

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30 Mindfulness for Mental Health (6pm)	31					1
2 Gentle Walking (7.45am) First Aid (Key2Learning) (10am, Northside) Yoga – Northside (7.30pm) Borderline PD Support (5.30pm) Spanish Carers Group	3 Yoga - Northside (10am) Yoga - Southside (10am) Kinship Carers Support Group (10am) Hungarian Carers Group (12pm)	4 Meditation Northside (10am) Northside Carers Support Group (10am)	5 Budgeting Workshop (10am) Daytime Singing Group (10am, Cooma) Beginners Computer 5 (10am) Gentle Movement (10.30am)	6 Aged Series – Street Smart Seniors (10am) Nguluway Aboriginal Art Group (11am) Italian Carers Group (10am) Jindabyne Carer Support Group (3pm)	7 Yoga – Southside (10.30am) Meditation – Southside (12pm) First Aid (Key2Learning) (10am, Southside)	8
9 Gentle Walking (7.45am) Carers Crafty Group (10.30am) Spanish Carers Group	10 Yoga - Southside (10am) Yoga - Northside (10am) Sthside Carers Support (10am) Mental Health Support– Nthside (5pm)	11 Allergies' Info Session (10.30am) Meditation Northside (10am)	12 Daytime Singing Group (10am, Cooma) Gentle Movement (10.30am) Autism Support - Southside (7pm) Indian Carers Group (10am)	13 Veterans' Partners (9.30am)	14 Yoga – Southside (10.30am)	15
16 Gentle Walking (7.45am) Become More Energy Efficient & Money (10.30am) Yoga - Northside (7.30pm) Spanish Carers Group	17 Yoga - Southside (10am) Yoga - Northside (10am) Art Appreciation (10.15am)	18 Mature Aged Carers Support (10am) Meditation Northside (10am)	19 Daytime Singing Group (10am, Cooma) Gentle Movement (10.30am)	20 Nguluway Aboriginal Art Group (11am)	21 Yoga – Southside (10.30am)	22
23 Spanish Carers Group Gentle Walking (7.45am) Yoga - Northside (7.30pm)	24 Mindfulness for Mental Health (12.30pm) Yoga - Southside (10am) Yoga - Northside (10am) Autism Support - Northside (10am)	25 Meditation Northside (10am) Mental Health Support - Sthside (6pm)	26 Daytime Singing Group (10am, Cooma) T'ai Chi (10.30am) Centrelink Payments & Allowances (10am) Partners In Depression Alumni Support Group (6pm)	27	28 Walk, Talk and Eat (9am) Yoga – Southside (10.30am)	29

What's On

FOR CARERS

JULY



Educational

- ◆ **First Aid Course (Key2Learning)**
Mon 2 Jul, 10am-4.30pm, Carers ACT
Sat 7 Jul, 10am – 4.30pm Sthside
- ◆◆ **Budgeting Info Session**
Thu 5 Jul, 10am-12pm, Carers ACT
- ◆◆ **Aged Series: Street Smart Seniors**
Fri 6 Jul, 10am-12 noon, Carers ACT
- ◆◆ **Allergies' Info Session**
Wed 11 Jul, 10.30am-12.30pm, Carers ACT
- ◆◆ **Become More Energy efficient & Save Money**
Mon 16 Jul, 10.30am-12.30pm, Carers ACT
- ◆ **Centrelink Payments & Allowances**
Thu 26 Jul, 10am – 12, Carers ACT



Nurturing

- ◆ **Gentle Walking & Cuppa**
Weekly on Mondays, 7.45am, Kippax Aldi
- ◆ **Yoga**
Northside
Weekly Mon, 7.30-8.30pm, Holt
Weekly Tues, 10am-11am, Holt
Southside
Weekly Tues, 10am-11am, Chifley
Weekly Sat, 10.30am-11.30am, Qbyn
- ◆ **Gentle Movement**
Thurs, 5, 12 & 19 Jul
10.30am-11.30am, Holt
- ◆ **Chill Out With T'ai Chi**
Fortnightly from Thu, 26 July
10.30am-12noon, Holt
- ◆ **Meditation Drop In**
First Sat Monthly, 12 noon -1pm, Qbyn
Weekly Wed, 10am to 11.30am Holt
- ◆ **Mindfulness for Mental Health Carers**
Tue, 24 July, 12.30 – 2.30pm, Holt



Social

- ◆ **Cooma Singing Group**
Weekly Thursdays, 10am-12pm, Cooma
- ◆ **Carers Crafty Group**
Mon 9 Jul, 10.30am-1pm, Carers ACT
- ◆ **Nguluway Indigenous Art Group**
(Aboriginal carers only)
Fortnightly Fridays, 11am-2pm, Carers ACT
- ◆ **Art Appreciation**
Tues 17 Jul, 10.15am-12pm
National Gallery of Australia, Parkes
- ◆ **Walk, Talk & Eat**
Sat 28 Jul, 9am-11am
Venue tbc

Carers^{ACT}

For bookings and full details on activities please visit:
www.carersact.org.au/events

- ◆ = Registration essential
- ◆◆ = Session being live-streamed