

CANBERRA SENIORS NEWS

March 2026 Edition

Dear Friends

Congratulations everyone, our membership is over 300! Your promotion of the Centre is invaluable as is your welcome to new members. Thank you.

I need to run some simple induction sessions for our volunteers. If you volunteer, especially by facilitating an activity, please join me for some essential information on **12 March at 11:30am** [RSVP](#) (you can stay on for a free birthday lunch afterwards). If this time doesn't suit, propose an alternative please. I realise several sessions will be necessary for all volunteers to attend. (I will have material available for you to work through independently if I can't provide a session at a suitable time for you.)

The Vegan/Vegetarian meals are proving popular. The meals come from the Food Co-op and Café, community owned-and-run bulk grocery store, cafe, events venue and community hub which is located at 3 Kingsley St, Canberra. About 10 frozen meals (e.g. Chana Dahl, Red Lentil and Veggie Curry) are available at Canberra Seniors providing additional options for lunch.

Mahjong is continuing to be a popular activity. If possible, beginners should join the class on the first Tuesday of the month. Some printed resources and tuition will be available to help you quickly find your feet and enjoy the challenge of Mahjong.

An unpleasant situation occurred on Monday afternoon at Canberra Seniors. A person was asked to leave the premises and with the support of the police, a ban has been placed on that person. If he steps onto the property, he will be arrested. The two constables who attended were calm, efficient and thorough. Thank you ACT Police!

Check your parking permit (if you have one). Replacements for the permits that expired in January have been posted to us.

Remember Canberra Day on March 9 is a public holiday, and the Centre will be closed.

Warm regards,

Andrea Dean, CEO



Dates for your Diary:

CENTRE CLOSED MONDAY 9TH MARCH – Canberra Day

VOLUNTEERS INDUCTION 12 March at 11:30am [RSVP](#)

BIRTHDAY LUNCH – Thursday 12th March, 12:30pm - [RSVP](#)

LUNCH AND LEARN – Thursday 26th March - 12pm,
Funeral Planning ~ What you need to know [RSVP here](#)

NEW! PAINT & SIP – Saturday 28th March 1pm-5pm. [RSVP](#)

CENTRE CLOSED for EASTER – Friday 3 April to Monday 6th April

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NEW MEMBERS

A very warm welcome to our new members: Lynette Aitchison, Sandy Bolton, Kristin Brown, Sonja Grocock, Ann Campbell, Dominic Caruso, Lisa Castle-Burns, Kay Dunstan, Neil Funston, Andrea Goss, Sonja Grocock, Veli Halac, Kay Honeychurch, Ilona Ivan, Fleur Joyce, Meg Kingsman, Jane Kinsman, Anne Loke, Helen Lowes, Brendan Lynch, Wendy McDuff, Andrea Mitchell, Elisabeth Morin, Robert Myles, Kerry O'Neill, Jenni Owens, Sandra Peacock, Marko Pekkarinen, Heather Phillips, Jan Pianella, Marg Riley, Bill Robins, The Lan Thai, Pauline Tomlin, Alison Weeks, Angela Wilson, Cindy Yau.

We're delighted you've chosen to join our community. Please reach out and help our newcomers feel at home as they settle in.

CENTRE NEWS

Mahjong at Canberra Seniors

Mahjong has become a much-loved activity at Canberra Seniors, growing steadily since it began just over three years ago. It's a relaxed, social group where everyone plays for fun, and no one is "in charge" or paid to run sessions—members simply help each other out, especially newcomers. The group plays two styles:

- **American Mah Jongg**, which most members prefer
- **Traditional (Western) Mahjong**, which is becoming more popular with new players.

While the game has many variations, the focus at Canberra Seniors is light-hearted, non-competitive play:

- Not strict Chinese or Japanese versions of the game
- No scoring
- Emphasis on enjoyment, participation, and good company.

When We Play

Mahjong runs twice a week:

- Tuesdays: 9:30am–12:30pm (\$7)
- Fridays: 1:00pm–4:00pm (\$5)

A short morning or afternoon tea break is included, with tea and coffee available.

Joining In

Ideally come along on the First Tuesday of the month when a short introduction to the game will be provided by a volunteer.

Following your introduction, you don't need to book—just arrive about 10 minutes early so a group can be organised for you. If tables are full, you're welcome to observe. Guides and recommendations for helpful books are also available. Consistency is key! Try to attend regularly for the first few weeks to build your confidence and understanding of the game.

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Thank you!

We would like to send a huge thank you to our small team of dedicated volunteers who show up every week and donate their time and skills, making it possible to keep our doors open. Our volunteers fill a very important role: they provide a friendly welcome behind the registration desk; they generously donate their time and expertise to lead and support our weekly program activities; they keep the kitchen humming, the gardens growing, and work quietly behind the scenes to fix and make building improvements as needed ~ and we are so very grateful.

Volunteers Needed

Do you have a skill that we don't know about? We are looking for volunteers to swell our ranks; training is available for people wishing to learn new skills. Reach out to Andrea if you are interested and available on a regular basis. An induction course will be run for all new volunteers.

Congratulations!

Last weekend, members from our Tuesday Porcelain Painting group took out awards in their categories at the Canberra Show.

Congratulations to Bronwhyn, Geoffrey, Michael, Norbett, Rhondda, Ruth & Val!



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Birthday Lunch



Wishing our **March** birthday members a very special day: Glenys Bishop, Sarab Basrai, Helen Boucher, William Campbell, Grace Carlisle, Barbara Court, Kay Dunstan, Annie Gregg, Sherree Huddleston, Gay Landau, Kay Leach, Carmel McQuellin, Janet Phillips, Steven Reynolds, Cathy Thwaite, Kathryn Tse, Mareen Weldrake.

Join us on **Thursday 12th March** at 12 noon for a birthday lunch of Silverside and White Sauce, Mashed Potatoes, Steamed Vegetables ~ and Tanya's surprise dessert!

\$15 Lunch, \$5 for Birthday Members.

Register [HERE](#), or at the Centre.

LUNCH AND LEARN

Thursday March 26 – 12:30-1:30pm

Funeral Planning: What You Need to Know

Tender Funerals is a not for profit community based organisation providing a range of services across after death care, funeral / celebration arrangements and body disposal options – many based on sustainable principles – which enable you to have a much greater say in how you or your loved one is treated after death.

Join us for an uplifting and educational session and be part of the conversation. REGISTER [HERE](#) or sign up at the Centre.



READING CORNER

Have you read a book recently that you really loved? Let us know and we will include it next month.

We thought we would start with something light and local by Canberra author Kate Solly.



This is a delightful uplifting read, inspired by Kate's real-life love of crochet and community. It is a warm, community-centred fiction with a strong craft theme and blends humour, friendship, passion, activism and gentle mystery.

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*Tuesday Evenings with the Copeton
Craft Resistance (F), Kate Solly.*

CENTRE LUNCH MENU



Vegetarian and Vegan options now available. Enquire at the desk.

Please order and pay for lunches at CHECK IN.
Prices range from \$5 for sandwiches to \$7 for catered lunches

MARCH

Mon 2	Curry Chicken
Tues 3	Lasagna
Thurs 5	Pasta Marinara
Mon 9	CENTRE CLOSED Canberra Day
Tues 10	Quiche
Thurs 12	BIRTHDAY LUNCH Silverside, Vegetables & Mash, Mystery Dessert
Mon 16	Quiche
Tues 17	Chicken Schnitzel, Roast Veg
Thurs 19	Sausage Rolls
Mon 23	Roast Drumsticks
Tues 24	Spaghetti Meatballs
Thurs 26	Rice Paper Rols
Mon 30	Pumpkin Slice
Tues 31	TBA

UPSTAGEING Canberra

UPSTAGEING Canberra is Australia's first large-scale Creative Ageing Arts Festival running from 20-29 March 2026. The festival will feature performances, exhibitions, arts workshops, and plenty of opportunities to get involved in activities.

Canberra Seniors are hosting 2 events:

Paint, Sip, Laugh

Join us on **Saturday 28th March** from 1-5pm for a fun, warm and creative intergenerational portrait painting afternoon. Bring your grandchild, a parent, a beloved friend – or a photograph of someone special and explore portrait painting guided by a professional artist. Make art, memories, and a happy mess together!

Afternoon tea, a range of beverages, and all paints and materials provided. This is a **FREE** event. Register [here](#), or sign up at the Centre.



Yoga for Health Ageing

Join Peter Eland on **Friday 20th March (RSVP)** at 4pm for this FREE workshop. Participants will need to bring their own yoga mat, two blocks and a towel for knee support. Register at the centre.

[UPSTAGEING Canberra](#) is an initiative of COTA and would not be possible without the support of their sponsors and partners.

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A SEAT AT OUR TABLE

This year marks a remarkable milestone—**60 years** of friendship, laughter, learning, and shared meals at our Senior Centre. To honour this special anniversary, we're creating something truly meaningful: **a commemorative cookbook filled with the favourite, foolproof recipes of our members. And we'd love you to be part of it.**

♥ Share Your All-Time Best Recipe

We're inviting every member to contribute a recipe that has stood the test of time—the dish you can always rely on, the one your family requests, the one that never fails.

It could be:

- A treasured family recipe
- A go-to weeknight classic
- A show-stopping dessert
- A nostalgic dish from your childhood
- Or even something you invented yourself

If it's meaningful to you, it belongs in our cookbook.

♥ Add a Personal Story

Every recipe has a story, and we want to capture those memories too. Tell us:

- Why this recipe matters to you
- Who taught it to you
- When you love to make it
- A funny mishap or a heartwarming moment connected to it

These stories will bring the cookbook to life and celebrate the rich history of our community.

♥ Include a Photo

To make each page even more special, please include **one photo**—old or new. It can be:

- A family photo
- A picture of you cooking
- A snapshot of the finished dish
- Or any image that connects to your story

♥ Add a One-Sentence Bio

We'll also include a short line about you. For example: *"Sally has been volunteering at the Centre on Tuesday mornings for 12 years and is the smiling face who checks you in at the front desk."*

Just a simple sentence that helps readers get to know the wonderful people behind the recipes.

♥ Be Part of Our History

This cookbook will be a beautiful keepsake—celebrating not just 60 years of the Centre, but the people who make it what it is. Your recipe and story will help preserve our shared memories for generations to come.

We can't wait to read your stories, see your photos, and—of course—try your recipes.



See Andrea, or Kate, for more information.



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AGED CARE UPDATE

My Aged Care

Anyone over the age of 65 or older (50 or older for Aboriginal or Torres Strait Islander people, or those homeless/at risk) is eligible to register for My Aged Care. **REGISTER EARLY** – you can apply for your aged care number [before you need help](#).

Understanding and navigating the My Aged Care system can be complex and confusing, and delays are common. Here are four steps to access services:

1. **Apply for your Aged Care Number.**
Apply online by clicking [HERE](#), or by phoning **1800 200 422** - or visit your local Services Australia service centre.
2. **The Assessment.** My Aged Care will assign you an Aged Care Number and assess your care needs if required and confirm your eligibility for services. They may arrange for an assessor to conduct an assessment with your consent. My Aged Care will work with you to develop a support plan which addresses your needs.
3. **Costs.** You may need to complete a financial assessment through Services Australia.
4. **Find a provider.** Click [HERE](#) to access the online Find A provider tool, and compare aged care services in your area. Your assessor can also help you find a provider(s) in your local area.

 **For more information:**

Website: myagedcare.gov.au

Call: **1800 200 422** 8am-8pm weekdays; Saturdays 10am-2pm. Closed Sundays and Public Holidays.

EngAged

Click [here](#) to read the latest copy of **EngAged**, a newsletter about ageing and aged care.

Aged & Disability Expo Canberra 2026

Wednesday, Mar 18 from 9 am to 3 pm, EPIC, Free

Showcasing the latest products and services for seniors and people with disabilities at the Aged & Disability Expo Canberra!

Join us at the Aged & Disability Expo Canberra.

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CANBERRA SENIORS CENTRE				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00-10:45 Latin Lines (\$7)	9:30-12:30 Mahjong (\$7)	9:30-2:30 Social Cards (\$7)	9:30-12:00 Craft Group	10:00-12:00 Russian (\$7)
11:00-1:00 Art Techniques (\$7)	10:00-11:00 Let's Get Active (\$12)	10:00-11:00 Technology Help (\$7)	10:00-12:00 Line Dancing (\$10)	10:30-11:15 Flow Yoga (\$10)
11:30-12:30 Qigong & Tai Chi (\$10)	10:00-12:00 Porcelain Painting (\$7)	10:00-11:00 Singing the NOW with Tobias Cole (\$10)		11:30-12:30 Singing for Fun (\$10) <i>from 10 April</i>
	11:30-12:30 Jazzercise Lite (\$10)	11:30-12:15 Jazzercise Strength (\$10)		11:30-12:30 Jazzercise Flex (\$10)
1:30-2:30 Social Partner Dance for Beginners (\$7)		1:30-3:00pm Table Tennis *	1:00-3:00 Book Circle – Fortnightly (\$7) **	12:30-1:30 Chair Yoga (\$12)
	2:00-4:00 (U3A) Book Talk Monthly (\$7)			12:30-1:30 Latin Choir (\$7)
				1:00-4:00 Mahjong (\$5)
EXERCISE CLASSES are blocked in GREEN Activities vary in length from 45 mins to 3 hours * runs in 6-week blocks ** 1 st and 3 rd Thursdays COOKED LUNCHES avail. Mon., Tues, Thurs for \$7 Monthly BIRTHDAY lunch \$15 MEMBERSHIP \$15 pa.				
JOIN US! For more information head to our website: https://canberraseniors.org.au/			10 Watson Street, Turner ACT	