

ACT Seniors Week

12-18 March 2018

Love later life

Event Program

ALL WEEK

Free travel on ACTION buses

Seniors Card holders will be able to get free bus travel during ACT Seniors Week. Simply tag on and off using your ACT Seniors Card and you will not be charged.

Tuggeranong 55 Plus Club Open Week

Visit the Tuggeranong 55 Plus club and try what the club has to offer – Mahjong, Indoor Bowls, Corefit Exercise, Backgammon, Art & Photo Exhibitions and many more.

When: Daily - 9.30am - 3.30pm

Where: Tuggeranong Seniors Centre, 101 Cowlshaw Street, Greenway

Canberra Balloon Spectacular

Wake up to the view of hot air balloons floating across the city during the Canberra Balloon Spectacular.

Each day from 6:15am pilots will inflate their balloons on the lawns of Old Parliament House before ascending into the sky and creating a picturesque backdrop for Canberra's national attractions.

For balloon flight bookings call Ballons Aloft 02 6285 1540 or Dawn Drifters 02 6285 4450. Free viewing for spectators.

Enlighten Festival

The national capital's Parliamentary Triangle will be transformed into a vibrant arts precinct with free entertainment such as talented street artists and international musical acts - all set against a backdrop of stunning architectural projections that shine a light on some of Australia's most iconic attractions. Look for the full program on the Enlighten website: <http://enlightencanberra.com>

SUN 11 MARCH

Sunday Social Dances

Sunday Social Dances with a variety of non-stop music will be held at the Top of the Cross. Residents of the ACT who would like to come along need to be members (or become members) of the Club to purchase an admission ticket.

Admission tickets for the dance are to be purchased at Reception when you enter the Club. Where: Top of the Cross, Woden Southern Cross Club When: 1-4:30pm Cost: \$10 per person

Bridge City and Black Mountain Jazz Bands

Enjoy three hours of free live jazz from 1pm in the lounge from the Sydney's Bridge City Jazz Band and past members of Canberra's famous Black Mountain Jazz Band. Playing your 1920s favourite traditional tunes with a New Orleans flavour, this vibrant and entertaining seven piece band always entertains.

Where: Jamison Southern Cross Club When: 1-4pm Cost: Free

MON 12 MARCH

Canberra Day

Canberra is turning 105 this year! Join in the celebrations with a program bursting to the seams with live music and entertainment for all.

Where: Commonwealth Park When: 2pm-7pm Cost: Free

Yes, you can dance!

Come and try GOLD - fun, creative dance classes for anyone over 55. Free taster classes for new starters in Seniors Week at Canberra Dance Theatre's world-class studio on the city side of the ANU campus. All welcome, no previous dance experience is necessary, but

you do need to be able to move independently without mobility aids.

Where: Canberra Dance Theatre 1 Kingsley Street Acton 2601 When: 10.30-11.50 More information: www.canberradancetheater.org or phone 0435 025 365

My HeartBeats

Join in a gentle exercise class to get your heart beating. Where: Hughes Community Centre (main hall) When: Every Monday 9:30am or 10:45am Cost: \$8

TUE 13 MARCH

Chief Minister's Concert

Join the Chief Minister, the Minister for Veterans and Seniors and the Band of the Royal Military College for an unforgettable show. Due to demand in 2018 there will be two shows! Where: Albert Hall, Commonwealth Ave Yarralumla When: 11am and 1pm Cost: Gold coin donation Bookings: Required. All bookings through COTA ACT 6282 3777. Free transport to and from the 11am show from Woden and City Bus Stations courtesy of the Flexible Bus Service (bookings required).

'Find Your Voice' with the Heart and Soul Singers

Discover the joy of singing with over 50's community singing group Heart and Soul Singers - come along and experience the pleasure of finding your voice. This inclusive friendly group will make you feel very welcome! Where: Tuggeranong Seniors Centre, 101 Cowlshaw Street, Greenway When: 10:15am-12:15pm Cost: Free

BEST Club

The Belconnen Energetic Seniors on a Tuesday (BEST) Club is a weekly program that offers an opportunity to socialise with others in a friendly and stimulating environment. BEST club provides a program of guest speakers, activities, games, outings and exercise. There is a small cost to attend BEST Club, which includes morning tea. Where: West Belconnen Raiders Leagues Club When: 10:30am-1:30pm Cost: \$8 Booking: Required - contact 6264 0200 to discuss eligibility and registration

Try Goodwin Day Club

Join Goodwin Monash Day Club for morning tea. Check out the variety of activities and craft you can do and hear about help to stay in the home you love. Where: 15 Cockcroft Ave, Monash When: 10:30am-12pm Cost: Free Bookings: to Ian 6178 7280

Wills and Enduring Power of Attorney Forum

The Public Trustee and Guardian will be presenting a free Seniors Week forum on Wills and Enduring Power of Attorney. Lucky door prizes, Free PTG Will voucher for all attendees appointing PTG as an executor, light refreshments provided. Where: Ainslie Football and Social Club, 52 Wakefield Avenue, Ainslie When: 9.30am - 12pm Cost: Free Bookings: Required to 6207 9800

Forrest Men's Shed Open Day

Interested in joining a Men's Shed? Forrest Men's Shed will host an open day during Senior's at their meeting rooms and woodworking workshop. Where: Wesley Uniting gymnasium, Fitzroy St, Forrest When: 10am-12pm

Assistive Equipment & Home Modifications

Join carers for an information session on assistive equipment and home modifications by an occupational therapist to help you maintain your carer role safely. Find out about identifying the right equipment, common home access and safety issues, designing suitable home modifications. When: 10:30am-12pm Where: Carers ACT, 2/80 Beaurepaire Cres, Holt Cost: Free

My HeartBeats

Join in a gentle exercise class to get your heart beating. Where: Weston Creek Community Centre (main hall) When: Every Tuesday 11:30am Cost: \$10

WED 14 MARCH

Southside Retirement Village Bus Tour

Join COTA ACT and visit four southside retirement villages, Marian Manuka, Marigal Gardens, Amala and Mirinjani. Where: pick up details advised on booking When: 9:30am-2pm Cost: Free Bookings: Required to COTA ACT on 6282 3777

Open House: Ralph Cartwright Centre live-in care

See what today's live-in care is like at Goodwin's Ralph Cartwright Centre. One-hour tour and Q&A.

Where: Goodwin Monash, 27 Cockcroft Ave, Monash When: 3:30pm Cost: Free

Bookings: to 6175 5192 or admissions@goodwin.org.au

'STRUTTING OUR STUFF' Fashion Parade

Knitting group, Knit n Knatter, will be casually showing off some of the items that they have made. There will also be a display of 30 sports team coloured bears. Where: Tuggeranong Seniors Centre, 101 Cowlshaw Street, Greenway When: 1:30pm - 3:30pm Cost: \$5

Open House: David Harper House live-in care

See what today's live-in care is like at Goodwin's David Harper House. One-hour tour and Q&A.

Where: Goodwin Monash, 15 Cockcroft Ave, Monash When: 2:00pm Cost: Free

Bookings: To 6175 5192 or admissions@goodwin.org.au

Get Your Mind Around Dementia

Dementia Australia's Your Brain Matters™ program guides participants on how to look after their brain. Based on scientific evidence, participants will learn what they can do to keep their brain healthier as they age and potentially reduce their risk of developing dementia. Where: Carers ACT, 2/80 Beaurepaire Cres, Holt When: Thursdays, 10:30am-11:30am Cost: \$5

Wills and Enduring Power of Attorney Forum

The Public Trustee and Guardian will be presenting a free Seniors Week forum on Wills and Enduring Power of Attorney. Lucky door prizes, Free PTG Will voucher for all attendees appointing PTG as an executor, Light refreshments provided. Where: Town Centre Vikings (Tuggeranong), corner of Athlton Drive, Greenway When: 6pm-8pm Cost: Free

Bookings: Required to 6207 9800

Get information on performing CPR, use a defibrillator and how to recognise and manage a suspected heart attack and stroke. Where: 14 Thesiger Court, Deakin When: 10am-11:30am Cost: Free Bookings: 6282 2399 or coursebookings@stjohnact.com.au

Come and Try BungyPump fitness pole walking

Get information about the different types of poles, the health and fitness benefits of walking with the poles, and the opportunity to experience walking with them.

Where: Peace Park (below Patrick White Lawns), adjacent to the corner of Parkes Pl W & Queen Elizabeth Terrace, Parkes When: 12:30 - 1:00pm Cost: Free

Bookings: Duncan Craig, 0404 373 157 or duncan@bungypump.com.au

THU 15 MARCH

Machine Knitting Demo

Come and talk to one of the friendly demonstrators at the Seniors Expo and discover why we are so passionate about our craft.

Where: The Seniors Expo, EPIC (site no 40) When: 10am-3pm Cost: Free

T'ai Chi for Carers

Participation in a regular t'ai chi class can assist to improve your overall health and wellbeing. This includes managing stress levels, improving quality of sleep, building on your flexibility and balance. Join our instructor, Lizz, for some gentle exercise and relaxation. This class for carers is suitable for all levels. Where: Carers ACT, 2/80 Beaurepaire Cres, Holt When: Thursdays, 10:30am-11:30am Cost: \$5

Yes, you can dance!

Come and try GOLD - fun, creative dance classes for anyone over 55. Free taster classes for new starters in Seniors Week at Canberra Dance Theatre's world-class studio on the city side of the ANU campus. All welcome, no previous dance experience is necessary, but you do need to be able to move independently without mobility aids. Where: Canberra Dance Theatre 1 Kingsley Street Acton 2601 When: 10:30-11:50 am More information: www.canberradancetheater.org or phone 0435 025 365

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Bookings: 6162 1545 or thecentral@goodwin.org.au

Vodafone workshops just for seniors

To help you take full advantage of your phone, Vodafone is running a series of workshops. Where: Your nearest Vodafone store (Canberra Centre, Westfield Woden, Westfield Belconnen, Gungahlin Marketplace or Tuggeranong Hyperdome) When: 10:30am RSVP: Required. Contact your local store to RSVP.

Seniors Week EXPO

15 March 2018

Where: Exhibition Park in Canberra (EPIC) When: 10am-3pm Cost: Entry by gold coin donation

FRI 16 MARCH

Lanyon Homestead Open House

Visit historic Lanyon Homestead for free when you present your Seniors Card between 10am and 4pm on Friday 16 March. Normal admission applies for other entry.

Please book for larger groups by calling 6237 6500.

Where: Lanyon Homestead, Tharwa Drive, Tharwa

Northside Retirement Village Bus Tour

Join COTA ACT and visit three northside retirement villages, The Grove Ngunawal, Villagio Sant Antonio and RSL Coral Park. Where: pick up details advised on booking When: 9:30am-2pm Cost: Free Bookings: Required to COTA ACT on 6282 3777.

Try Goodwin Day Club

Join the Central Day Club Crace for morning tea, information about help to stay in the home you love, and enjoy a live performance by Folk Dance Canberra. Where: 53 Abena Ave, Crace When: 10:30am-12pm Cost: Free Bookings: To Anil on 6219 4186

Happy Hour at The Central

Join Goodwin Crace's residents' Happy Hour for free drinks, experience life in a retirement village for yourself and ask residents about their life at The Central.

Where: The Central clubhouse, 20 Galore St, Crace When: 5pm-7pm Cost: Free Bookings: 6162 1545 or thecentral@goodwin.org.au

Open House - Goodwin House live-in care

See what today's live-in care is like at Goodwin House. One-hour tour and Q&A. Where: Goodwin Ainslie, 35 Bonney Street When: 11am Cost: Free Bookings: To 6175 5006 admissions@goodwin.org.au

THURSDAY 15 MARCH One big day out!

Visit more than 150 exhibitors and get information on government, community groups, health and lifestyle, travel, retirement, investment, aged care and retirement options and more!

Entertainment, workshops and more!

Free shuttles courtesy of the Flexible Bus Service from Tuggeranong, Woden and City.

Come and Try BungyPump fitness pole walking

Get information about the different types of poles, the health and fitness benefits of walking with the poles, and the opportunity to experience walking with them.

Where: Peace Park (below Patrick White Lawns), adjacent to the corner of Parkes Pl W & Queen Elizabeth Terrace, Parkes When: 12:30 - 1:00pm Cost: Free

Bookings: Duncan Craig, 0404 373 157 or duncan@bungypump.com.au

SAT 17 MARCH

Calthorpes' House Open House

Take a trip down memory lane and enjoy Canberra's early years with free entry for ACT Seniors Card holders to Calthorpes' House in association with ACT Seniors' Week. Where: 24 Mugga Way, Red Hill When: Sessions at 1pm, 1.45pm, 2.30pm, 3.15pm

David Elliott: in conversation

How many is too many? The explosion of global biennales, and their national and international relevance. Join NGA Director, Gerard Vaughan in conversation with David Elliott, Biennale of Sydney. In collaboration with the Biennale of Sydney.

Where: National Gallery of Australia, James O Fairfax Theatre When: 2pm-3pm Cost: Free Bookings: Required online via www.nga.gov.au.

Australian Plants as Bonsai Exhibition 2018

Canberra Bonsai Society and the Australian National Botanic Gardens are pleased to present the 2018 Exhibition of Australian Plants as Bonsai. In addition to viewing the bonsai on display, visitors will be able to:

- attend demonstrations at 2:00pm each day
- join guided walks through the Gardens (tours depart at 12:00pm)
- vote for their favourite bonsai

Where: Crosbie Morrison

Building, Australian National Botanic Gardens When: 9:30am - 4:30pm Cost: Adult \$5.00, Concession \$3.00

Come and Try Croquet

Have fun while you develop new skills playing croquet. Please wear fully enclosed, flat heeled shoes. All equipment and tea and coffee provided. Where: Queanbeyan Croquet Club, Farrer Place (Opp Showground), Queanbeyan When: 9:30am-11:30am Cost: Free Bookings: Not required

Express yourself - curator led tour

Dr Christopher Chapman, Senior Curator and National Photographic Portrait Prize (NPPP) judge leads an open discussion to explore different points of view raised by the exhibition. Where: National Portrait Gallery, King Edward Terrace When: 1:30pm-2pm Cost: Free

Meditation for Carers

Join other carers for some guided meditation exercises. These exercises are also useful to practice at home. No experience necessary - all levels and ages welcome. Where: Innerji Studio, 142 Monaro St, Queanbeyan When: Weekly every Saturday, 12.00-1.00pm Cost: \$5

SUN 18 MARCH

Mugga-Mugga Open House

Join a guided tour introducing the story of the Curley family cottage and pioneer rural workers of the Limestone Plains, followed by a self-serve afternoon tea in the Education Centre. In association with ACT Seniors' Week. Where: 129 Narrabundah Ln, Symonston ACT 2609 When: Sessions at 1pm, 1.45pm, 2.30pm, 3.15pm Cost: Free for Seniors Card holders, otherwise normal admission.

Celtic Beat - Legends of Ireland

Get ready for a celebration of the songs that defined these Irish superstars, from U2, The Fureys, The Corrs, to Van Morrison, Sinead O'Connor and many more!

Where: Woden Southern Cross Club

When: 12:15pm (lunch and show), 3pm (show) Cost: \$81.65 (plus booking fee) lunch and show, \$47.65 (plus booking fee) show only Bookings: Ticketek <http://premier.ticketek.com.au/shows/show.aspx?sh=CELTICBE18>

Come and Try BungyPump fitness pole walking

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Where: Peace Park (below Patrick White Lawns), adjacent to the corner of Parkes Pl W & Queen Elizabeth Terrace, Parkes When: 12:30 - 1:00pm Cost: Free Bookings: Duncan Craig, 0404 373 157 or duncan@bungypump.com.au

DON'T MISS THESE UPCOMING EVENTS

Accommodation options in retirement seminar

Presented by the Department of Human Services Financial Information Service. Topics covered: Your choice to own or not How financial considerations can alter choice Centrelink assessment for each choice

Financial advantages and disadvantages When: 21 March, 2-4pm Where: Hellenic Club, Matilda St Phillip

Mature Carers Support Group

A support group for carers over the age of 45 caring for people with disabilities. The group meets on the last Wednesday of each month to share experiences of their caring role, including working with the NDIS, and listen to guest speakers. Where: Carers ACT, 2/80 Beaurepaire Cres, Holt When: March 21, 10.00am - 11.30pm Cost: Free

Hall School Museum and Heritage Centre Twilight Concert

Experience a traditional 'band in the park' concert, hosted by David Kilby, and featuring the Canberra Brass band and the Canberra Youth Brass. Where: Hall Primary School, Victoria St Hall When: Sunday 25 March, 4pm

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TTC Transport Canberra Flexible Bus Service

ActewAGL for You

ACT Government

CANBERRA LABOR CLUB GROUP