



Seniors Month 10 March – 30 April 2018

Welcome to Seniors Month at Bayside Council. We've got a range of FREE events and information sessions to celebrate our theme of making an Inclusive Community and doing more things together.

Program highlights include Rock Around the Clock at Bayside Dance, Salsa Workshops, High Tea at the Alf Kay, Matinee Musical Fiddler on the Roof, Open Days, Coach Trips to Kiama, How to Keep your Brain Healthy and Active, Come and Try the Ukulele, Chair Yoga and Make and Meditate.

It's a great way to meet the people who attend our Seniors Centres and find out about what is on offer with Open Days and lunch. All activities are free but bookings are essential. This year we've got some new activities planned such as Salsa for Seniors, Legal Tips for Seniors, Collaging, Community Safety Tips ...and more!

PROGRAM



Saturday 10 March, 2:00pm – 5:00pm

Rockdale Town Hall, Cnr Princes Highway & Bryant Street

Matinee Musical: Fiddler on the Roof

With the Rockdale Musical Society. Ballot closes Friday 2 March.

**BALLOT
ACTIVITY**

Tuesday 13 March, 10:30am – 1:30pm

Alf Kay Eastlakes Community Centre, 16 Florence Avenue

Out and About Activities for Seniors

Come to our Open Day. There will be information about our Social Support Groups for men and women over 65. Enjoy morning tea and lucky door prizes. All Enquiries and bookings to Pauline on 9669 4640.



Monday 19 March, 10:30am – 12 noon

Kogarah West Seniors Centre, 15 Taylor Street

Old Time and New Vogue Dancing

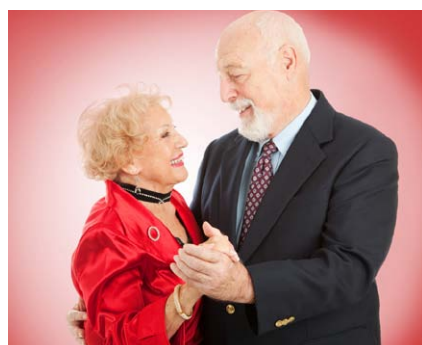
Come along and try the dancing. All welcome and stay on for a cup of tea. All enquiries to Jeanette on 9588 5050.

Tuesday 20 March, 10:00am – 11:30am

Rockdale Library, Meeting Room 3, 444-446 Princes Highway

Come and Try the Ukulele

With our experienced teacher John Chandler. All equipment supplied. Bookings essential online at <https://ukerockdale.eventbrite.com.au>



Tuesday 20 March, 1:00pm – 2:30pm

Hillsdale Community Centre, 236 Bunnerong Road

Come and Try the Ukulele

With our experienced teacher John Chandler. All equipment supplied. Bookings essential online at <https://ukehillsdale1.eventbrite.com.au>



Tuesday 20 March, 11:00am – 2:00pm ♦ Sans Souci Library, 104 Russell Avenue

Salsa at Sans Souci

Come along and have a dance with our friendly tutors or pick up a few new steps. All welcome come by yourself or bring a partner. People with limited mobility can also participate. Bookings essential online at <https://sanssoucisalsa.eventbrite.com.au>

Tuesday 20 March, 10:00am – 11:00am ♦ Botany Aquatic Centre, Cnr Myrtle & Jasmine Streets

Come and Try Seniors Aqua

Aqua Aerobics is great for seniors it's fun, safe, and a great workout for all. Improve your fitness while having a great time! You don't need any background in swimming at all. Bookings essential online at <https://aquaforseniors.eventbrite.com.au>

Wednesday 21 March, 1:00pm – 2:30pm ♦ Eastgardens Library, 152 Bunnerong Road

Chair Yoga

This fun exercise adapts yoga poses to seated poses. Including mindfulness exercises which explore breathing and relaxation techniques. Come and try this exercise with Erika Morton who has been teaching seniors for many years. Bookings essential online at <https://yogachair.eventbrite.com.au>

Wednesday 21 March, 10:00am – 2:00pm ♦ Kogarah West Seniors Centre, 15 Taylor Street

Canasta at Kogarah

Come and try your hand at Canasta. All welcome. All enquiries to Jeanette on 9588 5050.

Thursday 22 March, 9:00am – 1:00pm ♦ Rockdale Uniting Church Hall, 5 Bay Street

Open Day at Rockdale Adult Leisure Learning

Come and try the activities on offer including: Tai Chi, Yoga, Beading, Crochet/Knitting, Fitness, Dance, Ukulele, Singing and Gentle Exercise. Listen to our guest speaker talking on how to keep your brain healthy and active and enjoy a delicious free lunch. Bookings essential online at <https://rallopen.eventbrite.com.au>
For more information call Kerry on 9583 1095 or visit www.rockdalelearning.com

Thursday 22 March, 10:00am – 12 noon ♦ Rockdale Town Hall, Cnr Princes Highway & Bryant Street

Open Morning with the Sing Your Heart Out Choir

Come and watch or participate in this vibrant seniors choir. Meet the choir and the musical conductor Christina Mimmocchi. All welcome. No booking necessary just drop in.

Thursday 22 March, 11:30am – 12:30pm ♦ Daceyville PCYC, 26A Bunnerong Road

Aim for Fitness – Information Session

Come and find out what 'Aim for Fitness' offers to Seniors and if it suitable for you. All your questions answered by a qualified Seniors Instructor. Stay on for morning tea. Bookings online at <https://aiminfo.eventbrite.com.au>

Friday 23 March, 10:00am – 1:00pm ♦ Ramsgate Seniors, 382 Rocky Point Road, Sans Souci

Open Day at Ramsgate Seniors with Lunch

Come and try out the free activities on offer at Ramsgate Seniors throughout the day. Activities to watch or participate in include indoor bowls, craft demonstration, cards and table tennis. Stay on for a free lunch and enjoy our healthy brain speaker. Bookings essential online at <https://ramsgateopen.eventbrite.com.au>

Monday 26 March, 11:30am – 12:30pm ♦ Bexley Library, 499 Forest Road

How to Keep Your Brain Healthy

With peer educators from the Combined Pensioners & Superannuants Association. Bookings essential online at <https://brainbexley.eventbrite.com.au>

Tuesday 27 March, 10:00am – 11:30am ♦ Rockdale Town Hall, Pindari Room, Cnr Princes Highway & Bryant Street

Ukulele Fest at Pindari

Come and try the Ukulele with our experienced teacher John Chandler. All equipment supplied. Bookings essential online at <https://ukepindari.eventbrite.com.au>



Tuesday 27 March, 1:00pm – 2:30pm ♦ Hillsdale Community Centre, 236 Bunnerong Road

Ukulele Fest at Hillsdale

Come and try the Ukulele with our experienced teacher John Chandler. All equipment supplied. Bookings essential online at <https://ukehillsdale2.eventbrite.com.au>

Wednesday 28 March, 10:30am – 1:00pm ♦ Hillsdale Community Centre, 236 Bunnerong Road

Salsa at Hillsdale + Tips to Keep Your Brain Healthy and Active

Get your dancing shoes on and come and learn salsa at Hillsdale. Come along and have a dance with our friendly tutors or pick up a few new steps. All welcome come by yourself or bring a partner. People with limited mobility can also participate. Stay on for lunch and pick up some tips on how to keep your brain healthy and active.

Bookings essential online at <https://hillsdalesalsa.eventbrite.com.au>

Thursday 29 March, 11:00am – 11:30am ♦ Westfield Eastgardens, Ground Floor (outside Myer)

Sing Your Heart Out Choir

Come and watch this vibrant seniors choir perform at Eastgardens.

Thursday 29 March, 10:30am – 11:30am ♦ Westfield Eastgardens, Bunnerong Road

How to Keep Your Brain Healthy and Active

Meet Paddy Parnell who drives the Memory Van. Find out some fun ways of keeping your brain active and healthy at any age. Bookings essential online at <https://eastgardenbrain.eventbrite.com.au>

Thursday 29 March, 12:30pm – 2:30pm ♦ Westfield Eastgardens, Bunnerong Road

Healthy Brains at Westfield Eastgardens

Find out tips to keep your brain healthy and active with Paddy Parnell at Westfield Eastgardens.

Monday 30 April, 11:30am – 12:30pm ♦ Bexley Library, 499 Forest Road

Tips on Legal Issues Effecting Seniors

Meet our speaker from the Seniors Rights Service. Bookings essential at <https://legalbexley.eventbrite.com.au>

Wednesday 4 April, 6:00pm – 8:30pm ♦ Magdalen's Chapel, Brodie Spark Drive, Wolli Creek

Community Safety at Wolli Creek

Top tips for safety for seniors. Presenters include police, fire brigade and the Elders Abuse Hotline.

Thursday 5 April, 10:00am – 1:00pm ♦ Alf Kay Eastlakes Community Centre, 16 Florence Avenue

High Tea at the Alf Kay

Come and have some fun at our High Tea! Find out about how to keep your brain active and healthy at any age, visit the Memory Van, indulge in High Tea, learn how to Dance in time for Rock Around the Clock at Bayside (people with limited mobility can also participate), be entertained by the Sing Your Heart Out Choir, find out about LAUGH and how it can help people with dementia, meet the Men's Shed Fix it Van and play some games.

Bookings essential online at <https://alfkay.eventbrite.com.au>



Friday 6 April + Robyn Webster Sports Centre, Holbeach Avenue, Tempe

Elders Olympics

The event will provide Aboriginal Elders with an opportunity to come together for a day of friendly competition and healthy living as they compete in traditional and non-traditional Aboriginal games. Enquiries to Gai on 8754 0400 or gailm@acs.asn.au

Monday 9 April, 11:30am – 1:30pm + Bexley Library, 499 Forest Rd Bexley

Come and Try Art Collaging

Bookings online at <https://bexleycollage.eventbrite.com.au>

Tuesday 17 April, 10:00am – 1:45pm + Hillsdale Community Centre, 236 Bunnerong Road

Make and Meditate

Come and learn to draw with pastels and washes. Stay for a free lunch and guided meditation session in the afternoon. Benefits of Mindful Meditation include improved pain management, stress reduction and relaxation. For beginners all equipment supplied. Bookings essential at <https://makeandmeditate.eventbrite.com.au>

Thursday 19 April, 11:00am – 2:00pm + Rockdale Town Hall, Cnr Princes Highway & Bryant Street

Rock Around the Clock at Bayside

Come along and listen to your old time favourites with Rock'n Roll Band Matchbox. Bring along your requests. Bookings essential online at <https://rockbayside.eventbrite.com.au>

Thursday 26 April, 8:45am – 5pm

Coach Trip to Kiama

Enjoy a leisurely day at the picturesque Kiama. Ballot closes **Friday 30 March**.

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HOW DO I?

HOW TO MAKE A BOOKING

Each activity will list how you can book at the end of its description. It might be by phone, email, by ballot or online at www.eventbrite.com.au

HOW TO GET HELP WITH BOOKING

It's easy to get help with booking through any of our libraries or by calling customer service on **1300 581 299**.

HOW TO UNDERSTAND THE BALLOT

Inside the program you will see our free balloted Coach Trips and Matinee Musical ballot application form. Please make sure you read the terms and conditions on the form. Then all you have to do is send it via the ways listed. If you need more information call **1300 581 299**.

TRANSPORT

Consider using public transport. For information and timetables call **131 500** or visit www.transportnsw.info
Randwick Waverley Community Transport: **9369 5366**.
St George Community Transport: **9585 3000**.



Eastgardens Customer Service Centre, 152 Bunnerong Road
Monday to Friday 8:30am-4:30pm; Saturday 9:00am-1:00pm

Rockdale Customer Service Centre, 444-446 Princes Highway
Monday to Friday 8:30am-4:30pm; Saturday 9:00am-1:00pm

Phone **1300 581 299 | 9562 1666**
Web www.bayside.nsw.gov.au

