



seniors festival

PORT STEPHENS

25 MARCH TO 3 APRIL 2022

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



Monday 28 March

Aqua Aerobics

Cost: \$14.20 Concession
(accepts membership)
Time: 8 to 9am
Location: Lakeside
Leisure Centre

Affordable strength and balance classes

Cost: \$10
Time: 8 to 9am
Location: Toogee HQ, 78d Port
Stephens St, Raymond Terrace
Bookings required:
0418 170 008

Aqua Zumba

Cost: \$13
Time: 9 to 10am
Location: Tomaree
Aquatic Centre

Seniors in the Garden

Free talks, tours, stalls
and workshops
Cost: Free
Time: 9:30am to 2pm
Location: Hunter Region
Botanic Gardens, 2100 Pacific
Hwy, Heatherbrae

Aqua Aerobics

Cost: \$13 (accepts membership)
Time: 10 to 11am
Location: Tomaree
Aquatic Centre

Movie and morning tea

Movie: 'Never Too Late'
Cost: Free
Time: Morning tea from
10:30am, movie starts at 11am
Location: Raymond
Terrace Library
Bookings: Contact 4988 0111

Tuesday 29 March

It's On! Zumba

Cost: Free
Time: 9:30am
Location: Apex Park, Nelson Bay

NSW Trustee and Guardian talk

Cost: Free
Time: 10 to 11am
Location: Tomaree Library.
Bookings required:
1300 723 124

Better With Age launch

Come and learn about the
'Better With Age' directory – an
informative guide for our seniors
community. Hear from 3 local
seniors and enjoy morning tea.
Cost: Free
Time: 10 to 11:15am
Location: Council Chambers,
Raymond Terrace
Bookings: 4988 0900



Aqua Aerobics

Cost: \$14.20 Concession
(accepts membership)
Time: 10:30-11:30am
Location: Tilligerry
Aquatic Centre

Aqua Aerobics

Cost: \$13
Time: 11:30am to 12:30pm
Location: Tomaree
Aquatic Centre

Rock and Roll dance lessons

Cost: \$4 per person
Time: 7 to 9pm
Location: Auditorium Wests,
Nelson Bay

Wednesday 30 March

Aqua Aerobics

Free breakfast included
Cost: \$14.20 Concession
(accepts membership)
Time: 8 to 9am
Location: Lakeside
Leisure Centre

Affordable strength and balance classes

Cost: \$10
Time: 8 to 9am
Location: Toogee HQ, 78d Port
Stephens St, Raymond Terrace
Bookings required:
0418 170 008



It's On! Pilates

Cost: Free
Time: 8:15am
Location: Apex Park,
Nelson Bay
Bookings: 4039 9915

Aqua Zumba

Cost: \$13
Time: 11:15am to 12pm
Location: Tomaree
Aquatic Centre

Aqua Aerobics

Cost: \$13 (accepts membership)
Time: 12 to 1pm
Location: Tomaree
Aquatic Centre

Rock and Roll dance lessons

Cost: \$4 per person
Time: 7 to 9pm
Location: Lounge Wests,
Nelson Bay

Thursday 31 March

Men's Health Education Rural Van (MHERV)

Cost: Free
Time: 9am to 4pm
Location: Williams Street,
Raymond Terrace

It's On! Zumba

Cost: Free
Time: 9:30am
Location: Apex Park,
Nelson Bay

Aqua Aerobics

Cost: \$13 (accepts membership)
Time: 10 to 11am
Location: Tomaree
Aquatic Centre

Tech Program and morning tea

Learn about video calling
Cost: Free
Time: 10 to 11:30am
Location: Raymond
Terrace Library
Bookings: 4988 0111

Better with Age morning tea and Tech Program

Come and learn about the
'Better With Age' directory – an
informative guide for our seniors
community. Hear from 3 local
seniors and enjoy morning tea.
Followed by a tech program
covering video calling.
Cost: Free
Time: 10 to 11:30am
Location: Tomaree Library
Bookings: 4988 0670

Aqua Aerobics

Free morning tea
Cost: \$14.20 Concession
(accepts membership)
Time: 10:30 to 11:30am
Location: Tilligerry
Aquatic Centre

Friday 1 April

Affordable strength and balance classes

Cost: \$10
Time: 8 to 9am
Location: Toogee HQ, 78d Port
Stephens St, Raymond Terrace
Bookings required:
0418 170 008



Aqua Aerobics

Cost: \$14.20 Concession
(accepts membership)
Time: 8 to 9am
Location: Lakeside
Leisure Centre

Men's Health Education Rural Van (MHERV)

Cost: Free
Time: 9am to 4pm
Location: Williams Street,
Raymond Terrace

Aqua Aerobics

Cost: \$13 (accepts membership)
Time: 10 to 11am
Location: Tomaree
Aquatic Centre

Tomaree morning tea

Cost: Free
Time: 11:30-12:30pm
Location: Tomaree
Aquatic Centre

Seniors Concert

Beautiful songs and afternoon tea
Cost: Gold coin donation at door
Time: 2pm
Location: Soldiers Point
Bowling Club
Bookings essential:
4982 7173 or 0412 181 043

All week Friday 25 March to Sunday 3 April



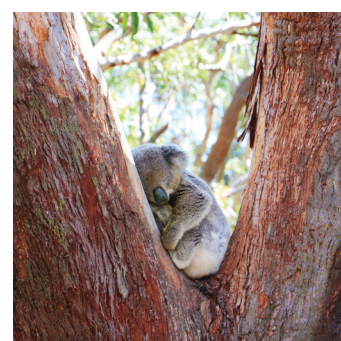
Nelson Head Inner Light Museum

Cost: Free
Time: 9am to 3pm
Open: 7 days a week
Location: 5A Lighthouse
Trail Nelson Bay
Group bookings:
4981 3585



Tomaree Museum

Sustain by the
sea exhibition
Cost: Free
Time: 9 to 4pm
Open: 7 days a week
Location: 60 Victoria
Parade, Nelson Bay



Port Stephens Koala Sanctuary

Cost: \$17 Concession
Time: 9am to 3:30pm
Open: 7 days a week
Location: 562 Gan Gan
Road, One Mile



PORT STEPHENS
COUNCIL

For more information go to portstephens.nsw.gov.au or call 02 4988 0255