

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<b>Public Holiday</b> 1	<b>Carers ACT Office Reopens</b> 2	3	4	5	6
7 <b>Gentle Walking</b> (7.45am)	8 <b>Young Carer Drop In</b> (5pm)	9 <b>Batemans Bay Support Group</b> (10.30am)	10 <b>Daytime Singing Group</b> (10am, Cooma)	11	12 <b>Yoga – Southside</b> (10.30am)	13
14 <b>Gentle Walking</b> (7.45am) <b>Yoga - Northside</b> (7.30pm)	15 <b>Yoga Sthside + Nthside</b> (10am) <b>Sthside Carers Support Group</b> (10am) <b>MH Carer Support Group– Nthside</b> (5pm)	16 <b>Future Planning Workshop</b> (10am) <b>2019 Optimise your Wellness</b> (10am)	17 <b>Daytime Singing Group</b> (10am, Cooma) <b>Indian Carers Group</b> (10am)	18 <b>Nguluway Aboriginal Art Group</b> (11am)	19 <b>Yoga – Southside</b> (10.30am)	20
21 <b>Gentle Walking</b> (7.45am) <b>2019 Optimise your Wellness</b> (2pm) <b>Yoga - Northside</b> (7.30pm)	22 <b>Yoga Nthside</b> (10am) <b>My Health Record</b> (10.00am) <b>Young Carer Drop In</b> (5pm)	23 <b>Stress Better For Adults</b> (2.00pm)	24 <b>Daytime Singing Group</b> (10am, Cooma)	25	26 <b>Yoga – Southside</b> (10.30am)	27
28 <b>Public Holiday</b>	29 <b>Yoga Nthside</b> (10am)	30 <b>Future Planning Workshop</b> (10am)	31 <b>Daytime Singing Group</b> (10am, Cooma)			

# What's On

## FOR CARERS



**Educational**



**Nurturing**



**Social Jan**

### Young Carer Drop In (fortnightly)

Tues 8, 22 Jan, 5pm, Carers ACT

### ◆ Future Planning Workshop

Wednesday 16 Jan, 10am, Carers ACT &  
Wednesday 30 Jan, 10am, Carers ACT

### ◆◆ 2019 - Optimise your Wellness

Wednesday 16 Jan, 10am, Carers ACT,  
or,  
Monday 21 Jan, 2pm, Carers ACT

### ◆◆ Stress Better For Adults

Wednesday 23 Jan, 2pm, Carers ACT

### ◆◆ My Health Record

Tuesday 22 Jan, 10am, Carers ACT

### ◆ Gentle Walking & Cuppa

Weekly on Mondays commencing from  
7 Jan, 7.45am, Kippax Aldi  
Please note Monday 28 is a Public  
Holiday

### Yoga

#### Northside

Weekly from Mon 14 Jan, 7.30pm-  
8.30pm, Holt

Weekly from Tues 15 Jan, 10am-11am,  
Holt

#### Southside

Weekly from Tues 15 Jan, 10am-11am,  
Chifley

Weekly from Sat 12 Jan, 10.30am-  
11.30am, Qbyn

### ◆ Cooma Singing Group

Weekly from Thursday 10 Jan, 10am-  
12pm, Cooma

### Nguluway Indigenous Art Group

(Aboriginal carers only)

Friday 18 Jan, 11am-2pm, Carers ACT

\* Correct at time of printing please check our  
website for more activities in Jan 2019.

For bookings and **full** details  
on activities please visit our website:  
[www.carersact.org.au/events](http://www.carersact.org.au/events)

◆ = Registration essential

◆◆ = Session being live streamed

◆◆◆ = Cost to attend