

CANBERRA SENIORS NEWS

September Edition

Dear Friends,

We had a lovely problem last month at the Birthday Lunch. **We had a big crowd!** Tania (our Chef) is marvellous at coping with extras but please, please, let us know if you are attending.

High Tea was a huge success! Thank you to everyone who came along last Thursday, shared recipes, and helped make it such a fun and enjoyable afternoon. We had a generous amount of food, and many were able to take some treats home.

Special thanks to those helping at the check-in desk while Irene is away. With Kate also taking a holiday soon, I would appreciate any support members can offer.

A group of seniors who are deaf are joining the Centre. I will take some advice on how to make them welcome and if any adjustments might be necessary. (If you know ASLAN could you get in touch, please?) I know I can count on you to help create a welcoming and inclusive experience for our new deaf members.

Zumba continues Tuesday afternoons at 1 pm although Purnima will be on leave for September.

First notice (or is it a warning?): Christmas Fete will be 28 November. Yes it's too early to start baking but how about potting up cuttings etc?

Warm regards,

Andrea

Andrea Dean, CEO

DATES FOR YOUR DIARY

September is **ACT Seniors Month** (1 September – 1 October)

RUOK Day Thursday 10 September

BIRTHDAY LUNCH Thursday 10 September 12:00pm

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

FLORIADE – 13th September - 12 October

ANNUAL NUTBUSH LINE DANCE EVENT Saturday 19

September 11:00am Civic Square. Register [HERE](#).

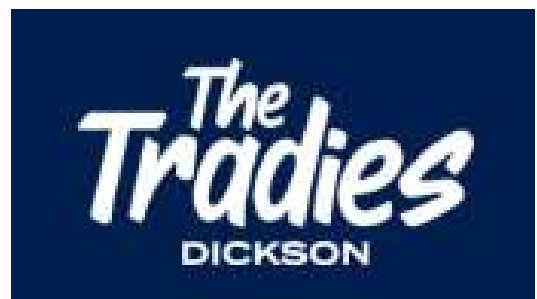
ACT SENIORS AND BETTER AGEING EXPO 2026 –
Wednesday 23 September 10-am – 3 pm, Old Bus
Depot Building 21 Wentworth Ave Kingston

**LUNCH AND LEARN –YOUR LIBRARY AT YOUR
FINGERTIPS: APPS, TIPS & HOME LIBRARY SERVICES**

Thursday 24 September 12 noon for lunch (\$7);
session commences at 12:30pm. Register [HERE](#) or
signup at the desk.

*Does the dining area seem
much quieter?
It's not your hearing!*

Thanks to our generous sponsor



we now have a new whisper quiet
fridge and freezer.

We are very grateful to
The Tradies Dickson
for their continued support of our
centre.

CANBERRA SENIORS NEWS

September Edition

CENTRE NEWS | NEW MEMBERS, OLD FRIENDS

A very warm welcome to our new and returning members:

Shayleen Barlow, Marie Gallagher, Gladis Garcia, Allan Gibson, Mary Hedges, Cheryl Henschell, Therese Isin, Helena K., Carmel McInerny, Teresa McTaggart, Geoff P., Rod Roberts, Yvette Van Loo.

If you see a new face at the Centre, please do say hello and help our newest members settle in.

This month we celebrated Ken who has been with the Centre for 31 years. During his time with Canberra Seniors Ken has served as a committee member and volunteer and has contributed his kindness, knowledge and friendship to many.

We share below some of the photos from his time at the Centre.

Ken will still be visiting us, but in a more informal capacity.



Thank you!

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 office or check in desk,

And just a reminder that your membership of \$15 is now due.

Payment can be made at the desk.

Already renewed your membership? Thank you!

CANBERRA SENIORS NEWS

September Edition

CENTRE NEWS | Birthday Lunch

Wishing our September birthday members a very



Happy Birthday this month to the following members:

Pat Edwards, Shirley Fowler, Glenda McNamara, Ruth Duffy, Rosemary Campbell, Patricia McDonell, Valda Lamont, Dawn Gardiner, Kim Hooper, Mary Kirk, Robyn Steele, Jude Bowman, Fiona Farquharson, Wadu Sumathipala, Angela Boreham, Janine O'Dwyer, Sonja Grocock, Wendy McDuff, Therese Dowling, Ann Ticehurst, Penny Posavec, Lydia Waldron-Stevens, Sally Liddy.

(Is your name missing? Let Andrea know.)

We look forward to celebrating with you on **Thursday 10th September** at 12 noon for a **BIRTHDAY** lunch of Roast Lamb and Vegetables followed by Apple Strudel.

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

CENTRE NEWS | AROUND CANBERRA

SPRING in Canberra is one of the best times to get outside; whether its **Floriade** (13th September to 12 October, Commonwealth Park), **Canberra Moon Festival** (5-7 September) or **Haig Park Village Markets** (28 September) there always something to see and do.

Embroiderers' Guild ACT Annual Exhibition (18–20 Sept) – Chifley Community Room.

“Yester-me, Yester-you, Yesterday” Big Band Concert (11 Sept) – Belconnen Community Theatre.
Nostalgic music perfect for older audiences.

CANBERRA SENIORS NEWS

September Edition

DO YOU LOVE TO GARDEN?

We need you! Join the Picking Garden crew...



I am looking for a small group of volunteers to help maintain our front garden.

My dream is to turn the front beds into a joyous, abundant flourish of herbs, salad greens and flowers, and provide our members with fresh bunches of herbs and flowers to take home.

And once I've filled the garden beds, I have my eyes on the nature strip out the front!

If you can spare an hour once a month, put your name on the sign up sheet, or drop in and see me when I get back from leave in early October.

Kate

RAFFLE Update

It's not too late to buy a ticket in our annual raffle!



Share this link with your family and friends, to buy a ticket in our **BIGGEST and BEST RAFFLE yet!**



QR Code for 2026 Raffle

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.**
ALL proceeds support the activities of the Centre.



CANBERRA SENIORS NEWS

September Edition

CENTRE NEWS | STAYING CONNECTED: a digital life

The Tech Hub is moving along quite nicely, with new furniture and equipment being installed and everything beginning to take shape in the centre office. We're excited about the possibilities this space will offer and hope it will become a place where members can explore, learn new skills and bring their ideas to life.

We're looking at offering a range of services and activities, including scanning and restoring old photographs, slides and negatives; exploring the world of book publishing, and recording precious memories and stories using audio. These are just some of the ideas we have, with much more to come as the Tech Hub develops.

It's also a safe space for you to come and work. We understand that technology can sometimes seem confusing or even a little scary. Our aim is to take away the mystery, provide friendly support and help everyone feel comfortable using the equipment.

Most importantly, we want the Tech Hub to reflect what our members would like to see. **What would you like to learn, create or explore?** We'd love to hear your ideas and suggestions about what you would like incorporated into the Tech Hub. (Email Andrea ops@canberraseniors.org.au)

TECHNOLOGY HELP every Wednesday from 10:00-11:00am ~ \$7

Do you need a hand with your phone, tablet or laptop? Our friendly volunteers run **Technology Help Sessions every week**, offering one-on-one support with:

- Email and online accounts
- Using apps and websites
- Video calling
- Managing photos
- Understanding your device
- General troubleshooting

Drop in, learn at your own pace, and build confidence in a relaxed, supportive space.

ESAFETY for SENIORS

If you have concerns, need help or online safety advice, or just want to build your online skills there are some great resources available on the eSafetySeniors website:

<https://www.esafety.gov.au/seniors>.

SAVE THE DATE: GET ONLINE WEEK 19-25 October

CANBERRA SENIORS NEWS

September Edition

CENTRE NEWS | FROM THE DANCE FLOOR



ANNUAL NUTBUSH LINE DANCE EVENT



Ready to kick up some dust and pull out some moves for our bush capital? Join Canberra's Biggest Nutbush event. **Register NOW** and help the **Conservation Council** reach their goal of **350+ people**: <https://events.humanitix.com/canberra-biggest-nutbush-line-up-for-our-city-limits>.

Event Details

- **What:** A massive public Nutbush line dance.
- **Where:** Civic Square (180 London Circuit, Canberra).
- **Next Event:** Saturday, 19 September 2026 at 11:00 am.
- **For more information:**

<https://conservationcouncil.org.au/event/canberras-biggest-nutbush-line-up-for-our-city-limits/>.

The Nutbush line dance was created by the Yarralumla Primary School back in the 1970's.

STEPtember | STEP UP TOGETHER FOR CEREBRAL PALSY

Its not too late to sign up for **STEPtember 2026** . To register click [HERE](#) or sign up using the Tradies QR code below.

THE TRADIES WOULD LIKE TO INVITE
CANBERRA SENIORS CENTRE TO JOIN
US FOR THE **STEPtember 2026 CHALLENGE**

COMMIT TO MOVING 10,000 STEPS EVERY
DAY THIS SEPTEMBER

FREE REGISTRATION | THE TRADIES DICKSON



REGISTER NOW

And did you see this wonderful article about [generational Canberrans](#). It's such a lovely story about Dickson couple Gordon and Yvonne Truesdale who have lived in Canberra for more than 50 years. Click [HERE](#) to read more.

CANBERRA SENIORS NEWS

September Edition

Learned Friends

Last month, **Louise Gell and Anita Taylor from the Canberra Health Services Advance Care Planning (ACP) team** presented on Advance Care Planning.

Advance Care Planning involves thinking about and recording your wishes for future healthcare if you become unable to make decisions yourself.

In the ACT, this may include an **Enduring Power of Attorney, Statement of Choices, or Health Direction**. ACP helps ensure your healthcare reflects your wishes and reduces stress for family members who may otherwise have to make difficult decisions on your behalf. It is recommended for everyone, not just older or unwell people, and is best done while you are healthy and able to make decisions. [More information here.](#)

24 Sept – Join us for Lunch, and Learn!



YOUR LIBRARY AT YOUR FINGERTIPS: APPS, TIPS & HOME LIBRARY SERVICES

Join the team from ACT Libraries for an overview of available Library services including information and a demonstration of Ebook, Audiobook and eMagazine Apps and some useful tips and tricks to make the most of their services. And to finish, they will provide some information on their **Adopt a Book** and **Home Library Services**, and perhaps a few welcomed reading recommendations.

Join us at 12:30 for this FREE information session **Thursday 24 SEPTEMBER** (lunch \$7 from 12 noon).

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

Reading Corner

If you love books and all things reading...this one's for you.

SAVE THE DATE! Thursday 15 until Sunday 18 October,

Canberra Writers Festival 2026

For the Love of Books

This year's program celebrates authors who live in Canberra, as well as those whose lives and books have connections to the ACT and surrounds.

Featured authors include Chris Hammer, Karen Viggers, Jack Heath, Ludy Ridge, Saskia Beudel, Amy Remeikis and Canberra-raised bestselling fantasy author Garth Nix.

Other local highlights include award-winning writer Mirandi Riwoe's *A Short History of Longans*, partly set in nearby Queanbeyan; Petronella McGovern's debut novel *Six Minutes*, set around Weston Creek and the Brindabella Mountains; Rebecca Higgie's futuristic political thriller *The Book of the After*, featuring scenes in Parliament House and Kingston; and Johanna Bell's *Department of the Vanishing*, which records Canberra's birds before it's too late.

Check out the [full program HERE](#).

CANBERRA SENIORS NEWS

September Edition

CENTRE NEWS

Make Time to Ask...

September is jam packed with observance days, focusing on older adults, community wellbeing, carers and particularly around mental health and wellness. While **RUOK** day is every day, it is observed in Australia on Thursday 10th September. Here are some practical strategies to support yourself, a family member or a friend if it's all feeling too much or you're feeling lonely.



1. **Limit your exposure to news, social media and the Net.** Try limiting your access to set times each day, noting that content quality matters, as much as the duration. Outside those times, put your phones, tablets and computers away for a while; dust off your CD or record player, watch a movie you love, or curl up with a book or audiobook.
2. **Prioritise sleep, movement, and nutrition:** Keep a consistent sleep schedule; aim for 20–30 minutes of moderate activity daily as a minimum; and eat regular meals. Spend a few minutes outdoors, in the sun, each day when the UV index is 3 or below.
3. **Use grounding and breathing practices** to calm, regulate and protect your nervous system. Join a yoga or tai chi class; regularly spend some time outdoors in nature when possible.
4. **Schedule at least 1 daily goal:** schedule at least 1, if not more, achievable tasks each day.
5. **Check in regularly with family and friends** when, and if, you can. If you're feeling lonely, reach out to Friendline, Lifeline, Beyond Blue or Mens Line for a confidential chat. Call or click on the links below for more information.
6. **Volunteer or support local organisations.** Acts of volunteering provide social connection and enhances overall wellbeing. We are always in need of a helping hand here at the Centre; talk to Andrea if you are interested.

♪ You've got a friend in me ♪

Friendline 1800 424 287

Lifeline 13 11 14 (24/7)

Beyond Blue 1300 224 636

Carers Gateway 1800 422 737 (Option 2)



CANBERRA SENIORS NEWS

September Edition

NEWS AT A GLANCE | Aged Care, Health and more...

This month we have seen policy updates affect advertising and online gambling controls, tighter NDIS access and plan rules, a drafting error known as the “widow’s tax” has been removed, and several aged care funding and fee changes. Below is our short, member-friendly summary. *As with all information, please do not rely on this alone but seek your own sources.*

AGED CARE

- The Australian Government announced that the Commonwealth Home Support Program (CHSP) will remain a standalone program until 30 June 2029, with further reform to occur. This is good news for older people and aged care providers, providing greater certainty and continuity of care. ([OPAN](#))
- Personal care (showering, grooming) is now fully government-funded under home support from October, removing those out-of-pocket costs for many.
- Indexation increases and targeted investments aim to lift wages and expand dementia care and home packages.
- Some residents face higher everyday living fees; accommodation pricing changes may increase costs for some; unspent home-support funds may not carry over at plan renewal.

For more information: [Australian Government Department of Health, Disability and Ageing](#) | www.health.gov.au

For more Aged Care news | read the latest copy of [EngAged newsletter Aug. 2026](#)

NDIS reforms

- Clearer eligibility and functional capacity rules. Access decisions are being standardised to reduce inconsistent outcomes.
- Limits on plan reassessments and renewals. Reassessments are restricted to significant, ongoing changes; plans now have set end dates and unspent funds may not automatically carry over.
- Stronger integrity and safeguards. The regulator’s powers and whistleblower protections have been increased to reduce fraud and poor practice. Why it matters: The changes aim to make the scheme more sustainable and consistent, but some participants may see tighter limits on what supports are approved.

For more information: [National Disability Insurance Scheme \(NDIS\)](#) | <https://www.ndis.gov.au/>

ACT GOVERNMENT UPDATES

- [Wakefield Gardens](#) in Ainslie site to be returned to community use.
- [First DA approved for Canberra’s new Northside Hospital](#)



CANBERRA SENIORS NEWS

September Edition

CENTRE LUNCHES SEPTEMBER

Tuesday	1	Quiche
Thursday	3	Rice Paper Rolls
Monday	7	Sweet & Sour Chicken
Tuesday	8	Tanya's Surprise Special
Thursday	10	BIRTHDAY LUNCH Roast Lamb & Vegetables, Apple Strudel
Monday	14	Fish & Chips
Tuesday	15	Butter Chicken
Thursday	17	Pizza
Monday	21	Three Cheese & Tomato Zucchini Slice
Tuesday	22	Quiche
Thursday	24	Beef Kebabs
Monday	28	Honey Soy Drumsticks
Tuesday	29	Tanya's Surprise Special

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

September Edition



Government and other services

EMERGENCY	In an emergency call Triple Zero 000
Police	131 444 – local state or territory police
Healthdirect	Health Advice 1800 022 222
Health, Disability & Ageing	http://www.health.gov.au :
My Aged Care	Website or call 1800 200 422 8am-8pm weekdays; Saturdays 10am-2pm. Closed Sundays Public Holidays
Services Australia (Centrelink)	Website 136 240 - Self Service Line 132 717 - Disability, Sickness & Carers Line
Medicare	Medicare 132 011 Website
NDIS	National Disability Insurance Scheme 1800 800 110 Website
ACT Health	Canberra Health Services 02 5124 0000 (24/7)
ACT Office for Seniors	Office for Seniors - ACT Government 02 6205 2598 Website
Aged Care Quality and Safety Commission	Aged Care Quality and Safety Commission: Website Concerns & Complaints: 1800951822
ACT RADAR	(Rapid Assessment of the Deteriorating Aged at Risk) 02 5124 8293 (Mon–Sat, 8am–4:30pm)
Carer Gateway -	1800 422 737 Website
ATO	Australian Tax Office 1800 008 540 Website
ACCC	Australian Competition and Consumer Commission Website
IDCARE national identity and cyber support service	IDCARE Call 1800 595 160 if you have concerns about your identity or related cyber security. Website
Scamwatch	Website . To report email, online or telephone scams

CANBERRA SENIORS NEWS

September 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