

About COTA ACT

COTA is the peak organisation concerned with all ageing issues. It is an independent, non-party political and non-religious organisation working to protect and promote the well-being, rights and interests of all older people in the ACT irrespective of socio-economic, ethnic, religious or cultural background.

COTA ACT is a member of the Australia wide organisation COTA Australia, through which it contributes to the development of national policies and agendas.

COTA talks to Governments, the media and the community about topics concerning older people in the ACT. We make regular submissions to government on current issues affecting older people.

As a member of several ACT government standing committees, 'round tables' and departmental groups, COTA has ongoing input into the advice going to government.

COTA also provides a range of services for Canberra citizens.

Become a member of COTA ACT and Belong, Benefit and Be Heard.

COTA ACT is a people before profit organisation with over two thousand individual members. Becoming a member both increases the effectiveness of COTA and provides information and direct benefits for you. Please contact COTA for more information on membership. Call 1300 1400 50 or visit www.cotamembership.org.au.

Contact Us for Brochures or other advice

Council on the Ageing ACT
Hughes Community Centre
Wisdom Street
HUGHES ACT 2605

PHONE: 02 6282 3777
EMAIL: contact@cotaact.org.au
WEB: www.cotaact.org.au



About This Brochure

This brochure is one in a series of topic specific service listings extracted from COTA ACT's Directory of Services for the Ageing. The directory can be obtained at www.cotaact.org.au or by contacting the COTA office.

Other brochures include:

- Learning Opportunities
- Aged Care Facilities
- Retirement and Self Care
- Accommodation
- Dementia Specific Accommodation
- De-cluttering, Downsizing and Home Modifications
- Crisis Accommodation
- Respite Services
- Help Lines
- Transport
- Services for the Ageing
- Carer Services
- Dementia Services
- Hearing Services
- Women's Groups
- Senior's Groups and Activities
- Keeping Active
- Men's Services
- Activities for Grandparent Carers

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Activities for Grandparent Carers



Produced with assistance from ACT Health



Australian National Botanic Gardens

Hosts various programs for children of all ages.

Australian National Botanic Gardens, Clunies Ross Street, ACTON ACT 2601

P: 6250 9588

E: anbg-info@anbg.gov.au

Black Mountain Peninsula

Soft play playground and picnic area.

Garryowen Drive, ACTON ACT 2600

Canberra Reptile Zoo

29 O'Hanlon Place, NICHOLLS ACT 2913

P: 6253 8533

W: www.canberrareptilezoo.com.au

Cockington Green

Train rides, annual pass available.

11 Gold Creek Road, NICHOLLS ACT 2913

P: 6230 2273

E: info@cockingtongreen.com.au

Fadden Pines

Adventure playground, skatepark and picnic area

Bugden Avenue, FADDEN ACT 2904

Grandparent's Playgroup

A playgroup specifically for grandparents and their grandchildren.

P: 1800 171 882

E: gpg.canberra@gmail.com

Libraries ACT

Giggle and wiggle (0-2 years). Story time (3-5 years).

P: 6205 9000

W: www.library.act.gov.au/learning/story-time

National Gallery of Australia

Creative workshops for kids.

Parkes Place, CANBERRA ACT 2601

P: 6240 6701

National Library of Australia

School holiday events, childrens' films, games and activities

Parkes Place, CANBERRA ACT 2601

P: 6262 1111

National Museum of Australia

School holiday programs and events.

Lawson Crescent, Acton Peninsula, ACTON ACT 2601

P: 6208 5000

E: information@nma.gov.au

W: www.nma.gov.au

National Portrait Gallery

King Edward Terrace, PARKS ACT 2600

P: 6102 7000

W: www.portrait.gov.au

National Zoo and Aquarium

Annual memberships available for unlimited entry.

School holiday tours.

999 Lady Denman Drive, WESTON CREEK ACT

P: 6287 8400

Paint and Play

Free paint and play in parks around Canberra 0 - 5 years. Hosted by Parentline.

P: 6287 3833

Playground Finder

W: www.playgroundfinder.com

Pod Playground - National Arboretum

Forest Drive, ACTION ACT 2601

Questacon

The National Science and Technology Centre. Annual pass.

King Edward Terrace, PARKS ACT 2600

P: 6270 2800

E: info@questacon.edu.au

The Australian War Memorial

Admission is free. Behind the Scenes and story time events for kids.

The Australian War Memorial, Treloar Crescent, CAMPBELL ACT 2612

P: 6243 4211

The Cotter Dam Discovery Trail

Free guided tour approximately 1.4 kms.

Cotter Road, CANBERRA ACT 2600

P: 6248 3111

The National Dinosaur Museum

Special holiday activities. Annual membership.

6 Gold Creek Road, NICHOLLS ACT 29013

P: 6230 2655

W: www.nationaldinosaurmuseum.com.au

Weston Park

Water park, playground, train and café. BBQ and toilet facilities.

Weston Park Road, YARRALUMLA ACT 2600