

### **ACT Men's Shed Association**

Located across the ACT, the modern Men's Shed is an updated version of the shed in the backyard that has long been a part of Australian culture.

**1300 550 009**

asms@mensshed.net

www.mensshed.org.au

### **ACT Walking For Pleasure Inc**

Exercise and enjoy Canberra's network of open spaces, parks, lakes and forests.

PO Box 1335

Woden

**0400 458 758**

info@actwfp.org.au

www.actwfp.org.au

### **Belconnen Senior Citizens Club Inc**

Offers a wide range of fun and educational activities.

Belconnen

**6251 6354**

info@belconnenseniors.com.au

www.belconnenseniors.com.au

### **Canberra Old Time Dance Club Inc**

A social dance club that specialises in Old-time, New Vogue and Modern Sequence ballroom dancing.

St Benedict's Primary School Hall

Jerrabomberra Avenue

Narrabundah

**6288 2659**

gwensou69@gmail.com

www.members.pcug.org

### **Canberra School of Dancing Annmarie Sasso**

Latin, ballroom and new vogue dancing for the over 50s.

Uniting Church

Parkinson Street

Weston

**0412 629 436**

canberraschoolofdancing@gmail.com

www.canberraschoolofdancing1.com.au

### **Canberra Seniors Centre Inc**

A group for people over 50 years of all nationalities and cultures.

10 Watson Street

Turner

**6248 9509**

cseiors@bigpond.com

www.canberraseniors.org.au

### **Capital Region Community Services**

A range of services for families and individuals living in the ACT.

Belconnen

**6264 0200**

contact@cracs.com.au

www.cracs.com.au

### **Capital Region Community Services Belconnen Energetic Seniors on Tuesdays Club (BEST)**

A weekly program that offers an opportunity to socialise with others.

West Belconnen Raiders Leagues Club

Hardwick Crescent

Holt

**6264 0200**

contact@cracs.com.au

www.cracs.com.au

### **Capital Region Community Services Positive Links**

A group for people who have had a stroke or other life changing experience which has left them with a physical disability. Meets weekly. Community Transport is available.

Corner Swanson and Chandler Streets

Belconnen

**6264 0200**

contact@cracs.com.au

www.cracs.com.au

### **Carers ACT**

### **Wise and Well Seniors Social Club**

A club for carers and non-carers 65+.

2/80 Beaurepaire Crescent

Holt

**6296 9900**

carers@carersact.org.au

www.carersact.org.au

### **Chisholm Ladies Friendship Group**

Friendship, meetings and social outings.

Vikings Club, Benham Street

Chisholm

**6292 9814**

### **Communities@Work**

A variety of programs and activities for seniors.

Tuggeranong Community Function Centre  
245 Cowislaw Street

Tuggeranong

**6293 6500**

seniors@commsatwork.org

www.commsatwork.org

### **Communities@Work Programs for Seniors Gungahlin and Weston**

Join today to meet and make friends, experience great activities and have fun over a hot lunch.

Gungahlin

**6228 9200**

grcs@gungahlin.org

www.commsatwork.org

### **Communities@Work Women's Neighbourhood Group - Gungahlin**

A friendly, informal social group for women of all ages.

Gungahlin Community Centre

47 Ernest Cavanagh Street

Gungahlin

**1300 212 273**

seniors@commsatwork.org

www.commsatwork.org

### **Communities@Work Women's Neighbourhood Group - Tuggeranong**

A friendly, informal social group for women of all ages.

Tuggeranong Youth Centre

Corner Pitman and Holwell Streets

Greenway

**1300 212 273 / 6293 6500**

seniors@commsatwork.org

www.commsatwork.org

### **Community Services #1 - Aged Care Services**

Offers a variety of services to support individuals aged 65 years or over in our community.

63 Boolimba Crescent

Narrabundah

**6126 4700**

admin@communityservices1.org

www.communityservices1.org

### **Goodwin Day Clubs**

Social Clubs for Seniors - Crace and Monash

**6175 5100**

info@goodwin.org.au

www.goodwin.org.au

### **Just Friends - Over 50**

A warm welcome to all those over 50. Regular weekly and fortnightly events such as catching up over meals, coffee, live music, movies, trivia, craft and other interests.

www.meetup.com/en-AU/just-friends-over-50

### **Northside Community Service**

Aged and disability services. Case management, community transport for medical and related activities, centre based social groups and volunteer social support.

2 Rosevear Place

Dickson

**6171 8000**

reception@northside.asn.au

www.northside.asn.au

### **Probus Association of Canberra and District Inc**

Probus is all about friendship, fellowship and fun in retirement. Probus provides you with the opportunity to join together in clubs and to progress healthy minds and active bodies through social interaction and activities with retirees in your community.

**1300 630 488**

admin@probussouthpacific.org

www.probussouthpacific.org/tags/ACT

### **Tuggeranong 55 Plus Club**

Tuggeranong 55 Plus Club is a privately run, non profit, community organisation, supported through the ACT Government. The Club operates out of the Tuggeranong Seniors Centre, situated on the foreshore of Lake Tuggeranong in the Tuggeranong Valley.

Tuggeranong Seniors Centre

101 Cowlshaw Street

Greenway

**62934004**

### **Tuggeranong Social Singalong**

A great fun group that meet fortnightly at the Tuggeranong Southern Cross Club.

Southern Cross Club

Tuggeranong

**6293 6500**

admin@commsatwork.org

www.commsatwork.org

### **Tuggeranong Valley Senior Citizens Club**

A social club for seniors to provide a place where people can meet to enjoy friendship and the company of their peers. We meet Mondays and Fridays between 10.00am and 2.30pm at Erindale Vikings for Indoor Bowls, Samba, Cribbage, Mahjongg and Rumekins.

Vikings Club

Ricardo Street

Wanniassa

**6292 2816**

### **Uniting Care Kippax Kippax Uniting Church**

Emergency relief with a holistic approach.

Exercises and Tai Chi for the over 50's

Corner Hardwick Crescent and Luke Street

(opposite Kippax Fair shopping centre)

Kippax

**6254 1733**

info@kippax.org.au

www.kippax.org.au

### **Woden Community Services**

Social groups and bus outings, domestic assistance, personal care, shopping support and transport.

26 Corrina Street

Phillip

**6282 2644**

info@wcs.org.au

www.wcs.org.au

### **Woden Seniors Club**

We provide a range of intellectually and physically stimulating activities for older persons in a comfortable and sociable environment, with a wide range of activities, including table tennis, dancing, singing, recorder, painting, card games of various kinds to bridge, and iPad classes.

12 Corinna Street

Woden

**6282 2573**

admin@wodenseniors.org.au

www.wodenseniors.org.au

### **Women's Social DIY Group**

Sanctuary Aus, in partnership with Bunnings Belconnen. First Wednesday every month. Kids welcome. Bookings must be made one week ahead.

15 Lathlain Street

Belconnen

**0438 875 937 / 0400 158 105**

info@sanctuaryaus.org.au

www.sanctuaryaus.org.au

### **YMCA Chifley Health and Wellness Centre**

A community-based fully equipped gym and group fitness room with various classes catering for people of all ages, abilities and fitness levels.

9/71 MacLaurin Crescent

Chifley

**6281 0124**

yfitness.can@ymca.org.au

www.canberra.ymca.org.au

