



Bayside

# Seniors Festival

8 – 30 April 2021

**Welcome to the 2021 Bayside Seniors Festival. Exercise, learning, technology, gardening, singing, nutrition and socialising are all on offer this year. There's a range of interesting FREE activities to keep your body moving and your brain active.**

After last years lock-down we know it's important to stay connected, so now is your chance to meet up with Seniors groups across the area, find out how you can be involved and have fun. We take COVID-19 very seriously so our Coach Trips and the Matinee Musical are not on offer this year.

All activities in the program have COVID-19 restrictions in place and have limited numbers to ensure your safety. Bookings are essential.

## 2021 SENIORS FESTIVAL PROGRAM



**Thursday 8 April, 10:30am – 11:30am**

**Eastgardens Library Meeting Room, 152 Bunnerong Road**

### **Understanding the NBN and Meet Eastlakes Probus**

Do you understand the NBN or wonder if you need it all? Meet NBN Ambassador Maria who is independent of NBN providers who will answer your questions like:

- ▶ What does NBN mean and is everyone required to switch over?
- ▶ What are the costs involved with NBN?
- ▶ If I only want a phone line, do I need to switch over to NBN?
- ▶ How can I be protected from scams and staying safe online?
- ▶ How can I prepare for power outages and what medical devices are connected to the internet?

After the NBN discussion meet up with Eastlakes Probus members and have a cup of tea. Eastlakes Probus Club meets on the 4<sup>th</sup> Thursday of the month at 6 Westcott Street, Eastlakes.

For more information contact Julie Jurd at [juliejurd10@gmail.com](mailto:juliejurd10@gmail.com)  
Bookings essential at <https://understandingnbn.eventbrite.com.au>



**Friday 9 April – Saturday 24 April**

**Botany Aquatic Centre, Cnr Myrtle and Jasmine Streets, Botany**

### **Free Admission to the Botany Aquatic Centre**

For Bayside seniors only. For more information call the Botany Aquatic Centre on 9316 6218.



**Friday 9 April – Friday 30 April**  
**Angelo Anestis Aquatic Centre, 98C Preddys Road, Bexley North**

## **Angelo Anestis Aquatic Centre Free Trials**

Special FREE trials for non members. Bookings on 9150 5288.

**Monday 12, Thursday 22 and Friday 30 April, 10:30am – 11:30am**

### **Silver Sneakers**

Seniors exercise class in the fitness room.

**Tuesday 13, Monday 19 and Wednesday 28 April, 9:30am – 10:30am**

### **Ageless Aqua Aerobics**

Have fun exercising in the pool.

**Wednesday 14 April, 10:30am – 11am**

### **Mindful Nutrition**

Learn nutrition for seniors.

**Thursday 15 and Monday 26 April, 10:30am – 11am**

### **Active Ageing**

Information session. Remain active as you grow older.

**Tuesday 20 April, 10:30am – 11am**

### **Staying Steady**

An information session on falls prevention.

**Friday 23 April, 10:30am – 11am**

### **Strength for Life**

A strength training exercise class for seniors.



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**Friday 9 April, 10am – 12pm**  
**Rockdale Seniors, 36 George Street, Rockdale**

## **Rockdale Garden Club Open Day**

Come and meet members for a chat about gardening and learn about recycling from Council's Resource Recovery Education Officer Geoff Raymond. Stay on for a cup of tea.

Enquiries to Paul Tapp: [paul.tapp90@gmail.com](mailto:paul.tapp90@gmail.com)

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

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**Monday 12 April, 9:30am – 10:30am**  
**Rockdale Seniors, 36 George Street, Rockdale**

## **Staying Active**

Come and try a beginners seniors exercise class. Have a go and see if you like it. The class is taught by a qualified teacher.

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

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**Monday 12 and Monday 26 April, 1:15pm – 2:15pm**  
**Kogarah West Seniors, 15 Taylor Street, Kogarah**

## **West Open Day and Chair Yoga**

Meet the people involved with Kogarah West Seniors and find out about the activities on offer. Come and try Chair Yoga which can be done seated. Limited number of spots available. Bookings essential.

Enquiries and bookings to Jeanette: [jfarrant1@bigpond.com](mailto:jfarrant1@bigpond.com)

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**Tuesday 13, Thursday 15, Monday 19 and Friday 23 April, 9am – 12pm**  
**Rockdale Library, 444-446 Princes Highway, Rockdale**

## **Discover Endeavour University of the Third Age**

Do you enjoy learning or want to make new friends? The University of the Third Age offer over 30 diverse courses locally and online. Classes are led by volunteer senior presenters. Drop in and meet us at the Rockdale Library and find out more.

Enquiries to Cherie Clover: [cherie167@hotmail.com](mailto:cherie167@hotmail.com)



**Wednesday 14 April, 10am – 11am**  
**Alf Kay Community Centre, 16 Florence Avenue, Eastlakes**

## **Strength Stretch and Relax**

Come and try a class for seniors. Enjoy a gentle stretch and guided relaxation session.

Enquiries: [carol.arrowsmith@bayside.nsw.gov.au](mailto:carol.arrowsmith@bayside.nsw.gov.au) or 0413 045 757.

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

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**Wednesday 14 April, 10am – 11:30am**  
**Kyeemagh Community Hub, Tancred Avenue (off Mutch Avenue), Kyeemagh**

## **Balance Exercises**

Come and try Balance Exercises which help with falls prevention. Morning tea provided.

All enquiries and bookings to Dragana Bozinovski on 1300 327 434.

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**Thursday 15 April, 10am – 12:30pm**  
**Alf Kay Community Centre, 16 Florence Avenue, Eastlakes**

**Thursday 22 April, 10am – 12:30pm**  
**Rockdale Town Hall, 448 Princes Highway, Rockdale**

## **Cyber Safety Workshop**

Professional trainers will show you how to stay safe online, identify scams and reduce opportunities for theft. Hear from the NSW Police about cyber scams and identity theft. Light lunch provided. Bring your own device.

Bookings essential on 9366 3685 or at [www.bayside.nsw.gov.au/news/cyber-safety-seniors-workshops](http://www.bayside.nsw.gov.au/news/cyber-safety-seniors-workshops)

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**Tuesday 20 April, 10am – 12pm**  
**Sans Souci Library, 104 Russell Avenue, Sans Souci**

**Thursday 29 April, 6:30pm – 8pm**  
**Mascot Library, 2 Hatfield Street, Mascot**

## **Mediation for Seniors – Relationships Australia**

Meet Fiona Tait, Senior Mediator with Relationships Australia. Elders Mediation Service is a free service which assists older people and their families plan for the future and make decisions that protect seniors own interests. Find out more about the service and pick up some handy resources. The evening session at Mascot is being held to allow working carers to attend.

Enquires: [carol.arrowsmith@bayside.nsw.gov.au](mailto:carol.arrowsmith@bayside.nsw.gov.au) or 0413 045 757.

Bookings for Sans Souci morning session at <https://dayseniorsmediation.eventbrite.com.au>

Bookings for Mascot evening session at <https://eveningseniorsmediationmascot.eventbrite.com.au>

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**Saturday 24 and Wednesday 28 April, 10:30am – 12:30pm**  
**Bayside Men's Shed, 100b Bestic Street, Kyeemagh**

## **Men's Shed Open Day**

Meet the men who are part of Bayside Men's Shed and find out how you can be involved. Find out about the projects on offer including a demonstration of how to make a cutting board. Wednesday event features their monthly BBQ. Everyone is welcome.

Enquiries to Costa on 0418 446 551 or [ceevees@optusnet.com.au](mailto:ceevees@optusnet.com.au)

Bookings for Saturday at <https://saturdaymensshed.eventbrite.com.au>

Bookings for Wednesday at <https://wednesdaymensshed.eventbrite.com.au>

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Thursday 29 April 10:30am - 12pm  
Coronation Hall, 23 Barden Street, Arncliffe

## Beatles Sing Along

**All You Need is Love a Beatles Sing Along with the Sing Your Heart Out Choir**

Join the Sing Your Heart Out Choir for a Beatles sing along in this trip down memory lane. Meet Choir members and find out how you can join. Choir meets Thursdays 10am - 12pm in school terms at the Kingsgrove Bexley North Community Hall, 54 Shaw Street, Bexley North.

Enquiries to Margaret Burns 9525 3208 or [mburns30@bigpond.com](mailto:mburns30@bigpond.com)

Bookings essential at <https://baysideseniorsfestivalallyouneedislovesingalong.eventbrite.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 phone, via email or Eventbrite.

### 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**

### Transport

Consider using public transport. For assistance with transport contact:

Randwick Waverley Community Transport: **9369 5366**

St George Community Transport: **9585 3000**

### Bayside Customer Service Centres:

Rockdale Library, 444-446 Princes Highway, Rockdale  
Westfield Eastgardens, 152 Bunnerong Road, Eastgardens

[www.bayside.nsw.gov.au](http://www.bayside.nsw.gov.au)