

ACT Seniors Week

18-24 March 2019

Love later life



Event Program

EARLY BIRD EVENTS

Free online safety presentations

Keen to improve your digital literacy but want help addressing online safety? Join in free webinar presentations from the Office of the eSafety Commissioner. All of the webinars are suited to beginner users - with information available for those who are new to webinars.

Find out more and to book your spot: <https://beconnected.esafety.gov.au/bookings>

- Safer online shopping and banking, Tue 12 March, 10:30am
- Can you spot a scam? Tax time edition, Thu 14 March, 2pm

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/MyWay Card and you will not be charged.

MON 18 MARCH

Gentle Walking Group

Are you a carer? Why not try Carers ACT's gentle walking group. Members have a drink or coffee together after walking for around 45 mins together.

When: Every Monday morning, 7.45am

Where: meet outside Kippax Aldi, 50 Hardwick Cres, Kippax
Cost: free

More information contact Carers ACT on 6296 9982

Explore Your Creative Side

Guest artist JQui leads an art and craft workshop with transformative masks. It's not too late to create!

When: 10:30am–12:30pm

Where: The Central Day Club, 20 Galore St, Crace
Cost: free, bookings required to Goodwin on 6175 5650

Have a go at Taoist Tai Chi

Older people and Taoist Tai Chi arts are a perfect match. Improve balance, strength, flexibility, calmness and be part of a supportive community.

When: 10:30am

Where: Upstairs, 65 Dundas Court, Phillip
Cost: free

For bookings or more information: 6249 6117 or act@taoist.org

Come and try SMARTMOVES

Come and try SMARTMOVES - an exercise class specifically for older people. Plenty of parking available, air-conditioned venue and coffee available after class. All welcome.

When: 10:30am

Where: Alive Health Club, Cnr Hindmarsh Dr and Jerrabomberra Ave, Narrabundah
Cost: free

Contemporary Dance class for Seniors @ Canberra Dance Theatre

No previous dance experience is necessary for this contemporary dance class focusing on body awareness, fitness, coordination and creativity. The class is designed for people who are able to move independently and without mobility aids. Wear loose comfortable clothes, and either bare feet or socks.

When: 10.30–11.50am

Where: Canberra Dance Theatre, 1 Kingsley St, Canberra (Cnr Barry Drive)

Cost: free for new people

More information: 0435 025 365/canberradancetheatre@gmail.com

Dementia Friendly Communities

Come along and listen to a presentation about Dementia Friendly Communities and find out what being a dementia friend means

When: 2–3pm

Where: Lakeview Ballroom, Tuggeranong Community Centre, Greenway

Cost: free

Run by Dementia Australia

Why have a Will and Enduring Power of Attorney

A forum on the importance of having a valid and up-to-date Will and Enduring Power of Attorney.

- Lucky door prizes
- Free PTG Will voucher for all attendees
- Light refreshments provided

When: 6–8pm

Where: Canberra Southern Cross Club Tuggeranong, Pitman St & Holwell Street, Greenway

Cost: free, bookings essential - call 6207 9800

Presented by the Public Trustee and Guardian

ACT Street Orienteering Series

Orienteering is a navigation sport where you visit checkpoints using a map. You decide on your own route to get around the course, as long as you visit each checkpoint in order. Orienteering is for all speeds, fast and slow. Many people walk the course.

When: 6pm registration, 6:10pm briefing, 6:15pm start

Where: Canopus Crescent, Giralang.

Cost: \$5 for individuals or groups

More information: call 02 6162 3422 or go to <http://act.orienteeing.asn.au/eventor/details/7899/>

Come and try BungyPump

Come and find out about the benefits of using BungyPump fitness walking poles, and try them out.

When: 9:30am

Where: Peace Park (below National Library) Parkes Pl, Parkes

Cost: free, bookings essential to 0404 373 157 or duncan@bungypump.com.au

TUE 19 MARCH

Chief Minister's Concert

Join the Band of the Royal Military College for a big band show at the historic Albert Hall.

When: 11am and 1pm

Where: Albert Hall, Commonwealth Ave, Yarralumla

Cost: Gold coin donation

Bookings: Required through COTA ACT 6282 3777 or www.cmc19.eventbrite.com.au.

CLOG into Health and Wellbeing

Come and try Clogging (sort of like Tap dance). It's fun and it is easy to learn. All ages welcome, no partner required. Benefits of DANCE include balance and agility, memory training, fun, friendships and fitness.

When: Tuesday mornings, 9am
Where: Torrens Community Hall

Cost: free for first class
More information: Louise Frodyma 0411 270 410

Seniors' Morning Tea @ The Tradies

Enjoy complimentary coffee/tea, light refreshments and live entertainment

When: 9:30am–11:30am

Where: The Dickson Tradies, 2 Badham St, Dickson

Cost: free

Bookings required 6162 5656

Genealogy in the Gaidhealtachd

Hear from Graeme Mackenzie, Chairman of the Association of Highland Clans and Societies of Scotland. The Highlands day will comprise of two sessions, lunch and tea. You can register for one or two sessions with or without lunch.

• Session 1: Genealogy in the Highlands

• Session 2: History and culture of the Highlands

When: 10am–4pm

Where: Griffith Neighbourhood Centre, Stuart Street, Griffith

Cost: \$30 per session for non-members, \$10 for optional catered lunch

More information and registration: registration@familyhistoryact.org.au

Art Appreciation

Are you carer? Do you enjoy art, sharing ideas and learning about the artworks from different points in time? Then join other carers for monthly visits to the National Gallery of Australia and have exclusive free access to exhibitions and unique art.

When: 10:15am–11:30am

Where: National Gallery, Parkes Place, Parkes

Cost: free, registration through Eventbrite is essential (google 'art appreciation Eventbrite')

More information: Carers ACT on 6296 9982.

Love Your Life

Monash Day Club transforms into a tropical paradise with fruit salad, punch, live music, and hand and shoulder massages.

When: 10:30am–12:30pm

Where: Monash Day Club, 15 Cockcroft Ave, Monash

Cost: free, bookings to Goodwin on 6175 5650

Senior Ballet @ Canberra Dance Theatre

A modified ballet class focusing on balance, co-ordination and fitness. Learn some basic repertoire from a ballet & a bit about the history of ballet as well. Wear loose comfortable clothes, and either bare feet or socks.

When: 10.30–11.50am

Where: CDT 1 Kingsley St, Canberra (Cnr Barry Drive)

Cost: free for new people

More information: 0435 025 365/canberradancetheatre@gmail.com

Know your rights as a senior Canberran

The ACT Human Rights Commission promotes and protects the rights of everyone in the ACT community, including older Canberrans.

Come and speak to us about:

- your right to be free from

discrimination

- resolving disputes about services for older people
- individual advocacy for people experiencing vulnerability
- receiving support for victims of crime

When: 12:30–1:30pm

Where: Woden Library, Corinna St, Phillip

Cost: free

More information: ACT Human Rights Commission, 6205 2222

Come and try Folk Dancing

Folk Dance Canberra teaches dances from many countries around the world to interesting music and rhythms. Classes are relaxed and friendly. No partner necessary. Bring a comfortable pair of shoes for dancing in.

When: 10am–12pm

Where: FDC Hall, Hackett Community Centre, 114 Maitland St, Hackett

Cost: free

Sing, laugh, enjoy!

Discovered the joy of singing with over 50s community singing group Heart and Soul singers. This friendly, inclusive group will make you feel welcome.

When: 10:15am–12:15pm

Where: Tuggeranong Seniors Centre, 101 Cowlshaw St, Greenway

Cost: free

WED 20 MARCH

Why have a Will and Enduring Power of Attorney

A forum on the importance of having a valid and up-to-date Will and Enduring Power of Attorney.

- Lucky door prizes
- Free PTG Will voucher for all attendees
- Light refreshments provided

When: 9.30am–12pm

Where: Gungahlin Lakes Golf and Community Club, 110 Gundaroo Dr, Nicholls ACT

Cost: free. Bookings essential - call 6207 9800

Presented by the Public Trustee and Guardian

Dementia Friendly Communities

Come along and listen to a presentation about Dementia Friendly Communities and find out what being a dementia friend means

When: 10–11am

Where: Belconnen Community Theatre (in the Belconnen Community Centre, Swanson St, Belconnen)

Cost: free

Run by Dementia Australia

Centrelink Carer Payments

Join Carers ACT for an informative session that will provide you with the information you need to know about Centrelink Carer Payments including basic eligibility, how to apply, income and assets eligibility and how to apply for a review.

When: 10am–12pm

Where: Carers ACT, 2/80 Beaurepaire Cres, Holt

Cost: free, registration through Eventbrite is essential (google 'centrelink carer payments Eventbrite')

More information: Carers ACT on 6296 9982.

Health and Wellness Centre Tour

Learn about the wonderful services on offer at the Goodwin Health and Wellness Centre and see what home care can do for you

When: 10:30am–12pm

Where: Health and Wellness Centre (meeting in the Club House Theatre), 15 Cockcroft Ave, Monash

Cost: free, bookings to Goodwin on 6175 5650

Know your rights as a senior Canberran

The ACT Human Rights Commission promotes and protects the rights of everyone in the ACT community, including older Canberrans.

Come and speak to us about:

- your right to be free from discrimination
- resolving disputes about services for older people
- individual advocacy for people experiencing vulnerability
- receiving support for victims of crime

When: 12:30–1:30pm

Where: Belconnen Library, Chandler St, Belconnen

Cost: free

More information: ACT Human Rights Commission, 6205 2222

Yoga Workshop – traditional mat yoga and chair yoga

This open workshop is an opportunity to come and try the postures of traditional mat yoga and chair yoga. Yoga has benefits to everyone. If you can breathe you can practice yoga in at least one of its many forms. It improves movement, flexibility and self-confidence and overall wellbeing.

When: 1:15–3:30pm

Where: Tuggeranong Seniors Centre, 101 Cowlshaw St, Greenway

Cost: free

Come and try BungyPump

Come and find out about the benefits of using BungyPump fitness walking poles, and try them out.

When: 11:15am

Where: Peace Park (below National Library) Parkes Pl, Parkes

Cost: free, bookings essential to 0404 373 157 or duncan@bungypump.com.au

THU 21 MARCH

ACT Seniors Week Expo

One big day out

See ad opposite page for full details.

Living with dementia? Caring for someone with dementia? Love Singing? Thinking of starting a community choir?

Come and taste Alchemy Chorus, Canberra's dementia-inclusive choir.

- You'll know all the songs (50's, 60's, folk, gospel)
- You'll love the people
- You'll want more
- You might want to start your own choir

When: 10am–12pm

Where: Hughes Community Centre, Wisdom St, Hughes

Cost: \$5

More information: contact Ros Welch: 0417297754 or Trish Cran: 0438422737 or visit www.alchemychorus.com

A Tale of Two Villages

Hear the story of the Hall-Ginninderra district from Aboriginal times, through the early pioneer farming settlement at Palmerville and then Ginninderra, to the establishment of the village of Hall from 1881.

When: 10am–12:30pm
Where: 24-26 Victoria St, Hall
Cost: free, donations welcome

Wise & Well Social Group

Come along to the new "Wise and Well" seniors social club for carers and non-carers alike with Carers ACT! Meet great people, have nice meals, learn new skills and enjoy great experiences at the group activities and excursions.

When: morning (10am–12pm) and afternoon (1–3pm) sessions
Where: Contact Carers ACT for details

Cost: \$5 per session

More information: 6296 9900 for more info or email hcp@carersact.org.au

Contemporary Dance class for Seniors @ Canberra Dance Theatre

No previous dance experience is necessary for this contemporary dance class focusing on body awareness, fitness, coordination and creativity. The class is designed for people who are able to move independently and without mobility aids. Wear loose comfortable clothes, and either bare feet or socks.

When: 10.30–11.50am

Where: Canberra Dance Theatre, 1 Kingsley St, Canberra (Cnr Barry Drive)

Cost: free for new people
More information: 0435 025 365/canberradancetheatre@gmail.com

Come and try SMARTMOVES

Come and try SMARTMOVES – an exercise class specifically for older people. Plenty of parking available, airconditioned venue and coffee available after class. All welcome.

When: 10:30am

Where: Alive Health Club, Cnr Hindmarsh Dr and Jerrabomberra Ave, Narrabundah

Cost: free

National Library - Behind the scenes

Take a tour to visit enormous stacks where the books are stored and learn about strange curiosities in the Library's collection that have been acquired over more than a century.

When: every Thursday at 2pm



21 March 2019

Where: Budawang Pavilion, Exhibition Park in Canberra (EPIC)
When: 10am–3pm

THURSDAY 21 MARCH

One big day out!

Visit more than 140 exhibitors and get information on government, community groups, health and lifestyle, travel, retirement, investment, aged care and more!

Cost: Entry by gold coin donation
Free shuttles courtesy of the Flexible Bus Service from major bus stations.

Where: National Library, Parkes Place W (meet in the foyer)

Cost: free

More information: www.nla.gov.au

Making the most of your health dollar

Free health seminar from the Health Care Consumers Association will cover topics such as keeping costs down, accessing bulk billing doctors, how the Medicare and medicine safety net works, services pharmacies can offer, finding cheaper allied health services and ambulances.

When: 7–9pm

Where: Health Care Consumers' Association, 100 Maitland St, Hackett

Cost: free, bookings required to AdminOfficer@hcca.org.au or 6230 7800

Come and try Folk Dancing

Folk Dance Canberra teaches dances from many countries around the world to interesting music and rhythms. Classes are relaxed and friendly. No partner necessary. Bring a comfortable pair of shoes for dancing in.

When: 7–8:30pm

Where: FDC Hall, Hackett Community Centre, 114 Maitland St, Hackett
Cost: free

FRI 22 MARCH

Musical Moves for Seniors

Moving to music is a great way to keep your body and brain active. Have fun as you move to well-known tunes. The class starts sitting with standing options available. People with physical and/or health challenges are welcome.

When: 10–11am

Where: Hughes Community Centre, Whittle St, Hughes

Cost: \$5

More information: COTA ACT 6282 3777

Try Chair Yoga and Meditation

A low impact way to increase strength, flexibility and balance.

When: 10–11am

Where: MMM Wellness studio, Unit 3, 7 O'Hanlon Place, Nicholls

Cost: free

Book through: Bookings essential 0419 286 966 or contact@mmmwellness.com.au

StrokeSafe talk

Learn how to recognise the signs of a stroke and what to do to help someone experiencing one

When: 10:30–11:30am

Where: Belconnen Library, 12 Chandler St, Belconnen

Cost: free

Bookings recommended but not necessary: <https://www.library.act.gov.au/whats-on>

Have a go at Taoist Tai Chi

Older people and Taoist Tai Chi arts are a perfect match. Improve balance, strength, flexibility, calmness and be part of a supportive community.

When: 2:30pm

Where: Upstairs, 65 Dundas Court, Phillip

Cost: free

Bookings or more information: 6249 6117 or act@taoist.org

Positive Ageing Awards

Celebrate and recognise the contribution made by, and for, older people in the Canberra community.

When: 2:30pm

Where: Weston Creek Labor Club, Teesdale Ct, Stirling
Cost: \$20 per ticket, bookings required via COTA ACT on events@cotaact.org.au or 6282 3777

Canberra's ACT Autumn Antique and Collectables Fair

Twenty-four recognised antique dealers will exhibit and will have for sale quality furniture, maps, prints, jewellery, dolls, fine books, china, pottery, clocks, watches, glassware and bric-a-brac.

When: Friday 6–9pm, Saturday 10am–5pm, Sunday 10am–4pm

Where: Albert Hall, Commonwealth Ave Yarralumla
Cost: Concession \$8, Adults \$10

Come and try Folk Dancing

Folk Dance Canberra teaches dances from many countries around the world to interesting music and rhythms. Classes are relaxed and friendly. No partner necessary. Bring a comfortable pair of shoes for dancing in.

When: 10am–12pm

Where: FDC Hall, Hackett Community Centre, 114 Maitland St, Hackett

Cost: free

Come and try BungyPump

Come and find out about the benefits of using BungyPump fitness walking poles, and try them out.

When: 12pm

Where: Peace Park (below National Library) Parkes Pl, Parkes

Cost: free, bookings essential to 0404 373 157 or duncan@bungypump.com.au

SAT 23 MARCH

Come and Try Croquet

Have fun while you develop new skills playing croquet.

When: 9:30–11:30am

Where: Queanbeyan Croquet Club, 22 Farrer Pl, Queanbeyan (opp Showground)

Cost: free, no bookings required
More information: Please wear full enclosed, flat shoes and a hat. All equipment and morning tea provided. Contact email@queanbeyanacroquet.org.au or www.queanbeyanacroquet.org.au for more information

Love and beauty: Poetry from the Pre-Raphaelites

The National University Theatre Society (NUTS) perform poetry written by the Pre-Raphaelite artists and literary inspirations of their wondrous dreamscapes and rebellious art movement.

When: 11am–12pm

Where: Temporary Exhibitions Gallery, National Gallery of Australia, King Edward Terrace, Parkes

Price: Free (exhibition ticket required), Bookings <https://nga.gov.au/calendar/>

Weekend Yoga

Are you a carer? You can join other carers for a relaxing weekend yoga session. Practicing yoga is not only an effective stress reliever, but also a great way to ease anxiety. Open for all carers and no experience is necessary.

When: every Saturday, 10:30–11:30am

Where: Innerji Studio, 142 Monaro Street, Queanbeyan.

Cost: \$5 per class, class sizes are restricted so please register your attendance by email to RSVP@carersact.org.au or call 6296 9982

Tuggeranong 55 Plus Club Open Morning

An opportunity to visit the Tuggeranong 55 Plus Club and find out about the many Club's activities on offer.

When: 10am–12pm

Where: Tuggeranong Seniors Centre, 101 Cowlishaw Street, Greenway & Gumnut Cottage, 97 Cowlishaw Street, Greenway
Cost: free

SUN 24 MARCH

Try Tai Chi

A gentle, low impact form of exercise that improves flexibility and strength, improves posture and balance and relieves stress

When: 1–2pm

Where: MMM Wellness studio, Unit 3, 7 O'Hanlon Place, Nicholls
Cost: free, Bookings essential Ph 0419286966 or contact@mmmwellness.com.au

Wetland Wonders

Take a walk with a ranger through Tidbinbilla's wetlands to learn about its amazing inhabitants and if you are lucky catch a glimpse of an elusive platypus.

When: 4–4:30pm

Where: Tidbinbilla Nature Reserve, Paddy's River Road (via Cotter Road) or Tidbinbilla Road (via Point Hut Crossing)

Cost: free, however entry fees to Tidbinbilla apply. No bookings required.

ACT Classic Series Orienteering

Short distances, with easy and moderate navigation standard courses available. No need to book ahead or notify anyone beforehand. Mentors will be available for those new to the sport.

When: Register 10–11.45am. Start any time between 10am and 12pm

Where: Masson St, Turner
Cost: \$15 for individuals or groups (\$10 for members), plus \$5 for hire of electronic timing stick for those without their own E-stick
More information: call 02 6162 3422 or go to <http://act.orienteering.asn.au/eventor/events/details/7423/>

Come and try BungyPump

Come and find out about the benefits of using BungyPump fitness walking poles, and try them out.

When: 1pm

Where: Peace Park (below National Library) Parkes Pl, Parkes

Cost: free, bookings essential to 0404 373 157 or duncan@bungypump.com.au

DON'T MISS THESE EVENTS

Devonshire Tea Morning

Come along and enjoy entertainment at the Canberra Labor Club at a monthly morning tea.

When: Mon 25 March

Where: Canberra Labor Club, Chandler St, Belconnen
Bookings required at Belconnen Reception or 6251 5522

Free online safety presentations

Want to improve your digital literacy but want help addressing online safety? Join in free webinar presentations from the Office of the eSafety Commissioner. All of the webinars are suited to beginner users – with information available for those who are new to webinars.

Find out more and to book your spot: <https://beconnected.esafety.gov.au/bookings>

- All you need to know about data and public wifi, Mon 25 March, 10am
- eSafety essentials to staying safer online – Staying Safe on Facebook, Thu 28 March, 2pm

Understanding your pension

Find out more about making the most of your pension, Centrelink assessment issues, rights and obligations in this session by the Department of Human Services' Financial Information Service (FIS)

When: 27 March, 2–4pm

Where: Hellenic Club, Matilda St, Phillip

Cost: free, bookings required to fis.seminar.bookings@humanservices.gov.au or 136357

Accommodation options in retirement

Find out more about your choice to own or not, how financial considerations can alter choice, Centrelink assessment for each choice and financial advantages and disadvantages to keep in mind in this session by the Department of Human Services' Financial Information Service (FIS)

When: 28 March, 2–4pm

Where: Hellenic Club, Matilda St, Phillip

Cost: free, bookings required to fis.seminar.bookings@humanservices.gov.au or 136357



For more information contact COTA ACT on 6282 3777 or visit www.cotaact.org.au