

# SENIORS FESTIVAL

25 MARCH - 26 APRIL 2018



***Let's do more together!***

Entertainment, films, health and wellbeing events, art and craft, hobbies and interest groups, birdwatching, bushwalking, education seminars, taming technology, and much more. With 28 events, there is something for everyone to enjoy!

**[sutherlandshire.nsw.gov.au/SeniorsFest](http://sutherlandshire.nsw.gov.au/SeniorsFest)**

## GET HEALTHY FREE HEALTH CHECKS



Have your blood pressure and glucose levels tested by registered nurses from Kareena Private Hospital. Speak with accredited Exercise Physiologists about exercise for the prevention and management of chronic diseases and injuries. No booking required. Call 8536 9713

### MONDAY 26 MARCH

10am to 11.30am  
Sutherland Leisure Centre

### TUESDAY 27 MARCH

12pm to 1pm  
Menai Indoor Sports Centre

### WEDNESDAY 28 MARCH

10am to 11.30am  
Engadine Leisure Centre

### THURSDAY 29 MARCH

10am to 11.30am  
Caringbah Leisure Centre

## 25 MARCH TO 22 APRIL MORAN GALLERY: MAKING MEMORIES EXHIBITION

10AM TO 4PM  
29 SYLVANIA RD, SYLVANIA  
A photographic celebration of sharing old memories and creating new ones. Call 9532 6222

## 25 MARCH TO 1 APRIL SWIM FUN

9AM TO 12PM  
SUTHERLAND, ENGADINE, CARINGBAH LEISURE CENTRES  
Free entry for all grandparents to watch grandchildren in our Splashers Learn to Swim program.

## TUESDAY 27 MARCH

### SENIORS LUNCHEON

11.30AM TO 1.30PM  
SUTHERLAND ENTERTAINMENT CENTRE, 30 ETON ST, SUTHERLAND

Enjoy lunch and entertainment while celebrating our Centenarians. Limit of 2 tickets per household. Only for Sutherland Shire residents. Bookings essential. Call 9521 8888

## WEDNESDAY 28 MARCH

### INTERNATIONAL SHORT FILM FESTIVAL

11AM TO 2PM (WITH LUNCH)  
General admission \$12  
Concession \$11  
7.30PM TO 9PM (6PM DINNER)  
Dinner & Movie \$30  
Night movie only \$8  
SUTHERLAND ENTERTAINMENT CENTRE, 30 ETON ST, SUTHERLAND  
Sutherland Shire's annual short film festival will delight with its ninth season featuring unique films from around the world, curated by Cinewest Director Vahid Vahed.  
Bookings essential. Call 9521 8888  
Allocated seating online at [suthentcent.com.au](http://suthentcent.com.au)

## GET MOVING

## WEDNESDAY 4 APRIL

### YEARS AHEAD: SAFER DRIVING FOR SENIORS

10.30AM TO 11.30AM  
CARINGBAH LIBRARY  
376-378 PORT HACKING RD

All drivers, passengers and pedestrians are at risk every time they use our roads. As you get older, your risk of being involved in a crash increases. Be informed with the Years Ahead Driver Program. Presented by a senior, for seniors, this NRMA session covers changes to legislation, safe driving tips and more. Morning tea provided.  
Bookings essential. Call 9524 3803  
[sutherlandshire.nsw.gov.au/library](http://sutherlandshire.nsw.gov.au/library)

## UNLEASH THE ARTIST WITHIN!

### GET ACTIVE ART EXPERIENCE

HAZELHURST ARTS CENTRE  
782 KINGSWAY, GYMEA  
Participate in a watercolour still-life workshop and enjoy a tour of the ARTEXPRESS exhibition. No previous experience necessary! Bookings essential. Call 8536 5700

### WEDNESDAY 4 APRIL

10am to 12pm or 1pm to 3pm

### MONDAY 9 APRIL

10am to 12pm or 1pm to 3pm

## THURSDAY 5 APRIL

### ACTIVUS: INFORMATION STALL

10AM TO 2PM  
MENAI MARKETPLACE  
152-194 ALLISON CRES, MENAI  
Visit the Activus team and find out how they can help you maintain your independence and participate in community life. Assistance with booking care services, transport and social activities. Call 8555 0000 or visit [activustransport.org.au](http://activustransport.org.au)

## THURSDAY 5 APRIL

### STRATA LIVING

10.30AM TO 11.30AM  
MIRANDA LIBRARY  
31 WANDELLA RD, MIRANDA  
Thinking of downsizing or already living in a strata arrangement? Learn about body corporates and strata schemes, common issues and practical matters facing older residents, rights and responsibilities, legal advice, and educational services available. Morning tea provided. Bookings essential. Call 9524 8217  
[sutherlandshire.nsw.gov.au/library](http://sutherlandshire.nsw.gov.au/library)

## MONDAY 9 APRIL

### BIRDS AND BREAKFAST

8AM TO 9.30AM, TAREN POINT SHOREBIRD RESERVE  
Combine birdwatching with breakfast as we join celebrated twitcher, Steve Anyon-Smith. Breakfast Included. Bookings essential, visit Council's website to book.

## MONDAY 9 APRIL

### SHOPPING RIGHTS

10.30AM TO 11.30AM  
ENGADINE LIBRARY  
116E CALDERRA AVE

Do you know your rights as a consumer? Get the facts on refunds, repairs and replacements from experts in Australian consumer law. Morning tea provided. Bookings essential. Call 9548 6003  
[sutherlandshire.nsw.gov.au/library](http://sutherlandshire.nsw.gov.au/library)

# GET LEARNING

## TUESDAY 10 APRIL

### UNDERSTANDING MY AGED CARE

10.30AM TO 11.30AM  
SUTHERLAND LIBRARY  
30-36 BELMONT ST

If you're getting older and need help at home, or you're caring for someone who does, My Aged Care has the information you need to know to start planning and talking about aged care. Find out about services, eligibility, assessment, fees and referrals. Morning tea provided

Bookings essential. Call 9710 0351  
[sutherlandshire.nsw.gov.au/library](http://sutherlandshire.nsw.gov.au/library)

## TUESDAY 10 APRIL

### CRONULLA COAST WALK

8.30AM TO 12PM  
GUNNAMATTA PARK

Join us for a guided walk around the Cronulla Peninsula. Bookings essential, visit Council's website to book.

## THURSDAY 12 APRIL

### ACTIVUS: INFORMATION STALL

10AM TO 2PM  
SOUTHGATE SHOPPING CENTRE, PRINCES HWY, SYLVANIA

Visit the Activus team and find out how they can help you maintain your independence and participate in community life.

Call 8555 0000 or visit [activustransport.org.au](http://activustransport.org.au)

## THURSDAY 12 APRIL

### TAMING TECHNOLOGY: GETTING THE MOST FROM YOUR SMARTPHONE AND TABLET

10.30AM TO 11.30AM  
SUTHERLAND LIBRARY  
30-36 BELMONT ST

Smartphone and tablets are even smarter than you think. Learn about the health and safety features on these devices, and useful apps for older people. Morning tea provided.

Bookings essential. Call 9710 0351  
[sutherlandshire.nsw.gov.au/library](http://sutherlandshire.nsw.gov.au/library)



## GET CONNECTED GET ACTIVE FREE EXPOS

Have fun, make friends, be challenged, get active! Find out about activities and groups to get involved in from art classes to Tai Chi, gardening to Probus, photography to computers, there is something available to interest everyone. Morning tea provided.

### FRIDAY 6 APRIL

9.30am to 12.30pm  
Tradies Gymea  
57 Manchester Rd, Gymea

### THURSDAY 12 APRIL

9.30am to 12.30pm  
Club Central Menai  
44-60 Allison Rd, Menai

### WEDNESDAY 18 APRIL

9.30am to 12.30pm  
Engadine Community Hall  
1034-1036 Old Princes Hwy, Engadine

Bookings essential. Visit Council's website to book.

## THURSDAY 12 APRIL

### 3BRIDGES COMMUNITY: SENIORS SALSA MOOVE AND GROOVE - \$5

10AM TO 2PM  
LOFTUS COMMUNITY HALL

Seniors Salsa dance and music day. For all abilities. Morning tea provided. Call 0424 288 648

## FRIDAY 13 APRIL

### BOTANY BAY FAMILY HISTORY SOCIETY: OPEN DAY

10AM - 2PM  
184 GANNONS RD, CARINGBAH

Experts will assist you with using worldwide resources available to trace your family history. Call 0428 227 752

## 16 TO 19 APRIL

### BECONNECTED COMMUNITY SERVICES: OPEN DAYS

10AM TO 1PM  
JANNALI, CRONULLA, CARINGBAH AND MIRANDA

Meet new friends, be entertained and share lunch. Call 9528 6299

## WEDNESDAY 18 APRIL

### NATIVE BEE TOUR

9AM TO 10.30AM  
COMMUNITY NURSERY  
345 THE BOULEVARDE, GYMEA

Learn about the native bees of Sydney and their habitat. Morning tea provided. Bookings essential, visit Council's website to book.

## THURSDAY 19 APRIL

### SPOTLIGHTING IN THE ROYAL WITH BUSHCARE

6PM TO 9PM  
AUDLEY, ROYAL NATIONAL PARK

What goes bump in the night? Spot the creatures of the night. BYO torches. Bookings essential, visit Council's website to book.

## THURSDAY 26 APRIL

### JOSEPH BANKS NATIVE PLANTS RESERVE GUIDED WALK

9AM TO 11AM  
JOSEPH BANKS RESERVE - MANOOKA PL, KIRRAWEE

Visit one of the hidden gems of the Shire and see a great native plant collection. Bookings essential, visit Council's website to book.

**KEEP ACTIVE YEAR ROUND**

# **COUNCIL PROGRAMS RUN WITH YOU IN MIND**

## **SUTHERLAND SHIRE LIBRARIES**

Our libraries host a diverse range of activities, from author talks, lifestyle talks, technology seminars for older people, craft and film groups, to book groups and more.

## **WASTE WISE LIVING**

Take the first steps to living a more Waste Wise lifestyle by attending one of Council's free workshops.

## **SUTHERLAND SHIRE LEISURE CENTRES**

Keep active year round with a range of aquatic and fitness programs designed specifically for seniors.

## **SUTHERLAND ENTERTAINMENT CENTRE**

With more than 270 events and 150,000 visitors a year Sutherland Entertainment Centre offers a wide range of entertainment for everyone in the community.

## **HAZELHURST ARTS CENTRE**

A vibrant arts complex and café set amid beautifully landscaped gardens. Hazelhurst offers a wide range of activities and events, including various art classes and our 'Art Engage' program for people living with dementia.

## **BUSHCARE**

Volunteering with Bushcare is a fantastic way to contribute to the community. While improving the health of the environment it's also a great way to sustain good physical and mental health.



All details in this program are correct at time of print.

**T 9710 0333**

For more information on events, activities and services for Seniors visit our website.

# **SUTHERLANDSHIRE**



[sutherlandshire.nsw.gov.au/SeniorsFest](http://sutherlandshire.nsw.gov.au/SeniorsFest)