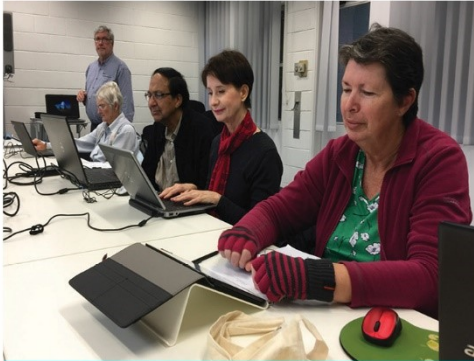


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1</p> <p>Public Holiday No activities</p>	<p>2</p> <p>Yoga Nrthside + Sthside (10am) Kinship Carers Group (10am) Hungarian Carers Group (12pm) <i>Key2Learning First Aid Course (9.30am) RSVP- (02) 6163 9595</i> Keeping Families Connected Support Group Wk1 (6pm)</p>	<p>3</p> <p>Meditation Northside (10am) Northside Carers Support Group (10am)</p>	<p>4</p> <p>Daytime Singing Group (10am, Cooma) Mindful Movement Week 1 (10.30am)</p>	<p>5</p> <p>Aged Series – Seniors Nutrition (10am) Jindabyne Carer Support Group (3pm) Italian Carers Group (10am) Wellness Course 1 (10am)</p>	<p>6</p> <p>Yoga – Southside (10.30am) Meditation – Southside (12pm)</p>	<p>7</p>
<p>8</p> <p>Gentle Walking (7.45am) Carers Crafty Group (10.30am) Spanish Carers Group Yoga – Northside (7.30pm)</p>	<p>9</p> <p>Yoga Sthside + Nthside (10am) Sthside Carers Support (10am) MH Awareness with MIEACT (2pm) MH Support– Nthside (5pm) KFC Support Group Wk2 (6pm)</p>	<p>10</p> <p>Meditation Northside (10am) Batemans Bay Support Group (10.30am)</p>	<p>11</p> <p>Mindful Movement Week 2 (10.30am) Daytime Singing Group (10am, Cooma) Indian Carers Group (10am) Autism Support - Southside (7pm)</p>	<p>12</p> <p>Veterans’ Partners (9.30am) Nguluway Aboriginal Art Group (11am) Wellness Course 2 (10am)</p>	<p>13</p> <p>Yoga – Southside (10.30am)</p>	<p>14</p> <p>National Carers Week 14-20 Oct</p>
<p>15</p> <p>Gentle Walking (7.45am) Yoga - Northside (7.30pm) Spanish Carers Group</p>	<p>16</p> <p>Yoga Sthside + Nthside (10am) Art Appreciation (10.15am) Tai Chi (10.30am, Hall) Mindful Movement Wk1 (6.30pm) KFC Support Group Wk3 (6pm)</p>	<p>17</p> <p>Mature Aged Carers Support (10am) Meditation Northside (10am) Food Safety & Handling at Home (10.30am) FIS Retirement Reality & Investment Choices (6pm, Ainslie)</p>	<p>18</p> <p>Partners in Depression (9.45am) Mindful Movement Week 3 (10.30am) Daytime Singing Group (10am, Cooma) Mindful Gardening Week 1 (1pm) FIS Aged Care – Fees & Charges (6pm, Ainslie)</p>	<p>19</p> <p><i>Key2Learning Manual Handling (10am, Watson)</i> RSVP – (02) 6163 9595 Wellness Course 3 (10am)</p>	<p>20</p> <p>Yoga – Southside (10.30am) Dementia Education NPG (10.30am)</p>	<p>21</p>
<p>22</p> <p>Gentle Walking (7.45am) National Zoo & Aquarium (10.00am) Spanish Carers Group Yoga - Northside (7.30pm)</p>	<p>23</p> <p>Yoga Sthside + Nthside (10am) Autism Support – Nrthside (10am) T'ai Chi (10.30am, Hall) Computer Course Wk1 (10am) <i>Key2Learning Managing Personal Care (2pm) RSVP-) 6163 9595</i> Mindful Movement Wk2 (6.30pm) KFC Support Group Wk4 (6pm)</p>	<p>24</p> <p>Meditation Northside (10am) Mental Health Support - Sthside (6pm)</p>	<p>25</p> <p>Partners in Depression (9.45am) Daytime Singing Group (10am, Cooma) Mindful Movement Week 4 (10.30am) Mindful Gardening Week 2 (1pm) Writing Therapy Week 1 (6pm)</p>	<p>26</p> <p>Nguluway Aboriginal Art Group (11am) Wellness Course 4 (10am)</p>	<p>27</p> <p>Yoga – Southside (10.30am) Walk, Talk and Eat (9am)</p>	<p>28</p>
<p>29</p> <p><i>Key2Learning First Aid Course (9.30am) RSVP- (02) 6163 9595</i> Yoga – Northside (7.30pm)</p>	<p>30</p> <p>Yoga Sthside + Nthside (10am) Computer Course Wk2 (10am) T'ai Chi (10.30am, Hall) Mindful Movement 3 (6.30pm)</p>	<p>31</p> <p>St Andrews Guided Tour (10am)</p>				

What's On

FOR CARERS

Oct



Educational



Nurturing



Social

◆ **Key2Learning First Aid Cert Course**
RSVP- 6163 9595

Tues 2 Oct, 9.30am-4.30pm, Carers ACT **OR**
Mon 29 Oct, 9.30am-4.30pm, Carers ACT

◆◆ **Carer Wellness Course (4 weeks)**
Fridays, 10am to 12noon, Carers ACT

◆◆ **Aged Series – Food Choices & Nutrition for Seniors**
Fri 5 Oct, 10am-12pm, Carers ACT

◆ **Mental Health Awareness**
Tuesday 9 October, 2pm, Carers ACT

◆ **Keeping Families Connected (KFC)**
Four week program on Tuesdays, 6pm, Carers ACT

◆ **Food Safety & Handling at Home**
Wed 17 Oct, 10.30am-12pm, Carers ACT

◆ **FIS Retirement Reality & Investment**
Wed 17 Oct, 6pm-8pm, Ainslie

◆ **Partners in Depression (6 weeks)**
From Thur 18 Oct, 9.45am, Carers ACT

◆◆ **Mindful Gardening (4 weeks)**
Weekly Thurs, from 18 Oct, 1 -2.30pm, Holt

◆ **Key2Learning Manual Handling**
RSVP- 6163 9595
Fri 19 Oct, 10am-12noon, Watson

◆◆ **Dementia, Sexuality & Care**
Sat 20 Oct, 10.30am – 2.30pm, NPG

◆ **Gentle Walking & Cuppa**
Weekly on Mondays, 7.45am, Kippax Aldi
(no group on 1 Oct)

Yoga
Northside
Weekly Mon, 7.30pm-8.30pm, Holt
(no class on 1 Oct)
Weekly Tues, 10am-11am, Holt

Southside
Weekly Tues, 10am-11am, Chifley
Weekly Sat, 10.30am-11.30am, Qbyn

◆◆ **Mindful Movement (4 weeks)**
Weekly Thurs, 10.30am-11.30am, Holt **OR**
Weekly Tues, from 16 Oct, 6.30pm -7.30pm

◆◆ **Chill Out With T'ai Chi**
Weekly Tues, from 16 Oct, 10.30am-11.45am, Hall

◆ **Meditation Drop In**
First Sat Monthly, 12 noon -1pm, Qbyn
Weekly Wed, 10am to 11.30am Holt

◆◆ **Computer Course (6 weeks)**
From Tues 23 Oct, 10am – 12pm, Carers ACT

◆ **FIS Aged Care – Fees & Charges**
Thurs 18 Oct, 6pm-8pm, Ainslie

◆ **Key2Learning Managing Personal Care Needs** **RSVP- 6163 9595**
Tues 23 Oct, 2pm-4pm, Carers ACT

◆◆ **Seasons for Growth: Understanding Change, Loss and Grief**
Wed 17 Oct, 7-9.30pm, Carers ACT

◆ **Cooma Singing Group**
Weekly Thursdays, 10am-12pm, Cooma

◆ **East Jindabyne Support Group**
First Friday of each month, 3pm-5pm, Jindabyne

◆◆ **Carers Crafty Group**
Mon 8 Oct, 10.30am-1pm, Carers ACT

Nguluway Indigenous Art Group
(Aboriginal carers only)
Fortnightly Fridays, 11am-2pm, Carers ACT

◆ **Art Appreciation**
Tues 16 Oct, 10.15am-12pm
National Gallery of Australia, Parkes

◆◆ **National Zoo & Aquarium**
Mon 22 Oct, 10.00am Yarralumla

◆ **Walk, Talk & Eat**
Sat 27 Oct, 9am-11am -venue tbc

◆ **Guided Tour of St Andrews**
Wed 31 Oct, 10am-11am
Forrest

◆◆ **Writing Therapy (4 weeks)**
Weekly Thurs, from 25 Oct, Holt

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

◆ = Registration essential
◆ = Session being live-streamed
◆ = Cost to attend