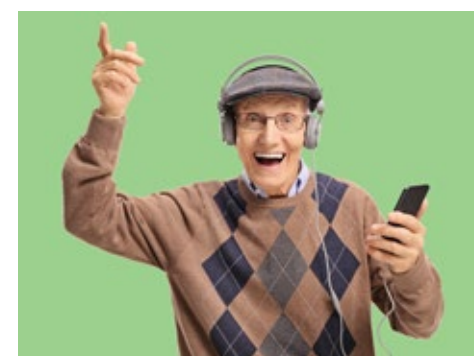
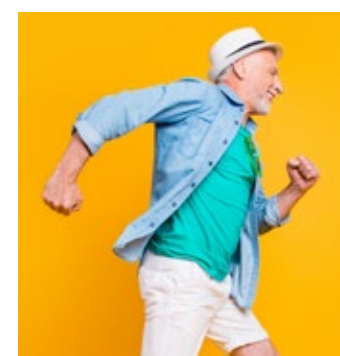


WED 19	10:30am Raymond Terrace Library 18a Sturgeon Street Raymond Terrace	Be connected cyber safety Cyber safety talk followed by a one-on-one tech help session with your phone, tablet, laptop or iPad. To book: 02 4988 0111 Need to book? Yes Cost: Free
	10:30am to 12:30am Tomaree A/B Room 7 Community Close Salamander Bay	Nothing about me without me workshop Information for older people, their families and friends on funding streams, practical tips on how to get the right support at the right time. To book: http://bit.ly/NAMWM-Seniors or call 02 4988 0255 Need to book? Yes Cost: Free
THU 20	10am to 12 noon Latitude One 4495 Nelson Bay Road Anna Bay	Love living longer — wellbeing workshop and morning tea Discover the secrets to a long and healthy life through this thought-provoking, uplifting and enriching workshop. To book: 0422 524 829 Need to book? Yes Cost: \$10 per person
	10:45am Fern Bay Community Centre 8 Vardon Road, Fern Bay	Yoga class for seniors This class is tailored to suit your needs while helping you regain your energy, strength and flexibility. Contact: 0466 318 869 Need to book? No Cost: Free
	12:30pm to 2:30pm Raymond Terrace Library 18a Sturgeon Street Raymond Terrace	Movies at your library — special screening of '2040' Concerned about his daughter's future, Damon Gameau travels the world in search of new approaches and solutions to climate change. Contact: 02 4988 0111 Need to book? Yes Cost: Free
	2pm to 4pm Tomaree Library 7 Community Close Salamander Bay	Movies at your library — The Last time I saw Paris 1954 romantic drama loosely based on F. Scott Fitzgerald's short story Babylon Revisited. Starring Elizabeth Taylor, Walter Pidgeon and more. To book: 02 4988 0670 Need to book? Yes Cost: Free
FRI 21	8am Lakeside Leisure Centre 3 Leisure Way Raymond Terrace	Aquatic fitness If you're looking for an excellent low impact form of exercise, our Aqua Aerobics sessions are for you. Contact: 02 4987 2039 Need to book? No Cost: Free with seniors card
	10am to 11am Tomaree Library 7 Community Close Salamander Bay	Book discussion with Mick Marcon An inspiring discussion on "The New Eight Steps to Happiness – The Buddhist Way to Loving Kindness" written by Geshe Kelsang Gyatso. Contact: 02 4988 0670 Need to book? Yes Cost: Free
	10:30am Raymond Terrace Library 18a Sturgeon Street Raymond Terrace	Be connected cyber safety Cyber safety talk followed by a one-on-one tech help session with your phone, tablet, laptop or iPad. To book: 02 4988 0111 Need to book? Yes Cost: Free
	2pm Soldiers Point Bowling Club 118 Soldiers Point Road Soldiers Point	Seaside Singers Community Choir A programme encouraging seniors to join in our love of music and sing a selection of well-known songs. Contact: 02 4981 0798 Need to book? No Cost: Free for over 60s

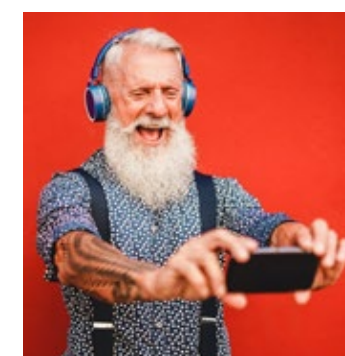


seniors festival

PORT STEPHENS

**TUESDAY 11 TO FRIDAY 21
FEBRUARY 2020**

Celebrate Seniors Festival with us!
Come along and get active, socialise,
share skills and connect with your
community in Port Stephens.



For more information go to:
PORTSTEPHENS.NSW.GOV.AU



**PORT STEPHENS
COUNCIL**

02 4988 0255
council@portstephens.nsw.gov.au
PORTSTEPHENS.NSW.GOV.AU



Week 1

TUE 11	9am to 12 noon Raymond Terrace Senior Citizens Centre 17E Irrawang Street Raymond Terrace	Boomerang bags This event is about making bags, diverting waste, connecting with each other, sustainable behaviour and having fun! Contact: 0412 871798 or jgamer@tpg.com.au Need to book? No Cost: Free
WED 12	10am to 12 noon Fern Bay Community Centre 8 Vardon Road Fern Bay	Healthy cooking workshop by the Wholesome Collective This cooking demonstration will show you how to cook a delicious meal using everyday, seasonal ingredients that are good for you! To book: http://bit.ly/SFPS-FernBayCooking or call 02 4988 0255 Need to book? Yes Cost: Free
THU 13	10:30am Raymond Terrace Library 18a Sturgeon Street Raymond Terrace	Coding for seniors: an introduction to scratch coding Coding makes it possible to create computer software, games, apps and websites. Learn how coding works. To book: 02 4988 0111 Need to book? Yes Cost: Free
	10:45am Fern Bay Community Centre 8 Vardon Road Fern Bay	Yoga class for seniors This class is tailored to suit your needs while helping you regain your energy, strength and flexibility. Contact: 0466 318 869 or jstokx@hotmail.com Need to book? No Cost: Free
FRI 14	10am to 2pm 57/59 Port Stephens Street Raymond Terrace	Integratedliving – community wellness day Activities, demonstrations, guest speakers and information about what services Integratedliving offer. To book: 1300 782 896 Need to book? Yes Cost: Free
	10:30am Raymond Terrace Library 18a Sturgeon Street Raymond Terrace	Be connected cyber safety Cyber safety talk followed by a one-on-one tech help session with your phone, tablet, laptop or iPad. To book: 02 4988 0111 Need to book? Yes Cost: Free
	10:30am to 11:30am 11:30am to 12:30pm Tomaree Library 7 Community Close Salamander Bay	Department of Human Services information sessions Two information sessions for seniors focusing on navigating the Department of Human Services website and your choices concerning the aged pension. To book: 02 4988 0670 Need to book? Yes Cost: Free
	2pm Raymond Terrace Senior Citizens Centre 17E Irrawang Street Raymond Terrace	Singalong Do you love to sing? Time to bring your voice out of the bathroom and into the room with vibrant Sydney song leader Suze Pratten! No previous singing experience necessary. Contact: 0491 692 292 or marnie.fitzpatrick@humehousing.com.au Need to book? No Cost: Free

Week 2

MON 17	8am Lakeside Leisure Centre 3 Leisure Way Raymond Terrace	Aquatic fitness If you're looking for an excellent low impact form of exercise, our Aqua Aerobics sessions are for you. Contact: 02 4987 2039 Need to book? No Cost: Free with seniors card
	10am CWA Hall Gowrie Street Nelson Bay	Country Women's Association morning tea Come and join the Country Women's Association for a cuppa and a chat. All are welcome. Contact: 0417 742 864 or bonny28@bigpond.net.au Need to book? No Cost: Free
	10:30am to 11:30am 11:30am to 12:30pm Raymond Terrace Library 18a Sturgeon Street Raymond Terrace	Department of Human Services information sessions Two information sessions focusing on navigating the Department of Human Services website and your choices concerning the aged pension. Morning tea provided. To book: 02 4988 0111 Need to book? Yes Cost: Free
TUE 18	11:30am to 1:30pm Tilligerry RSL Sports Club Lemon Tree Passage Road, Tanilba Bay	Lunch dance Come and join us for a fabulous lunch and live entertainment by Rox Pianoman. The first 30 bookings are free! To book: 02 4982 3889 Need to book? Yes Cost: \$15pp
	10am Lakeside Leisure Centre 3 Leisure Way Raymond Terrace	Aquatic fitness Surrounding pools will come together to host a combined aquatic fitness class celebrating Seniors Festival. Morning tea provided. Contact: 02 4987 2039 Need to book? No Cost: \$15
	10:30am Raymond Terrace Library 18a Sturgeon Street Raymond Terrace	Coding for seniors: an introduction to scratch coding Coding makes it possible to create computer software, games, apps and websites. Learn how coding works. To book: 02 4988 0111 Need to book? Yes Cost: Free
WED 19	11:30am to 1:30pm Raymond Terrace Library 18a Sturgeon Street Raymond Terrace	Legal talk Learn about wills, enduring power of attorney, enduring guardianship, their importance and common challenges. Contact: 02 4040 9121 or admin@hunterclc.com.au Need to book? No Cost: Free
	8am Lakeside Leisure Centre 3 Leisure Way Raymond Terrace	Aquatic fitness If you're looking for an excellent low impact form of exercise, our Aqua Aerobics sessions are for you. Contact: 02 4987 2039 Need to book? No Cost: Free with seniors card
	10am to 12 noon Wanda Headland Cook Street carpark	Wander along Wanda with Landcare Come and chat about volunteering over some morning tea and enjoy a guided walk along Wanda Head. Contact: 0422 261 057 Need to book? No Cost: Free