

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.

info@actwfp.org.au

www.actwfp.org.au

Belconnen Senior Citizens Club Inc

A group of lively and sociable people over 50 who get together to have fun and learn new skills.

24 Chandler Street

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, a great way to improve your fitness, meet new people and have fun.

Uniting Church

16 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

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

1800 960 938

reception@communityservices1.org

www.communityservices1.org

Goodwin Day Clubs

Social Clubs for Seniors - Crace, Queanbeyan 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

Stitch

Stitch is an international community for anyone over 50, built by members for members, to help improve the lives of older adults around the world and provide an answer to social isolation and loneliness.

www.stitch.net

Tuggeranong 55 Plus Club

Tuggeranong 55 Plus Club is a privately run, non profit, community organisation, supported through the ACT Government, operating out of the Tuggeranong Seniors Centre.

101 Cowlshaw Street

Greenway

6293 4004

info@55plusclub.org.au

Tuggeranong Social Singalong

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

Southern Cross Club

Corner Pitman and Holwell Streets

Greenway

6293 6500

reception.tuggeranong@csccl.com.au

www.csccl.com.au

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.

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

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.

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. 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

