

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

Keeping Active



Produced with assistance from ACT Health



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ACT Veterans Athletic Club

GPO Box 2356, CANBERRA ACT 2601

P: 6258 6316
E: secretary@actvac.com
W: www.actvac.com.au

ACT Veterans Badminton Association Inc

Welcomes new, old and recycled players over 35.

PO Box 477, BELCONNEN ACT 2616
P: 6288 2798
E: webmaster@badmintonact.asn.au
W: www.badmintonact.asn.au/veterans

ACT Walking For Pleasure Inc

Exercise and enjoy Canberra's network of open spaces, parks, lakes and forests.

PO Box 1335, WODEN ACT 2606
P: 1300 799 719
E: info@actwfp.org.au
W: www.actwfp.org.au

Belconnen Energetic Seniors Club (BEST)

Seniors walk and talk group

P: 6264 0200
E: bcs@bcsact.com.au
W: www.bcsact.com.au/social-g

Canberra School of Dancing - Annmarie Sasso

Latin, Ballroom and New Vogue dancing for the over 50's

P: 0412 629 436

Canberra Seniors Centre Inc

Vast range of activities for both mind and body.

10 Watson St, TURNER ACT 2612
P: 6248 9509
E: cseniors@bigpond.com
W: www.canberraseniors.org.au

Heart Foundation Walking Groups

Group walking in various suburbs across Canberra.

P: 6282 5744
W: www.heartfoundation.org.au

Heartmoves YMCA/Heart Foundation

Safe, gentle physical activity at various locations across Canberra. Donna O'Brien.

P: 0412 026 111
E: coachingplusmore@grapevine.com.au

Heartmoves YMCA/Heart Foundation

Aqua classes. Exercises in water. Call Donna O'Brien for information

P: 0412 026 111
E: coachingplusmore@grapevine.com.au

Mature Strength Gym Programs - Belconnen

Experienced instructors for more mature participants

Belconnen Community Service, Swanson Court, BELCONNEN ACT 2617
P: 6264 0232

Mpower Age

Programs for the over 70's mobility, flexibility and strength

Cnr Isabella Drive and Coyne Street, FADDEN ACT 2904
P: 6298 5500

Mpowerdome

Keenager over 50's classes. Trained instructors.

Cnr Isabella Drive and Coyne Street, FADDEN ACT 2904
P: 6298 5500

Pedal Power ACT Inc

Griffin Centre, 20 Genge Street, CANBERRA CITY ACT 2601

P: 6248 7995
E: office@pedalpower.org.au
W: www.pedalpower.org.au

Posture and Flexibility Classes

Call Karen for class times

P: 0406 886 300

Strength and Mobility Classes Yoga Flows

Designed for people 55 +

Yoga Flows Studio Torrens Shops, Torrens Place, TORRENS ACT 2607
P: 6108 3582
E: gmail@yogaflows.com

Tai Chi for Seniors

Every Friday 10am to 11am (excluding school holidays)

Hughes Community Centre, Wisdom Street, HUGHES ACT 2606
P: 6295 0460

Woden Seniors

Intellectually and physically stimulating activities

12 Corinna Street, PHILLIP ACT 2606
P: 6282 2573
E: admin@wodenseniors.org.au

YMCA - Chifley

PrYme Movers and Ever Active programs designed for older adults (50+).

Cnr Eggleston Crescent and Maclaurin Street, CHIFLEY ACT 2606
P: 6281 0124
E: yfitness.can@ymca.org.au
W: www.canberra.ymca.org.au

YMCA - Men with Guts

MacLaurin Crescent, CHIFLEY ACT 2606
P: 6281 0124
E: yfitness.can@ymca.org.au