



*Love your life!*

**8 FEB – 16 MAR 2019**



## Seniors Festival 8 February – 16 March 2019

**Welcome to our Seniors Festival with the theme of 'Love Your Life'. We've got a range of FREE events and information sessions to celebrate and get you moving through dance and exercise.**

There are still favourites like Rock Around the Clock at Bayside, Dance and Salsa Workshops, The Wizard of Oz 80th Anniversary Matinee Musical, Open Days at Seniors Centres, Seniors Aqua and Coach Trips.

There's also a few new things to watch out for the Art of Ageing Digital Exhibition throughout our libraries, the Grandparents Podcast on Radio 2NBC and Legal Issues for Older People together with the screening of the play Piano Forte at Rockdale and Eastgardens Libraries.

### PROGRAM



**Friday 8 February, 10:00am – 12 noon**

**Rockdale Library, Level 3 Meeting Room, 444 Princes Highway**

#### **Legal Issues for Older People + Piano Forte**

Join our panel of lawyers and seniors rights experts as they explore issues that older people and their families experience when planning for the future. There will be a film screening of the play Piano Forte, which explores elder abuse, followed by a discussion and a chance to ask the panel members questions. Free refreshments will be provided.

Bookings essential online at [www.baysidelibrary.eventbrite.com.au](http://www.baysidelibrary.eventbrite.com.au)



**Monday 11 February – Friday 15 February, 8:20am and 4:30pm**

**Radio 2NBC 90.1FM**

#### **Grandparents Podcast**

Tune in and listen to this 5 part podcast which explores grand-parenting, musical memories, sharing between generations and the intriguing backstories of project participants. Created in October 2018 the podcast brings alive a six week project with Shopfront Youth Arts, Kogarah Community Services, Greenwood Cottage and Windgap. Funded by FACS and developed by Bayside Council.

Follow the link at [www.2nbc.com.au/cpod.php](http://www.2nbc.com.au/cpod.php)



**Monday 11 February, 10:00am – 1:00pm**

**Kogarah West Seniors Centre, 15 Taylor Street**

#### **Kogarah West Seniors Open Morning with Dancing and Yoga**

Come along and try New Vogue Dancing or Chair Yoga if you would like to stay seated. Stay for lunch and find out about the Centre.

For more information call Tony on 0422 263 416. Bookings essential online at <https://kogarahwestnewvogueandchairyoga.eventbrite.com.au>

**Wednesday 13 February – Friday 1 March ★ Rockdale Library, 444 Princes Highway**

## Art of Ageing Digital Exhibition

Check out this exhibition which challenges ideas about ageing and celebrates the experience and contributions older people bring. These diverse images are taken from around regional NSW and each is accompanied by a short piece on the participant's reflections on ageing.

The exhibition is open during library hours.

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**Wednesday 13 February, 10:30am – 11:30am ★ Alf Kay Eastlakes Community Centre, 16 Florence Avenue**

## Come and Try Seniors Yoga

This fun exercise adopts yoga poses to seated poses including mindfulness exercises which explore breathing and relaxation techniques. Led by Erika Morton who has been teaching seniors for many years.

Bookings online at <https://seniorsyogafeb13.eventbrite.com.au>

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**Thursday 14 February, 8:00am – 8:45am**

**Botany Aquatic Centre**

**Corner Myrtle Street and Jasmine Street**

## 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.

Online bookings essential at

<https://seniorsaquafeb14.eventbrite.com.au>



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**Thursday 14 February, 10:00am – 12 noon ★ Eastgardens Library, Meeting Rooms 6 & 7, 152 Bunnerong Road**

## Legal Issues for Older People + Piano Forte

Join our panel of lawyers and seniors rights experts as they explore issues that older people and their families experience when planning for the future. There will be a film screening of the play Piano Forte, which explores elder abuse, followed by a discussion and a chance to ask the panel members questions.

Free refreshments will be provided. Bookings essential online at [www.baysidelibrary.eventbrite.com.au](http://www.baysidelibrary.eventbrite.com.au)

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**Friday 15 February, 10:30am – 11:30am ★ Alf Kay Eastlakes Community Centre, 16 Florence Avenue**

## Come and Try Seniors Yoga

This fun exercise adopts yoga poses to seated poses including mindfulness exercises which explore breathing and relaxation techniques. Led by Erika Morton who has been teaching seniors for many years.

Booking essential at <https://seniorsyogafeb15.eventbrite.com.au>

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**Monday 18 February, 10:00am – 1:00pm ★ Kogarah West Seniors Centre, 15 Taylor Street**

## Kogarah West Seniors Open Morning with Dancing and Salsa

Get moving to some New Vogue Dancing or Salsa which can also be done seated. Stay on for lunch and meet people from the Centre. Enquiries to Tony on 0422 263 416.

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

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**Wednesday 20 February, 11:00am – 1:00pm ★ Alf Kay Eastlakes Community Centre, 16 Florence Avenue**

## Seniors Festival of Movement

Get moving and try Chair Yoga or Salsa which can both be done seated. Stay on for lunch and some tips about the difference between normal ageing versus dementia with Warren Reid, dementia advisor.

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

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**Thursday 21 February, 8:00am – 8:45am ★ Botany Aquatic Centre, Corner Myrtle Street and Jasmine Street**

## 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.

Bookings essential at <https://seniorsaquafeb21.eventbrite.com.au>

Friday 22 February, 10:15am – 11:00am ★ Alf Kay Eastlakes Community Centre, 16 Florence Avenue

## Seniors Festival of Movement – Dance that Walk

Get moving to some fun latin and ballroom dance moves with experienced Seniors Instructor Gina. Suitable for various fitness levels. Bookings essential online at <https://comeandtrydancethatwalk.eventbrite.com.au>

Friday 22 February, 10:00am – 1:00pm ★ Ramsgate Seniors, 382 Rocky Point Road (Entry via Selwen Street)

## Ramsgate Seniors Open Day with Salsa

Come and try the range of free activities on offer at Ramsgate Seniors and get moving with a Salsa session which can be done seated. Meet centre participants over a free lunch.

Bookings essential on line at <https://salsaandopendayatramsgateseniors.eventbrite.com.au>

Wednesday 27 February, 11:00am – 1:00pm ★ Rockdale Town Hall, Corner Princes Highway and Bryant Street

## Rock Around the Clock with Matchbox

Back by popular demand! Get moving with Rock 'n' Roll band Matchbox and stay on for lunch.

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

Thursday 28 February, 10:00am – 12 noon ★ Rockdale Town Hall, Corner Princes Highway and Bryant Street

## Come and Try Salsa + Bound for Botany Bay

Get moving and come and try Salsa then stay on for Bound for Botany Bay. Bound for Botany Bay was created by the Sing Your Heart Out Choir and its Musical Director Christina Mimmocchi. The show is a fascinating look at local history through song and story telling. The performance explores how history has shaped the present from Captain Cook's landing in 1770 and what happened in the aftermath socially and environmentally.

Stay on for lunch and meet choir members. Bookings essential at <https://boundforbotanybay.eventbrite.com.au>

Thursday 7 March, 2:00pm – 3:30pm ★ Mascot Seniors, Corner Coward Street and Aloha Street

## Cyber and Personal Safety

Find out how you can stay safe personally and on line with this interesting presentation from Senior Constable Rebecca Leo. Bookings essential at <https://mascotpersonalandcybersafety.eventbrite.com.au>

Wednesday 6 March, 8:45am – 5:00pm

## Coach Trip to Kiama

Enjoy a leisurely day at picturesque Kiama. Ballot closes Friday 22 February.

**BALLOT  
ACTIVITY**

Thursday 7 March, 8:45am – 5:00pm

## Coach Trip to Kiama

Enjoy a leisurely day at picturesque Kiama. Ballot closes Friday 22 February.

**BALLOT  
ACTIVITY**



Wednesday 13 March, 10:00am – 12 noon ★ Rockdale Library, Level 3 Meeting Room, 444 Princes Highway

## Cyber and Personal Safety

Find out how you can stay safe personally and on line with this interesting presentation from Senior Constable Ray Kerridge. Bookings essential at <https://seniorscyberandpersonalsafetyatrockdale.eventbrite.com.au>



Saturday 16 March, 11:00am – 2:00pm

Rockdale Town Hall

Corner Princes Highway and Bryant Street

## Matinee Musical The Wizard of Oz 80<sup>th</sup> Anniversary

With the Rockdale Musical Society.  
Director, Carina Herbert; Musical Director, David Lang;  
Choreographer, Donna Brotherson.

Ballot closes Friday 22 February.

**BALLOT  
ACTIVITY**

# HOW DO I?

## How to Make a Booking

Each activity lists how you can book at the end of its description. It could be by ballot or online at [baysidensw.eventbrite.com.au](http://baysidensw.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

Below you will see our free balloted Coach Trips and Matinee Musical application form. Complete the form and send it via the ways listed. If you need more information call Council's Customer Service on **1300 581 299**.

## Transport

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

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# 2019 Ballot Application Form

Full Name

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Address

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Suburb

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Postcode

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Phone

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Email

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The ballot is open to residents of Bayside Council LGA aged 60 or over for **ONE ACTIVITY ONLY**. Multiple applications will be disqualified. Only successful residents will be notified.

You can choose from:

- KIAMA COACH TRIP ON WEDNESDAY 6 MARCH**
- KIAMA COACH TRIP ON THURSDAY 7 MARCH**
- MATINEE MUSICAL - THE WIZARD OF OZ 80<sup>TH</sup> ANNIVERSARY ON SATURDAY 16 MARCH**

Number of tickets required:  1 or  2

Please indicate if you use:  Wheelchair  
 Walking frame/stick or need assistance with mobility

If you agree with the terms and conditions please return this form by Friday 22 February to:

- ▶ Bayside Council, PO Box 21 Rockdale 2216;
- ▶ At Eastgardens and Rockdale Customer Service Centres;
- ▶ Hand in to Rockdale, Eastgardens, Mascot, Sans Souci, Arncliffe, Bexley, Brighton Le Sands or Bexley North Libraries;
- ▶ Email to [council@bayside.nsw.gov.au](mailto:council@bayside.nsw.gov.au)

For more information call **1300 581 299** or visit [www.bayside.nsw.gov.au](http://www.bayside.nsw.gov.au)

