



Love to Celebrate!

24 FEB – 20 MAR 2020



Seniors Festival 24 February – 20 March 2020

Welcome to our Seniors Festival at Bayside Council with the theme of Love to Celebrate. We've got a range of FREE events to celebrate, get your brain thinking, your body active, discover new ideas and meet new people.

There's still favourites like the Matinee Musical, Open Days at Seniors Centres, and Coach Trips. There's also a few new things to watch out for like Author Talks, Seniors Technology classes in the Libraries, getting help with My Age Care with COTA's Age Care Navigator, tips for fixing things around the house with Fix it Sisters, a Sixties Sing Along, find out who the TOFS are and check out the great specials for seniors going at our Aquatic Centres.

IN THE LEAD UP TO THE SENIORS FESTIVAL...



Wednesday 5 February, 10:30am – 12:45pm
Mascot Library, 2 Hatfield Street, Mascot

Introduction to Cyber Safety

In this workshop you will learn the basics of Internet security; the things that can potentially go wrong and the simple steps you can take to avoid them.

Bookings essential at www.baysidelibrary.eventbrite.com.au

Wednesday 12 February, 10:30am – 12:45pm
Mascot Library, 2 Hatfield Street, Mascot

Introduction to Android Tablets

In this workshop you will learn about the hardware and basic interface of a tablet; touchscreens and gestures; installing and using apps such as games, web browser, communications tools and more.

Bookings essential at www.baysidelibrary.eventbrite.com.au



Wednesday 19 February, 10:30am – 12:45pm
Mascot Library, 2 Hatfield Street, Mascot

Introduction to iPad Tablets

In this work shop you will learn about the hardware and basic interface of an iPad; touchscreens and gestures; installing and using apps such as games, web browser, communications tools and more.

Bookings essential at www.baysidelibrary.eventbrite.com.au



Thursday 20 February, 2:30pm – 4:30pm
Eastgardens Library, 152 Bunnerong Road (inside Westfield)

Strata Information Session

This session will deal with a wide variety of issues/problems involved in strata living.

Bookings essential at www.baysidelibrary.eventbrite.com.au

2020 SENIORS MONTH PROGRAM

Monday 24 February – Sunday 1 March | Angelo Anestis Aquatic Centre, 98C Preddy Road, Bexley North

Angelo Anestis Aquatic Centre Specials for Seniors

Angelo Anestis Aquatic Centre is offering some specials deals for Seniors.

- ▶ Go into the draw to win a half price membership
- ▶ Go into the draw to win a 20 swim pass
- ▶ Free Silver Sneakers Seniors Exercise Class on Wednesday 26 February at 7am
- ▶ Free 7 day trial of the whole Centre includes the gym, pool and fitness classes

For more information or to book a place call 9150 5288.

Monday 24 February – Sunday 20 March | Botany Aquatic Centre, Corner Myrtle and Jasmin Streets, Botany

Botany Aquatic Centre Free Admission

Free Admission to Botany Aquatic Centre for Bayside senior pensioner residents.

For more information call 9316 6218.

Tuesday 25 February, 10:30am – 12:30pm | Sans Souci Library, 104 Russell Avenue, Sans Souci

Strata Information Session

This session will deal with a wide variety of issues/problems involved in strata living.

Bookings essential at www.baysidelibrary.eventbrite.com.au

Tuesday 25 & Thursday 27 February, 10am – 2pm | Eastgardens Library, 152 Bunnerong Road (inside Westfield)

Seniors Health and Information Talks

Come along to a range of free talks concerning health, wellbeing and leisure options when you retire.

TUESDAY 25 FEBRUARY

- 10am – 10:45am **South Eastern Area Health – Dementia: Steps for Prevention**
<https://dementiastepsprevention.eventbrite.com.au>
- 11am – 11:45am **South Eastern Area Health – How to Prevent Falls**
Come and find out about how to stay on your feet and the benefits of exercise.
<https://stayfeet.eventbrite.com.au>
- 12:15pm – 1pm **Meditech No Admin Fee Home Care Packages**
Meditech staffing is an approved aged care provider that offers no administration fee for Home Care Packages. Come and find out how they can help you.
<https://nofees.eventbrite.com.au>
- 1:10pm – 1:40pm **Wesley Mission Staying Independent**
Find out how you can continue to live independently at home with help from Wesley Mission.
<https://wesleyage.eventbrite.com.au>

THURSDAY 27 FEBRUARY

- 10am – 10:30am **Advance Diversity Service**
Come and find out about the range of aged care services on offer that might suit you.
<https://advancediversity.eventbrite.com.au>
- 10:30am – 11:15am **Staying Connected with 3Bridges**
Find out about how 3Bridges can help you stay connected and independent in the way that suits you best with social groups, outings, creative activities and services in your home.
<https://bridges3.eventbrite.com.au>
- 11:15am – 11:45am **SECC**
See what SECC can offer you from fresh fruit and vegetable deliveries to help in your home.
<https://secchomehelp.eventbrite.com.au>
- 11:45am – 12:15pm **Junction Neighbourhood Centre**
Find out how to enhance your quality of life and wellbeing and continue to live independently at home with services from junction neighbourhood centre.
<https://jnc.eventbrite.com.au>
- 12:30pm – 1:30pm **TOFS – Touring Old Farts**
Calling all men interested in meeting up with blokes and getting out. This is a social club for retired or semi retired men who organise regular day trips to places of interest and organised walks. New members are always welcome!
<https://tofsret.eventbrite.com.au>
- 1:45pm – 2:30pm **Homeshare with Holdsworth St Community Centre**
Discover the matching service which allows older people living at home to share with a younger person who is happy to provide companionship in return for affordable accommodation. <https://homeholdsworth.eventbrite.com.au>

Wednesday 26 February, 11am – 1pm | 100b Bestic Street Kymeemagh (next to the Old Brighton Fishos)

Bayside Men's Shed Open Morning

Meet the men who are part of Bayside Men's Shed and find out how you can be involved. Stay for a friendly BBQ and find out about the projects on offer including a demonstration of how to make a cutting board. All enquiries to Costa on 0418 446 551 or ceevees@optusnet.com.au.

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

Wednesday 26 February, 10:30am – 12:45pm | Mascot Library, 2 Hatfield Street, Mascot

Introduction to Smart Phones

In this workshop you will learn the basics of a smartphone with touchscreen; how to make and receive calls; how to add contacts and about different apps and how to use them.

Bookings essential at www.baysidelibrary.eventbrite.com.au

Wednesday 26 February, 1pm – 3pm | Eastgardens Library, 152 Bunnerong Road (inside Westfield)

Age Care Navigator COTA NSW (Council of the Ageing)

Are you confused about Aged Care? At the COTA NSW Information Hub we can explain how the aged care system works, how to organise home care or residential care and the different ways that aged care is funded. We can also help to find local services, use the My Age Care website, call the My Age Care centre and fill in forms.

We understand that the aged care system can be complicated and that you need time to make big decisions and not feel rushed. This help is freely provided by an experienced impartial NGO.

Drop in or make an appointment on 8268 9601 or 0438 431 817 or acsn@cotansw.com.au.

Thursday 27 February, 6pm – 7pm | Read on Books Pagewood, Shop 161/162 Westfields Eastgardens

Author Talk: Margaret Rice Author of 'A Good Death'

This is a book to help the dying and their carers feel less isolated, and help all of us face death better. With thanks to Read on Books Pagewood for hosting this event.

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

Friday 28 February, 9:30am – 5pm | Ramsgate Seniors, 382 Rocky Point Road (entrance from Selmon Street)

Ramsgate Seniors Open Day

Come and try a range of free activities on offer at Ramsgate Seniors including a Chi Gung and drumming demonstration both of which can be done seated. Meet centre participants over a light lunch. Australian Unity will also be present doing health checks including blood pressure and providing information about their services for seniors. Full program below. Enquiries to Joyce on 9529 4279 or 0418 695 184.



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|-------------------|------------------------|
| 9:30am – 11am | Indoor Bowls |
| 10am – onwards | Craft |
| 10:30am – 12pm | Scrabble |
| 10:30am – 2:30pm | Australian Unity |
| 11:30am – 12:15pm | African Drumming |
| 12:30pm – 1:30pm | Lunch |
| 1:30pm – 2:30pm | Chi Kung Demonstration |
| 2:30pm – 3:30pm | Table Tennis |
| 2:30pm – 5pm | Cards and Rummikub |

Bookings at <https://ramsgateseniorsopen.eventbrite.com.au>

Monday 2 March, 10:30am – 2:30pm | Kogarah West Seniors, 15 Taylor Street, Kogarah West

Kogarah West Seniors Open Day

Come and meet the people involved with Kogarah West Seniors and find out about the activities on offer. Try a spot of New Vogue Dancing or Chair Yoga which can be done seated. Stay on for a light lunch and meet qualified staff from Australian Unity who can do health checks including blood pressure and provide information about their services for seniors. Enquiries to Tony on 0422 263 416.

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

Tuesday 3 March, 11am – 1pm | Alf Kay Eastlakes Community Centre, 16 Florence Avenue, Eastlakes

Death Café

Find out what you need to know about end of life decision making over morning tea in a relaxed environment. Speakers include Kingsford Legal Centre on tools for planning ahead and Margaret Rice author of 'A Good Death'. The event will be facilitated by Karen Buckley from Home Instead.

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



Wednesday 4 March, 10:30am – 12:45pm | Mascot Library, 2 Hatfield Street, Mascot

Introduction to NSW Transport Apps

In this workshop you will learn what an app is, and how to use three different transport apps for trains, buses and other forms of public transport to get around.

Bookings essential at www.baysidelibrary.eventbrite.com.au

Thursday 5 March, 6pm – 7:30pm | Rockdale Library, Level 3, 444-446 Princes Highway, Rockdale

Author Talk: Margaret Rice Author of 'A Good Death'

We live in a period of intense death denial. But what if we were to smash that taboo and ask the questions we want answered.

Margaret Rice lifts the lid on the taboos that surround death, sharing practical information and compassionate advice from multiple sources to break down boundaries and offer better choices of care to suit individual needs. This is a book to help the dying and their carers feel less isolated, and help us all face death better.

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

Friday 6 March, 10am – 12pm | Rockdale Seniors, 36 George Street, Rockdale

Open Day with Rockdale Garden Club

Come and meet seniors for a chat about gardening. Stay on for a cup of tea and find out how you can be involved. Enquiries to Paul Tapp on paul.tapp90@gmail.com.

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

Saturday 7 March, 10:30am – 12:30pm | 100b Bestic St Kymeemagh (next to the Old Brighton Fishos)

Bayside Men's Shed Saturday Open Morning

Meet the men who provide opportunities to come together, share time with each other and work together on community projects. All enquiries to Costa on 0418 446 551 or ceevees@optusnet.com.au.

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

Tuesday 10 March, 10:30am – 12:45pm | Sans Souci Library, 104 Russel Avenue, Sans Souci

Introduction to Cyber Safety

In this workshop you will learn the basics of Internet security; the things that can potentially go wrong and the simple steps you can take to avoid them.

Bookings essential at www.baysidelibrary.eventbrite.com.au

Tuesday 10 March, 11am – 1pm | Alf Kay Eastlakes Community Centre, 16 Florence Avenue, Eastlakes

Older People, Pain, Pharmaceuticals and Other Options

Join us for an informative presentation from health professionals on the dangers of pharmaceuticals and other options including exercise, mindfulness meditation and other forms of therapy. Speakers include Professor Brian Draper on mood and medication and Psychologist and Prince of Wales Pain Clinic Coordinator Tony Hollins on and pain and non pharmacological alternatives.

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

Wednesday 11 March, 10am – 12pm | Rockdale Library, 444-446 Princes Highway, Rockdale

Strata Information Session

This session will deal with a wide variety of issues/problems involved in strata living.

Bookings essential at www.baysidelibrary.eventbrite.com.au

Thursday 12 March, 10am – 12pm | Arncliffe Seniors, 23-25 Barden Street, Arncliffe

Seniors Sing Your Heart Out Choir

If you have ever wanted to try singing here is your chance. The Choir is led by experienced conductor Christina Mimmocchi and has lots of fun trying out new styles. Meet the members and find out about joining. The choir meets weekly in school term time. Everyone welcome even if you don't know how to sing!

Enquiries to Lourdes on 0415 123 423 or barrols2010@gmail.com.

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

Thursday 12 March, 6pm – 7:30pm | Eastgardens Library, 152 Bunnerong Road (inside Westfield)

Death Café with Margaret Rice Author of 'A Good Death'

Facilitated by Karen Buckley from Home Instead. In a relaxed environment this evening session is a chance to focus on end of life decision making and what needs to be put in place. Using Margaret's book as a guide we will look at ways to help the dying and their carers feel less isolated and help us all face death better.

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

Saturday 14 March, 2pm – 5pm | Rockdale Town Hall, Corner Princes Highway & Bryant Street

'Singing in the Rain' with the Rockdale Musical Society

Ballot activity for Bayside Residents only. Complete the Ballot form in the program.

Ballot closes **Friday 28 February!** Only successful applicants will be notified.

**BALLOT
ACTIVITY**

Tuesday 17 March, 10:30am – 12:45pm | Sans Souci Library, 104 Russell Avenue, Sans Souci

Introduction to Android Tablets

In this workshop you will learn the basics on the hardware and basic interface of a tablet; touchscreens and gestures; installing and using apps such as games, web browser, communications tools and more.

Bookings essential at www.baysidelibrary.eventbrite.com.au

Wednesday 18 March, 8:45am – 4pm

Vaucluse House Coach Trip

Visit this heritage-listed former Aboriginal land, residence, colonial farm and country estate.

Ballot closes **Friday 28 February!**



**BALLOT
ACTIVITY**

Thursday 19 March, 8:45am – 4pm

Vaucluse House Coach Trip

Visit this heritage-listed former Aboriginal land, residence, colonial farm and country estate.

Ballot closes **Friday 28 February!**

Thursday 19 March, 10am – 12pm | Rockdale Town Hall, Corner Princes Highway & Bryant Street

60s Sing Along and Meets the TOFS

Join the Sing Your Heart Out Choir for a 60s sing along in this trip down memory lane. Then meet the TOFS (Touring Old Farts) a social club for retired or semi retired men who organise regular day trips to places of interest and organised walks. New members are always welcome! Stay on for a light lunch. Enquiries to Lourdes on 0415 123 423 or barrols2010@gmail.com. Bookings essential at <https://tofssingalong.eventbrite.com.au>

Friday 20 March, 10am – 12pm | Fix it Sisters, 1-2/35 Forest Road, Arncliffe

Fix it Sisters Open Day

Want to learn about working with tools or how to be handy at home? Meet people who can fix anything over a morning tea, find out how you can be involved and participate in a fun drumming workshop.

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

Friday 20 March, 9:30am – 11:30am | Matraville Primary School, Cnr Bunnerong & Beauchamp Rd, Matraville

Open Day: Botany Bay Computer and Photography Pals

Meet the members and decide if you want to be involved in beginners or intermediate classes for Seniors. All welcome and stay on for morning tea. Enquiries to Rex on 9661 9150 or mrrexmadden@gmail.com.

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

...AND AFTER THE SENIORS FESTIVAL

Tuesday 24 March, 10:30am – 12:45pm | Sans Souci Library, 104 Russell Avenue, Sans Souci

Introduction to iPad Tablets

In this work shop you will learn about the hardware and basic interface of an iPad; touchscreens and gestures; installing and using apps such as games, web browser, communications tools and more.

Bookings essential at www.baysidelibrary.eventbrite.com.au

Tuesday 31 March, 10:30am – 12:45pm | Sans Souci Library, 104 Russell Avenue, Sans Souci

Introduction to Smart Phones

In this workshop you will learn the basics of a smartphone with touchscreen; how to make and receive calls; how to add contacts and about different apps and how to use them.

Bookings essential at www.baysidelibrary.eventbrite.com.au

Tuesday 7 April, 10:30am – 12:45pm | Sans Souci Library, 104 Russell Avenue, Sans Souci

Introduction to NSW Transport Apps

In this workshop you will learn what an app is, and how to use three different transport apps for trains, buses and other forms of public transport to get around.

Bookings essential at www.baysidelibrary.eventbrite.com.au

Wednesdays 25 March, 29 April, 27 May & 24 June | Eastgardens Library, 152 Bunnerong Rd (inside Westfield)

Age Care Navigator COTA NSW (Council of the Ageing)

Find out all about My Age Care, the types of services available, costs, assessments and the range of service providers in a relaxed environment. Note COTA is not a service provider but can help you register for My Age Care, find out where you are in the queue and what services have been allocated to you.

Drop in or make an appointment on 8268 9601 or 0438 431 817 or acsn@cotansw.com.au.



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, phone or online at www.baysidelibrary.eventbrite.com.au or www.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. 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 Council's Customer Service on **1300 581 299**.

Transport

Consider using public transport. For assistance with transport contact:

Randwick Waverley Community Transport: **9369 5366**

St George Community Transport: **9585 3000**

Seniors Month 2020 Ballot Application Form



FULL NAME

ADDRESS

SUBURB

POSTCODE

PHONE

EMAIL

The ballot is open to residents living in the Bayside Council Local Government Area aged 60 or over for **ONE ACTIVITY ONLY**. Multiple applications will be disqualified.

You can choose from (please tick):

☐ **'SINGING IN THE RAIN' BY ROCKDALE MUSICAL SOCIETY**

SATURDAY 14 MARCH, 2PM - 5PM, ROCKDALE TOWN HALL

☐ **VAUCLUSE HOUSE COACH TRIP**

WEDNESDAY 18 MARCH, 8:45AM - 4PM

☐ **VAUCLUSE HOUSE COACH TRIP**

THURSDAY 19 MARCH, 8:45AM - 4PM

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 by Friday 28 February to:

- ▶ Bayside Council, PO Box 21 Rockdale 2216;
- ▶ At Rockdale and Eastgardens Customer Service Centres;
- ▶ Hand in to any of the Bayside Libraries at Rockdale, Eastgardens, Mascot, Sans Souci, Arncliffe, Brighton Le Sands or Bexley North; or
- ▶ Email to council@bayside.nsw.gov.au

Only successful residents will be notified.

Departure times and locations for the Coach Trips will be identified in successful applicant letters.

For more information call 1300 581 299 or visit www.bayside.nsw.gov.au

BAYSIDE SENIORS GROUPS

Bayside Mens Shed

100b Bestic St, Kyeemagh
Come along and meet new friends, enjoy a cuppa, check out our fully equipped workshop in our new men's shed building including riverfront views. We're located next to the former Brighton Fisho's club with plenty of off street parking available. Don't be shy, work on your own project or help in other shed projects.

Contact: Costa on 0418 446 551 or ceevees@optusnet.com.au

Botany Bay Computer and Photography Pals

Matraville Primary School
Fridays from 10am
Computer and photography classes for Seniors - beginners and intermediate classes.

Contact: Lee 9661 4214 or Rex 9661 9150 or email to mrrexmadden@gmail.com

Dance That Walk

Alf Kay Community Centre
16 Florence Avenue, Eastlakes
A fun seniors focused exercise class with great music. Every Friday 9:15am - 10am. Cost: \$5

Contact: 0413 045 757

Fix It Sisters Shed

Fix it Sisters Shed works with women of all ages to encourage practical and creative skills through educational workshops and facilitated DIY sessions.

Contact:
hello@fixitsistersshed.org.au
[@fixitsistersshed](https://www.instagram.com/fixitsistersshed/) / [#fixitsisters](https://www.facebook.com/fixitsistersshed/) on Instagram and Facebook

Kogarah West Seniors

15 Taylor Street, Kogarah
*Mon 10am: New Vogue Dancing
Wed 10am: Playing Cards*

Contact: Jeanette on 9588 5050

Maloney Street Community Garden

A Community Garden can be a space to rest, reflect, grow vegies, fruit, herbs or flowers. If you have an interest in gardening or would just like to enjoy the community space you are welcome to join.

Contact: Patrick on 9366 3676 or email to patrick.hidalgo@bayside.nsw.gov.au

Mascot Seniors

Corner of Coward and Aloha Street, Mascot
Line Dancing, Sewing, Chair Yoga, Quilting Board Games.

Contact: Annette on 0407 234 117 or visit mascotseniors.com.au

Mature Men's Group

Alf Kay Community Centre
16 Florence Avenue, Eastlakes
Feel like a change? Come to a welcoming men's group and have a chat and a cuppa. Meet like minded blokes in a relaxed environment.

Contact: Ed on 0413 045 757 or eddyeverett@yahoo.com.au

Pagewood Seniors

Dalley Avenue, Pagewood
Monday, Wednesday and Friday
Line Dancing, Bowls, Tai Chi, Exercise and Coach Trips.

Contact: Coral 9669 1182 or gramas2@bigpond.com

Ramsgate Seniors

382 Rocky Point Road, Ramsgate
Table Tennis, Yoga, Garden Club, Coach Trips, Scrabble, Tai Chi, Craft, Cards and Rummikub.

Contact: Beverley on 9529 5203 or beverlevkirby@bidpond.com
Mary Debono on 9529 4288 or marymacpherson@bigpond.com

Rockdale Garden Club

36 George Street, Rockdale
Meets on the first Friday of the month at Rockdale Seniors. Come and meet Seniors for a chat about all things gardening.

Contact: Paul Tapp via email to tapp90@gmail.com

Sing Your Heart Out Choir

23 Barden Street, Arncliffe
Thursdays: 10am - 12pm (school term) Community Choir

Contact: Christina: christinapossum@bigpond.com
Lia: liachinnery17@gmail.com
Lourdes: barrols2010@gmail.com

Touring Old Farts Inc. TOFS

Join this social club for retired and semi retired men who regular day trips to places of interest and organised walks.

Contact: Terry on 0420 758 897

Love to Celebrate!



We've got FREE events and information sessions to celebrate and get you moving

If you need more information call Customer Service on 1300 581 299

