



MEDIA RELEASE

Media Contact: Amie Lindsell
T 02 9710 0944
E alindsell@ssc.nsw.gov.au
sutherlandshire.nsw.gov.au

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Seniors Festival is back!

Sutherland Shire Council is proud to present the 2018 Seniors Festival from 25 March until 26 April.

With 28 events over 33 days there is something for everyone to enjoy!

There is entertainment, films, health and wellbeing events, art and craft, hobbies and interest groups, education seminars and talks, and opportunities to explore the great outdoors.

“Seniors Festival is our chance to thank, celebrate and recognise seniors for the positive contributions they make to the community,” said Sutherland Shire Mayor, Carmelo Pesce.

Find out what activities, groups and clubs you can have fun with at the Get Active Expos, including; gardening, exercise, computers, history, volunteering, music, Probus, Mens Shed, Lions, Older Women’s Network and more.

Three Expos will be held in three different locations; Gymea on the 6 April, Menai on 12 April and Engadine on 18 April.

“The Expos will focus on wellness, activity, connecting people and encouraging life-long learning,” added Mayor Pesce.

The annual Seniors Luncheon on 27 March will celebrate our centenarians with free entertainment and lunch at Sutherland Entertainment Centre.

Our Sutherland Shire Libraries will host talks on safer driving, strata living, shopping rights and understanding My Aged Care.

Explore useful apps for older people on smart phones or tablets at the ‘Taming Technology’ session at Sutherland Library on 12 April.

Enjoy bees, birds or bushwalking with Bushcare or ‘Spot the creatures of the night’ spotlighting in the Royal National Park.

Unleash the artist within and participate in a watercolour still life workshop and Hazelhurst Gallery tour.

Leisure Centres are offering free health checks and exercise physiologists to speak with for the prevention and management of chronic diseases and injuries.

Pick up the full Seniors Festival Program from Libraries, Leisure Centres, Sutherland Entertainment Centre or Hazelhurst Gallery or visit www.sutherlandshire.nsw.gov.au/SeniorsFest