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|---------|--|---|
| TUES 20 | <b>10am to 2pm</b><br>Terrace Central<br>Sturgeon and Glenelg St         | <b>Free legal advice from University of Newcastle Legal Centre</b><br><b>Contact:</b> 0477 016 643 or terracecentral.com<br><b>Need to book?</b> No <b>Cost:</b> Free   |
|         | <b>12:30pm to 1:30pm</b><br>Medowie Community Centre<br>44 Ferodale Road | <b>Finance sessions for seniors with Greater Bank and UoN</b><br>Learn about scams and cyber security.<br><b>Contact:</b> 4988 0255 <b>Need to book?</b> Yes by 16 April <b>Cost:</b> Free                          |
| WED 21  | <b>9 to 10:30am</b><br>Yogasphere<br>18 Melaleuca Dr, One Mile           | <b>Yoga class for seniors</b><br>Join Nikki for a yoga session designed for seniors. Places are limited.<br><b>To book:</b> 0415 538 589 <b>Need to book?</b> Yes <b>Cost:</b> Free                                 |
|         | <b>10 to 10:45am</b><br>Terrace Central<br>Sturgeon and Glenelg St       | <b>Martial arts — low impact class tailored for seniors</b><br><b>Contact:</b> 0477 016 643 or terracecentral.com<br><b>Need to book?</b> No <b>Cost:</b> Free  |
|         | <b>10am to 2pm</b><br>Terrace Central<br>Sturgeon and Glenelg St         | <b>Men's Shed woodturning demonstrations and toy sales</b><br><b>Contact:</b> 0477 016 643 or terracecentral.com<br><b>Need to book?</b> No <b>Cost:</b> Free   |
|         | <b>10:30 to 11:30am</b><br>Medowie Social<br>Ferodale Road               | <b>Finance sessions for seniors with Greater Bank and UoN</b><br>Learn about superannuation and retirement.<br><b>Contact:</b> 4988 0255 <b>Need to book?</b> Yes by 19 April <b>Cost:</b> Free                     |
| THUR 22 | <b>10am to 1pm</b><br>Terrace Central<br>Sturgeon and Glenelg St         | <b>Everyday cooking workshop with Terrace Meats</b><br><b>To book:</b> 0477 016 643 or terracecentral.com<br><b>Need to book?</b> Yes <b>Cost:</b> Free   |
|         | <b>10 to 11am</b><br>Tomaree Library<br>Salamander Bay                   | <b>Finance sessions for seniors with Greater Bank and UoN</b><br>Learn about credit, debt and financial hardship in retirement.<br><b>To book:</b> 4988 0670 <b>Need to book?</b> Yes by 20 April <b>Cost:</b> Free |
|         | <b>11am to 12:30pm</b><br>Raymond Terrace Library<br>18a Sturgeon Street | <b>Timelines: Australian Stories in Song</b><br>Michael Fix and Mark Cryle's unique musical perspective on history.<br><b>To book:</b> 4988 0111 <b>Need to book?</b> Yes <b>Cost:</b> Free                         |
|         | <b>2 to 3pm</b><br>Tomaree Library<br>Salamander Bay                     | <b>Tech Connect</b><br>Get individual help with common technology issues.<br><b>Contact:</b> 4988 0670 <b>Need to book?</b> No <b>Cost:</b> Free  |
|         | <b>3:30 to 5pm</b><br>Tomaree Library<br>Salamander Bay                  | <b>Timelines: Australian Stories in Song</b><br>Michael Fix and Mark Cryle's unique musical perspective on history.<br><b>To book:</b> 4988 0670 <b>Need to book?</b> Yes <b>Cost:</b> Free                         |
| FRI 23  | <b>9am to 3pm</b><br>Raymond Terrace Library<br>18a Sturgeon Street      | <b>Plan ahead days with NSW Trustee and Guardian</b><br>Learn how to prepare a will and make a power of attorney.<br><b>To book:</b> 4929 8900 <b>Need to book?</b> Yes <b>Cost:</b> Free* conditons apply          |
|         | <b>10 to 11am</b><br>Tomaree Library<br>Salamander Bay                   | <b>Finance sessions for seniors with Greater Bank and UoN</b><br>Learn about scams and cyber security.<br><b>To book:</b> 4988 0670 <b>Need to book?</b> Yes by 21 April <b>Cost:</b> Free                          |



# seniors festival

PORT STEPHENS

**TUESDAY 13 TO SATURDAY 24  
MARCH 2021**

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



Seniors Festival 2021  
proudly supported by:



**PORT STEPHENS**  
COUNCIL

02 4988 0255  
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# Week 1

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| TUE 13 | <b>8:30 to 9:30am</b><br>Tomaree Aquatic Centre<br>Salamander Bay                          | <b>Masters squad swimming lesson</b><br>Join an instructed lesson and get stroke tips and techniques.<br><b>Contact:</b> 4981 2848 <b>Need to book?</b> No <b>Cost:</b> \$15  |
|        | <b>9am to 5pm</b><br>Terrace Central<br>Sturgeon and Glenelg St                            | <b>Seniors Photography Exhibition — runs 13 to 22 April 2021</b><br><b>Contact:</b> 0477 016 643 or terracecentral.com<br><b>Need to book?</b> No <b>Cost:</b> Free   |
|        | <b>9am to 1pm</b><br>Raymond Terrace Senior<br>Citizens Hall                               | <b>Boomerang Bags &amp; Raymond Terrace Art and Craft Group</b><br>Bring your own art and craft project or join us for morning tea.<br><b>Contact:</b> 0412 871 798 <b>Need to book?</b> No <b>Cost:</b> Free                                   |
|        | <b>10 to 10:45am</b><br>Terrace Central<br>Sturgeon and Glenelg St                         | <b>Martial arts — low impact class tailored for seniors</b><br><b>Contact:</b> 0477 016 643 or terracecentral.com<br><b>Need to book?</b> No <b>Cost:</b> Free  |
|        | <b>10 to 11:30am</b><br>Raymond Terrace Library<br>18A Sturgeon Street                     | <b>E-safety for seniors by Hunter Legal Centre</b><br><b>To book:</b> 4988 0111 <b>Need to book?</b> Yes <b>Cost:</b> Free<br>*Also at Tomaree Library Thursday 29 April from 10 to 11:30am   |
|        | <b>10am to 2pm</b><br>Terrace Central<br>Sturgeon and Glenelg St                           | <b>Free legal advice from University of Newcastle Legal Centre</b><br><b>Contact:</b> 0477 016 643 or terracecentral.com<br><b>Need to book?</b> No <b>Cost:</b> Free   |
|        | <b>12 midday to 1pm</b><br>Raymond Terrace Library<br>18A Sturgeon Street                  | <b>Finance sessions for seniors with Greater Bank and UoN</b><br>Learn about credit, debt and financial hardship in retirement.<br><b>To book:</b> 4988 0111 <b>Need to book?</b> Yes by 9 April <b>Cost:</b> Free                              |
| WED 14 | <b>9am to 2pm</b><br>Men's Shed<br>17G Irrawang Street                                     | <b>Raymond Terrace Men's Shed open day</b><br><b>Contact:</b> 4983 2580<br><b>Need to book?</b> No <b>Cost:</b> Free  |
|        | <b>10am to 2pm</b><br>Terrace Central<br>Sturgeon and Glenelg St                           | <b>Men's Shed woodturning demonstrations and toy sales</b><br><b>Contact:</b> 0477 016 643 or terracecentral.com<br><b>Need to book?</b> No <b>Cost:</b> Free   |
|        | <b>10 to 11am and 11:30am to 12:30pm</b><br>Raymond Terrace Library<br>18A Sturgeon Street | <b>Finance sessions for seniors with Greater Bank and UoN</b><br>10am session — superannuation and retirement<br>11:30am session — scams and cyber security<br><b>To book:</b> 4988 0111 <b>Need to book?</b> Yes by 12 April <b>Cost:</b> Free |
|        | <b>10 to 10:45am</b><br>Terrace Central<br>Sturgeon and Glenelg St                         | <b>Jackie Loeb — a laugh is just what the doctor ordered</b><br><b>To book:</b> 0477 016 643 or terracecentral.com<br><b>Need to book?</b> Yes <b>Cost:</b> \$5 includes tea/coffee and hot cross bun   |
|        | <b>12 midday to 2pm</b><br>Karuah RSL<br>436 Tarean Road                                   | <b>Lunch and entertainment by Wayne from Jumpin' Jukebox</b><br>Join us for lunch and good times with old and new friends.<br><b>To book:</b> 4997 5297 <b>Need to book?</b> Yes <b>Cost:</b> Free  |

For more information go to:  
[portstephens.nsw.gov.au/seniors2021](http://portstephens.nsw.gov.au/seniors2021)

# Week 2

|        |  |  |
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| THU 15 | <b>9 to 10:30am</b><br>Meadowie Social<br>Ferodale Road                        | <b>Yoga class for seniors</b><br>Join Nikki from Yogasphere for a session for seniors. Places are limited. <b>To book:</b> 0415 538 589 <b>Need to book?</b> Yes <b>Cost:</b> Free   |
|        | <b>10am to 12:30pm</b><br>Terrace Central<br>Sturgeon and Glenelg St           | <b>Seniors health and wellbeing — Terry White, Amplifon, Police</b><br>Conversation on COVID-19 vaccines, hearing and growing old safely.<br><b>Book:</b> 0477 016 643 or terracecentral.com<br><b>Need to book?</b> Yes <b>Cost:</b> Free |
| FRI 16 | <b>10am to 12 midday</b><br>Terrace Central<br>Sturgeon and Glenelg St         | <b>Raymond Terrace Men's Shed band performance</b><br><b>Contact:</b> 0477 016 643 or terracecentral.com<br><b>Need to book?</b> No <b>Cost:</b> \$2 donation  |
|        | <b>12 midday to 2pm</b><br>Raymond Terrace Bowling<br>Club, 2 Jacaranda Avenue | <b>Lunch and entertainment by Wayne from Jumpin' Jukebox</b><br>Join us for lunch and good times with old and new friends.<br><b>To book:</b> 4987 2404 <b>Need to book?</b> Yes <b>Cost:</b> Free   |
| MON 19 | <b>9am to 3pm</b><br>Murrook Cultural Centre<br>2163 Nelson Bay Rd             | <b>Cultural awareness including tour of Worimi Conservation Lands</b><br>Learn about Aboriginal culture and enjoy a 4WD tour plus lunch.<br><b>Contact:</b> 4033 8800 <b>Need to book?</b> Yes <b>Cost:</b> Free                           |
|        | <b>10am to 2pm</b><br>Terrace Central<br>Sturgeon and Glenelg St               | <b>Regional Seniors Travel Card stall — runs until 22 April</b><br><b>Contact:</b> 0477 016 643 or terracecentral.com<br><b>Need to book?</b> No <b>Cost:</b> Free   |
|        | <b>10:30 to 11:30am</b><br>Meadowie Community Centre<br>44 Ferodale Road       | <b>Finance sessions for seniors with Greater Bank and UoN</b><br>Learn about credit, debt and financial hardship in retirement.<br><b>Contact:</b> 4988 0255 <b>Need to book?</b> Yes by 16 April <b>Cost:</b> Free                        |
|        | <b>10am, 11am, 12 midday</b><br>Terrace Central<br>Sturgeon and Glenelg St     | <b>Free bingo fun — try your luck and win prizes!</b><br><b>To book:</b> 0477 016 643 or terracecentral.com<br><b>Need to book?</b> Yes <b>Cost:</b> Free  |
|        | <b>12 midday to 2pm</b><br>Tilligerry RSL<br>Lemon Tree Passage Rd             | <b>Lunch and live entertainment</b><br>Join us for lunch and good times, with live entertainment.<br><b>To book:</b> 4982 3889 <b>Need to book?</b> Yes <b>Cost:</b> Free  |
| TUE 20 | <b>8:30 to 9:30am</b><br>Tomaree Aquatic Centre<br>Salamander Bay              | <b>Masters squad swimming lesson</b><br>Join an instructed lesson and get stroke tips and techniques.<br><b>Contact:</b> 4981 2848 <b>Need to book?</b> No <b>Cost:</b> \$15   |
|        | <b>9am to 1pm</b><br>Raymond Terrace Senior<br>Citizens Hall                   | <b>Boomerang Bags &amp; Raymond Terrace Art and Craft Group</b><br>Bring your own art and craft project or join us for morning tea.<br><b>Contact:</b> 0412 871 798 <b>Need to book?</b> No <b>Cost:</b> Free                              |
|        | <b>10 to 11am</b><br>Terrace Central<br>Sturgeon and Glenelg St                | <b>Sandie Docker book launch — The Banksia Beach Shack</b><br><b>To book:</b> 0477 016 643 or terracecentral.com<br><b>Need to book?</b> Yes <b>Cost:</b> Free   |

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