

“The Best Time for Ages” Seniors Week 2004 in Wyong Shire – March 14 - 21

NAME OF EVENT	DATE TIME	VENUE	BRIEF DESCRIPTION	COST	ORGANISATION AND CONTACT PERSON	BOOKING INFORMATION	OTHER INFORMATION
Seniors Art Exhibition	17 March to 23 March	Stockland Bay Village Shopping Centre	Display of Long Jetty Seniors Citizens Art Group	Free	Bay Village Shopping centre 4332 2255		Venue is accessible
Drop In	14 March to 21 March 10.am – 12.pm	Wesley Mission	Open House for visitors, drop in and get to know you.	Free	Wesley Mission Dave Richards 0423782582		
Seniors Morning Tea	Friday 12 March 10.00am	Wyong Council Civic Centre Function Room	A seniors morning tea to launch Seniors Week.	Free	Wyong Council Community Services 4350 5528	Bookings Essential	Venue is accessible
Active Over 50's Aqua class	Monday 15 March 10.00am	Mingara Leisure Centre	Run in Conjunction with Central Coast Area Health this is a simple, gentle & social class for all ages & abilities.	\$5.20 and Bring a Friend for Free	Mingara Leisure Centre 4388 9202	No Booking Required	Venue Accessible
Seniors Week Ballroom Dance	Monday 15 March 2.30pm – 5pm	Tuggerah Lakes Memorial Club Auditorium	Ballroom Dancing – Both modern and sequence dances.	\$3.30	Tuggerah Lakes Memorial Club Ballroom Dancing & Travel Group Mr Charles Corr – 4399 2630	No booking required just turn up at 2pm	Excellent prizes for Barn Dance & Monte Carlo provided by Tuggerah Lakes Memorial Club. Venue is accessible.
Senior Citizens Concert	Monday 15 March 1pm – 4pm	Senior Citizens Hall – 6 Thompson St	A musical afternoon by Long Jetty Seniors Concert Group. Free Tea, coffee & Biscuits	Free	Long Jetty & District Senior Citizens Inc 4332 5522	No bookings required.	Doors will be open from 12 noon. Must be seated before 1pm Afternoon tea will be provided free Venue is accessible

		Long Jetty					
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Monday Walkers	Monday 15 March 9am	Lake Munmorah Senior Citizens Acacia Ave Lake Munmorah	Walkers "Open House" for all activities for the week.	Visitors Free	Lake Munmorah Senior Citizens Betty Lowe – 4358 1491		Venue accessible Tea & Coffee included Everyone welcome to come and see what the club offers
Social Dance	Monday 15 March 10am	Lake Munmorah Senior Citizens Acacia Ave Lake Munmorah	Social Dance "Open House" for all activities for the week.	Visitors Free	Lake Munmorah Senior Citizens Betty Lowe – 4358 1491		Venue accessible Tea & Coffee included Everyone welcome to come and see what the club offers
Tai Chi	Monday 15 March 10am – 12noon	San Remo Neighbourhood Centre 28 Brava Ave San Remo	How to do it and what it can do for you. Learn to take care of your body by using this old age technique	Free to seniors	San Remo Neighbourhood Centre 4390 7888	Bookings required	Tea and coffee included Venue accessible
Australian Card Making	Monday 15 March 12.30pm- 2.30pm	San Remo Neighbourhood Centre 28 Brava Ave San Remo	Come and make yourself, friends and family some great Australian Cards or bookmarks		San Remo Neighbourhood Centre 4390 7888	Bookings required	Tea and coffee included Venue accessible
Gentle Exercise	Tuesday 16 March 9.30am	Lake Munmorah Senior Citizens Acacia Ave Lake Munmorah	Gentle exercises for seniors "Open House" for all activities for the week.	Visitors Free	Lake Munmorah Senior Citizens Betty Lowe – 4358 1491		Venue accessible Tea & Coffee included Everyone welcome to come and see what the club offers

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Computer Classes	Tuesday 16 March 2pm	Lake Munmorah Senior Citizens Acacia Ave Lake Munmorah	Computer classes for seniors "Open House" for all activities for the week.	Visitors Free	Lake Munmorah Senior Citizens Betty Lowe – 4358 1491		Venue accessible Tea & Coffee included Everyone welcome to come and see what the club offers
Handicraft Display	Tuesday 16 March 9am to 12noon	Toukley Senior Citizens Club	A display of Handicrafts	Free	Toukley Senior Citizens Club		Venue accessible
Keep Fit Display	Tuesday 16 March 1.30pm – 3.30pm	Toukley Senior Citizens Club	A demonstration of physical activities will take place in the auditorium. Tai chi, yoga, Keep Fit and various dance classes will show their skills.	Free	Toukley Senior Citizens Club		Venue accessible
Graphology	Tuesday 16 March 10.00am- noon	San Remo Neighbourhood Centre 28 Brava Ave San Remo	Understand personalities through handwriting	Free to seniors	San Remo Neighbourhood Centre 4390 7888	Bookings required	Tea and coffee included Venue accessible
Creative Writing	Tuesday 16 March	San Remo Neighbourhood Centre 28 Brava Ave San Remo	A book, short stories or your thoughts. This session will show you how to put it all down clearly and to have fun doing it. Pens and paper supplied	Free to seniors	San Remo Neighbourhood Centre 4390 7888	Bookings required	Tea and coffee included Venue accessible

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Cabaret Wednesday	Wednesday 17 March 10.30am	Halekulani Bowling Club	2 course meal, 1 beer or wine, raffle tickets, tea & coffee. PLUS – host Steve Gillespie, Band Funky Do Das and guest artist Dot Barry	\$7.50	Halekulani Bowling Club Dianne Topping 4390 9900	Bookings Essential 4390 9900	Venue is accessible
Understanding Dementia	Wednesday 17 March 10am – 12.30pm	San Remo Neighbourhood Centre	Warning signs, what is information, risk factors and support services. Explore the difference between age related loss of memory and the onset of dementia	Free	San Remo Neighbourhood Centre 28 Brava Ave San Remo 43 907888	Bookings call 43907888	Morning tea provided Venue is accessible
Cards, Games & Carpet Bowls	Wednesday 17 March 1pm	Lake Munmorah Senior Citizens Acacia Ave Lake Munmorah	Cards & games “Open House” for all activities for the week.	Visitors Free	Lake Munmorah Senior Citizens Betty Lowe – 4358 1491		Venue accessible Tea & Coffee included Everyone welcome to come and see what the club offers
Computer Classes	Wednesday 17 March 1.30pm	Lake Munmorah Senior Citizens Acacia Ave Lake Munmorah	Computer classes for Seniors “Open House” for all activities for the week.	Visitors Free	Lake Munmorah Senior Citizens Betty Lowe – 4358 1491		Venue accessible Tea & Coffee included Everyone welcome to come and see what the club offers
Active Seniors Bike Ride	Wednesday 17 March	Wallarah Point Park Gorokan	Come along and join us in a bike ride. Leaving at 10.00am and returning 2.30pm. Approximately 40 klms		Contact Kevin Parsons		

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Speed Paint with Oils	Wednesday 17 March	San Remo Neighbourhood Centre	Complete a picture using Sepia. Have fun with oils in a very fast way. Materials Supplied	Free	San Remo Neighbourhood Centre 43907 888	Bookings required	Venue accessible
Thursday \$ Day	Thursday 18 March 10.30am-2.00pm	Munmorah United Bowling Club	Cake , coffee and tea, Lunch, bingo and entertainment	\$4.00 for non members and \$3.00 for members	Munmorah United Bowling Club 4358 8519	Limited places	Venue is accessible Tea & coffee is included. Courtsey coach is available for pick up locally. Contact Club for reservations
Jewellery Beading	Thursday 18 March 9.30am – 2.30pm	San Remo Neighbourhood Centre 28 Brava Ave San Remo	Find out how you can use simple beading to make jewellery and trinkets.	Free	San Remo Neighbourhood Centre 4390 7888	Bookings required	Bring a small plate to share Venue accessible
Active Over 50's Group Fitness Class	Thursday 18 March	Mingara Leisure Centre	10 X VISIT PASS SPECIAL usually \$42.00 TODAY just \$35.00	\$4.80 bring a friend for free	Mingara Leisure Centre 4388 9202		Venue accessible
Life experiences	Thursday 18 March 10.00am – 11.00am	San Remo Neighbourhood Centre	With Stan Ellis	Free	San Remo Neighbourhood Centre 4390 7888	Bookings required	Tea and coffee included Venue accessible
Gorokan High School Band	Thursday 18 March 1.00pm	Toukley Senior Citizens "Centenary Hall"	Gorokan High School Band will present a concert. The \$5 charge will be donated to the band to help with costs of their cultural exchange tour of China in April	\$5	Toukley Senior Citizens 4396 5075		Venue accessible

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Carpet Bowls	Thursday 19 March 10am	Lake Munmorah Senior Citizens Acacia Ave Lake Munmorah	Carpet Bowls "Open House" for all activities for the week.	Visitors Free	Lake Munmorah Senior Citizens Betty Lowe – 4358 1491		Venue accessible Tea & Coffee included Everyone welcome to come and see what the club offers
Community Restaurant	Thursday 19 March 10am to 1.30pm	Tuggerah Lakes Community Centre – Bay Village	For frail aged people in southern part of Wyong Shire Morning tea, activities, entertainment, hot lunch, dessert and tea or coffee.	\$11 with Transp ort \$6 with own Transp ort	Wyong Shire Food Services INC Pam Collard – Supervisor 4334 5241	Bookings Essential Limited places Pam Collard – 4334 5241	Venue is accessible
Seniors Luncheon	Thursday 18 March	Watanobbi Community Centre	Seniors Luncheon	Free	Wyong Neighbourhood Ctr & Watanobbi Welcome Project	Bookings Essential Limited places 43512860	
The Bay Cabaret	Thursday 19 March 11am – 2pm	Wallarah Bay Recreation Club	Cabaret – Guest Artist. Lunch, glass of bubbly, bingo, raffle and lucky door.	\$8.80	Wallarah Bay Recreation Club 4392 6622	Bookings Essential	Venue is accessible
Active Over 50's Aqua Fitness Class	Thursday 19 March 9.30am	Mingara Leisure Centre	10 X VISIT PASS SPECIAL usually \$42.00 TODAY just \$35.00	\$5.20 bring a friend for free	Mingara Leisure Centre 4388 9202		Venue accessible Tea & Coffee available at the Mingara Recreation Club – Bottomless cup only \$1.00

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Tai Chi	Friday 19 March 10am and 12.30	Lake Munmorah Senior Citizens Acacia Ave Lake Munmorah	Fri 10am – Advanced Tai chi Fri 12.30 Beginners Tai chi “Open House” for all activities for the week.	Visitors Free	Lake Munmorah Senior Citizens Betty Lowe – 4358 1491		Venue accessible Tea & Coffee included Everyone welcome to come and see what the club offers
Seniors Yoga	Friday 19 March 9.30am – 11am	San Remo Neighbourhood Centre 28 Brava Ave San Remo	A gentle introduction to Yoga with Margaret Nowland.	Free	San Remo Neighbourhood Centre 4390 7888	Bookings required	Tea and coffee included Venue accessible
Feng Shui	Friday 19 March 10.00am - noon	San Remo Neighbourhood Centre 28 Brava Ave San Remo	Harmony within the home with June Turner	Free	San Remo Neighbourhood Centre 4390 7888	Bookings required	Tea and coffee included Venue accessible
Trace your family history	Friday 19 March 12.30pm- 2.30pm	San Remo Neighbourhood Centre 28 Brava Ave San Remo	Are you interested in finding out about your past? Learn how to search	Free	San Remo Neighbourhood Centre 4390 7888	Bookings required	Tea and coffee included Venue accessible
Computer Classes	Friday 19 March 9am to 12noon	Long Jetty & District Senior Citizens Inc	Club Open Day Computer Classes 9am to noon	Free	Long Jetty & District Senior Citizens 4332 5522		Club Open Day – No specific time welcome all day to come and see what the club offers
Discussion Group	Friday 19 March 9.30am to 12noon	Long Jetty & District Senior Citizens Inc	Club Open Day Discussion Group 9.30am to noon	Free	Long Jetty & District Senior Citizens 4332 5522		Club Open Day – No specific time welcome all day to come and see what the club offers

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Bowls	Friday 19 March 9am to noon	Long Jetty & District Senior Citizens Inc	Club Open Day Bowls 9am to noon	Free	Long Jetty & District Senior Citizens Pauline Frost 4332 5522		Club Open Day – No specific time welcome all day to come and see what the club offers
Tai Chi	Friday 19 March 12.30 to 3pm	Long Jetty & District Senior Citizens Inc	Club Open Day Tai Chi 12.30 to 3pm	Free	Long Jetty & District Senior Citizens Pauline Frost 4332 5522		Club Open Day – No specific time welcome all day to come and see what the club offers
Photo reading	Friday 19 March 12.30pm – 2.30pm	San Remo Neighbourhood Centre 28 Brava Ave San Remo	Bring along a photo with only one person in it. A fun morning.	free	San Remo Neighbourhood Centre 4390 7888	Bookings required	Tea and coffee included Venue accessible
Luncheon	Friday 19 March noon	Warnervale Family & Community Centre	Luncheon for Seniors in the Area	Free	Warnervale Family & Community Centre Cheryl Wells - 4392 8734	Bookings 4392 8734 Limit of 40 only	Venue is accessible
Bfit Studio Senior Strength Training Program	Thursday 18 March 10.00am	BFit Studio 5 Colony Close Tuggerah Business Park	Save \$28.00. Come and enjoy a cuppa while listening to an expert Trainer tell you about the benefits of a stronger body.	Free session for 1 st visit & forgo \$22.00 initial consultation fee	BFit Studio Russell Waterson Studio Manager	Bookings call 4353 0310	After refreshments wander through the state of the art facility and be shown how the equipment works

WYONG SHIRE COUNCIL WISHES ALL SENIORS “THE BEST TIME FOR AGES” DURING SENIORS WEEK 2004

