

SENIORS WEEK PROGRAM

21st to 28th March 2010

Variety in Life



Multi Day Events

Canberra International Walking Weekend

Saturday 27th and Sunday 28th, 7:30am to 4:00pm

Participate in Canberra's International walking weekend and enjoy the company. Walk both days for the Canberra Two Day Walk Medal or one day for a personalised certificate. Routes (different both days) marathon Saturday only, 30, 20, 10 and 5km.

Control Centre, Australian Centre for Christianity and Culture
Cnr Blackall St & Kings Avenue Barton
Cost: Seniors: two days \$25, one day \$20.
Bookings: download entry form at www.aussiewalk@aussiewalk.com.au
Phone: 62886401

Life's Reflections Photographic Exhibition

Everyday from Sunday 21st to Sunday 28th, Centre trading hours

The exhibition highlights entries from the annual photographic competition run by the ACT Office for Ageing which promotes positive images of older Canberrans.

Canberra Centre
Upper level Glass Floor Exhibition Area



Senior Real Estate Advisor

Monday 22nd to Wednesday 24th and Friday 26th, 9:00am to 5:00pm

Free information, advice and in-home appraisals from a housing advisor specialising in seniors' requirements.

In home appraisals
Contact: Gwen Davies
Bookings: Essential
Phone: 0418 977 098

Indoor Bowls

Tuesday 23rd & Friday 26th 9.30am to 12.00pm

Indoor Bowls with morning tea
Belconnen Senior Citizens' Club Inc
24 Chandler Street, Belconnen
Cost: \$3.00

Table Tennis

Monday 22nd; 9.30am to 12.30pm, Friday 26th; 1:30pm to 3:30pm

Table Tennis with morning or afternoon tea
Belconnen Senior Citizens' Club Inc
24 Chandler Street, Belconnen
Cost: \$3.00

Studio Tours - Silver Memories talk

Everyday from Monday 22nd to Friday 26th, 10:00am to 4:00pm

Be guided by volunteers through the ArtSound Broadcasting studios, recording studio and music library. Enjoy hearing all about our new Silver Memories Program, linking seniors with what is on and playing the music you love to hear.
Artsound FM Community Radio Station
Manuka Arts Centre, Manuka
Contact: Isobel Griffin
Bookings: limit 10 per tour
Phone: 62957444

Goyder Street Library Inc

Thursday 25th, Friday 26th & Saturday 27th, 10am to 4pm

We are promoting Seniors week at the Library - all welcome. Tea and coffee available.
Goyder Street Library
Goyder Street, Narrabundah
Cost: \$5.00 concession for new members.
Phone: 6295 8380

Internet for Seniors

23rd; 10:am to 11:30am, 27th; 2:00pm to 3:30pm

Introductory lessons on using email and internet searches.
Queanbeyan library
257 Crawford Street, Queanbeyan
Bookings: Essential
Phone: 62980210

Glider Joy Flights

Saturday 20th, Sunday 21st, Saturday 27th & Sunday 28th, 10:30am to 5:00pm

Joyflights in modern two seater sailplanes with qualified experienced instructors.
Bunyan Airfield
Monaro Highway, 15km north of Cooma
Contact: Bruce McKenzie
Cost: Two options: 1, 2500ft \$100, 2, 4000ft (deluxe) \$150.
Bookings: www.canberragliding.org
Phone: 0421040116

Independent Living Centre

Everyday Monday 22nd to Friday 26th, 12pm to 2pm

Drop into the Independent Living Centre to view and try the assistive technology. Discuss your options over a cup of tea with an Occupational Therapist
Independent Living Centre
24 Parkinson Street, Weston

Old time/New Vogue Dancing

Wednesday 24th & Sunday 28th, 12.30pm to 4.00pm

Dancing with morning or afternoon tea
Belconnen Senior Citizens' Club Inc
24 Chandler Street, Belconnen
Cost: \$3.00



GOODWIN
THE BETTER LIFE CHOICE



Indoor Bowls

Tuesday 23rd, & Friday 26th, 12.30pm to 1.30pm

Indoor Bowls

**Belconnen Senior Citizens' Club Inc
24 Chandler Street, Belconnen**

Cost: \$3.00

Thursday 18th Mar 2010

Get on the Green

5:15pm to 8:00pm

An invitation to Lawn Bowls. Come along & enjoy this low impact popular & friendly sport. Bowls & tuition provided

**Canberra Bowling Club
Hobart Avenue, Forrest**

Contact: Bev Porteous

Cost: \$15 registration. \$6.00 green fees.

Bookings: Call Bev

Phone: 62852278

Saturday 20th Mar 2010

Canberra Rock Swap

Saturday 21st & Sunday 22nd, 8:30am to 5:00pm

Fossickers and dealers, crystals, minerals, rough and cut gemstones, opals, lapidary supplies and jewellery are all available for purchase on the day. Food available.

Wagtail Way, EPIC

Canberra Showgrounds

Flowers for Churches

10:00am to 3:00pm

Demonstration of liturgical arrangements to enhance the worship in your church, including traditional and modern arrangements for church seasons

**Wesley Hall, Wesley Uniting Church
National Circuit, Barton**

Contact: Lesley Harland

Cost: \$45, including light lunch and notes.

Bookings: by 13th of March

Phone: Lesley 62540327

More than Medicines - Living well: Get the most out of your medicines with a healthy lifestyle

11:00am to 1:00pm including lunch

Information Session for Senior Citizens

Tamil Senior Citizens Association, Meeting room

11 Bromby Street, Isaacs

Phone: 62861709

Sunday 21st Mar 2010

Shannons Wheels Expo 2010

9am to 4pm

A congregation of vintage, classic, historic and modern cars, trucks, caravans, motor bikes, fire engines and like minded people to enlighten the public.

Lawns in front of the Museum of Australian Democracy

18 King George Terrace, Parkes

Walk around Lake Tuggeranong

9.05am meet for 9.15am start to 10.45am

Flat walk around Lake Tuggeranong along paths

Meet outside Tuggeranong Lakeside

Leisure Centre

Cnr Athlon Drive and Anketell Streets

Tuggeranong

Bungendore Market Day Heritage Train Trip

10:30am to 3:30pm

Reminisce with your children and grandchildren on what train travel was like in the good old days: Relax, visit the markets and snooze all the way home **departs Canberra and Queanbeyan railway stations**

Kingston Railway station

Contact: Booking Office

Cost: Various - seniors discounts

Bookings: required

Phone: 62842790

The Grand Party in the Park

11am to 3pm

We will be having a free event for grandparents, grandchildren, friends and family featuring live entertainment, children's activities, stalls and loads more. This event will be the first combined celebration for the four Seniors Clubs of Canberra.

Glebe Park

**Cnr Akuna and Corenderrk Streets,
Canberra City**

Dance workshop for old and young

2pm to 5pm

A chance to dance with your favourite young people, be they grandchildren, relatives or friends.

Folk Dance Canberra Hall

114 Maitland Street, Hackett

A Taste of Honey - Vocal recital

3pm to 5pm

Recital by Christina Wilson, Alan Hicks & Robert Harris. A program inspired by "Bs" - music by Brahms, Bridge, Benjamin, Dudapest-born Matyas Seiber and settings of poetry by British bards Robert Burns and John Keats.

Wesley Music Centre

National Circuit, Forrest (Cnr Sydney Avenue)

Contact: Oliver Raymond

Cost: Full price \$30. Seniors, Friends of Wesley Music and Musica Viva Subscribers, \$25. Art Song Canberra members and Pensioners \$20. Full time students \$10. Price includes program and light refreshments.

Bookings: Tickets available at the door

Monday 22nd Mar 2010

Chief Minister's Breakfast

7am to 9am

Once again this key event will be the official launch of Seniors Week. Guest Speaker: Dr John Buckingham.

Ainslie Football Club

Wakefield Avenue, Ainslie

Contact: COTA

Cost: Corporations/Organisations \$35, Seniors \$20

Bookings: Essential

Phone: 62823777



Falls Prevention: It's in your control

10am to 11:30am

A presentation outlining the common risk factors for falls and how they can be addressed to reduce your risk.

**Independent Living Centre - Training Room
Parkinson Street, Weston**

Contact: Kyleen Slatyer

Bookings: Essential - limited places

Phone: 6205 5161

Come and visit Radio 1RPH Studios

11am to 1pm

Come and visit the studios of Radio 1RPH, meet some of our volunteers over a cup of tea and have a guided tour around the station.

Radio 1RPH Barton Highway

0.7km off GDE towards Hall - on the right

Contact: Andrew Lythgoe

Bookings: required

Phone: 62414076

Beyond maturity blues presentation

11am to 12pm

An information session on how to deal with depression etc for those who are older as well as providing assistance for carers.

St Volodymyr Ukrainian Catholic Church (Parish Hall)

82 Archibald Street, Lyneham

Lunch & Show

11:30am - 2:00pm

Come for lunch & enjoy listening to the Irish sounds of Cassidy's Ceili.

Weston Creek Labor Club

Teesdale Crt, Stirling

Cost: \$15.00 Members, \$25.00 Guests

Bookings: Payment to accompany bookings

Phone: 62885047

Cards with afternoon tea

12.30pm to 3.30pm

Cards with afternoon tea

Belconnen Senior Citizens' Club Inc

24 Chandler Street, Belconnen

Cost: \$3.00

Making the Right Decision

6pm to 8pm

A seminar presented by Anglicare with information on retirement options, services available, fee structures & legal obligations. Tours of Bimbimbie Retirement Village available from 3pm to 6pm with a free BBQ at 5pm.

Bimbimbie Retirement Village.

2 Short Street, Merimbula

Bookings: Not required

Phone: 1800457255

Martial Arts for Seniors

4:15pm to 5:15pm

A Martial Arts Class for over 55's. Aims to improve strength and flexibility of participants and include them in all activities that our organisation offers.

Hughes Community Centre

Wisdom Street, Hughes

Contact: Derek Koina

Bush Dance

8pm to 10pm

Lively bush dancing to live music. No bush dancing experience required. Just come and have fun

All Saint's Church Hall,

Cowper Street, Ainslie

Contact: Barbara Court

Cost: \$6.00

Bookings: Not necessary

Tuesday 23rd Mar 2010

Veterans Golf Competition

Hit of times 8am and 10am

Participants must be 55 years or older and a member of a Golf Club in the ACT Region with a current Golf Handicap.

Belconnen Golf Club

Stockdill Drive, Holt

Contact: Ian Wallace

Cost: \$17.00

Bookings: preferred

Phone: 6297 3847

Porcelain Class and Exercise Class Open Day

8am to 12 noon

The Canberra Seniors Centre is having an Open Day. Visitors can take part in a porcelain class and learn what is involved in an over 50's exercise class. Morning tea or light lunch is supplied.

Canberra Seniors Centre

10 Watson Street, Turner

Contact: Pat Gratton

Bookings: preferred

Phone: 6248 9509

Hearing Centre Open Day

9am to 5pm

Free hearing screening tests, advice on hearing loss and information on the latest technology.

Brindabella Hearing Centre

5/16 Thesiger Court, Deakin

Contact: Mandy Nyhof

Bookings: Essential

Phone: 6281 2311

Hearing Impaired/Deaf - Information & support

9:30am to 4:00pm

Presentations and demonstrations on Cochlear implants at 10am, Assistive listening devices 10:30 & 1:30pm, Hearing aid technology 10:30am & 2:00pm, Hearing loss management class 2:00pm. Advice and information all day from 9.30am. Hearing screening tests all day from 9:30am.

Home Help Conference Room

27 Mulley Street, Holder

Cost: \$3

Bookings: Essential for hearing screenings, otherwise simply show up.

Phone: 62874391

Mythbusters

09:30 to 11:00am

Behind the scenes tour of AIATSI. See the library, find out about our Audiovisual Archives and our Family History unit.

Includes morning Tea

AIATSI

Lawson Crescent, Acton Peninsula

Bookings: library@aiatsis.gov.au

Phone: 62461177

Try TOOT - Ladies craft Group

9:30am to 11:30am

TOOT (Time Out On Tuesdays) ladies meet together to either learn new craft or continue with their own craft project.

Westminster Presbyterian Church

**Cnr Templeton Street & Rowan Street,
Cook**

Contact: Liz Whittaker

Cost: 50c for morning tea

Bookings: Not necessary

Falls Prevention: It's in your control

10am to 11:30am

A presentation outlining the common risk factors for falls and how they can be addressed to reduce your risk.

Belconnen Community Centre

26 Chandler Street, Belconnen

Contact: Kyleen Slatyer

Bookings: Essential - limited places

Phone: 6205 5161

Quality use of Medicines - Information Session.

10.00am to 11.30am

Attend an information session titled "Quality Use of Medicines" Morning Tea will be served at 10 am. All Welcome.

Information session

Cnr Ross Smith and Gattu Street Scullin

Contact: Jenette Cram

Bookings: By Sunday 21st March

Phone: 6278 7379

Official Opening of Queanbeyan Men's Shed

10:00am to 12:30pm

The Shed is a place for men to meet in a safe, friendly environment to socialise and participate in practical activities.

Queanbeyan Men's Shed

Waste Minimisation Depot, 5 Lorn Road Queanbeyan

Contact: David Steptoe

Phone: 62979534

Appalachian Mountains Tap Dance

10am to 11:30am

This is high energy tap with attitude. A family activity for all ages. Good form of exercise that is fun to do. Beginners always welcome.

DancEdge Studio

Boddington Court, Cnr Carleton St Kambah

Contact: Louise Frodyma

Bookings: Not necessary

Phone: 6231 7935

Remote Control Model Aircraft - Belconnen

10:30am to 11:30am

A casual display, explanation and demonstration of flying and building of remote control model aircraft at an established club.

Belconnen Model Aero Club - Mitchell

Cnr Bellenden and Hoskin Street, Mitchell (follow signs)

Contact: Geoffrey Kemp

Phone: 0417447990

Information session - Quality use of medicines

1pm to 2pm

Presentation on Quality Use of Medicines to members and friends of Belconnen RSL Sub Branch

Southern Cross West Club, Catchpole room

Corner Bowman & Catchpole Streets, Macquarie

Contact: Mac Weller

Phone: 62624878

Cardmaking

1pm to 3pm

We will be making a greeting card and we will supply the materials required.

Parkway Church

Cnr Sulwood Drive and Tuggeranong

Parkway, Kambah

Contact: Isobel Lewthwaite

Cost: \$3.00

Bookings: Preferred

Phone: 6258 3241/6296 7701

Fun in Fitness (International folk dancing)

1.30pm to 3.30pm

International folk dancing with afternoon tea

Belconnen Senior Citizens' Club Inc

24 Chandler Street, Belconnen

Cost: \$3.00

A presentation about "Understanding your pension".

2pm to 4.30pm

Explains how the age pension is assessed, the effect of income and assets, pension rates, concessions and more. Also explains your rights and obligations.

Southern Cross Club Woden

92 Corinna Street, Phillip

Contact: Karl Jordt

Bookings:

fis.seminar.bookings@centrelink.gov.au

Phone: 136 357

Staying Active - Staying on Your Feet

2:00pm to 3:00pm

Falls are a major cause of injury and disability for older Australians. Maintaining an active lifestyle and knowing how to manage chronic diseases can reduce your risk of falling.

Kangara Waters Community Centre

Joy Cummings Place, Belconnen

Bookings: Book early - limited parking

Phone: 62338200 (by 22.03.10)

Network session

5:30pm

Many of the multicultural groups affiliated with the Canberra Multicultural Community Forum have special interest groups for seniors, and these groups have expressed interest in forming a Canberra-wide network for activities of mutual benefit.

Theo Notaras Multicultural Centre City

Contact: Sam Wong

Bookings: secretary@cmccf.org.au

Phone: 0430488078

Wednesday 24th Mar 2010

Ladies Lawn Bowls Day

9:15 to 12:30pm

A relaxed & friendly game of bowls, come along & bring your friends. Beginners very welcome

Canberra Bowling Club

Hobart Avenue, Forrest

Contact: Bev

Cost: \$7.00

Bookings: preferred

Phone: 62852278

Singers' practice

10am to 12 noon

Singing with morning tea

Belconnen Senior Citizens' Club Inc

24 Chandler Street, Belconnen

Cost: \$3.00

Thanksgiving for seniors; a chat with David Kilby and Champagne Lunch

10am to 2pm

A service celebrating seniors followed by a talk on music by David Kilby, then a chicken and champagne lunch.

Holy Cross Anglican Church

Cnr Antill Street and Phillip Ave Hackett

Contact: Rev'd Dr Erica Mathieson

Cost: Limited to 60 people

Bookings: Essential

Phone: 6248 5327

More than Medicines - Living Well.

10:30am to 12:30pm

Get the most out of your medicines with a healthy lifestyle, presented by a COTA Peer Educator.

The Cottage

117 Dension Street, Deakin

Bookings: not necessary

Phone: 62850282

Chief Ministers Concerts

Session 1, 10:30am, Session 2, 1:30pm

Two concerts with the RMC Band. Plenty of free parking, or take ACTION Bus Route 66 from the Woden Interchange or Route 11 from the City.

The Auditorium, Vikings Erindale

Ricardo Street, Erindale

Contact: Vikings Erindale, Club Reception

Bookings: Essential

Phone: 61212131

TheSenior 

**THE AUDITORIUM**

Beyond maturityblues

10:45am to 12:15pm

Learn about depression, it's symptoms and treatments.

St Simon's Anglican Church

Georgina Cres, Kaleen

Contact: Robyn Body

Bookings: Preferred

Phone: 62314948

Around the World by Dance

1:30pm to 3:00pm

A dance workshop featuring a variety of countries with beautiful music and gentle steps

Kangara Waters Retirement Village

Joy Cummings Place, Belconnen

Accommodation Options in Retirement

2pm to 4.30pm

Explores the options for accommodation in retirement.

Southern Cross Club Woden

92 Corinna Street, Phillip

Contact: Karl Jordt

Bookings:

fis.seminar.bookings@centrelink.gov.au

Phone: 136 357

Making the Right Decision

6:00pm to 8:00pm

A seminar presented by Anglicare with information on retirement options, services available, fee structures & legal obligations.

Tours of Brindabella Court Retirement Village also available from 3pm to 6pm

Community Centre, Brindabella Court

Retirement Village

59 Melba Street, Downer

Phone: 1800457255

International Folkdancing - Come 'n' try

7:45pm to 10:15pm

Introduction to international folkdancing.

Partners not needed. Comfortable footwear essential

Yarralumla Uniting Church Hall

Denman Street, Yarralumla

Cost: Free - supper provided

Bookings: Not necessary

Thursday 25th Mar 2010

Seniors Open Day

9.30am to 12.30pm

Canberra Potters' Society Seniors' Hands-on Open Day. Try throwing a pot on the wheel or simply make one by hand.

Watson Arts Centre

1 Aspinall Street, Watson

Contact: Bhavana Moylan

Public Trustee Seminar

9:30am to 12 noon

Advises of the importance of having an up to date Will and Enduring Power of Attorney.

Hellenic Club

Matilda Street, Woden

Bookings: Not necessary

Line Dancing

10am to 11.30am

Dancing with morning tea

Belconnen Senior Citizens' Club Inc

24 Chandler Street, Belconnen

Cost: \$5.00

Seniors EXPO

10am to 3pm

Representatives will be available from over 100 Organisations to talk to you about health issues, financial planning, retirement & lifestyle options and many more. There will be entertainment and food available. Come out for a fun filled day. Meet your favourite 2CC presenters & go in the draw to win a trip for 2 to Batemans Bay including accommodation, meals & a river cruise.

Bus Depot, Kingston

Kingston Foreshore



Barney's Big Morning Tea

10am to 12 noon

A great get-together for all seniors. tea, coffee, plenty to eat and musical entertainment.

St Barnabas Anglican Church

Charnwood Place, Charnwood

Contact: Helen Dean

Cost: \$2.50

Phone: 6258 6088

Carpet Bowls

10am to 2pm

Come and enjoy a friendly game of carpet bowls.

Woden Seniors Club

12 Corina Street

Contact: Anne Murray

Phone: 6282 2573

Broadband for seniors kiosk launch

11am to 1pm

Hall District Progress Association is launching their 'Broadband for Seniors' kiosk which will give access and training to seniors on computing and using the internet

Hall Cottage

24 Victoria Street, Hall

Bookings: Bill Pearson or Mary Hannan

Phone: 0419489606 or 62159512 by 10

March 2010

Cards

12.30pm to 3.30pm

Cards with afternoon tea.

Belconnen Senior Citizens' Club Inc

24 Chandler Street, Belconnen

Cost: \$3.00

Friday 26th Mar 2010

Craft Group

9.30am to 12.00pm

Craft Group with morning tea

Belconnen Senior Citizens' Club Inc

24 Chandler Street, Belconnen

Cost: \$3.00

Veterans Challenge

0930 to 10:00am

Under 70's verses over 70's challenge.

Lawne Bowls pairs, single entries accepted.

Members from other clubs welcome.

West Deakin Bowling Club

Kent Street, Deakin

Cost: \$8.00

Bookings: at club or ring

Phone: 62813775

Open House for Senior Citizens

10am to 4pm

We invite senior citizens to enjoy a visit to Lanyon free of charge. Guided tours are available for booked groups.

Lanyon Homestead

Lanyon Homestead, Tharwa ACT

Contact: Sophie Chessell

Cost: Free to Senior Citizens otherwise normal admission

Phone: 6235 5677

Lawn Bowls

10am to 12pm

Come and have fun learning lawn bowls at Belconnen Bowling Club, the "Friendly Club". Please wear flat soled shoes. Free sausage sizzle after bowling session

Belconnen Bowling Club

Beetaloo Street, Hawker

Bookings: Essential

Phone: 62783379

Braidwood Region Seniors Expo

10am to 8pm

This Seniors Expo aims to provide information session on health, financial matters and other issues relevant to seniors. Local musical and dance groups will provide entertainment.

Braidwood National Theatre

Wallace Street, braidwood

Tour, morning tea and painting demonstration.

10am to 12 noon

A guided tour of studios grounds and gallery of leading Canberra Arts facility including morning tea and painting demonstration

Strathnairn Homestead Gallery

90 Stockdill Drive, Holt ACT

Contact: Leah Moloney

Cost: \$5.00

Bookings: Essential

Phone: 6254 2134

Canberra Wine Tour

10.30am to 3.15pm

Wine tasting and set lunch at Pialligo Estate Wines followed by another wine tasting at Mount Majura Vineyard.

Pick up and drop off at Hughes Community Centre

Wisdom Street, Hughes

Contact: Raina Johnston

Cost: \$35.00

Bookings: Essential- limited places

Phone: 6282 3777

Value added theatre & show 'Codgers'

11:00am to 4:30pm

Value added theatre with Shane Porteous and Grant Dodwell in the morning matinee performance of 'Codgers'. A new Australian comedy about ageing, friendship and being a codger.

The Q Queanbeyan Performing Arts Centre
Adjacent to the Lowe Street Carpark, rear 257 Crawford Street

Cost: Special Seniors price \$25.

Bookings: Box Office

Phone: 62980290

Gold Town Tours

11am to 2pm

Bywong Town will be open for a booked tour of the facility. See gold panning, and visit the 'village' and mining area. Pack a picnic lunch and a drink.

Bywong Town

35 Bywong Town Road, Bywong NSW

Contact: Council on the Ageing (ACT)

Cost: \$8.00

Bookings: Essential

Phone: 6282 3777

Indoor Games Day

11am to 2pm

Have-a-go at anything day, with games including darts, quoits, hookey, euchre/500, table tennis, uno, scrabble and mahjong.

Tuggeranong Community Centre Hall

Cowlishaw Street, Greenway

Contact: Alan Nock

Phone: 2692 3245

Saturday 27th Mar 2010

Seniors Open Day Broadcast

08:00am to 6:00pm

Enable senior presenters to meet each other, present programs of their choice, encourage senior listeners to come to the station to meet presenters.

Valley FM premises

Comrie Street, Erindale

Bookings: Kay Fitton

Phone: 6294 4589

Walk around Curtin

9.05am meet for 9.15am start to 10.30am

Undulating walk around Curtin along paths.

Meet outside Coles at Curtin Shops

Theodore Street, Curtin

Give Croquet A Go

9am to 11am

An opportunity to try croquet - a fun game for all ages - followed by a cuppa

Queanbeyan Croquet Club

Farrer Place Queanbeyan

Contact: Ruth Blunden

Bookings: Not necessary

Phone: 6299 1571

Senior Week for CALD information and wellbeing day.

10am to 1pm

Open day for CALD people who have a person or friend with dementia or an interest in dementia. This is an information day and we will provide a free BBQ lunch and some shoulder massage techniques.

Alzheimers Australia ACT

159 Maribyrnong Ave Kaleen

Contact: Elizabeth Lore

Bookings: Essential by 24 March 2010

Phone: 6255 0722

Downer 50th Anniversary Celebrations

10am to 3pm

Celebration of the history of Downer suburb including Downer Primary School Reunion and reminiscing CSIRO's development.

Area around Downer community

Centre/old shops.

Frencham Place, Downer

Contact: Sue Harkness

Cost: Cost to buy refreshments.

Phone: 6249 6443

Watch a Hand-drumming & Fusion dance class in action.

10.30pm to 12.00pm

Learn Middle Eastern, Spanish, Gypsy, African and Asian dance, fusing them into a new type of dancing. Join in with the class. No experience needed.

QL2 Studio Gorman House Arts Centre

Batman Street, Braddon

Contact: Panta Rei

Bookings: RSVP by 19 March 2010

Phone: 0405638910

Watch a performance by Panta Rei Fusion dancing & Hand drumming

12 noon

A performance of musicians and dancers that combines elements from Middle Eastern, Spanish, Gypsy, African and Asian.

Gorman House Arts Centre

Batman Street, Braddon

Open House for Senior Citizens

1pm to 4pm

Visiting Calthorpes' House takes you back to Canberra's earliest years. Share memories over a cup of tea, wander the 1920's garden and enjoy the pianola.

Calthorpes' House

24 Mugga Way, Red Hill

Contact: Sophie Chessell

Cost: Free to Senior Citizens otherwise normal admission.

Phone: 6235 5677

Floor talk with Michael Winters

3pm to 4pm

Micheal Winters, leading Canberra artist and teacher will introduce his exhibition titled "Chocolate Box Landscapes" as shown in the Strathnairn Homestead Gallery.

Strathnairn Homestead Gallery

90 Stockdill Drive, Holt ACT

Contact: Leah Moloney

Bookings: Essential

Phone: 6254 2134

Old time/new vogue dancing

7.30pm to 11.00pm

Dancing

Belconnen Senior Citizens' Club Inc

24 Chandler Street, Belconnen

Cost: \$3.00

Shearer's Ball

8pm to 11:30pm

Lively bush dancing to Sydney band, "Southern Cross". All dances taught and called on the night, no bush dancing experience required. Dress - daytime colonial wear or smart casual.

Yarralumla Woolshed

Cotter Road

Contact: Barbara Court

Cost: \$19.00

Bookings: Not necessary

Sunday 28th Mar 2010

Walk around Lake Burley Griffin

9.05am meet for 9.15am start to 10.15am

Flat walk around part of Lake Burley Griffin along paths

Meet front steps of National Library

Parkes Place, Parkes

Try Church

9:30am to 11:00am

Come and hear a message from God's word, sing some old hymns, and enjoy a chat over morning tea afterwards.

Westminster Presbyterian Church

Cnr Templeton Street & Rowan Street, Cook

Calm-abiding meditation and talk on Buddhist philosophy

11am to 1pm

Come and break the myth on meditation and Tibetan Buddhism. A guided meditation will begin at 11:00am followed by a talk on Buddhist philosophy.

Tibetan Buddhist Society of Canberra

25 Alderman Street, Evatt

Cost: by donation

Phone: 62382088 for additional information.

Come & try sailing

10am to 4pm

Sailability is for people of all abilities and ages. We use dinghies that provide safe sailing in both social and competitive spheres.

Sailability Boatshed, Lake Tuggeranong

Lewis Mortimer Drive, Greenway

Contact: Pat Gabriel

Cost: \$5.00

Bookings: Call to register your interest.

Phone: 62810987

Open House for Senior Citizens

1.30pm to 4.30pm

Join a tour of Mugga-Mugga and discover the stories of pioneer rural workers of the Limestone Plains. Tours on the hour, followed by afternoon tea.

Mugga-Mugga

129 Narrabundah Lane, Symonston

Contact: Sophie Chessell

Cost: Free to Senior Citizens otherwise normal admission

Phone: 6235 5677

Seniors Afternoon Tea dance

1:30pm to 4:30pm

An old-time and new vogue afternoon tea dance will be held for everyone. Dancing, afternoon tea and entertainment will be provided.

St Benedict's Primary School Hall

Cnr Jerraomberra Avenue and Tallarar Parkway, Narrabundah

Contact: Bruce Radcliffe

Cost: \$7.00. Nil for Senior Card holders and residents of Retirement Homes and Nursing Homes.

Monday 29th Mar 2010

Devonshire Tea Morning

10:30am to 12noon

Enjoy Hot scones, tea & coffee & sing along to "Keira Jazz Band".

Belconnen Labour Club

Chandler Street, Belconnen

Cost: \$3:00 per person payable on the day.

Bookings: Enquiries/bookings

Phone: 62515522

Keeping active for a healthy mind and body



Depression is not a normal part of ageing.

For information on getting help for depression and tips for staying well, visit www.beyondblue.org.au or call the *beyondblue* info line on 1300 22 4636.



Photo: VicHealth

SENIORS EXPO

Old Bus Depot, Wentworth Avenue, Kingston

THURSDAY 25TH MARCH 2010.

10:00AM TO 3:00PM



Participating Organisation

- 2CC Radio
- Abbeyfield Society ACT
- ACT Branch of Dying with Dignity (NSW)
- ACT Commonwealth Respite and Carelink Centre
- ACT Community Legal Centres
- ACT Health - Aged Care and Rehabilitation
- ACT Health - Aged Care and Rehabilitation - Falls & Falls Injury Prevention
- ACT Health Continence Promotion Centre
- ACT Health Continuing Care Podiatry (Community Health)
- ACT Health, Chronic Conditions Program
- ACT Health, Occupational Therapy, Community Health
- ACT Human Rights Commission
- ACT Library Service - Mobile Library
- ACT ME/CFS Society Inc
- ACT Neighbourhood watch Association Incorporated
- ACT Office for Ageing
- ACT Palliative Care Society Inc
- ACT Policing - Crime Prevention
- ACT Porcelain Artists Assoc.
- ACTNOWaste
- ADACAS
- Aged & Disability Services-Queanbeyan City Council
- Alzheimers Australia ACT
- Anglicare Canberra & Goulburn
- Animal Liberation ACT
- ANU Music Education Program
- Arthritis ACT
- Association of Independent Retirees
- Asthma Foundation ACT
- Australian Labor Party - ACT Branch
- Australian Shareholders Association
- Belconnen Community Service
- Belconnen Senior Citizens' Club Inc
- Beyond Blue
- Brindabella Hearing Centre
- British Pensions in Australia
- Cactus and Succulent society of the ACT
- Calvary Hospital Bruce
- Calvary Silver Circle
- Campervan and Motorhome Club of Australia Canberra and Region Wanderers
- Canberra Antique and Classic Motor Club
- Canberra Blind Society
- Canberra Community Care
- Canberra Gliding Club
- Care Inc
- Centrelink
- Centrelink, Financial Information Service
- Citizens Advice Bureau
- Commonwealth Ombudsman
- Communities@Work
- Community CPS Australia
- ComSuper
- COTA /Lee & Thomas
- Department of Health and Ageing
- Department of Immigration & Citizenship
- EJ EH Holden Car Club ACT
- Electronic Services Canberra Pty Ltd
- Embroiderers Guild ACT
- Folk Art
- Friends of the Albert Hall Inc
- Goodwin
- Goyder Street Library
- Guide Dogs NSW/ACT
- Hand Sewn Cards
- Heart foundation (ACT)
- Home Help Services ACT Inc.
- Home Made Craft
- Independent Living Centre
- Just Better Care Canberra
- Kenya Canberra Social Cultural & Sporting Association
- Legacy South Laurel Club
- Legal Aid
- Loan Market
- Louis Allen Wood Turn Products
- Lung Life Support Group
- Maria Slater Travel Pty Ltd
- Mobility Matters Pty Ltd
- Monaro Division Toastmasters
- National Portrait Gallery
- Neurospace
- Office of Regulatory Services (ACT Government)
- Probus Association of Canberra and District Inc,
- Radio Station Valley FM 89.5
- Ray White Canberra
- Ray White Real Estate Canberra
- Sailability ACT
- Silver Soles Cloggers Inc
- Sleep Apnoea Association ACT Inc
- St Vincent de Paul Society
- Superannuated Commonwealth Officers' Association - SCOA Act
- Support Asian Womens Friendship Association
- TADACT
- The Chameleon Ice Creamery
- The Heraldry and Genealogy Society of Canberra inc
- The Pharmacy Guild of Australia, ACT Branch
- The Vikings Group
- U3A ACT Inc
- View Club of Australia
- War Widows Guild of Australian (ACT) Inc
- Westminster Presbyterian Church, Belconnen
- Woden Seniors Inc
- Woodcraft Guild ACT Inc

Entertainment provided by:

Heart and Soul Singers
Silver Soles Cloggers Inc
Taoist Tai Chi Society

Sing Australia
Folk Dance Canberra
Canberra Old time Dance

Free sausage sizzle.
Range of food
Variety of entertainment
Over 100 stalls with information
Interesting displays

It's free, come and enjoy this great day.