

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
		Meditation Northside (10am) Northside Carers Support Group (10am)	Daytime Singing Group (10am, Cooma) Gentle Movement (10.30) Take Charge of Your Health: Manage Your Medicines (10.30am)	Aged Series – Home Care and Aged Facilities (10am) Italian Carers Group (10am) Nguluway Aboriginal Art Group (11am) Jindabyne Carer Support Group (3pm)	Yoga – Southside (10.30am) Meditation – Southside (12pm) Trees An Exhibition (2.00pm)	
6	7	8	9	10	11	12
Gentle Walking (7.45am) Yoga – Northside (7.30pm) Borderline PD Support (5.30pm) Spanish Carers Group	Yoga - Northside (10am) Yoga - Southside (10am) Kinship Carers Support Group (10am) Hungarian Carers Group (12pm)	Meditation Northside (10am) Batemans Bay Carers Support Group (10.30am) A Crafty Afternoon – Silk Scarf Dyeing (1pm)	Daytime Singing Group (10am, Cooma) T'ai Chi (10.30am) Indian Carers Group (10am) Autism Support - Sthside (7pm)	Veterans' Partners (9.30am) My Health Record (10.30am)	Yoga – Southside (10.30am)	
13	14	15	16	17	18	19
Gentle Walking (7.45am) Carers Craft Group (10.30am) Spanish Carers Group Yoga – Northside (7.30pm) Men's Burger Group (6pm)	Yoga - Northside (10am) Yoga - Southside (10am) Sthside Carers Support (10am) Advocacy Talk (10am) Mental Health Support– Nthside (5pm)	Meditation Northside (10am) Allergies Info Session (10.30am) Mature Aged Carers Support (10am) Interpersonal Effectiveness for MH Carers (6pm)	Daytime Singing Group (10am, Cooma) Gentle Movement (10.30am)	Nguluway Aboriginal Art Group (11am)	Yoga – Southside (10.30am)	
20	21	22	23	24	25	26
Gentle Walking (7.45am) Spanish Carers Group Yoga - Northside (7.30pm)	Yoga - Northside (10am) Yoga - Southside (10am) Art Appreciation (10.15am) Dementia Education Series – National Portrait Gallery (10.30am)	Meditation Northside (10am) Mental Health Support - Sthside (6pm)	Daytime Singing Group (10am, Cooma) T'ai Chi (10.30am)		Walk, Talk and Eat (9am) Yoga – Southside (10.30am)	
27	28	29	30	31		
Gentle Walking (7.45am) Spanish Carers Group Yoga - Northside (7.30pm)	Yoga - Northside (10am) Yoga - Southside (10am) Autism Support - Northside (10am)	Meditation Northside (10am)	Daytime Singing Group (10am, Cooma) Gentle Movement (10.30am) Palliative Care (10.30am)	Nguluway Aboriginal Art Group (11am)		

What's On

FOR CARERS

Aug



Educational

- ◆◆ **Take Charge of Your Health: Manage Your Medicines**
Thurs 2 Aug, 10.30am- 12.30pm, Carers ACT
- ◆ **Aged Series: Home Care & Aged Facilities**
Fri 3 Aug, 10am-12pm, Carers ACT
- ◆◆ **My Health Record**
Fri 10 Aug, 10.30am-12.30pm, Carers ACT
- ◆◆ **Advocacy Talk**
Wed 14 Aug, 10.30-11.30am, Carers ACT
- ◆◆ **Allergies Information Session**
Wed 15 Aug, 10.30am-12.30pm, Carers ACT
- ◆ **Interpersonal Effectiveness for Mental Health Carers**
Wed 15 Aug, 6pm – 8pm, Carers ACT
- ◆◆ **Wills Power of Attorney Trusts**
Mon 20 Aug, 6pm-8pm, Carers ACT
- ◆ **Dementia Education Series**
Tues 21 Aug, 10.30am-2.30pm, National Portrait Gallery, Parkes
- ◆◆ **Palliative Care**
Thurs 30 Aug, 10.30am – 12.30pm 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, Qbryn
- ◆ **Gentle Movement**
Fortnightly on Thurs: 2, 16 & 30 Aug
10.30am-11.30am, Holt
- ◆ **Chill Out with T'ai Chi**
Fortnightly on Thurs: 9 & 23 Aug
10.30am-12noon, Holt
- ◆ **Meditation Drop In**
First Sat Monthly, 12 noon -1pm, Qbryn
Weekly Wed, 10am to 11.30am Holt



Social

- ◆ **Cooma Singing Group**
Weekly Thursdays, 10am-12pm, Cooma
- ◆ **Jindabyne Carer Support Group**
Fri 3 Aug, 3pm, East Jindabyne
- ◆ **Trees – An Exhibition**
Sat 4 Aug, 2pm-3.30pm, Dickson
- ◆ **Batemans Bay Carer Support**
Second Wed of month, 8 Aug, 10.30am
- ◆ **A Crafty Afternoon – Silk Scarf Dyeing**
Wed 8 Aug, 1pm-3pm, Carers ACT
- ◆ **Carers Craft Group**
Mon 13 Aug, 10.30am-1pm, Carers ACT
- ◆ **Men's Burger Night**
Mon 13 Aug, 6pm-8pm, Venue tbc
- ◆ **Nguluway Aboriginal Art Group**
(Aboriginal carers only)
Fortnightly Fridays, 11am-2pm, Carers ACT
- ◆ **Art Appreciation**
Tues 21 Aug, 10.15am-12pm, NGA, Parkes
- ◆ **Walk, Talk & Eat**
Sat 25 Aug, 9am-11am Venue tbc

CarersACT

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

◆ = Registration essential ◆ = Session being live-streamed

Please note: if a facilitator becomes unavailable we will, where possible, organise a replacement session as close as possible to the original activity.

PROGRAMS TEAM: Ph 6296 9982 Email: rsvp@carersact.org.au