

CENTRE 4 SENIORS NEWSLETTER

Where the mind...the heart...and the spirit thrive!

Communities@Work
Parkinson Street, Weston
(Located next to Cooleman Court)
Phone 6126 9000



home and community care

A JOINT COMMONWEALTH AND STATE/TERRITORY PROGRAM
PROVIDING FUNDING AND ASSISTANCE FOR AUSTRALIANS IN NEED

2010

Volume 25, Issue 1

WHAT'S ON THIS MONTH



Mondays

Memory Lane

We are now open on a Monday from 9.30 am-1.00 pm with a new program called *Memory Lane*. All activities will be designed to help your memory.

Friday 6

Bus Trip to Craft and Quilt Fair

We will be leaving the Centre 4 Seniors at 9.00 am. Bring along money for entry fee \$12, morning tea, lunch and gold coin donation for the bus fare.

Bookings essential 6126 9000.

Friday 20

Good Old Days Service

Emma and Kylie are bringing their new summer range of clothing to us. If you have difficulty finding the right outfit, this may be the opportunity you have been waiting for. All clothing is designed with seniors in mind and is easy to care for.

Wednesdays

Music 4 Everyone

We have started a new program on Wednesday afternoons during the school term from 1.00 pm - 2.30 pm. It will be music for fun, so if you enjoy music we encourage you to get involved in this program. The cost per session is a gold coin.

Bookings essential 6126 9000



Wednesdays at 10.00 am Mah-jongg. Have you wanted to learn how to play Mah-jongg? Join us on Wednesdays at 10.00 am.

Wrinkles should merely indicate where smiles have been." - Mark Twain



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It's about you. Always!
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Thursday mornings at 9.30 am YMCA Gentle Exercise Program with Russell.

These exercises are designed to keep you active and strengthen you to help prevent falls. We are now holding these exercises in the community hall next door so we have a lot more room for exercises.

Art group—Every Thursday afternoon from 1.00 - 3.00 pm Jane assists with art-work. Jane is an experienced art teacher who would love to encourage you with your latest art project.

Friday morning we have craft. Bring along whatever project you are working on or join us in knitting squares for rugs for Karinya House for mothers and babies, knitting beanies for oncology at Canberra Hospital or making cards. We are slowly expanding our craft activities. If you have any new ideas, bring them along and show us. Also enjoy some freshly made morning tea and lots of good conversation.

SLOW DANCE

Have you ever watched kids on a merry-go-round?

Or listened to the rain slapping on the ground?

Ever followed a butterfly's erratic flight?

Or gazed at the sun into the fading night?

You better slow down.

Don't dance so fast.

Time is short.

The music won't last.

Do you run through each day on the fly?

When you ask "How are you"?

Do you hear the reply?

When the day is done

Do you lie in your bed with the next hundred chores

You'd better slow down

Don't dance so fast.

Time is short.

The music won't last.

Ever told your child, "We'll do it tomorrow"?

And in your haste, not see his sorrow?

Ever lost touch, let a good friendship die,

Cause you never had time to call and say "Hi"?

You'd better slow down.

Don't dance so fast.

Time is short.

The music won't last..

When you run so fast to get somewhere

You miss half the fun of getting there.

When you worry and hurry through your day,

It is like an unopened gift ... thrown away.

Life is not a race.

Do take it slower

Hear the music Before the song is over.

This is a poem written by a teenager with cancer.

She wants to see how many people get her poem.

CENTRE 4 SENIORS - AUGUST 2010

AUGUST
HAPPY BIRTHDAY
2 - Barry Davis
8 - Monica Monterola

FUTURE DATES TO MARK ON YOUR CALENDAR NOW

Friday 17th September: Bus trip to Floriade.

Wednesday 29 September: Bus trip to Tulip Top Gardens.

Friday 3 December: Christmas Lunch.



A reputation takes years to build,
but only minutes to destroy.

Failure is not the absence of success,
But the neglect of trying.

No one raises their own reputation by
lowering that of others.

Always look at life through the windshield and
never through the rear view mirror.

What one generation tolerates,
The next generation accepts.

WEEK 1

MONDAY 2 — Memory Lane

9.30 am Scrabble



10.00 am Morning Tea

11.45 am Lunch

WEDNESDAY 4

9.45 am: Morning tea

10.00 am: Mah-jongg

11.45 am Lunch

1.00-2.30pm: Music 4 Everyone

THURSDAY 5

9.30 am: Gentle Exercises

10.30 am: Morning Tea

11.00 am: Rummy Club/Cards

11.45 am: Lunch

1.00-3pm: Art with Jane

FRIDAY 6

9.00am Bus leaves the Centre 4 Seniors for Craft and Quilt Fair at Exhibition Park. Bring \$12 for entry fee, money for morning tea and lunch and gold coin for bus fare.

CENTRE 4 SENIORS - AUGUST 2010

WEEK 2

MONDAY 9—Memory Lane

9.30am Happy Endings

10.00am Morning Tea

11.45am Lunch

WEDNESDAY 11

9.45 am: Morning tea

10.00 am: Mah-jongg

11.45 am Lunch

1.00-2.30pm: Music 4 Everyone

THURSDAY 12

9.30 am: Gentle Exercises

10.30 am: August Birthdays Morning Tea



11.00 am: Rummy Club/Cards

11.45 am: Lunch

1.00-3 pm: Art with Jane

FRIDAY 13

10.00 am: Morning Tea

10.30 am: Craft

11.45 am: Lunch

WEEK 3

MONDAY 16—Memory Lane

9.30 am Scrabble

10.00 am Morning Tea

11.45 am Lunch

WEDNESDAY 18

9.45 am: Morning tea

10.00 am: Mah-jongg

11.45 am Lunch

1.00-2.30pm: Music 4 Everyone

THURSDAY 19

9.30 am: Gentle Exercises

10.30am: Morning Tea

11.00 am: Rummy Club/Cards

11.45 am: Lunch

1.00-3 pm: Art with Jane

FRIDAY 20

10.00 am: Morning Tea

Emma and Kylie from

Good Old Days Service will have their Summer range on show for you to try and buy.



11.45 am Lunch

It's about you. Always!

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CENTRE 4 SENIORS - AUGUST 2010

WEEK 4

MONDAY 23—Memory Lane

9.30 am Jigsaw puzzle

10.00 am Morning Tea

11.45 am Lunch

WEDNESDAY 25

9.45 am: Morning tea

10.00 am: Mah-jongg

11.45 am Lunch

1.00-2.30pm Music 4 Everyone

THURSDAY 26

9.30 am: Gentle Exercises

10.30 am: Morning Tea

11.00 am: Rummy Club/Cards

11.45 am: Lunch

1.00-3 pm: Art with Jane

FRIDAY 27

10.00 am: Morning Tea

10.30 am: Craft

11.45 am: Lunch

WEEK 5

MONDAY 30—Memory Lane

9.30 am Colour Words

10.00 am Morning Tea

11.45 am Lunch

WEDNESDAY SEPT 1

9.45 am: Morning tea

10.00 am: Mah-jongg

11.45 am Lunch

1.00-2.30pm Music 4 Everyone

THURSDAY SEPT 2

9.30 am: Gentle Exercises

10.30 am: Morning Tea

11.00 am: Rummy Club/Cards

11.45 am: Lunch

1.00-3 pm: Art with Jane

FRIDAY SEPT 3

10.00 am: Morning Tea

10.30 am: Craft

11.45 am: Lunch

If you require any more information about any activities in this Newsletter or would like more information about the Centre4Seniors, please contact the Centre4Seniors Coordinator:

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