

# MEDIA RELEASE

Monday, 6 May 2019

## Seniors Garden Party 2019

---

The Bayside Seniors Garden Party, one of Council's most popular events, sees hundreds of senior residents turn out for a morning of food, friendship and familiar music in Sir Joseph Banks Park, Botany.

"This event recognises the contribution our senior residents make to our community," Mayor Saravinovski said.

Bayside Council is continually developing community-based programs to maximize the health and happiness of senior residents and to ensure they are socially connected and active in the community.

Whether it's an exercise group or choir, computer class or discussion group, our older adult services and programs are tailored to help you enjoy a healthy, active and involved lifestyle, right into retirement and beyond.

Senior citizen community centres — located throughout Bayside — also offer various community programs for those wanting to socialise and people with similar interests.

For our less-active seniors, there are support services such as meals, transport and a home library service to help you continue living comfortably and independently at home.

Find out more about Bayside Council's Senior Services:

<https://www.bayside.nsw.gov.au/community/services-seniors>

---

### For more information:

Communications and Events  
Bayside Council  
02 9562 1662  
[communications@bayside.nsw.gov.au](mailto:communications@bayside.nsw.gov.au)