

CANBERRA SENIORS NEWS

May 2026 Edition

Dear Friends

Thanks to Conservation Council ACT, some members have enjoyed some organised 'walks'. The first one was at the Botanic Gardens, and the second one will be a Parliament House Courtyard Tour. Let me know if you are interested in more outings like these.

Special thanks to those who are adjusting to parking down the driveway and around the building. Yes, it is sometimes awkward, but it does mean 10 more members can park on site.

Throughout the year, there will be guests attending our birthday lunch celebrations. We have invited all the members of the ACT Legislative Assembly to visit Canberra Seniors. Mr Peter Cain and Ms Chiaka Barry attended the April lunch, and we are expecting Minister Suzanne Orr, Speaker of the House, Andrew Braddock and Member for Kurrajong, Elizabeth Lee for the May Lunch. Others will come to the Winter Fete and at least one has offered to help on the day!

Singing for Fun with Marisol has resumed at the new time of 11.30 on Friday morning. Please come along!

Table Tennis is still to get going this year. Wednesday afternoon from 1.30-3.00 is reserved for Table Tennis. We need to see some regular players please! Let me know if you will pick up the bat and ball again! Or make a start at learning something new!

Warm regards,

Andrea

Andrea Dean, CEO

Dates for your Diary

FREE YOGA on line – commencing **Thursday 7th May 4-5pm**. [Register](#) to receive the link and password.

MOTHERS DAY – Sunday 10 May

BIRTHDAY LUNCH – Thursday 14 May 12:00pm
Register [HERE](#) or sign up at the desk

FETE PLANNING session – 19th May 12:30pm.
Sign up at the desk.

RECIPE SHOWCASE Afternoon Tea - 19th May 2:00pm. Sign up at the desk.

LUNCH AND LEARN – Thursday 28 May -
RED CROSS SERVICES in the ACT
Lunch from 12 noon; session from 12:30-1:30pm. [Register](#).

MENTAL HEALTH FIRST AID: a FREE workshop
NEW DATE! NEW VENUE 29th May, 11:00 am – 3:00 pm, Woden RSL. Register [HERE](#).



**We will be taking donations
from Monday 1st June.**

Please do not bring in donations prior to this date ~ storage is limited as the back room is now used for classes and meetings.

NO household items; NO electrical items; NO clothing (except fashion accessories – scarves, hats, bags)

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MEMBERS HUB

New Members

A very warm welcome to our new and returning members: Helen Fan , Mick Fogl , Patrick Hunt , Carol Hunt , Alex Kennedy , Marie Mannion , Fiona McIlroy , Michelle Nutt , Bhabatosh Ray , Mel Reynolds , Ann Roberts , Joella Sanson , Monica Saunders , Shaz Sheehan , Ann Ticehurst, Lucio Vido.

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

Birthday Lunch

Wishing our May birthday members a very



Julie Anderson, Krishna Boyapati, Meg Boyd, Pamela Bramley, Kerry Bryon, Margaret Buffinton, Myrian Bulbeck, Jasmine Cameron, Anthony Clee, Helen Corben, Rhondda Dawes, Maya De Silva, Robyn Gallagher, John Geasley, Shirley Grey, Timothy Gulliver, Barbara Haggstrom, Robyn Holt, Carol Hunt, Gayle Ingram, Rita Karampasis, Joon Koh, Annabelle Lawson, Mirinda Lawrence, Amalia Milman, Elisabeth Morin, Helen O'Rourke, Geoffrey Parsons, Tanja Prosenik, Judith Thomson, Tina Twigg, Bronwyn Watson, Carolyn Waters, Claire White, Beverley Wisbey, Valerie Winsome Bird, Pamela Whitely, Cathy Zhang.

We look forward to celebrating with you!

Join us on **Thursday 14th May** at 12 noon for a birthday lunch of **Chicken Schnitzel & Vegetables, and Custard Tart.**

\$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? We are asking all members to review your details next time you are in the Centre. Enquire at the check in desk.

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CENTRE NEWS

A SEAT AT OUR TABLE



A table set with red gingham is always a treat. When you add a silver teapot, a branch of autumnal leaves and some great company the stage is set for a lovely morning tea. Which is exactly what we enjoyed today.

This morning was the first gathering for our Canberra Seniors Cookbook. As part of our 60th Anniversary celebrations we are going to publish a cookbook. We are hoping to include some photos as well as some stories to go with delicious recipes. And what better way to gather recipes than to share a cuppa and sample some yummy treats!

Today we were treated to a delicious array of treats including Ginger Shortbread, Mars Bar Slices, Jam and Coconut Slice, Banana Bread, Apricot and Coconut Slice as well as other treats. Bill arrived with some pickles and a recipe that his wife, Marie, got from her mother and that Bill learnt to make by helping her over the years.

David Lamont made a very excellent pot of tea and also demonstrated his prowess with the coffee machine. All in all, it was a lovely way to while away an hour or two.

We are planning an afternoon tea for Tuesday May 19, so if you have a recipe you would like to share, or if you simply fancy a cuppa, come along at 2pm. We would love to see you!

If you have a recipe you think might make a good inclusion to our cookbook please consider sending it to us. You can photocopy it, email it, send us a photo. We don't mind at all how it comes to us. We would also love it if you included some information about why you chose that recipe. Maybe your mother cooked it on special occasions. Perhaps it is your grandchildren's favourite. Possibly it's the only thing you really ever managed to cook well! Sharing the stories with the recipes will be what makes our cookbook special.

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FREE YOGA ONLINE

A skilled yoga teacher has offered yoga classes (Ashtanga) for Canberra Seniors.

As he spends part of the year in India, the classes are starting online using Zoom. Initially the classes will be free! Later classes will be on site.

First class Thursday 7th May, 4 pm-5 pm

[Register](#) to receive the link and password.

ARE YOU WINTER READY?

Winter can bring increased health and safety risks. Be prepared for winter ready using our checklist to stay safe and well this winter:

- ❄ **Are your vaccinations up to date?** Make an appointment **now** for your Flu, COVID-19, RSV vaccinations. Cold and flu viruses circulate more widely in winter, and for older people, even a mild flu can quickly lead to complications.
- ❄ **Feeling unwell? Visit your health practitioner** or call **Healthdirect** on **1800 022 222**. Stay at home if possible and eat regular hot meals and drinks.
- ❄ **Keep Your Home Warm and Safe.** Service heaters and check your electric blankets. Set your thermostats to around **21°C** for living areas, and bedrooms at **18°C**. And remember to close doors to unused rooms and shut curtains at night to retain heat.
- ❄ **Stay Warm with the Right Clothing.** Wear several warm layers of wool and fleece and when outside use double socks, gloves, scarves and beanies to prevent heat loss. Choose flannelette sheets and winter-weight bedding for night-time warmth. Wear sturdy shoes with good grip when outdoors.

And just a friendly reminder:

PLEASE
DO NOT COME INTO THE CENTRE
IF YOU HAVE ANY COLD OR FLU SYMPTOMS



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Learned Friends

Last month, members enjoyed a very thoughtful **Lunch and Learn** session with **Catherine Prosser**, General Manager of **Tender Funerals Canberra Region**.

Tender Funerals is a not-for-profit funeral service and part of the national Tender Funerals network, created to help people approach dying and death with greater understanding, choice, and dignity. They support families to create meaningful and affordable funerals, providing services at cost, while explaining all available options clearly and empowering families to be as involved as they wish. Community education around dying, death care, and funerals is a core part of their work, alongside encouraging volunteering and community participation.

Their services include burial and cremation, mortuary care, transport and paperwork, gathering rooms, venue advice, funeral pre-planning, and guidance for families who wish to care for a loved one at home after death. A range of coffin options are available, including oak, rosewood, cardboard, and woven designs. Pricing is transparent, with full details available on their website.

Thank you to Catherine for sharing her knowledge and helping our community better understand the choices available at an important time of life.

For more information: [Tender Funerals Canberra](#)

Phone: available 24/7 02 6171 6229

Email: Canberra@tenderfunerals.com.au

❄️ Winter Fete ❄️

Saturday 20 June

DONATIONS

Our June Winter Fête is just around the corner, and we're calling on our wonderful community to help make it a success.

Planning & Volunteers

If you are able to help out in any capacity at the fete, please add your name to our signup sheet at the desk, and join us for the fete planning meeting on **19th May at 12:30pm**.

We're seeking donations of books, fashion accessories (jewellery, bags, scarves), potted plants and sweet treats.

We will be taking donations from Monday 1st June.

Book Stall

As the fete approaches, we are seeking donations of books and volunteers to help with sorting and stacking the boxes. This year we are trying a different approach. We will only be selling fiction and 'coffee table' books...the ones with lovely pictures etc. Please ensure books are in good order.

If you are able to help on the week prior to the fete, or need assistance with picking up books, please call Christine Mabbott on 0416 130 572.

We will be taking all donations from Monday 1st June.

Please do not bring in donations prior to this date .

We look forward to seeing you at our planning meeting on the 19 May.

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MAY LUNCH MENU

Monday	4	Tacos
Tuesday	5	Apricot Chicken
Thursday	7	Spaghetti Bolognese
Monday	11	Quiche
Tuesday	12	Beef Burger
Thursday	14	BIRTHDAY LUNCH – Chicken Schnitzel & Vegetables, Custard Tart
Monday	18	Chicken Pies
Tuesday	19	Sweet & Sour Pork
Thursday	21	Pumpkin Soup
Monday	25	Sausage Rolls
Tuesday	26	Chicken Chow Mein
Thursday	28	Curried Sausages

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

Cooked lunches \$7; Sandwiches \$5

Birthday lunches - \$15 for members \$5 for birthday attendees.

VOLUNTEERING

We are still looking for volunteers to support our Check In desk. If you have a few hours free a week/fortnight and you would like to learn new skills, see Andrea or Kate for more information.

All training and ongoing support is provided.

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LUNCH AND LEARN

Stephen Trump, Senior Business Development Officer from the Australian Red Cross, is joining us this month to talk about their wide range of supports available in the ACT region.



Australian Red Cross works in communities across Australia to support people in their most difficult moments. They offer a range of aged and community care services in the ACT and nationally including Telecross and Telechat to stay safe and connected, Visiting services, Meals on Wheels, Lifeblood, Emergency Services ~ to name just a few. Join us at 12:30 for this FREE informative session (lunch \$7 from 12noon). REGISTER [HERE](#) or sign up at the Centre.

READING CORNER

This month's recommendation comes from Christine Mabbott.



MAD MABEL

by Sally Hepworth

This is a great read about an eighty-year-old lady and her secret past.

She could be described as curmudgeonly but she is also kind-hearted beneath this rough exterior.

The story revolves around her little cul de sac and the people who live there. The community there could be thought of as a microcosm of our society. There are moments of laughter, tears and shock as we wend our way through this tale of love, compassion and the secrets we keep.

Fiction, Available in Paperback, Audiobook, Kobo & Kindle, 352 pages

AGED CARE NEWS

Australia's aged care sector in April was dominated by major funding announcements, policy reversals, and ongoing concerns about system strain. For more information:

[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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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**