

CANBERRA SENIORS NEWS

July 26 Edition

Dear Friends

Congratulations on your contributions to the fete! As well as being financially helpful it was an opportunity to promote the Centre and a wonderful community building day! (more details on page 2).

In the last newsletter I mentioned that we would use fete funds to purchase a new food processor and a new commercial freezer. Due to the generosity of one of our members, a new food processor has already been donated! Also, *Tradies Club* in Dickson, who often support us, offered to cover the cost of both a commercial freezer and a refrigerator. The freezer has arrived and is now installed in the Dining Room. The new refrigerator will also be in the Dining Room. As well as reducing our maintenance costs, the new items will be much quieter and eliminate the motor noise from the older appliances.

More good news: we have received a grant for laptops, smart phones and ipads. These items will be available for the use of members. In the next newsletter I will advise how a 'borrowing' system will work and where a small 'computer lab' will be set up. If there is anyone amongst your family and friends who struggles to use technology and/or to afford technology, this will be a fantastic opportunity to develop confidence and learn digital skills.

Timetable Updates: Jazzercise teachers are filling in for Fran Weir who is taking sick leave. All Jazzercise classes are operating as usual. Zumba classes start today at 2 pm, Table Tennis runs from 1 pm -2 pm, Chair Yoga on Friday has been replaced by a second "Let's Get Active" session.

Warm regards,

Andrea

Andrea Dean, CEO

DATES FOR YOUR DIARY

ZUMBA Starting Wednesday 1 July from 2-3pm

FETE VOLUNTEERS thank you lunch – Thursday 2nd July –
Lasagne & Strudel

SOCIAL PARTNER DANCE new term commencing -
Monday 6 July 1:30-2:30pm. For more information email
Di on dvbles57@gmail.com.

NAIDOC Week – 5 12 July

CHRISTMAS IN JULY Thursday 9th July 12:00pm
Register [HERE](#) or sign up at the desk

**LUNCH AND LEARN – Everything you need to know
about downsizing!** Thursday 23rd July 12 noon for lunch
(\$7); session commences at 12:30pm. Register [HERE](#)
or sign up at the desk.

MORRIS DANCING: Thursday nights at the Centre. 7-9
pm, free, all welcome. Text Crit 0402 401 031 for info.

NEW! ZUMBA

A new class starts TOMORROW
1 July (Wednesdays) from **2 – 3 pm.**
Cost is \$7.

Zumba is a popular, global fitness program that blends high-energy Latin and international music with upbeat dance choreography. Stay active, feel energised, and have a laugh — come and join our Zumba class designed especially for you.

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Thank you to our generous sponsors!



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CENTRE NEWS | WINTER FETE



A huge heartfelt thank you to all our amazing volunteers and members who braved the cold and came out to support our Winter Fete. The weather certainly didn't make it easy, but your energy, smiles and willingness to pitch in kept the day feeling full of warmth.

Despite the chilly conditions and what felt like fewer visitors this year, the atmosphere was fantastic — the food was delicious, the company was cheerful, and the community spirit was stronger than ever. Thanks to your hard work, we still achieved a great result.

Dining Room	1437.3
01. BOOKS	868
02. CAKES	1429.07
03. CRAFT	1988.5
04. JAMS	1088.3
05. JEWELLERY plus	1658.2
06. PLANTS	479.5
07. REGIFTING	458.7
08. SRI LANKAN	1931
2026 Raffle!	1005.5
Donation	503
Grand Total	12847.07



Join us for our FETE VOLUNTEERS thank you lunch this Thursday – 2nd July from 12 noon.

*Who IS that person
hiding behind Rosie?*



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CENTRE NEWS | Birthday Lunch

Wishing our July birthday members a very



Happy Birthday this month to the following members:

Lynette Aitchison, Jose Beattie, Raema Blake, Carmel Brain, Patricia Brent, Meeta Chatterjee Padmanabhan, Catherine Chin, Michael Clark, Elly Cronin, Maxine Danaro, Judith Forno, Neil Funston, Stephen Holt, Philippa Horner, Marina Houston, Ilona Ivan, Marcia Macgregor, Anne Masterman, Margot Moore, Sahithi Paturi, Margaret Quodling, Maria Rubio De Polak, Michelle Salmona, Alan Sargeant, Monica Saunders, Prasad Tipirneni, Mariana Vicol, Louise Watson. We look forward to celebrating with you!

Join us on **Thursday 9th JULY** at 12 noon for a combined **BIRTHDAY** and **CHRISTMAS in JULY** lunch of Roast Turkey and Ham and vegetables followed by steamed pudding and custard.

\$15 Lunch, \$5 for Birthday Members. Register [HERE](#) or at the Centre.

New Members

A very warm welcome to our new and returning members: John Anderson, Leonie Anderson, Ludy Cabaddu, Lindy Knight, Eva Pluschke, Margie Quodling, Jenny Smith, Maureen Stark, Mark Stevens, Tunde Takacs, Janice Tuite, Mariaba Vicol, Lydia Waldron-Stevens.

Next time you are in the Centre, if you spot a new face please do say hello and help our new members feel right at home.

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 | RAFFLE



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



Feeling unwell? Just a friendly reminder:

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

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A SEAT AT OUR TABLE

*Roma's Retro
Dinner Party*

1966



Do you remember hosting a dinner party in the 1960s — the special dishes you made, the table you set, the friends who came over, or the recipes you treasured? For our upcoming recipe book, we'd love to celebrate the flavours and fun of that era by featuring **your favourite 1960s dinner-party recipes**.

Whether it was a prawn cocktail starter, a show-stopping lemon sago pudding, a trusty casserole, or a dish you perfected over time, we'd love to hear about it. Even better, if you have a little story to go with the recipe — who you cooked it for, why it was a favourite, or a memorable moment from the evening — please share that too.

These nostalgic recipes and memories help us keep our community history alive, and they're a joy for everyone to read. To inspire you... here's a sample from my mum, and straight from the pages of the Women's Weekly!

MENU CARD — June 1966 Dinner Party

A Classic Mid-Century Australian Evening

Starter: Prawn Cocktail

Crisp iceberg lettuce, cold prawns, Marie Rose sauce.

Main Course: Roast Beef with Brown Gravy

Baked potatoes, buttered carrots, peas served with garlic toast.

Side Dish: Garden Salad

Iceberg lettuce, tomato wedges, sliced beetroot, French dressing.

Dessert: Baked Alaska

Sponge, ice cream, toasted meringue.

After-Dinner *Coffee, After Dinner Mints, Sherry or Port.*

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

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AGED CARE UPDATE

Support at Home – Big Changes Coming Later This Year

The Australian Government has confirmed several updates to the upcoming Support at Home program. The most significant change is that **personal care services will become fully government-funded from 1 October 2026**, meaning eligible older Australians will no longer pay out-of-pocket for these essential supports. Updated contribution rules were released in late May, and more guidance will continue to roll out over the coming months.

Stronger Consumer Protections

New consumer safeguards have been introduced to ensure clearer pricing, better transparency, and improved quality standards for people receiving Support at Home services. These changes aim to make navigating aged care simpler and safer.

Residential Aged Care – Fees & Services Explained

The Government recently released updated information on residential aged care fees, including the **higher everyday living fee** and clearer definitions of required versus optional services. For more information click [here](#).

Staying at Home Longer – New Government Resources

A new [video](#) released on 29 May outlines short-term support options that can help older people remain safely at home. This is a helpful resource for anyone exploring ways to maintain independence.

ACT Government Updates

ACT Government winter programs continue, including **Winter in the City** and the **Fireside Festival**, offering accessible activities for older Canberrans. NAIDOC Week events are also coming up in early July.

And just a reminder – its tax time!

For more information:

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

Department of Health, Disability and Ageing: [Australian Government Department of Health, Disability and Ageing](#)

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 representatives from *Care* (a community organisation that provides free and confidential support and assistance to people living on low to moderate incomes or who are experiencing financial difficulty) shared great advice on how to manage winter bills and keep your house warm!



This is a [link](#) to their presentation. Embedded in the presentation are the links to helpful information, especially the ACT Home Energy Efficiency Program and the ACT Gov Electricity, Gas, and Water Rebate [\$800.00 a year] for Pensioners or those with the Health Care Card. *Care's* office is at 19/23 Moore St, Turner.

23 July – Join us for Lunch, and Learn!



Project Urban: Thinking of downsizing? Not sure where to start?

Join **Penny** from **Project Urban** for an informative session on downsizing. Project Urban is an agency set up to help with the entire process of getting your home ready to be listed on the property market. They can help you with every stage of the process. Join us at 12:30 for this FREE information session Thursday 23 July (lunch \$7 from 12 noon).

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

Reading Corner

This month we bring you a book recommendation, and a link to a fantastic [ABC Conversations podcast with the Author](#).



THE TITANIC STORY OF EVELYN

by Lisa Wilkinson

Did you know there were Australians on the *Titanic* – let alone that one of them survived? I didn't!

This fantastic read is based on the true story of a young Australian nurse, Evelyn Marsden, who was the only Australian survivor of the *Titanic*.

I couldn't put this book down. It is beautifully researched and interwoven throughout the events of 14 April 1912 is the extraordinary true story of Evelyn – a “young girl with big dreams” from South Australia who has an unforgettable and heroic story to tell.

Publisher: Hachette Australia 2026

Genre: Non-Fiction, Biographies & True Stories

Available in Paperback, Audiobook, 368 pgs..

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CENTRE LUNCHES JULY

Thursday	2	FETE VOLUNTEERS: Lasagne & Tanya's Apple Strudel
Monday	6	Beef Stroganoff
Tuesday	7	Shepherd's Pie
Thursday	9	COMBINED BIRTHDAY & CHRISTMAS IN JULY Roast Turkey, Ham, Vegetables & Steamed Pudding and Custard
Monday	13	French Creamy Chicken Bake
Tuesday	14	Chicken Noodle Soup
Thursday	16	Cottage Pie
Monday	20	Beef Pies
Tuesday	21	Honey Mustard Chicken
Thursday	23	Lamb & Barley Soup
Monday	27	Chicken & Leek Casserole
Tuesday	28	Tuna Pies
Thursday	25	Savoury Croissants

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

Cooked lunches \$7; Sandwiches \$5

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

JUST A REMINDER : RENEW NOW!

Membership renewal time has arrived, and we'd be delighted to have you join us for another year. Your support means so much and helps us offer the classes, events, and social activities our members enjoy. We look forward to seeing you at the Centre soon.

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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)
	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) *		1:00-2:00pm Table Tennis	1:00-3:00 Book Circle – Fortnightly (\$7) **	12:30-1:30 Let's Get Active 2 (\$12)
	2:00-4:00 (U3A) Book Talk Monthly (\$7)	2:00- 3:00 pm Zumba (starts 1 July) (\$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**