

CANBERRA SENIORS NEWS

April 2026 Edition



Dear Friends

You will have heard of changes in the aged care sector. The new Aged Care Act (also known as the new Act) started on 1 November 2025 and puts the rights of older people at the centre of aged care. A simplified version of 'the rights' is on the wall in the Dining Room and [available here](#). There are new quality standards to guide the implementation of aged care. A diagram of the new standards is also on display in the Dining Room ([see here](#)).

As a consequence of these changes the Code of Conduct for Volunteers has also [been updated](#). We had a very successful induction session recently to ensure that our volunteers understand their contribution to put your rights at the centre of the programs we deliver at Canberra Seniors.

The next induction session for volunteers will be **Thursday 9 April at 11.30 am**. Volunteers who attend the induction ([register here](#)) may have free birthday lunch. If you'd like to negotiate another time for an induction, let me know. Or if you'd like copies of the information I've mentioned, call into the office to pick up a folder.

Volunteers who lead an activity or who serve on the Board need to have a **Working With Vulnerable People Card**. You can apply [online here](#). Once you receive it, I'll add the expiry date of your card to your record.

Sorry for all the formalities. Just a reminder that the Centre will be closed for Easter, and again on Monday 27th April (Anzac Day observed). Enjoy the Easter Holidays!

Warm regards,

Andrea

Andrea Dean, CEO

Dates for your Diary

CENTRE CLOSED FOR EASTER – Friday 3 April
– Monday 6 April

BIRTHDAY LUNCH – Thursday 9 April,
12:00pm – Register [HERE](#) or sign up at the desk

BOTANIC GARDENS – (FULL – wait list) 10 April

VOLUTEERS INDUCTION session - Thursday 9
April at 11.30 am – Register [HERE](#).

MORNING TEA Recipe Showcase! -
Wednesday 22 April, 10am

LUNCH AND LEARN – Thursday 23 April -
12pm, 12:30-1:30pm. Lunch from 12 noon.
[Keeping Your Blood Pressure in a Healthy Range](#)

CENTRE CLOSED FOR ANZAC DAY observed
– Monday 27th April

MENTAL HEALH FIRST AID – a FREE
workshop - 1 May, 11:00 am – 3:00 pm,
Hellenic Club (Civic). Register [HERE](#)



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MEMBERS HUB

New Members

A very warm welcome to our new and returning members: Pamela Bramley, Najwa Elkurdi, Helen (Zhiqin) Fan, Neepa Shah, Jaime Shing, Mark Snay, Renee Snay, Therese Dowling, Jeannine Koochew, Fiona McIlroy, Loan Nguyen, Ron Robertson, Joella Sanson, Lorraine Thomson.

If you see a new face around the Centre, please say hi to our newcomers as they settle in.

Birthday Lunch



Wishing our **April** birthday members a very Happy Birthday! We look forward to celebrating with you! Maureen Collins, Rosemary Koroschetz, Melinda-Lea Gurney, Karin Haynes, Charmaine Honey, Gail Ward, Vivienne Hobson, Sue Taylor, Sharon Bennett Hill, Dale Boucher, Gosia Grabek, Margaret Flett, Wendy Hammond, Selma McLaren, Sandra Peacock.

Join us on **Thursday 9th April** at 12 noon for a birthday lunch of Roast Pork, Vegetables, Flummery. \$15 Lunch, \$5 for Birthday Members.

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

Your Membership – is your information up to date?

Are your membership details up to date? If you have changed your email, home address or would like to review your details, drop in and see Kate in her office next time you are in.

AGED CARE NEWS

My Aged Care

Website: myagedcare.gov.au or call **1800 200 422** 8am-8pm weekdays; Saturdays 10am-2pm. Closed Sundays and Public Holidays.

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

OPAN (Older Persons Advocacy Network) - if you are experiencing problems with any Aged Care Services OPAN may be able to assist you; they have excellent resources, and a monthly newsletter. To find out more click [HERE](#).

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CENTRE NEWS



Craft Group

Our craft group meet every Thursday from 9.30am - 12pm.

Items for sale are on display every Thursday in the Dining Room.

Donations of Wool/yarn, cotton fabrics, craft books, clean toy stuffing, haberdashery & sewing notions are always welcome.

Art Techniques

On Monday mornings from 11:00am to 1:00pm our art group meet for a relaxed and creative session where participants share creative tips and tricks and encouragement to do what they love! ... whether that be painting in water colours or acrylics, mixed media or collage, or drawing. Everyone is welcome and no prior experience is necessary; practising artists Anne and Cherylynn kindly provide guidance and support as needed.

We have installed additional shelving in the dining room to display some of the art works created by our members. Have a look next time you are in!

❄ Winter Fete ❄

Saturday 20 June

Planning for our winter fete is underway.

As well as our usual stalls, this year we are expanding our jewellery stall to include **fashion accessories**.

We invite you to sort through your wardrobes for any items of **jewellery, scarves, hats, gloves, handbags, wallets, purses and belts** in need of a second life. Please only bring in items in good condition.



And for the gardeners amongst us....just a reminder to pot up any excess, winter-hardy plants in readiness.

Help make this year's fête our most successful and welcoming yet.

And just a reminder: we no longer have a trash and treasure stall so please NO household items; NO electrical items; NO clothing (except the above accessory items).

TABLE TENNIS anyone?

A number of members have enquired about table tennis however we need a few more members to join us on a Wednesday afternoon from 1:30-3:00pm to make it viable.

So dust off your competitive spirit and join the fun! See Andrea for more information.

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VOLUNTEERING – we need your help!

The following volunteering opportunities are currently available:

- Technology Help. Looking for volunteers to help our members with their mobile phone, tablet and laptop questions. Wednesdays 10-11am.
- Check-in Desk Support volunteers to provide back up for our team - Square training provided.

See Andrea or Kate for more information. Already a volunteer? Our next induction and information session is on **Thursday 9 April at 11.30 am**. Register [HERE](#) or sign up at the desk.

APRIL 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. Birthday lunch \$5 for birthday members, \$15 all others.

Thursday 2 Chunky Meat Pies

Monday 6 CENTRE CLOSED – EASTER Monday

Tuesday 7 Chicken a la King

Thursday 9 BIRTHDAY LUNCH – Roast Pork & Vegetables, Flummery

Monday 13 Rissoni Bake

Tuesday 14 Spinach Pie

Thursday 16 Chicken Schnitzel Burger

Monday 20 Steak Sandwich

Tuesday 21 Meatloaf & Mash

Thursday 23 Chicken Skewers

Monday 27 CENTRE CLOSED – ANZAC Day long weekend

Tuesday 28 Salmon Patties

Thursday 30 Creamy White Wine, Bacon & Mushroom Pasta

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LUNCH AND LEARN

Keeping Your Blood Pressure in a Healthy Range

Thursday, 23 April – 12:30-1:30pm. Lunch from 12 noon.

Presenter : Chris Helms, Primary Healthcare Nurse Practitioner, [Bridging Healthcare](#)

Chris is a Primary Healthcare Nurse Practitioner with over 25 years of clinical experience supporting people to live healthier, more fulfilling lives. He has strong expertise in managing long-term health conditions, including cardiovascular disease, diabetes, and chronic respiratory illnesses. .

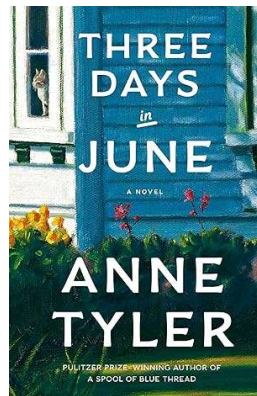
Join us at 12:30 for this FREE informative session (lunch \$7 from 12noon). REGISTER [HERE](#) or sign up at the Centre.



READING CORNER

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

This month's recommendation comes from Linda Shaw.



A recent delightful read from one of my favourite authors, Anne Tyler - *Three Days in June.*

'One anxious bride, her divorced parents, three days in June, an unforgettable wedding.'

Fiction, Paperback & Kindle, Knopf, 165 pages

A SEAT AT OUR TABLE



To honour 60 years of friendship, laughter, learning, and shared meals at our Senior Centre, we are creating a commemorative cookbook filled with the favourite, recipes of our members.

~ we'd love you to share ~
YOUR FAVOURITE RECIPE

It can be a treasured family recipe, a go-to weeknight classic, a show-stopping dessert, a nostalgic dish from your childhood, or something you invented yourself. **If it's meaningful to you, it belongs in our cookbook.**

For more information see Andrea or Kate. Or share your recipe (and a sample if you are up for it!) at our **RECIPE SHOWCASE MORNING TEA on Wednesday 1 April, 10am**

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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 | ** 1st and 3rd 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