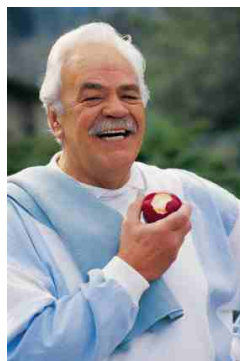


LIVE LIFE NSW Seniors Week  
2-9 APRIL 2006  
www.seniorsweek.com.au

# Seniors



# Week 06



**WYONG SHIRE COUNCIL**  
*building a better tomorrow!*

<b>Senior Week</b>							
<b>Name of Event &amp; Venue</b>	<b>Brief Description</b>	<b>Time</b>	<b>Cost</b>	<b>Organising Group/Club</b>	<b>Contact Details</b>	<b>Booking Required</b>	<b>Other Relevant Information</b>
<b>Waterford Exhibition for the Over 55's</b>	Art Exhibition of amateur artists aged 55yrs plus	April 3 <sup>rd</sup> – 9 <sup>th</sup> .	free	At Waterford Village, Kincumber	Ph: 4369 8855 Fax:4369 8844	no	Lots of available parking Paintings available for purchase.
<b>Lake Munmorah Senior Citizens</b>	Weekly calendar of events	Open house Mon - Fri	variable	Acacia Ave, Lake Munmorah	Sec: 43581491 Club:43588390	no	Regular activities
<b>Wyong Senior Citizens</b>	Weekly calendar of events	Open house Mon - Fri	variable	Wyong Old School Alison Rd, Wyong	4352 1553	no	Regular activities
<b>Toukley Senior Citizens</b>	Weekly calendar of events	Open house Mon - Fri	variable	Hargraves St, Toukley	4396 5075	no	Regular activities
<b>Long Jetty Senior Citizens</b>	Weekly calendar of events	Open house Mon - Fri	variable	6 Thompson St, Toukley	4332 5522	no	Regular activities
<b>SUNDAY</b>	<b>2<sup>ND</sup> APRIL 06</b>						
<b>GOATS Family Festival @ Koala Park, Scenic Dr, San Remo</b>	San Remo community celebration of live music, market stalls, food etc	10am – 4pm	free	Youth Services & San Remo Neighbourhood Centre	Jillian Hogan 4390 7888	no	Whole Community Event primarily showcasing the talents of young people with activities for all generations
<b>MONDAY</b>	<b>3<sup>RD</sup> APRIL 06</b>						
<b>Mayoral Morning Tea Function Rm Wyong Council Chambers</b>	Morning Tea with the Mayor & entertainment from local indigenous youth, school, and music groups	Door opens at 9.30am for 9.45am	free	Wyong Shire Council	Ph: Annette. Evans 4350 5524	<b>yes</b>	Wheel chair accessible by ramp  Transport not available
<b>Friendship Morning in Mannering Park</b>	CWA ladies craft & cuppa' together	9.30am	\$2	CWA Mannering Park Branch	J. Smart 4359 3333	<b>no</b>	A weekly event. All ladies welcome

Name of Event & Venue	Brief Description	Time	Cost	Organising Group /Club	Contact Details	Booking Required	Other Relevant Information
'Baby Boomers Go Bowling' Bateau Bay Ten Pin Bowling	1 Game of Bowling and afternoon tea.  <i>Come and give it a go!</i>	Doors open 1.30pm for 2pm game	*seniors discount \$8	Bateau Bay Ten Pin Bowling, The 470 Entrance Rd, Bateau Bay	Cherie Ph: 4332 9999 Fax: 4332 2947	<b>no</b>	Wheel chair accessible includes access to bowling lanes. All ages welcomed on every week
<b>Monday Meanderers</b>	National Parks & Wildlife Discovery activity. Walk thru' tall redgums, old man banksia & take in views.	Meet at 10.30am at noticeboard Wyrabalong National Park	*\$6 senior discount	National Parks & Wildlife	4320 4205	<b>yes</b>	Wear comfortable shoes  Bring snacks, water, lunch and weather protection.
<b>VIPs @ Banksia Centre, Sir Josephs Banks, Bateau Bay</b>	Social support group for the Over 55yrs	1.30pm for 2pm	\$2	VIP's committee	Joan Gavin 4334 3390		Meets weekly at Banksia Centre, next to Cresthaven Shops.
<b>Cruise the Hawkesbury</b>	Lunch at Broken Bay Sport & Rec	10-2pm	\$11	NSW Sport & Recreation Dept	4362 3184	<b>yes</b> <b>Ballot system</b>	
<b>Long Jetty Seniors Concert &amp; Afternoon Tea</b>	Long Jetty Seniors Entertainment Group	1pm at Senior Citizens Club	Free	Long Jetty Senior Citizens 6 Thompson St, Long Jetty	Sue Vellacott (secretary) 4332 5522	no	Wheelchair accessible
<b>"Seniors Rock" @ Athletic Hall cnr Warnervale &amp; Virginia Rd, Warnervale</b>	Put on your dancing shoes and jive to your favourite rock n' roll	11am – 2pm	free	Warnerval Family & Community Centre and Nareen Gardens Lodge, Louisiana Rd.	4392 8734	<b>yes</b>	Light Lunch provided

Name of Event & Venue	Brief Description	Time	Cost	Organising Group /Club	Contact Details	Booking Required	Other Relevant Information
<b>TUESDAY 4<sup>th</sup> APRIL 06</b>							
<b>Community Information Day @ Hargraves St, Toukley</b>	Information for all aspects of Senior life, including some demonstrations	8.30am – 3.30pm	Free	Toukley Senior Citizens	4396 5075	no	10.30am Opening by Stuart Wagstaffe.  Friends, family & seniors invited to attend
<b>Seniors Talent Quest</b>	Sing-a-Long with Danny Boy	1.30pm – 4.30pm	Free	Toukley District Bowling Club	4396 4106	no	Wheelchair accessible Tea & Coffee provided
<b>‘Quality Use of Medicines’ @ Warnervale Regional Uniting Church</b>	Peer education session presented by COTA National Seniors	9.45am for 10am start	Free	Warnervale Family Centre in conjunction with COTA National Seniors	4392 8734	yes	Light lunch included
<b>Herbal Workshop</b>	Health information & lunch	11am – 2pm	FREE	Watanobbi Community Centre 1 Harrington Pl, Watanobbi	Margaret or Pauline 43512860	yes	Light lunch included
<b>“Back in the Swing” Sydney Entertainment Centre</b>	Premiers Gala Concert For clubs and group bookings	10.30am & 2.30pm	free	NSW Government & Dept of Ageing, Disability & Home Care	1300 855 501	yes ballot	Very popular Annual event which usually gets booked out by the end of February.
<b>Awabakal Site Tour</b>	Daramulen Aboriginal Home Care	Booking required	Free	114 Belford Street, Broadmeadow	Lenore Heath 024969 4999	Yes	This event is especially designed for older Aboriginal & Torres Strait Islander people
<b>WEDNESDAY 5<sup>th</sup> APRIL 06</b>							
<b>The Years Ahead -safe driving tips</b>	NRMA presentation	12noon – 1.30pm	Free	Watanobbi Community Centre	4352 4400 1 Harrington Pl, Watanobbi	yes	In conjunction with Dept of housing

Name of Event & Venue	Brief Description	Time	Cost	Organising Group /Club	Contact Details	Booking Required	Other Relevant Information
<b>Intergenerational Showcase at Toukley</b>	Film Festiva Toukley School, Evans Road	11am – 12.30pm	FREE	Youth Services Interagency & Wyong Council	Yvonne Elliot 43961555	yes	Wheelchair accessible
<b>Lions Club Concert</b>	“all the good old songs from the good old days” – sing-a- long	Doors open 10am for 10.30am	\$2	Reynolds Court Bias Ave, Bateau Bay	Cheryl Rowe 4332 1704	yes	Wheelchair accessible
<b>National Seniors Association – at Erina Centre</b>	People over 50yrs. Socials, outings & meetings	mornings	Annual subscription	Central Coast branch	Margaret Law 4328 4913	no	Meets at Erina Centre. Members receive national magazine and local newsletter
<b>Tai Chi in the Park</b>	Gentle Exercise for Health & Fitness	10am – 12noon	FREE	Watanobbi Community Centre	4351 2860 1 Harrington Place Watanobbi	yes	Enjoy life and have more energy.
<b>THURSDAY</b>	<b>6<sup>th</sup> APRIL 06</b>						
Name of Event & Venue	Brief Description	Time	Cost	Organising Group/Club	Contact Details	Booking Required	Other Relevant Information
<b>Special Luncheon &amp; Concert for frail older people</b> at Long Jetty Senior Citizen Centre	Long Jetty Seniors & the Entrance High School	Doors open at 11am for concert	FREE	Long Jetty Seniors in conjunction with The Entrance Senior School Catering dept	Sue Vellacott 4332 5522	By Invitation	<b>A long established intergenerational activity</b> Wheelchair accessible
<b>NSW Police Band Concert @ Toukley Seniors</b>	Morning Concert by Police Band. Lunch available	10.30am	Gold coin donation	Toukley Senior Citizens Hargraves Street Toukley	4396 5075	no	Wheelchair accessible  Transport available for Nursing Homes

<b>Toukley Variety Group with devonshire tea</b>	Senior Citizens Variety Group and Choir performs items	1pm	Gold coin donation	Toukley Senior Citizens Hargraves Street Toukley	4396 5075	no	Wheelchair accessible
<b>Sausage Sizzle &amp; Socialize @ at 'the cottage'</b>	Senior residents & Young People	12noon @ Debra Anne Dr, Bateau Bay	FREE	Samaritans Outreach & Housing Dept	Jo Allen 4352 4425	no	Supported by Dept of Housing
<b>FRIDAY</b>	<b>7<sup>th</sup> APRIL 06</b>						
<b>Research your Family History Warnervale Family &amp; Community Centre</b>	Information session to be held at Warnervale Regional Uniting Church	10am – 12noon	FREE	Warnervale Family & Community Centre @ 271 Warnervale Rd, Hamlyn Terrace	4392 8734	no	Tea & coffee provided
<b>WEDNESDAY</b>	12 <sup>TH</sup> April 06						
<b>Historic Cinema's Travelling Picture Show</b>	Avoca Beach Theatre 69 Avoca Drive, Avoca	10.00am	Gold Coin donation	National Trust presents the French film ' <i>Les Choristes</i> '	Bookings 02 4381 1488	Yes	The National Trust's ongoing campaign to support and save our heritage cinemas.