

# Recreation and community activities: clubs and social activities

A good social life – where we can keep learning, giving and having fun doing what we enjoy with others – can keep us healthy and alert as we age. There are many clubs and centres specifically for older people which offer opportunities for company, social activities, ongoing learning and exercise. This Fact Sheet lists just some you might like to join.

## Clubs and associations

### ARPA Over 50's Association

ARPA Over 50s Association Ltd is an independent, national non-profit organisation for seniors, developed from the Australian Retired Persons Association (ARPA) established in most states in the '70s, and Over Fifties Focus, which began in 1995. The association supports people aged 50 and over to enjoy their quality of life by providing advice on a range of financial, travel and lifestyle matters, and by monitoring policy changes that will effect members. The association also organises a range of social activities and events for older people in local communities.

For more information, phone the association on **9489 3023** or **9344 9774**, or visit their website at [www.over50sonline.com.au](http://www.over50sonline.com.au).

### Association of Independent Retirees (AIR)

Membership is open to retired or semi-retired people who do not receive a full aged pension. The association is a non-political, non-profit organisation staffed by volunteers. Regular meetings keep members informed on retirement issues. Guest speakers, a quarterly national journal and branch newsletters also keep members informed about a range of matters of interest to self-funded retirees. Phone: **4571 3285** or **1800 777 324** (rural callers).

### Combined Pensioners and Superannuants Association of NSW

Also known as the CPSA, this organisation promotes the living standards, rights and well-being of superannuants, low-income retirees and pensioners of all ages. It provides support, services and representation for pensioners in areas such as income support, finance, health, housing and transport. CPSA offers social and recreational activities to retired people throughout its NSW



branches. For the details of your local branch phone **9281 3588** or **1800 451 488** (from country areas), or visit **www.cpsa.org.au**.

### **Council on the Ageing (NSW)**

Council On The Ageing (NSW) is a not-for-profit organisation representing the interests and well-being of people aged 50 and over. As a COTA (NSW) member, you can attend seminars, healthy ageing talks and community programs such as grandparenting and computer clubs. For more information, call **9286 3860** or **1800 449 102**.

### **Country Women's Association of NSW (CWA)**

The CWA aims to improve welfare and conditions for women and their families. It provides an opportunity to voice opinions to all levels of government, lobby for improved health and educational services and provide support for educational schemes, medical research, emergencies and older people living in rural areas. Phone: **9358 2923** or **9358 2957**.

The CWA also offers motel style accommodation in Sydney at a reasonable cost for women and their families. Different rates apply for members and non-members. Contact Residential Club Accommodation on **9356 3311**.

### **NSW Department of Sport and Recreation**

Walking clubs, group trips, fishing trips and more are offered at very affordable prices which include discounts for Seniors Card holders. Phone **13 13 02** to be connected with your nearest Sport and Recreation regional office.

### **Older Men: New Ideas (OM:NI)**

OM:NI meetings are exclusively for older men, to enhance their well-being, lifestyle and connection with the community after they've retired. OM:NI aims to create deeper and more meaningful friendships among men in their older age, and to draw on their practical experience as well as their knowledge and wisdom. OM:NI also promotes policies, practices and activities which enhance the lives – and lifestyles – of older men. To find out where the nearest group to you meets, phone **9286 3860**.

### **Older Women's Network (OWN)**

OWN is a self-help organisation committed to promoting the rights, dignity,

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health and well-being of older women. A wide range of workshops, discussion groups, special interest groups and social activities are conducted by OWN, and members are kept informed with a monthly newsletter. OWN also operates a number of Wellness Centres across NSW, aimed at improving the health and well-being of women in the community. Phone: **9247 7046**.

### **Probus clubs**

These are non-political, non-profit clubs promoting friendship, acquaintance and advancement of intellectual interests for retired or semi-retired people. There are clubs for men and women, and some combined clubs. Meetings are held each month with outings to places of interest, theatres or sporting activities between each meetings. Phone: **1800 630 488**.

### **University of the Third Age (U3A)**

U3A is a voluntary organisation where office bearers and course leaders donate their time. Classes are conducted in community centres, church halls and private homes. Students join the U3A as members, after which there is no charge for attending. Once you have joined, you are welcome to take as many courses as you please. Meeting people is also an important aspect of U3A.

Office hours are from 10:00 am to 1:00 pm Monday – Friday. Call the Seniors Information Service on **13 12 44** for the U3A nearest to you, or visit **www.u3aonline.org.au**.

### **View Clubs of Australia**

Voice, Interest, Education, Women (VIEW) Clubs are sponsored by the Smith Family, to promote fun and friendship among older women. Phone **9085 7178** or **1800 805 366** (rural callers). As well as regular meetings, clubs provide a program of additional activities such as tours, parties, coffee mornings and theatre trips.

### **Bush walks**

The National Parks Association has a website showing all the great Australian bush walks and their ratings. To find out about walks in NSW and interstate contact the NSW National Parks Association on **(02) 9299 0000** or visit: **www.greataustralianbushwalks.com.au**.

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## NSW Caravan & Camping Association

This association provides information and other resources for people interested in caravanning trips and lifestyles. It also has interstate information and connections. Phone **9615 9999** for a copy of the current Holiday and Touring Guide.

## Concession Cards

The following concession cards offer discounts to older people for a range of activities, and are a good way of helping to cut costs while you continue to be active in local groups, or pursue your interests. It often pays to ask whether a seniors' discount is available.

### NSW Seniors Card

NSW Seniors Card is a free card for all NSW residents who are 60 years or older and do not work more than 20 hours per week. Membership is not means tested. For an application form, go to your local ANZ bank or council office, or call 1300 364 758. For more information visit [www.seniorscard.nsw.gov.au](http://www.seniorscard.nsw.gov.au).

### National Seniors

This card is available for Australian residents aged 50 years or older, and costs \$24 per year. Membership entitles card holders to concessions on many products and services. Through local branches, members can join many activities from debating national issues to group outings. Call National Seniors on 9251 6088 or visit [www.nationalseniors.com.au](http://www.nationalseniors.com.au).

### NZ Seniors Card

This card is also available to Australian residents 55 years and over. There is a small charge, and membership is for 2 years. Membership provides discounts on a large range of goods and services throughout Australia, New Zealand and the South Pacific. Call **1800 008 551** or visit [www.seniorscard.co.nz](http://www.seniorscard.co.nz).

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## More information about clubs in your area

For further information about clubs and activities that are close to where you live, call your local council. Many Councils have directories on a range of activities for both active retirees and frailer, more elderly people. Or contact your local RSL club (or its equivalent in your area).

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Every care has been taken in the preparation of this document and the information it contains is believed to be accurate. Seniors Information Service does not endorse, recommend or guarantee the services listed in its Fact Sheets, in any other publication or on its website. Before seeking advice or services you should make your own enquiries about the accuracy and reliability of the information provided, and decide whether the product or service is of good quality and is suitable for your needs.

The Department of Ageing, Disability and Home Care suggests that professional advice be sought wherever necessary.

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