

# CANBERRA SENIORS NEWS

## June 2026 Edition

Dear Friends

The fete is coming up very soon! We need volunteers for the set up and for the day of the fete. Also, we need donations of goods. (Further details in the newsletter.) Some kitchen equipment needs replacing (commercial freezer and food processor) so additional funds will be very helpful. The Fete Raffle will run for six months and will be drawn after the Christmas Market (28 November). There will be monthly draws of \$50 grocery vouchers, an incentive to buy tickets early. Once again there are super prizes to be won. Tickets can be purchased [online](#) or by using paper tickets (\$2 each).

Would you be interested in a Zumba class? Zumba is a popular, global fitness program that blends high-energy Latin and international music with upbeat dance choreography. If there is sufficient interest, we will start a class on 1 July (Wednesday at 2 pm-3 pm, cost will be \$7).

Don't forget two public holidays this month (1 and 8 June). Warm regards,

*Andrea*

Andrea Dean, CEO

### Dates for your Diary

**CENTRE CLOSED** for **RECONCILIATION DAY**

Monday 1 June

**CENTRE CLOSED** for **KINGS BIRTHDAY**

Monday 8 June

**BIRTHDAY LUNCH** Thursday 11<sup>th</sup> June 12:00pm

Register **HERE** or sign up at the desk

**WINTER FETE** Saturday 20 June 10am – 2pm

**LUNCH AND LEARN – Thursday 25 June -**

***Beat the Winter Bills*** Lunch from 12 noon;  
session from 12:30-1:30pm.



### HEALTH NEWS

**Japanese encephalitis** is a rare but serious illness caused by the Japanese encephalitis virus (JEV). It is spread by infected mosquitoes. Recent cases have been reported in the Yass Valley and Goulburn areas. If you are travelling to these areas or areas where JEV is a risk you may be recommended to get vaccinated.

**ACT Government-funded JE vaccines are being prioritised for those currently at highest risk of JE**

If you think you might require the vaccine, talk to your local doctor, Aboriginal Medical Service or pharmacist. **For more information: [Japanese encephalitis - ACT Government](#)**

## WINTER FETE DONATIONS

We are now gratefully accepting books (fiction and coffee table books), plants, craft items, jewellery, scarves, handbags, hats, gloves, and any regifted treasures looking for a new home.

If you have something lovely, useful, quirky, or handmade tucked away, this is the perfect moment to pass it on. Every donation — big or small — helps make our fete a success.

**And don't forget to buy a ticket in our RAFFLE!**

Please **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: Margie Allebone, Anna-Mart Bonthuys, Meeta Chatterjee Padmanabhan, Duncan Macnicol, Ailsa Martyn, Laura O'Brien, Carolyn Philpot, Penny Posavec, Heather Riley, Carol Sandland, Lynette Sprott.

Next time you are in the Centre, do say hello to our newest members and help them feel right at home.

### Birthday Lunch

**Wishing our June birthday members a very**



Barbara Belmonte, Michael Carn, Lisa Castle-Burns, Marilyn Hughes, Sally Jacobs, Ilse Jamonts, Maggie Kenyon, Sue Kopetko, Paula Lecht, Jenny Micalos, Jenny Mobbs, Michael Radcliffe, Ann Robb, Pat Savas, Shaz Sheehan, Jaime Shing, Mark Snay, Karin Thompson, Pauline Tomlin, Lorraine Trivett, Erika Wood.

We look forward to celebrating with you!

Join us on **Thursday 11<sup>th</sup> June** at 12 noon for a birthday lunch of Beef Bourguignon and Peach Cobbler.

**\$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



### Buy a ticket in our BIGGEST and BEST RAFFLE yet!

WIN a night for 2 in the Giraffe Treehouse at **Jamala Wildlife Lodge**, National Zoo and Aquarium as First Prize.

Groceries to the value of \$1000 from SupaBarn as Second Prize PLUS hampers to the value of \$200 from each of our generous supporters: Country Pride Butcher Lyneham, The Source Bulk Foods Dickson, and Flowers from My Garden Dickson.

TICKETS start at \$2 and are on sale at the Centre, click [HERE](#) to purchase tickets online, or scan the QR code below. DRAW DATE | 30 November 2026.



QR Code for 2026 Raffle

## World Craft Day is Wednesday, 10<sup>th</sup> June!



### Significance of World Craft Day

World Craft Day is a lovely reminder to celebrate our Craft Group here at the Centre. This talented group of crafters come together in friendship and community to create, share knowledge and materials, while producing amazing knitted, crocheted, quilted, papercraft and sewn items which are very popular sale items at our birthday lunches and fetes.

Craft and craftsmanship brings colour, creativity, and meaning to our lives. You are welcome to come and join our craft group every Thursday from 9:30-12noon.

We look forward to seeing you soon!

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### A SEAT AT OUR TABLE



Celebrating 60 years of community, friendship, laughter and shared meals.

If you have a recipe you love and would like to share in 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 ever managed to cook well!

Sharing the stories with the recipes will be what makes our commemorative cookbook special.

Our next Recipe Showcase afternoon tea is scheduled for Friday, 17<sup>th</sup> July – bring your recipe and sample some of our favourites, including Tanya's prized Apple Strudel.



Feeling unwell? Just a friendly reminder to please:

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



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## DID YOU KNOW?



You can get postage stamps at a reduced rate of 60 cents per stamp instead of the standard \$1.70.

If you are a concession card holder, you may be eligible for a free **MyPost Concession** account which entitles you to concession stamps and other benefits. Apply for an Australia Post Concession Account at your nearest Post Office. Once approved, you will receive a Concession Card and free booklet of 5 stamps to get you started.

Concession stamps are valid for standard domestic letters.

## AGED CARE UPDATE

A new Single Assessment System is replacing the previous ACAT and RAS assessments, creating one streamlined pathway for anyone seeking government-funded aged care services. Even if you've already been assessed, an understanding of the updated process is useful in case your needs change and you need to be reassessed in the future.

Here's what the changes mean for you:

One assessment pathway now supports all types of aged care - from entry-level home support through to residential aged care.

Your information now follows you, helping maintain continuity if your needs evolve over time.

A more integrated assessment looks at your full circumstances, including lifestyle, preferences, and care needs.

These changes are designed to make assessments more consistent, transparent, and easier to navigate, no matter where you live or what level of care you may be exploring.

For more information click on the link [About the Single Assessment System for aged care](#).

Website: [myagedcare.gov.au](http://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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### Learned Friends

Last month, members enjoyed a very thoughtful **Lunch and Learn** session with Dr. Chris Helms. He is a highly regarded Primary Healthcare Nurse Practitioner based in Turner, ACT.

Chris' practice features a strong focus on chronic disease management, and he spoke about understanding and managing high blood pressure in his presentation.

For more information: <https://bridging.health/>  
Phone: [0407 472 472](tel:0407472472)



### Lunch and Learn



### Beat the Winter Chills Bills!

Join **Carolina Alborno** from [Care Financial Services and Counselling](#), a community organisation based in Canberra providing support relating to:

- Credit and debt matters
- Budgeting tools and strategies
- Legal advice on Australian consumer and credit law.

Join us at 12:30 for this FREE information session 25 June (lunch \$7 from 12 noon).

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

### Reading Corner

Thanks to Sharon for this month's reading recommendation.



**THE BUTTERFLY COLLECTOR**  
by Tea Cooper

The Butterfly Collector by Tea Cooper is a lovely book set in Morpeth, country NSW, in the 1860's and Sydney in the 1920s.

Tea Copper manages to blend history, mystery and strong female characters in a way that I very much enjoyed. This book isn't a serious read, but I enjoyed it nonetheless.

Genres Historical Fiction, Mystery, Australia

Available in Paperback, Audiobook, Kobo & Kindle, 400 pages.

[Libraries ACT Book of the Month – May 2026](#) is **OLD GAMES** by Fiona Hardy. Click [HERE](#) to read more.

Looking for something new to read? Click on the link to see a list of [ACT Book of the Year Winners](#).



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## JUNE LUNCH MENU

Monday	1	CENTRE CLOSED for RECONCILIATION DAY
Tuesday	2	Pea & Ham Soup
Thursday	4	Ham & Cheese Croissant
Monday	8	CENTRE CLOSED for KING'S BIRTHDAY
Tuesday	9	Sweet & Sour Chicken
<b>Thursday</b>	<b>11</b>	<b>BIRTHDAY LUNCH - Beef Bourguignon, Peach Cobbler</b>
Monday	15	Pasta Bake
Tuesday	16	Pumpkin Soup
Thursday	18	Team Fete – sandwiches etc
Friday	19	Team Fete – Soup, sandwiches etc
Monday	22	Bacon & Egg Pies
Tuesday	23	Beef Goulash
Thursday	25	Roast Chicken Drumsticks
Monday	29	Lasagne
Tuesday	30	Satay Chicken with Fried Rice

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

Cooked lunches \$7; Sandwiches \$5

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

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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<sup>ST</sup> and 3<sup>RD</sup> 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**