

CANBERRA SENIORS NEWS

AUGUST EDITION

Dear Friends,

Tech Centre might be a bit grandiose, but we will have computers available for members use in the room behind my office from 3 August and Digital Devices available for loan from 12 August. Digital Devices for loan will generally be managed in partnership with the Tech Help sessions on Wednesdays at 10 am. Devices will include Iphones, Ipads, laptops and hopefully some ereaders (Kindles). If you update your smartphone regularly and can donate your 'old' phone to Canberra Seniors we would be very grateful.

We are making every effort to receive DGR status for Canberra Seniors Centre. This would mean that donations to the Centre would be tax deductible. It is quite a process, and we would have to show that we are a Public Benevolent Institution. PBI is a special type of registered charity whose main purpose is to provide relief to people experiencing poverty, sickness, disability, distress, suffering, helplessness, or other forms of disadvantage. For Canberra Seniors to be recognised as a PBI we would have to rewrite the Objects of the Association. [Click here](#) to review the proposed wording and to comment.

I have five double passes to give away to *Holy Days* starring Miriam Margolyes, Judy Davis and Jacki Weaver in the heartfelt new comedy, a joyful and uplifting story about faith, family and unexpected friendship. A feel-good community experience, made for the big screen! View the trailer here: <https://holydays.com.au/> Contact me by Wednesday to go in the draw to win tickets.

Warm regards,

Andrea

Andrea Dean, CEO

DATES FOR YOUR DIARY

ZUMBA IS MOVING to **TUESDAYS** from 1-2 pm
STARTING 4 AUGUST.

SENIORS COMMUNITY FORUM, Wednesday 5
August from 10am – 12 noon at Belconnen
Community Centre. Join Peter Cain MLA for this
important community discussion. Register [HERE](#).

TENDER FUNERALS OPEN DAY Saturday 8
August. Click [HERE](#) for more information.

BIRTHDAY LUNCH Thursday 13 August 12:00pm
Register [HERE](#) or sign up at the desk

CREATIVE COMPUTING FOR SENIORS National
Science Week Workshop –15 August & 22
August, 10am – 1pm, CIT Woden 36 Bradley
Street, Phillip. Click [HERE](#) for more information.

HIGH TEA Thursday 20 August at 12 noon.
Bring something to share and your recipes for
our cookbook. [RSVP](#)

**LUNCH AND LEARN – Advance Care
Planning.** Thursday 27 August 12 noon for
lunch (\$7); **session commences at 12:30pm.**
Register [HERE](#) or signup at the desk.

LE MARCHE FRENCH MARKET: Sunday 30
August at Thoroughbred Park . 9:30am –
3pm, free, all welcome.



CANBERRA SENIORS NEWS

AUGUST EDITION

CENTRE NEWS

Introducing Our New Tech Centre

We're delighted to announce the opening of our **Tech Centre** — a small, private, digital hub designed especially for our members. Think of it like the technology spaces you may have seen in local libraries, but with a more personal touch, a quieter atmosphere, and support tailored to your needs. Whether you're checking emails, paying bills, researching family history, or working on a personal project, our Tech Centre offers a calm, welcoming environment where you can take your time and feel at ease. We've equipped the space with **secure laptops** ready for use. Just drop in, settle comfortably, and enjoy reliable internet access without the noise or rush of public spaces.

Not everyone has a computer, tablet or smartphone at home — and that's perfectly okay. Our new **device library** also has mobile phones and iPads available for borrowing. This means you can stay connected, practise new skills, or try out a device before deciding if it's right for you.

Help is always nearby. This is not a replacement for our Wednesday morning Technology session. It's a digital work area set up just for our members, with help available if needed.

Come and try it. The Tech Centre is open during regular Centre hours, and all members are welcome to drop in. Whether you're tech-curious, tech-confident, or somewhere in between, this space is for you.

★ *Thank You* ★

to the [Good Things Foundation Australia](#) grants program for providing the funds to make this possible.

CENTRE NEWS

Just a reminder that your membership payment of \$15 is now due for the 2026-2027 membership year.

Thank you! if you have already paid.

Is your membership information up to date? Have you moved in the past 12 months, changed your mobile or email address or need to change your emergency contact details? If yes, have a chat to the volunteers on the desk or grab a change of details form from the front office.

VOLUNTEERS WE NEED YOU

Can you help us? We are looking for 2 – 3 volunteers to help once a fortnight, for up to 3 hours on the desk or in the office. All training provided. See Andrea or Kate for more information.

CANBERRA SENIORS NEWS

AUGUST EDITION

CENTRE NEWS

Wishing our **AUGUST** birthday members a very



Happy Birthday this month to the following members: Norbert Angskmann, Tery Anstey, Catherine Bosser, Ann Campbell, Gloria Carmichael, Marion Cook, Celia Cronin, Rob Crowdy, Pam Dear, Sue Doyle, Lesley Flach, Larry Geraghty, Chryl Gill, Lynne Grehg, Lyn Grigg, Janis Hackett, Patrick Hunt, Kieu Huynh, Star Janson, Meryl Joyce, Jane Kinsman, Angela Kirk, Pamela Lane, Michael Lawson, Brendan Lynch, Christine Mabbott, Sharon Martin, Stewart McPhun, Jennifer Newton, Ngoc Nguyen, Michelle Nutt, Marko Pekkarinen, Sally Phillips, Bhabatosh Ray, Kerry Rayner, Gail Roe, Natalia Rusanov, Diana Shogreen, Angie Sorbello, Gordon Toon.

We look forward to celebrating with you!

Join us on **Thursday 13th AUGUST** at 12 noon for our lunch of Chicken and Roast Vegetables followed by Apple and Cherry Pie.

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

New Members

It's wonderful to welcome so many new faces through our doors. Each week we see fresh connections forming — new friendships over a cup of tea, new voices joining our classes, and new members discovering the joy of being part of a lively, supportive community.

Please join us in welcoming the following new members: Ken & Marilyn Charlton, Barry Colton, Patricia Dickie, Gina Dowley, Terina Koch, Katy Lees, Gordon Munro, David Steele, Arturo Valera.

CANBERRA SENIORS NEWS

AUGUST EDITION

CENTRE NEWS

**Seniors Community Forum | Wed. 5 August from 10am – 12noon,
Belconnen Community Centre**



**SAFE STREETS.
STRONG SERVICES.
SECURE SENIORS.**

**SENIORS
COMMUNITY FORUM**

Have your say on the issues affecting older Canberrans.

Peter Cain MLA
Shadow Minister for Seniors

Too many older Canberrans are paying more but getting less.

- COMMUNITY SAFETY and neighbourhood crime
- CUTS TO LIBRARY OPENING HOURS
- REDUCED COMMUNITY FITNESS PROGRAMS
- HEALTHCARE AND ACCESS TO SERVICES
- PUBLIC TRANSPORT AND INFRASTRUCTURE
- RIISING COST OF LIVING AND HOUSEHOLD PRESSURES
- DELAYS TO BASIC SERVICES AND MAINTENANCE

ALL SENIORS, THEIR FAMILIES AND CARERS ARE WELCOME.

Join Peter Cain MLA, Shadow Minister for Seniors, and Mark Parton MLA, Leader of the Opposition, for an open community discussion about the challenges facing seniors and the solutions Canberra needs.

YOUR VOICE MATTERS.

This is your opportunity to share your experiences; and help shape the priorities for older Canberrans.

EVENT DETAILS

**WEDNESDAY
5 AUGUST 2026**

10:00AM – 12:00PM

**BELCONNEN
COMMUNITY CENTRE**
CNR CHANDLER STREET &
EMU BANK, BELCONNEN

REGISTER HERE!

CONTACT US:
CAIN@parliament.act.gov.au

TENDER FUNERALS OPEN DAY



At a recent Lunch & Learn session we heard from Catherine from Tender Funerals.

Tender Funerals are holding an open day on **Saturday 8 August**, providing an opportunity for anyone in the community to book a spot on our tour and see in person their facilities including time in their behind-the-scenes spaces.

Staff and volunteers will demonstrate our cool-plate, talk about different options like wicker and cardboard coffins as well as shrouded cremation and burial, show our examples of coffin decorating, explain different items in the mortuary and more.

For more information: **Humanitix:** <https://events.humanitix.com/tendercbr-open-day-2026>

Facebook: <https://www.facebook.com/share/1GknDF8KDe/>

CANBERRA SENIORS NEWS

AUGUST EDITION



Scratch for Seniors at new CIT Woden Campus for National Science Week!

As part of National Science Week 2026, which runs from August 15 – 23, CIT will again be running creative computing workshops for seniors on two Saturdays using Scratch.

Aimed at people over 55 years of age, the workshops will let you unleash your imagination to produce amazing, colourful, musical, moving creations, that can be shared with anyone. It's fabulous for keeping the brain active and all you need to know to get started is how to use a mouse.

Two free workshops, with lunch provided, will be held at CIT Woden from 10am to 1pm on Saturday August 15 and 22, 2026, but registration is essential.

To register for one of these workshops, please visit:

[Creative Computing for Seniors Workshop - Using Scratch \(for Aug 15\)](#)

[Creative Computing for Seniors Workshop - Using Scratch \(for Aug 22\)](#)

or email: u1518303@anu.edu.au.

STAY SAFE FROM SCAMS: Essential Tips from CommBank and National Seniors

The [Important Information about Scams](#) e-guide is a collaboration between the Commonwealth Bank and National Seniors designed to help protect you from scams. Some useful tips include:

- **Question the Unexpected:** If you receive an unexpected call, message, or email, take a moment to verify its legitimacy before taking any action.
- **Protect Your Personal Information:** Keep your personal and financial details secure. Never share sensitive information such as passwords and card numbers.
- **Stay Informed, Stay Safe:** Knowledge is your best defence. Use our guide to learn about the most common scams and how to protect yourself from them.

[Click here to download your e-guide.](#) Please note that this is publication available from National Seniors Australia website.

CANBERRA SENIORS NEWS

AUGUST EDITION

AGED CARE UPDATE

New First Nations Aged Care Commissioner (Commonwealth)

The Government has introduced a Bill to establish Australia's **first permanent Aboriginal and Torres Strait Islander Aged Care Commissioner**, strengthening culturally safe aged care nationwide. An interim commissioner, **Ms Jodi Cassar**, has already been appointed.

Support at Home. The Government has confirmed that from **1 October 2026, personal care services will be fully funded** under Support at Home — meaning no out-of-pocket costs for showering, grooming and similar supports. This aligns with the broader July 2026 transition to the new Support at Home system replacing CHSP, HCP and STRC.

ACT Government - Winter programs continue, including **Winter in the City** and the **Fireside Festival**, offering accessible activities for older Canberrans.

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](https://www.health.gov.au)

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](#).

Government services

In an emergency call Triple Zero 000

Healthdirect - Health Advice **1800 022 222**

Medicare - **132 011** [Website](#)

NDIS - National Disability Insurance Scheme
1800 800 110 [Website](#)

Carer Gateway - **1800 422 737** [Website](#)

ATO - Australian Tax Office **1800 008 540**
[Website](#)

Services Australia (Centrelink)

132 300 - Older Australians Line

136 240 - Self Service Line

132 717 - Disability, Sickness & Carers Line

[Website](#)

ACT Health | Canberra Health Services - 02 5124 0000 (24/7)

[ACT Office for Seniors](#) (ACT Government)
- **02 6205 2598**.

ACT RADAR (Rapid Assessment of the Deteriorating Aged at Risk) - **02 5124 8293**
(Mon–Sat, 8am–4:30pm)

CANBERRA SENIORS NEWS

AUGUST EDITION

Learned Friends

Last month representatives from Project Urban (Penny), Home Caring (Maria) and Phillips Wealth (Luisa) collaborated on a *Lunch and Learn* session that covered

- **Downsizing decisions**— how to approach the process, where to start, and housing options that let you stay connected to your community
- **Aged care updates**— key changes under the new Aged Care Act (in effect since November 2025), including your rights, the Support at Home program, and what the reforms mean for you
- **Financial considerations**— how downsizing and aged care costs interact, and what to think about when planning ahead, especially regarding nursing home care.

Ask Andrea for contact details or for copies of handouts if you are interested in learning more.

Lunch and Learn!

Advance Care Planning Information Session

Advance Care Planning helps ensure your healthcare wishes are known and respected if you are ever unable to speak for yourself. It can also make difficult decisions easier for your loved ones during a crisis.

Join us to learn:

- Why Advance Care Planning is important
- What documents are available
- How Canberra Health Services can help you prepare a plan
- Where to record your wishes



Thursday 27 August



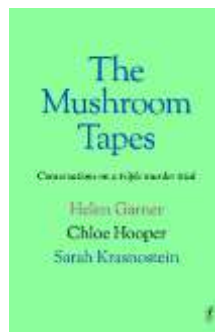
12:30pm (lunch available from 12 noon for \$7)

FREE session

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

Reading Corner

This month we bring you a book recommendation from Rosemary.



THE MUSHROOM TAPES

Helen Garner, Chloe Hooper and Sarah Krasnostein

Mixing road trip with true crime, three writers record their conversations as they attend the trial of Erin Patterson, who was accused

(and convicted) of poisoning four family members with foraged death cap mushrooms.

The writers discuss the trial as the evidence is presented. It also includes reflections on unsettling issues raised by this trial – tragedy becoming mass entertainment, the complexity of family relationships and reconciling the weight of evidence and a guilty verdict with an accused who maintains her innocence.

Publisher The Text Publishing Company 2025

Genre: Non-Fiction, Biographies & True Stories, True Crime

Available in Paperback, Ebook, 224 pages.



CANBERRA SENIORS NEWS

AUGUST EDITION





CANBERRA SENIORS NEWS

AUGUST EDITION

CENTRE LUNCHES

Monday	3	Fish Pie
Tuesday	4	Pumpkin Soup
Thursday	6	Beef Burger
Monday	10	Chicken Parmigiana
Tuesday	11	Lasagne
Thursday	13	BIRTHDAY LUNCH Chicken and Roast Vegetables, Apple & Cherry Pie
Monday	17	Steak Sandwich
Tuesday	18	Chicken Soup
Thursday	20	Garlic Fish and Prawns
Monday	24	Meatloaf
Tuesday	25	Tuna Patties
Thursday	27	Onion Gravy Sausages
Monday	31	Irish Stew

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

Cooked lunches \$7; Sandwiches \$5

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

CANBERRA SENIORS NEWS

AUGUST EDITION

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)
	1:00- 2:00 pm Zumba (\$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)
1:30-2:30 Social Partner Dance for Beginners (\$7) *				12:30-1:30 Latin Choir (\$7)
	2:00-4:00 (U3A) Book Talk Monthly (\$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