW Belconnen Community Centre – 8:45 am Second passenger Pick up - Humpy Hall Page – 9am	• \$35
18 November Wagga Wagga NSW Outing for out of town - Belconnen Community Centre – 7.45am Second passenger Pick up - Humpy Hall Page 8am Return To Canberra 5.30-6pm	• \$55
2 December YASS NSW Outing for out of town - Belconnen Community Centre – 8:45 am Second passenger Pick up - Humpy Hall Page – 9am	• \$35
16 December Captains Flat NSW Outing for out of town - Belconnen Community Centre – 8:45 am Second passenger Pick up - Humpy Hall Page – 9am	• \$35

What's Included?

- ✓ Return transport
- ✓ Friendly group outing
- ✓ Opportunity to explore local towns and attractions
- ✓ Great company and a chance to meet new people

Note: Lunch is at own expense

Find Out More or Book

Want to see the full day trip schedule or find out what's planned for each outing?

Contact Belconnen Community Centre Reception

 [02 6264 0200](tel:0262640200)

 contact@crs.com.au

Bookings are essential. Places are limited.

Join us for a day of adventure, connection and discovery beyond Canberra.

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: 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.

November

- **2 Nov** – Lakeside walk and lunch at The Oaks Brasserie.
- **9 Nov – Lake Tuggeranong:** Skate Park to the mall.
- **16 Nov** – Walk from Clare Holland House to Duntroon, then lunch at Mici's Café.
- **23 Nov – Cotter Reserve.** Bring your own lunch.
- **30 Nov – Botanic Gardens:** Walk around the gardens and lunch

December

- **7 Dec – Googong** walk with refreshments at Moker Bean Café.
- **14 Dec – Ainslie:** Walk through one of Canberra's older suburbs, finishing at Ainslie Football Club.
- **21 Dec – Local walk:** Choose our route together, returning to BCC for lunch. Order before we leave. Transport: A van will provide pick-up from Humpy Hall and return.

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 (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@cracs.com.au to reserve your seat.

November

- **10 November**

Red Cow Farm Garden,
Sutton Forest NSW

Visit the gardens followed by lunch at the Inn. \$15 entry paid at venue, with lunch at own expense.

December

- **8 December**

Back Creek Cherry Orchard, Young NSW

Tour the cherry packing factory followed by cherry pie, tea and coffee, and Young town for lunch. \$15 morning tea paid at venue, with lunch at own expense.



Browse and Brunch - Tuesday (monthly)

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 (lunch at own expense)

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.

November

- **17 November:**
Explore Canberra Outlet Centre, start your Christmas shopping and enjoy lunch in the food hall.

December

- **15 December:**
Return to Civic to explore stores we missed or revisit your favourite shops.



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 – 8:45 am
Second passenger Pick up - Humpy Hall Page – 9am
Long Day Trips - Belconnen Community Centre – 7:45 am
Second passenger Pick up - Humpy Hall Page – 8am

Return times:

Outing for around Canberra 2.30pm Outing for outside of Canberra 3.30pm / Long Day trips 5.30pm-6pm

Involve Members:

\$15 (Please note an additional \$20.00 if outing is outside of the ACT/Queanbeyan) Long day Trips \$55

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.

November

- **4 Nov – Collector and Fedra Olive Grove, NSW**
Pick-ups: BCC, 8.45am; Humpy Hall, 9am.
- **11 Nov – Botanic Gardens**
Pick-up BCC - 9:45am & Humpy Hall Page - 10:00am
- **18 Nov – Wagga Wagga, NSW**
Pick-ups: BCC, 7.45am; Humpy Hall, 8am. Return to Canberra: 5.30–6pm.
- **5 Nov – Lanyon Homestead**
Pick-up BCC - 9:45am & Humpy Hall Page - 10:00am

December

- **2 Dec – Yass, NSW**
Pick-ups: BCC, 8.45am; Humpy Hall, 9am.
- **9 Dec – BCC Christmas Party**
Join fellow participants for our Christmas celebration! Pick-up: Humpy Hall, 11.30am. Return: 2.30pm.
- **16 Dec – Captains Flat, NSW**
Pick-ups: BCC, 8.45am; Humpy Hall, 9am.
- **23 Dec – No group today**

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.

November

- **6 Nov** – Tuggeranong and Woden
- **20 Nov** – Yass, NSW

December

- **4 Dec** – **No group today:** CRCS Employee/Volunteer Christmas Party.
- **18 Dec** – Goulburn 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 2pm
Outing for outside of Canberra 4pm

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.

November

- **27 Nov – Tarago, NSW:** Visit Corang Estate's cellar door and The Loaded Dog Hotel. No vineyard on site.

December

- **No Winery Adventures this month.**

Friday Flicks - Hoyts Westfield Belconnen - (monthly)

Friday November 13th & Friday December 11th

Enjoy a monthly movie at Friday Flicks, followed by lunch and a relaxed, friendly chat. Book with reception to receive movie details by email in advance. Let us know if you can't attend. Call [02 6264 0200](tel:0262640200) or email contact@crccs.com.au



Our Social Groups

Something for everyone

Our social groups are a great way to stay connected, meet new people, and enjoy a range of activities in a friendly and welcoming environment.

Activities may include:

- Gentle exercise and movement
- Walks and outings
- Board and card games
- Arts and crafts
- Group lunches and café visits
- Social conversations and shared interests



When do the groups meet?

- **Weekly Groups:** Selected weekdays between 9:30am and 3:30pm
- **Fortnightly Groups:** Every second week, usually between 9:30am and 3:30pm
- **Monthly Groups:** Once a month, with times and activities varying by group

You're welcome to join one group or several, attending regularly or whenever it suits you.

Stay Informed

For group dates, times, locations, and upcoming activities, see our monthly program calendar or contact our team.

We also send regular updates about upcoming events and activities. To receive our newsletter, email contact@crs.com.au and ask 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.

November

- **2 November** - Melbourne Cup
- **9 November** - Tongue Twister and **Sandwich Day** - Open Mobility Display TBC
- **16 November** - Proposed outing to Snapper at Yarralumla
- **23 November** - Bryan Butler Musician
- **30 November** - Cookie Day

December

- **7 December** - Chocolate Covered Anything Day – Open Mobility Display
- **14 December** - Christmas Party – let's celebrate together at the centre and enjoy the Christmas party
- **21 December** - Outing to East Lakes Golf Club

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@crs.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: \$10 (tea and coffee available)

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.

November

December

- Finish our major project and begin smaller woodwork projects and Christmas decorations

- Continue working on small projects before the holiday break.

Belconnen Community Centre groups

Wobbly Mob - Monday (weekly)

This friendly social group focuses on connection, fun, and getting active together. Participants enjoy a mix of gentle activities, games, craft, and relaxed lunch outings.

Time: 10am - 2pm

Location: Belconnen Community Centre

Involve Members: \$24 Morning tea is included, and a light lunch can be provided for \$5 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@crs.com.au to reserve your seat.

November

- **2 Nov Melbourne Cup** – Enjoy the race, friendly conversation and a chance to celebrate together.
- **9 Nov Gold Creek** – Explore Gold Creek's Bird Aviary, with lunch at Café Injoy. Seniors' admission: \$17.
- **16 Nov World Kindness Day** – Share smiles, thoughtful gestures and simple ways to spread kindness in our community.
- **23 Nov War Memorial Visit** – Explore the War Memorial, with morning tea and lunch at Poppy's Café.
- **30 Nov Inventor Day** – Discover great inventions and enjoy creative activities, hands-on challenges and lively discussions.

December

- **7 Dec It's Summertime** – Welcome summer with fun activities and conversations about favourite holidays, foods and adventures.
- **14 Dec Dancing Day** – Enjoy music, chair dancing, sing-alongs and favourite dance memories, with something for everyone.
- **21 Dec End-of-year Lunch** – Celebrate our year together with lunch, laughter and friendship at the nearby Labour Club.

Belconnen Community Centre groups

Easel Does It - Tuesday (weekly)

Whether you're a seasoned painter or simply 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 even surprising yourself along the way.

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@crs.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.

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@crs.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. 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.

November

- **3 Nov – Melbourne Cup Day:** Celebrate at Belconnen Soccer Club, dress your best and enjoy the company. Pick-up: Raiders Club, 10am.
- **10 Nov – Sing-along:** Sing your favourite tunes and enjoy a cheerful morning with Best Club.
- **17 Nov – Aged Care Rights Session:** Learn about your aged care rights, ask questions and find helpful information.
- **24 Nov – Chair Movement:** Enjoy gentle chair movements, stretch and share a fun session with friends.

December

- **1 Dec – Canberra Outlet Centre:** Browse the shops, find Christmas gifts and enjoy a day out together. Pick-up: Raiders Club, 10am.
- **8 Dec – Brite Notes Christmas:** a small singing group, will entertain us with timeless evergreen songs
- **15 Dec – Best Club Christmas Celebration:** Celebrate Christmas with friends as we wrap up another year of Best Club.
- **22 Dec – No Best Club:** Closed for the holiday break.
- **29 Dec – No Best Club:** Closed for the holiday break.

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.

Time: 11am - 2pm

Location: Humpy Hall, 17 Frewin Place, Scullin.

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.

November

- **10 Nov:** Boost team cohesion and physical vitality through the dynamic group movements of line dancing.

December

- **8 Dec:** Take the opportunity to reflect and wrap up the year meaningfully while boosting your self-esteem through a self-portrait drawing session.



Chinese Social Group - Wednesday (Fortnightly)

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

歡迎加入華人社交小組！透過趣味遊戲、語言練習、節慶慶祝及戶外參觀，一同認識新朋友、增進交流，並享受豐富多彩的中華文化。我們期待與您一起分享歡樂時光！

Time: 10am -1pm

Location: Belconnen Community Centre

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.

November

- **11 & 25 November** – Enjoy friendly chats, Mahjong, board games and seasonal activities in a relaxed atmosphere.

December

- **9 December** – End-of-year celebration (12–3pm) – Celebrate the end of the year with games, laughter and good company.

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, learn and friendly conversation. Everyone is welcome.

Time: 10am – 12.30pm

Location: Belconnen Community Centre

Involve Members: FREE

From The Ground Up! - Wednesday (Fortnightly)

Free community garden join us!!

Help our community garden grow while enjoying good company, fresh air, morning tea is provided.

Time: 10am – 12.00pm

Location: Humpy Hall, 17 Frewin Place Scullin.

November	December
11 November – Enjoy the spring sunshine in our Community Garden! Explore what's growing, spend time with friends, and take home some fresh garden produce. 25 November – Living Well Speaker Series: Food for Thought – Nutrition, Brain Health and Dementia	9 December – Christmas Party for Involve participants – No group 23 December – No group this day

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.

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 (afternoon tea included)

Drumming - Thursday (weekly)

Our 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)

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 – 3pm

Location: Belconnen Community Centre

Involve Members: \$9

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 strengthens wellbeing through gentle exercise, music, games and social connection

Time: 10am – 2pm

Location: Humpy Hall, 17 Frewin Place Scullin.

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

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.

November

- **5 November** - Tongue Twister Day/Sandwich Day - Celebrate Tongue Twister and Sandwich Day with laughs, wordplay and tasty favourites—see who can master a tricky phrase while enjoying a classic sandwich
- **12 November** - Outing-Yowani Country Club with Bryan Bulter entertaining us
- **19 November** - World Hello Day celebrates connection, encouraging everyone to share a friendly hello and help build a more welcoming community
- **26 November** – Move it! Day to play games. Enjoy a fun-filled day of gentle movement games, friendly challenges and plenty of laughs

December

- **3 December** – Yowani outing with Fred performing for us
- **12 December** – Christmas Activities: Enjoy festive games and share reflections on the peace, kindness and goodwill experienced throughout the year.
- **17 December** – let's wrap up the year with lunch at Yarralumla Nursey

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.

November

- **6 Nov** – Tongue Twister Day: Try tricky tongue twisters and share a laugh with friends. Possible Open Mobility chat, TBC.
- **13 Nov** – Lanyon Homestead: Explore historic Lanyon Homestead and enjoy a day out in good company.
- **20 Nov** – Games Day: Enjoy friendly games, a little competition and plenty of laughs together. Possible Open Mobility chat, TBC.
- **27 Nov** – Yowani Golf Club: Enjoy a relaxed outing to Yowani Golf Club with friends and familiar faces.

December

- **4 Dec** – Bryan Butler: come and enjoy some music and company from friends
- **11 Dec** – National Museum of Australia: Discover the Terracotta Warriors exhibition and enjoy exploring with others.
- **18 Dec** – Christmas Lunch at Yowani Golf Club: Celebrate the festive season with Christmas lunch, friendly conversation and good company.

Spanish Social Group - Friday (weekly)

Meet new people, practise your Spanish, and enjoy good company in a friendly and relaxed setting. Join us for conversation, games and fun activities designed to get everyone talking. We also enjoy regular outings around Canberra and the surrounding region each month.

Conoce gente nueva, practica tu español y disfruta de buena compañía en un ambiente amigable y relajado. Únete a nosotros para conversar, jugar y disfrutar de actividades divertidas diseñadas para que todos puedan hablar y participar. También disfrutamos de salidas periódicas por Canberra y sus alrededores cada mes.

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.

November

- **13 November** - Explore historic Lanyon Homestead and enjoy a day out in good company.
- **27 November** - Lake George Winery – Enjoy a relaxed winery outing, take in the surroundings and catch up with friends.

December

- **11 December** - Fedra Olive Grove – Enjoy a day out in good company.