

SENIOR'S SUPPORT

Course Name/Description	Venue/Date/Time	Cost/Contact
Growing Old Playfully For the over 50's and adults of any age with a disability. Growing Old Playfully will explore the link between sport and dance in a fun and creative way. Expressions of interest are sought.	Mpowerdome Cnr Isabella Dr & Coyne St, Fadden Classes to begin late January Dates and times TBA	\$14 for 1hr 20min weekly sessions Mpowerdome Ph: 6298 5500 www.mpowerdome.com.au
SMILE Program Smile – Seniors Multicultural Information and Learning Exchange for over 50's of any nationality. The group shares stories, recipes, talks, excursions and more.	Function Room Theo Notaras Multicultural Centre London Circuit Civic 1 st Saturday of each month 1.30pm – 4pm Starts February	Free for members Membership \$11 joining fee and \$11p.a. Ailsa Turrell Ph: 6296 4321 ailsat@netspeed.com.au
Share n' Care A group for women over 50 interested in social activities or having a chat and a laugh.	Isabella Plains Neighbourhood House 1 st and 3 rd Friday of each month 9am – 2pm	Minimal contribution Tuggeranong Link Ph: 6292 1604
Gentle Exercise Program This program aims to improve the general health and wellbeing of people over 45, but all are welcome.	Richardson Community House Fridays 11am – 12 noon Chisholm Community House Mondays 2 - 3.00pm	\$5 per session \$8 for couples Tuggeranong Link Ph: 6292 1604
Gentle Exercise Program This program aims to improve the fitness, strength and balance of people over 50 years. People from culturally and linguistically diverse backgrounds are encouraged to participate.	Gungahlin Community Resource Centre, 47 Ernest Cavanagh St, next to Library Mondays 10 – 11am	\$6 per class Gungahlin Regional Community Service Alison Ph: 6123 4422
Senior Centre Activities The range of activities and events includes Tai Chi, gentle exercise, line dancing, painting, porcelain, computer, craft class and more.	Canberra Seniors Centre 10 Watson St, Turner Monday - Friday 10am – 2.30pm	\$10 annual membership Canberra Seniors Centre Ph: 6248 9509 cseiors@bigpond.com www.canberraseniors.org.au
Lanyon Valley Seniors Group A drop in group for seniors in the Lanyon Valley. Meet and socialise in an informal setting. Regular coffee and chat, craft and card games.	MURA Lanyon Youth and Community Centre, Sidney Nolan St, Conder Mondays 10am – 12 noon	Gold coin donation YWCA Susan Foley Ph: 6294 4633

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BEST Club Belconnen Energetic Seniors on a Tuesday - a fun, informative group for seniors – men and women. Activities include: guest speakers, outings, celebration of significant days, entertainment and gentle exercise.	West Belconnen Leagues Club, Hardwick Cres Tuesdays 10.30am – 1.30pm	\$3 Belconnen Community Service Sue Aylen Ph: 6264 0200
Positive Links A social support group for people who have survived a stroke or other life changing experience that has left them with a physical disability.	Meeting Room 2, Belconnen Community Centre Fridays 10am	\$3 - \$4 Belconnen Community Service Sue Aylen Ph: 6264 0200
Grand Jugglers Canberra Mothercraft Society and Warehouse Circus offer a circus skills program for children being parented by grandparents or children who are in foster or Kinship Care. Children must be eight years of age or over. Grand Jugglers is free to eligible families.	Warehouse Circus Chifley Health and Wellbeing Hub 1 Maclauren Cres, Chifley Dates and times TBA During school terms	Free Canberra Mothercraft Society Emma Ph: 6205 2333 Warehouse Circus Andy Ph: 6260 3626
Pelvic Floor Workshop Women of all ages who want to learn more about their pelvic floor muscles or who are experiencing problems with control of bladder, bowel control or a prolapse are invited to attend a two-part workshop presented by a physiotherapist from ACT Health.	Various Health Centres across the ACT Dates and times TBA	Free Bookings essential ACT Health - Continuing Care Phone to register leave name and contact number Ph: 6205 1396
Alzheimers Education The Dementia and Memory Community Centre holds monthly sessions on topics of interest to the public: Family carer sessions, Orientation to Dementia and Dementia Network - Professor Sube Banerjee. Morning or afternoon tea is provided.	Alzheimers Australia ACT 159 Maribyrnong Ave, Kaleen Dates and Times TBA Booking essential	Free Alzheimers Australia ACT Ph: 6255 0722
Every Friday Alzheimers Australia ACT in conjunction with the YMCA runs Tai Chi, relaxation and yoga classes. Includes afternoon tea.	Alzheimers Australia ACT 159 Maribyrnong Ave, Kaleen Dates and Times TBA Booking essential	Free Alzheimers Australia ACT Ph: 6255 0722

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YMCA Physical Activity Physical activity programs for seniors.	25 locations in Canberra Mostly morning programs, some afternoon Ring for information	Up to \$6.50 Ph: 6281 0124 Or 6230 6224 Yfitness.can@ymca.org.au www.canberra.ymca.org.au
Beyond Blue Sessions for Seniors COTA (Council on the Ageing) ACT works in partnership with NPS – Better Health, Better Choices and Beyondblue: the National Depression Initiative, to deliver information sessions to seniors by seniors in Canberra.	At your venue Dates and times TBA	Free ACT COTA Community Education Manager Ph: 6282 3777 contact@cota-act.org.au
Housing Options for over 50's If you are over fifty and need help with housing issues such as: <ul style="list-style-type: none"> • Funding your housing; • Staying in your present home; • Ways to access equity; • Public and private options; • Community support; • Retirement villages and residential aged care; and • Rental options Please call The Council of the Ageing	Venue TBA Anytime, book a place and time	Free ACT COTA Helen Taylor Ph: 6282 3777 contact@cota-act.org.au
Learning Circle Members (generally fifty years and over) get together over lunch or afternoon tea while enjoying intelligent conversation, mental stimulation and meeting new people.	Tuggeranong Community and Function Centre 245 Cowlshaw, Greenway Fridays 12.30 – 2.30pm	No cost Communities@Work Ph: 6293 6500 admin@commsatwork.org
Tuggeranong 55 Plus Club “Be Active, Feel Great” Exercise, trips, books, cards, board games, carpet bowls, socialising, etc.	Tuggeranong Community and Function Centre 245 Cowlshaw, Greenway Various dates and times	No cost Communities@Work Ph: 6293 6500 admin@commsatwork.org