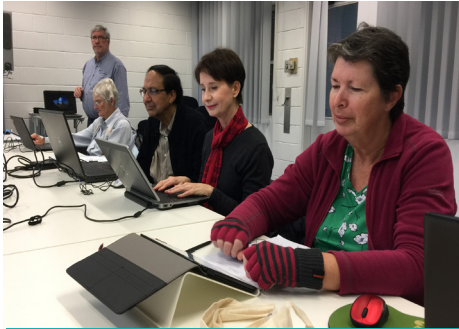


What's On

FOR CARERS

NOV



Educational

◆ Navigating ACT Mental Health

2 Nov, 6pm-8pm, Carers ACT

◆ Aged Series: Financial Planning after an ACAT Assessment

3 Nov, 10am-12noon, Carers ACT

◆ Suicide Awareness for Carers

8 Nov, 2pm-4pm, Carers ACT

◆ Beginners Computer - 5 weeks

9 Nov, 10am-12noon, Carers ACT

◆ Funeral Planning Info Session

13 Nov, 6.30pm-8pm, Carers ACT

16 Nov, 10am-12noon, Carers ACT

◆ NDIS - Navigating the MyPlace

7 Nov, 2pm-3.30pm, Carers ACT

14 Nov, 6pm-7.30pm, Carers ACT

◆ Taking Charge of Your Health

14 Nov, 10am-12noon, Carers ACT

◆ Self Care for MH Carers

17 Nov, 1.30pm-3pm, Carers ACT

◆ Dementia Education Series

18 Nov, 10.30am-2.30pm, Carers ACT

30 Nov, 10am-2pm, Carers ACT

◆ Carers Christmas Budgeting

20 Nov, 10am-12noon, Carers ACT

◆ Wills, Power of Attorney, Trusts

20 Nov, 6.30pm-8pm, Tuggeranong

28 Nov, 10am-12noon, Carers ACT

◆ NDIS - Service Agreements

21 Nov, 2pm-3.30pm, Carers ACT

28 Nov, 6pm-7.30pm, Carers ACT



Nurturing

◆ Meditation Made Easy - 6 weeks

Six Weds from 1 Nov - 6 Dec, 11am-1pm, Carers ACT

◆ Meditation - 4 weeks

Four Fridays from 24 Nov, 11am-12.30pm, Carers ACT

◆ Ladies Pamper Christmas Treat

20 Nov, 9am-7.00pm, Woden

◆ Sing Along for Stress Relief

9 & 23 Nov, 10.30am-11.30am, Carers ACT

◆ Gentle Walking & Cuppa

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

◆ Yoga

Southside: Mon, 10am-11am, Chifley

Northside: Tues, 10am-11am, Holt

Northside: Mon, 7.30-8.30pm, Holt

Southside: Sat, 10.30-11.30am, Qbyn

◆ T'ai Chi

Weekly Thurs, 10.30am-12noon, Carers ACT, Holt

◆ Meditation

Weekly Sat, 12noon-1pm, Qbyn

◆ Arthritis Info Session

21 Nov, 10am-12noon, Holt



Social

◆ 25th Anniversary Party

4 Nov, 4-8pm, Aust Botanic Gardens

◆ Nguluway Indigenous Art Group

F'tnightly Tues, 11am-2pm, Carers ACT

◆ Carers Drop In

2, 16, 30 Nov, 2pm-3.30pm, Carers ACT

◆ Carers Sunday Lunch

12 Nov, 12noon-2.30pm

Jamieson Southern Cross Club, Macquarie

◆ Carers' Crafty Group: Card Making

13 Nov, 10.30am-1pm, Carers ACT

◆ Lunch for Carers of People with Dementia

17 Nov, 12.30pm-2.30pm, Carers ACT

◆ Carers with Cameras

17 Nov, 12.30pm-2.30pm,

James Turrell Skyspace, NGA, Parkes

◆ Art Appreciation

21 Nov, 10.15am-12noon, NGA, Parkes

◆ Walk, Talk & Eat

25 Nov, 9.30am-11.30am, Lake Ginniderra

◆ Movies & Cuppa

27 Nov, 10.30am-1.30pm

Capitol Cinemas, Manuka

For full details on each activity and to make bookings please visit our website

www.carersact.org.au/events

◆ = Registration essential. Limited numbers

CarersACT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>30</p> <p>Gentle Walking Movies & A Cuppa Yoga - Southside Yoga - Northside Spanish Group Dementia Education Series</p>	<p>31</p> <p>NDIS: About the LAC Gentle Yoga - Northside</p>	<p>1</p> <p>Meditation Made Easy 1 Northside Carers Support Group</p>	<p>2</p> <p>Tai Chi Carer Drop-In (2pm) Navigating the ACT Mental Health System</p>	<p>3</p> <p>Ageing Series: Financial Planning after ACAT Assessment Italian Carers Support Group</p>	<p>4</p> <p>25th Anniversary Party Meditation Yoga Southside</p>	<p>5</p>
<p>6</p> <p>Gentle Walking Yoga - Southside Yoga - Northside Spanish Group</p>	<p>7</p> <p>NDIS - Navigating MyPlace Gentle Yoga - Northside Southside Carers Hungarian Carers Mental Health Nthside</p>	<p>8</p> <p>Meditation Made Easy 2 Suicide Awareness for Mental Health Carers</p>	<p>9</p> <p>Tai Chi Computer Course 1 Sing-A-Long for Stress Relief ASD Support Group -- Yarralumla</p>	<p>10</p> <p>Veterans' Partners</p>	<p>11</p> <p>Meditation Yoga Southside</p>	<p>12</p> <p>Carers Sunday Social Lunch</p>
<p>13</p> <p>Gentle Walking Yoga - Southside Spanish Group Carers Crafty Group Yoga -- Northside Funeral Planning</p>	<p>14</p> <p>Nguluway Art Group NDIS - Navigating MyPlace Taking Charge of Your Health Gentle Yoga - Northside Southside Carers Support Group</p>	<p>15</p> <p>Meditation Made Easy 3</p>	<p>16</p> <p>Tai Chi Computer Course 2 Funeral Planning Info Session Carer Drop-In (2pm) Indian Carers</p>	<p>17</p> <p>Dementia Carers Lunch Carers with Cameras Self-Care for Mental Health Carers</p>	<p>18</p> <p>Meditation Yoga Southside Dementia Education Series</p>	<p>19</p>
<p>20</p> <p>Gentle Walking Ladies Xmas Pamper Yoga - Southside Yoga - Northside Spanish Group Budgeting for Xmas Wills & POA</p>	<p>21</p> <p>NDIS Service Agreements Art Appreciation - NGA Gentle Yoga - Northside Arthritis Info Session</p>	<p>22</p> <p>Meditation Made Easy 4 Mature Aged Carers</p>	<p>23</p> <p>Tai Chi Computer Course 3 Sing-A-Long for Stress Relief</p>	<p>24</p> <p>Meditation 1</p>	<p>25</p> <p>Meditation Yoga Southside Walk, Talk, Eat</p>	<p>26</p>
<p>27</p> <p>Gentle Walking Movies & A Cuppa Yoga - Southside Yoga - Northside Spanish Group Ladies Xmas Pamper</p>	<p>28</p> <p>Nguluway Art Group NDIS Service Agreements Gentle Yoga - Northside Wills & POA ASD Support Group Holt</p>	<p>29</p> <p>Meditation Made Easy 5 Mental Health Southside -- Woden</p>	<p>30</p> <p>Tai Chi Computer Course 4 Carer Drop-In (2pm)</p>	<p>1</p> <p>Meditation 2</p>	<p>2</p> <p>Meditation Yoga Southside</p>	<p>3</p>