

What's On

FOR CARERS

JAN



Educational

◆ Dementia Education Series: Montessori Principles

Thur 11 Jan, 10am-4pm, Carers ACT

◆ Supported Decision Making

Wed 17 Jan, 10am-12noon, Carers ACT

◆ Self Care for Carers

Tues 23 Jan, 6pm-8pm, Carers ACT



Nurturing

Gentle Walking & Cuppa

Weekly Mon, 7.45am, at Aldi, Kippax Shops, Holt

Yoga

Northside: Mon, 7.30-8.30pm, Holt

Southside: Tues, 10-11am, Chifley (from 16 Jan)

Northside: Tues, 10-11am, Holt (from 16 Jan)

Southside: Sat, 10.30-11.30am, Qbyn (from 20 Jan)

Meditation

Weekly on Sat, 12noon-1pm, Qbyn (from 20 Jan)



Social

◆ 'StarStruck' Exhibition: Australian Movie Portraits

Thur 18 Jan: choice of two sessions: 10am - 12 noon OR 3pm - 4.30pm
National Portrait Gallery, Parkes

Nguluyway Indigenous Art Group

(Aboriginal carers only)

Fri 19 Jan, fortnightly
11am-2pm, Carers ACT

◆ Lunch & Movies

Sat 20 Jan, 12.30pm Caph's Cafe, Manuka.
Followed by movies in Manuka at 2.15pm.

Nguluyway Indigenous Art Group - Open

Tues 23 Jan, 11am-2pm, Carers ACT
This session is open to ALL carers

◆ Walk, Talk and Eat

Sat 27 Jan, 8am - 11am
Meet in the carpark at Weston Park Miniature Railway, corner of Station Street and Pescott Lane, Yarralumla

◆ Songlines: Tracking the Seven Sisters & Lunch

Tues 30 Jan, 12noon - 4pm
National Museum of Australia, Acton

NSW carers are very welcome to attend all ACT events.

Note: Fees apply to some events.

For full details on each activity and to book please visit our website:

www.carersact.org.au/events

◆ = Registration essential. Limited numbers

NOTE: some dates may be subject to change

Carers ACT

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|---|---|--|--|---|--------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 Gentle Walking 7.45am | 9 Southside Carers Hungarian Carers Mental Health Support Group - Nthside 5-7pm | 10 | 11 Dementia Education Series Indian Carers Support Group 10-11.30am | 12 | 13 | 14 |
| 15 Gentle Walking 7.45am Yoga – Northside 7.30pm | 16 Yoga - Southside 10-11am Yoga - Northside 10-11am Southside Carers Support Group | 17 Supported Decision Making 10-12pm | 18 'StarStruck' Exhibition (NPG) (10am or 3pm) | 19 Ngulway Aboriginal Art Group 11am-2pm | 20 Yoga – Southside 10.30am Meditation 12-1pm Movies & Lunch 12.30pm | 21 |
| 22 Gentle Walking 7.45am Yoga – Northside 7.30pm | 23 Yoga - Southside 10-11am Yoga - Northside 10-11am Self Care for Carers 6-8pm Autism Spectrum Disorder Support Group – N'side 12.30pm Ngulway Aboriginal Art Group – Open 11am-2pm | 24 Mental Health Carer Support Group – Southside 6-8pm | 25 | 26 | 27 Walk, Talk & Eat 8am Yoga – Southside 10.30am Meditation 12-1pm | 28 |
| 29 Gentle Walking 7.45am Yoga – Northside 7.30pm | 30 Yoga - Southside 10-11am Yoga - Northside 10-11am Songlines: Tracking the Seven Sisters 12 noon | 31 Mature Carers Group 10-11.30am | | | | |