

# Seniors Festival 2025



**3-16 March**

[krg.nsw.gov.au/seniorsfestival](http://krg.nsw.gov.au/seniorsfestival)



# From Mayor Christine Kay



It's my pleasure to welcome you to the 2025 Seniors Festival in Ku-ring-gai!

If you're over 55 and living locally, you can enjoy a month of activities from Monday 3 March until Monday 24 March. Ku-ring-gai Council and other community-based organisations are offering a range of fun and educational events, with many free of charge.

It's our way of recognising the value that our older residents bring to the community and to encourage you to meet new people and try some new activities.

Check this guide for details of exciting excursions and other events, including free workshops on the various aged care services available. Early bookings are advised as some events are sure to book out early.

Congratulations and thank you to everyone involved in this year's Seniors Festival. Your support is invaluable, and we couldn't run such an important event like this without you.

**Cr Christine Kay**  
Mayor of Ku-ring-gai

## Ku-ring-gai Council Aged Services

# Everything for Seniors Day

Explore fun and interesting things to do in Ku-ring-gai. Join a community organisation or club, find help-at-home services, or sign up to volunteer. Discover events and activities close to home. Delicious morning tea and lunch provided.



**WEDNESDAY 12 MARCH**

<b>TIME</b>	<b>10am to 2pm</b>
<b>VENUE</b>	<b>Turrumurra Uniting Church Hall</b> 10 Turrumurra Ave, next to the Gilroy Lane car park.
<b>COST</b>	<b>FREE</b>
<b>BOOKINGS</b>	Booking form in this booklet, or book online at <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>
<b>ADDITIONAL</b>	Not essential to book, just come along on the day. For information, phone 9424 0836.

Carers NSW, Ku-ring-gai Council,  
Mosman Council and Willoughby Council

# Help at home and how to access aged care services

An online presentation of information about the full range of aged care services for seniors and their carers covering:

- What is My Aged Care?
- Services and support available
- The assessment process
- The latest aged care reforms

There will be plenty of time for Q&A.



**TUESDAY 11 FEBRUARY**

<b>TIME</b>	<b>1.30pm to 2.30pm</b>
<b>VENUE</b>	<b>Online via Zoom</b>
<b>COST</b>	<b>FREE</b>
<b>BOOKINGS</b>	Booking form in this booklet, or book online at <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>



Ku-ring-gai Council Aged Services

# Seniors' chess club open day

Come along and try out your chess skills. All players welcome – beginners to advanced, for a friendly or competitive game. A chess tutor will be on hand to give helpful hints. After a game, join your fellow players for a light morning tea.



## MONDAY 3 MARCH

<b>TIME</b>	<b>10am to 12pm</b>
<b>VENUE</b>	<b>Turrumurra Seniors Centre</b> 1 Gilroy Rd Turrumurra (next to Meals on Wheels)
<b>COST</b>	<b>FREE</b>
<b>BOOKINGS</b>	Booking form in this booklet, or book online at <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>
<b>ADDITIONAL</b>	Chess kits provided. Light refreshments available.

## Macquarie University Hearing World Hearing Day celebration

Our World Hearing Day event will begin with a panel discussion featuring people with age-related hearing loss, providing valuable insights into the challenges and accomplishments of people with lived experience.

Throughout the day, you'll have the chance to connect with individuals impacted by hearing loss, hear their stories, engage with consumer representative organisations, enjoy a complimentary hearing screening, and ask a question of an audiologist. A complimentary BBQ lunch will also be provided.



### MONDAY 3 MARCH

<b>TIME</b>	<b>9am to 3.30pm</b>
<b>VENUE</b>	<b>Macquarie University</b> 16 University Ave, Macquarie Park
<b>COST</b>	<b>FREE</b>
<b>BOOKINGS</b>	Registration is not required. For more information email <a href="mailto:hearing@mq.edu.au">hearing@mq.edu.au</a>
<b>ADDITIONAL</b>	Captions and a hearing system are available during panel discussions on the day.

## Gordon-Pymble Uniting Church

# Harmonic choir

Join us for a singalong with our experienced singing teacher for an afternoon of joyful singing. We will sing classics, musicals and Australian well known songs. This also runs in term time. People living with dementia and their family and carers are very welcome to attend as the activity is designed to be dementia-friendly.



### MONDAY 3 MARCH

**TIME** 1.30pm

**VENUE** Gordon Uniting Church Community Centre  
18 Cecil St, Gordon

**COST** FREE

**BOOKINGS** Email [courtney@gpuc.org.au](mailto:courtney@gpuc.org.au) or phone 9983 9879

## Ku-ring-gai Historical Society

# Open days

Our research rooms will be open with volunteers on hand to assist. We have a wealth of information about local, family and property history.

Why not pop in to see what we have to offer?



**TUESDAY 4 MARCH AND TUESDAY 11 MARCH**

<b>TIME</b>	<b>10am to 2pm</b>
<b>VENUE</b>	<b>Old Gordon Public School</b> 799 Pacific Hwy, Gordon
<b>COST</b>	<b>FREE</b>
<b>BOOKINGS</b>	No need to book



The Rotary Club of Wahroonga and  
Community Bank Lindfield & Districts

# Breakfast with Sandra Ross & her favourite gardens

Join us for a delightful morning of inspiration and community. Enjoy a fabulous FREE buffet breakfast, lovingly prepared by Chef Neville and his team at The Warrawee Club.

Horticulturist, rose enthusiast and teacher Sandra Ross will take us on a virtual journey through her favourite gardens, sharing stories and tips from her 40+ years in Beecroft with her husband, Graham Ross (of Better Homes & Gardens fame).

Sip your coffee, savour a delicious breakfast, and immerse yourself in Sandra's garden tales.



## WEDNESDAY 5 MARCH

TIME	7.30am to 9am
VENUE	The Warrwee Club 1479 Pacific Highway, Warrawee
COST	FREE for visiting Seniors
BOOKINGS	<a href="https://events.humanitix.com/breakfastwithsandraross">events.humanitix.com/breakfastwithsandraross</a> or call 0408 670 207
ADDITIONAL	Parking and drop-off available onsite. Accessible entrance. Bus by prior arrangement.

## Ku-ring-gai Council Aged Services

# Sydney Tramway Museum

Visit the Sydney Tramway Museum located in Loftus. Take a tram ride through the national park, wander through the museum and watch the volunteers in the workshop.

We will have lunch in Bundeena, then take the ferry to Cronulla where the bus will meet us to bring us back to Killara. Bring your Opal card.



### WEDNESDAY 5 MARCH

TIME	8.30am to 5pm
MEET	Carpark behind Marian Street Theatre, 2 Marian Street, Killara. Free parking available all day. Please arrive 10 minutes before departure.
COST	<b>\$70</b> Lunch at own expense
BOOKINGS	Booking form in this booklet, or book online at <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>

Dancing for wellbeing

## Ballet for Better Balance 55+™

Introduction to ballet for seniors. A traditional ballet class danced to classical music aims to improve balance, stability, flexibility, coordination and mental agility. Traditional ballet steps are taught at a gentle pace.



**WEDNESDAY 5 MARCH**

<b>TIME</b>	<b>10.30am to 11.15am</b>
<b>VENUE</b>	<b>Studio 1, Ecole Ballet &amp; Dance Theatre</b> 1A Lindfield Avenue, Lindfield
<b>COST</b>	<b>FREE</b>
<b>BOOKINGS</b>	Phone 0497 453 068 or email <a href="mailto:veronique@seniorsballet.com.au">veronique@seniorsballet.com.au</a>
<b>ADDITIONAL</b>	No prior ballet experience required. General information on <a href="http://seniorsballet.com.au">seniorsballet.com.au</a>

Ku-ring-gai Council Aged Services

# Flower arranging demonstration and nursery visits in Dural

Enjoy morning tea at the beautiful Vintage Secret Garden Café, then watch a demonstration of various techniques and styles of flower arranging. We'll have lunch at Wild Pear Café, where you can also wander around the Dural Plant Market.



**THURSDAY 6 MARCH**

<b>TIME</b>	<b>9am to 4pm</b>
<b>MEET</b>	Carpark behind Marian Street Theatre, 2 Marian Street, Killara. Free parking available all day. Please arrive 10 minutes before departure.
<b>COST</b>	<b>\$65</b> Morning tea and lunch at own expense
<b>BOOKINGS</b>	Booking form in this booklet, or book online at <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>



## Ku-ring-gai Wildflower Garden

# Fauna and bushfoods experience

Spend some time in nature with one of our experienced Rangers where you will get to meet some local fauna and taste some local bushfoods. Both activities involve light walking and are suitable for low mobility and fitness.



**THURSDAY 6 MARCH**

<b>TIME</b>	10am to 11.30am
<b>VENUE</b>	<b>Ku-ring-gai Wildflower Garden</b> 420 Mona Vale Rd St Ives
<b>COST</b>	<b>FREE</b>
<b>BOOKINGS</b>	Booking form in this booklet, or book online at <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>

## Gordon-Pymble Uniting Church

# Friday community centre

Gordon Uniting Church hosts several groups each Friday, including art, knitting, a current affairs discussion group and more.

Join us for one of our activities from 9.30am and stay on for a \$10 BBQ lunch from 12.30pm.



### FRIDAY 7 MARCH

TIME	9.30am
VENUE	<b>Gordon Uniting Church Community Centre</b> 18 Cecil St, Gordon
COST	<b>\$8</b> per session
BOOKINGS	Email <a href="mailto:courtney@gpuc.org.au">courtney@gpuc.org.au</a> or phone 9983 9879

## Downsizing Connections Group

# Downsizing information session

Join Julia Dyer for an independent information session to help you feel more confident and in control on your downsizing journey. Overcome the overwhelm and leave with a strategic plan and feeling more positive about your next move.



**FRIDAY 7 MARCH**

<b>TIME</b>	<b>1.30pm to 3.30pm</b>
<b>VENUE</b>	<b>Killara Golf Club</b> 556 Pacific Hwy, Killara
<b>COST</b>	<b>\$10</b> - payment on the day
<b>BOOKINGS</b>	Call Julia on 0404 293 485 to register
<b>ADDITIONAL</b>	Refreshments included

## Sing Australia Gordon

# Friday night social singing

If you have always wanted to have a go at singing but never had the chance, Sing Australia is for you! There are no auditions, no requirements to read music and no singing experience is necessary. We sing a wide range of popular songs in various styles. We sing every Friday night, commencing 14 February.



### EVERY FRIDAY EVENING

TIME	7.30pm to 9.30pm
VENUE	<b>Gordon East Public School Hall</b> Corner of Cameron and Rosedale Roads, Gordon East
COST	First night is <b>FREE</b> , then <b>\$10</b> per night you attend.
BOOKINGS	Register on arrival – 7pm Friday
ADDITIONAL	For more details visit <a href="http://singaustralia.com.au">singaustralia.com.au</a>



## Northern Suburbs Social Dance Club

# Saturday social ballroom dancing

Everyone is welcome to join as a member and enjoy a huge variety of social ballroom, sequence and Latin dances including many kinds of Waltz, Jive, Swing and Tango. Have fun and keep fit!

We have free lessons every Saturday between 7pm and 7.30pm.



### EVERY SATURDAY

<b>TIME</b>	<b>Lessons 7pm. Social dance 7.30pm to 10pm</b>
<b>VENUE</b>	<b>East Lindfield Community Hall</b> 9 Wellington Road, East Linfield
<b>COST</b>	<b>\$12</b> for social dance. Annual membership <b>\$10</b> .
<b>BOOKINGS</b>	For further information ring: 0415 053 818, 0401 341 513, 0458 320 253 or 0407 390 498
<b>ADDITIONAL</b>	Tea, coffee and biscuits will be provided. Please bring your own cup.

Ku-ring-gai Council Aged Services

# Tips for an easy garden refresh

We will show you how to create or update an existing garden to make it low maintenance. We will also look at the benefits of gardening and the tools available to assist you to keep gardening. You can even take home a pot plant!



**MONDAY 10 MARCH**

<b>TIME</b>	<b>10.30am to 12pm</b>
<b>VENUE</b>	<b>Gordon Library Meeting Room 2</b>
<b>COST</b>	<b>FREE</b> Light refreshments provided.
<b>BOOKINGS</b>	Booking form in this booklet, or book online at <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>

AASHA Gordon Multicultural Hub

# Stay active and make new friends with Bolly-Fit

Come along and join in Bolly-Fit exercises based on Bollywood dance. Listen to charming music, enjoy 'chai and chat' and tasty refreshments. Everyone welcome.

People living with dementia and their family and carers are very welcome to attend as the activity is designed to be dementia-friendly.



**MONDAY 10 MARCH**

<b>TIME</b>	<b>10.30am to 1.30pm</b>
<b>VENUE</b>	<b>Gordon Library Meeting Room 1</b>
<b>COST</b>	<b>FREE</b> Donations welcome
<b>BOOKINGS</b>	Contact Bijinder 0412 786 569 or KNC 9988 4966
<b>ADDITIONAL</b>	Music, dance, yoga, refreshments

## Ku-ring-gai Council Sustainability

# Get ready for winter

Join us for a friendly, informative workshop looking at simple ways to draught-proof, improve thermal comfort and lower your energy bills in a healthy, efficient home.

Includes information on Council rebates you can claim for appliances, insulation, solar, batteries and more.

The talk will be presented by Jo Taranto, a Sydney-based speaker and sustainability educator.

A light lunch will be provided.



**phn**  
NORTHERNS SYDNEY  
By Australian Government Initiative

**SYDNEY NORTH**  
Health Network

## MONDAY 10 MARCH

<b>TIME</b>	<b>12.30pm to 2pm</b>
<b>VENUE</b>	<b>Ku-ring-gai Council Chambers</b> Level 3, 818 Pacific Hwy, Gordon
<b>COST</b>	<b>FREE</b>
<b>BOOKINGS</b>	Booking form in this booklet, or book online at <b><a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a></b>
<b>ADDITIONAL</b>	Book online, or phone 9424 0893



Gordon-Pymble Uniting Church

# Annual Wrap with Love event

A guest speaker from Wrap with Love will tell us about all the good work they do. We will also have on show all the blankets we have made and ready to send to those in need.

And it isn't a knitting session without knitting and morning tea to enjoy. This also runs in term times on Mondays, Thursdays and Fridays.



## MONDAY 10 MARCH

<b>TIME</b>	<b>10am to 12.30pm</b>
<b>VENUE</b>	<b>Gordon Uniting Church Community Centre</b> 18 Cecil St, Gordon
<b>COST</b>	<b>FREE</b> Gold coin donation
<b>BOOKINGS</b>	Email <a href="mailto:courtney@gpuc.org.au">courtney@gpuc.org.au</a> or phone 9983 9879

## Turrumurra Stamp Club

# Stamp collecting and display

Discover friendships, explore fascinating displays, participate in auctions, and find encouragement for beginners. This is perfect for those who are curious about collecting, returning to collecting or those who have questions and looking for ways to learn in a friendly environment.



## SECOND MONDAY OF EACH MONTH

TIME	7.30pm to 9.15pm
VENUE	<b>Turrumurra Uniting Church - Garden Room</b> 10 Turrumurra Avenue, Turrumurra
COST	Visitors no charge, Members <b>\$20 p.a.</b>
BOOKINGS	Publicity Officer/Treasurer: Roger Norman Phone: 0414 445 361 Email: rno00230@bigpond.net.au
ADDITIONAL	Monthly meetings include a specialist's display and notification of philatelic events locally and globally. Regular auctions provide an avenue to add to collections or profit from surplus supplies.

Gordon-Pymble Uniting Church

# Grandparent playgroup

Join our playgroup with many other special grandparents. A wonderful time to bring your grandchild or someone you are caring for. Plenty of time for craft, free time play and morning tea. This also runs in term time.



**TUESDAY 11 MARCH**

<b>TIME</b>	<b>9.30am</b>
<b>VENUE</b>	<b>Gordon Uniting Church Community Centre</b> 18 Cecil St, Gordon
<b>COST</b>	<b>\$8</b> per session
<b>BOOKINGS</b>	Email <a href="mailto:courtney@gpuc.org.au">courtney@gpuc.org.au</a> or phone 9983 9879

Ku-ring-gai Council Aged Services

## Free movie

# *Jesus Christ Superstar*

Tim Rice and Andrew Lloyd Webber's *Jesus Christ Superstar* has been one of the world's most popular and loved musicals. Enjoy the movie version of the stage play at Event Cinemas, Macquarie Centre.



**TUESDAY 11 MARCH**

**TIME**

**10am to 1pm** movie starts at 10.30am

**VENUE**

**Event Cinema at Macquarie Centre, North Ryde**

**COST**

**FREE**

**BOOKINGS**

Booking form in this booklet, or book online at [krg.nsw.gov.au/seniorsfestival](http://krg.nsw.gov.au/seniorsfestival)

**ADDITIONAL**

Meet outside the cinema complex at 10am for a 10.30am screening



# Booking Form

Ku-ring-gai Council events only

**BOOKINGS FOR ACTIVITIES MUST BE MADE IN ADVANCE AS PLACES ARE LIMITED.**

**COMPLETE ONE FORM PER PERSON UNLESS YOU ARE A COUPLE**

You will not be able to participate in an activity if you have not made a prior booking (unless stated otherwise). Each participant must sign the indemnity form.

## HOW TO BOOK - 3 OPTIONS



**ONLINE** Register your details and follow steps to complete your booking - you must have a credit card to pay online. This is the quickest method.

[krg.nsw.gov.au/seniorsfestival](http://krg.nsw.gov.au/seniorsfestival)



**POST** Complete booking form and post to:  
Ku-ring-gai Council Locked Bag 1006, Gordon NSW 2072  
If places are unavailable, your form & payment will be returned.



**IN PERSON** Complete booking form and pay at Customer Service: Ku-ring-gai Council, 818 Pacific Highway Gordon

Bookings/enquiries for non-Council activities should be directed to the contact number for each event.

## Ku-ring-gai residents first priority

Due to the popularity of Council events, priority will be given to Ku-ring-gai residents. Bookings will open for non-residents one week prior to event – subject to availability.



# Booking Form

**Ku-ring-gai Council events only**

## PERSONAL DETAILS

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

I/we hereby indemnify Ku-ring-gai Council and associated community organisations against responsibility for accidents, loss or injury suffered by me/us. Should the organisers consider that I/we require medical treatment at any time I/we consent to treatment being obtained at my/our expense.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

## PAYMENT DETAILS *Booking cannot be processed until payment is made in full.*

I/we are paying by:

**Cheque** made payable to Ku-ring-gai Council  **Cash** (in person)

**Credit Card**  MasterCard  Visa  Amex

NOTE: Merchant fees apply to credit card transactions

CVN \_\_\_\_\_

Name on card \_\_\_\_\_

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Expiry date \_\_\_\_ / \_\_\_\_

Signature of card holder \_\_\_\_\_

**Privacy Statement:** In completing this form you will be prompted to supply personal information consistent with the Privacy and Personal Information Act 1998, the supply of which is voluntary. However, if you cannot provide, or do not wish to provide the information sought, Ku-ring-gai Council may be unable to process your application. Council is required under the Act to inform you about how your personal information is being collected and used. If you require this or any further information please contact Council's Privacy Officer.

# Booking Form

## Ku-ring-gai Council events only

DATE	EVENT	NO. OF PEOPLE	COST	TOTAL \$
11 February	Help at home and how to access aged care services		FREE	-
3 March	Seniors' chess club open day		FREE	-
5 March	Sydney Tramway Museum		\$70	\$
6 March	Flower arranging demonstration and nursery visits in Dural		\$65	\$
6 March	Fauna and bushfoods experience		FREE	-
10 March	Tips for an easy garden refresh		FREE	-
10 March	Get ready for winter		FREE	-
11 March	Free movie <i>Jesus Christ Superstar</i>		FREE	-
11 March	Senior citizen science		FREE	-
12 March	Everything for Seniors Day		FREE	-
12 March	Screening of Premier's Gala Concert		FREE	-
13 March	Parramatta river cruise and visit to Harris Park		\$85	\$
18 March	Postman's cruise on the Hawkesbury River		\$95	\$
24 March	Power of attorney and enduring guardianship		FREE	-
<b>TOTAL</b>				<b>\$</b>

Detach and complete both sides of this form

# Booking Form

**Ku-ring-gai Council events only**

## **IMPORTANT INFORMATION**

### **ON EXCURSIONS**

Participants are requested to arrive 10 minutes prior to departure time, as the buses will leave on time.

### **PAYMENT**

Pay directly to Council when booking activities.

### **NO REFUNDS**

**Fees for activities will not be refunded** unless cancelled by Council.

### **CANCELLATIONS**

The activities advertised on the brochure may be cancelled due to insufficient bookings or unforeseen circumstances. In the event of a cancellation, participants will receive a full refund if applicable.

## **WANT TO STAY ON OUR MAILING LIST?**



You have received this booklet as you are currently on Council's senior's mailing list. If you have not attended any senior's events in the past 12 months – please advise if you wish to continue receiving information.

I wish to remain on the Seniors Mailing list:    **Yes**    **No**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Email** \_\_\_\_\_

Complete the form above and return to Council.

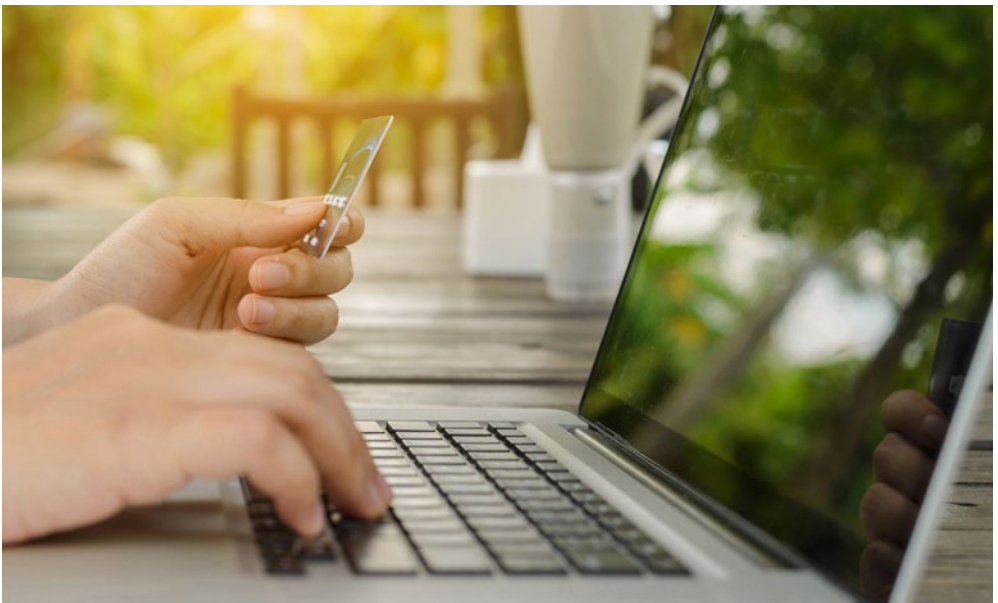
**Post**                      Locked Bag 1006 Gordon 2072  
**In Person**              Customer Service Level 4, 818 Pacific Highway Gordon  
**email**                      krg@krg.nsw.gov.au

Hornsby Ku-Ring-Gai Community College

# Seniors digital mentoring and tech savvy classes

Seniors can come and ask our volunteer digital mentors questions on topics such as online cyber safety and how to stay safe online.

We can also provide one on one digital mentoring sessions. Come with your questions specific to your requirements.



**TUESDAY 11 MARCH**

<b>TIME</b>	<b>10am</b>
<b>VENUE</b>	<b>HKCC HQ</b> Level 1, 45-47 Hunter Street Hornsby
<b>COST</b>	<b>FREE</b>
<b>BOOKINGS</b>	To register 9482 1189 or <a href="https://hkcc.nsw.edu.au/course/BECGS">hkcc.nsw.edu.au/course/BECGS</a>

Computer Pals for Seniors Turramurra

# An introduction to artificial intelligence (AI)

A presentation to allow you to gain an understanding of AI and how it can work for you.



**TUESDAY 11 MARCH**

<b>TIME</b>	<b>10.30am to 11.30am</b>
<b>VENUE</b>	<b>Turramurra Seniors Centre</b> Gilroy Lane, Turramurra
<b>COST</b>	<b>FREE</b> Attendees must register, spaces will be limited.
<b>BOOKINGS</b>	Phone 9983 0774 or email <a href="mailto:tcpssec@outlook.com">tcpssec@outlook.com</a>



## Ku-ring-gai Council Net Zero

# Senior citizen science

Come along and discover an array of environmental and citizen science projects that you can get involved with, such as Treecare, Bioblitz, Streamwatch, Parkcare, Native bees.



**TUESDAY 11 MARCH**

<b>TIME</b>	<b>1pm to 2.30pm</b>
<b>VENUE</b>	<b>Gordon Library Meeting Room 1 and Secret Garden</b>
<b>COST</b>	<b>FREE</b>
<b>BOOKINGS</b>	Bookings essential! Minimum no of attendees required to run presentation. Projects can be done as individuals or in groups. Booking form in this booklet, or book online at <a href="http://krq.nsw.gov.au/seniorsfestival">krq.nsw.gov.au/seniorsfestival</a>
<b>ADDITIONAL</b>	Book online, or phone 9424 0179

Ku-ring-gai Council Aged Services

# Premier's Gala Concert screening

Join us for the screening of the Premier's Gala Concert in the comfort of the Turramurra Uniting Church. You will be treated to a selection of lively musicians and captivating songs. The screening will start after Everything for Seniors Day, so arrive early to have a look around the hall and grab a free lunch before the concert.



**WEDNESDAY 12 MARCH**

<b>TIME</b>	<b>2.30pm to 4.30pm</b>
<b>VENUE</b>	<b>Turramurra Uniting Church</b> 10 Turramurra Ave next to the Gilroy Lane car park
<b>COST</b>	<b>FREE</b>
<b>BOOKINGS</b>	Booking form in this booklet, or book online at <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>

## Ku-ring-gai Council Aged Services

# Parramatta river cruise and visit to Harris Park

We will hop on the River Cat to Parramatta and then take a cultural adventure through Harris Park. We will look for delicious spices in an Indian supermarket, browse a colourful saree shop and enjoy an authentic meal at an Indian restaurant.

Bring your opal card and walking shoes.



## THURSDAY 13 MARCH

<b>TIME</b>	<b>8.30am to 3.30pm</b>
<b>MEET</b>	Carpark behind Marian Street Theatre, 2 Marian Street, Killara. Free parking available all day. Please arrive 10 minutes before departure.
<b>COST</b>	<b>\$85</b> Ferry and morning tea at own expense
<b>BOOKINGS</b>	Booking form in this booklet, or book online at <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>

Hornsby Ku-ring-gai Parkinson's Association

## Chris Davis Choir

The choir will perform a selection of songs and, as always, the audience is welcome to participate.



**THURSDAY 13 MARCH**

<b>TIME</b>	<b>10am to 11.30am</b>
<b>VENUE</b>	<b>Turrumurra Senior's Centre 1 Gilroy Rd Turrumurra</b>
<b>COST</b>	<b>FREE</b>
<b>BOOKINGS</b>	Contact Dick Babb on 0450 542 423 or <a href="mailto:1942dbabb@gmail.com">1942dbabb@gmail.com</a>

ABC Friends NSW & ACT  
Northern Suburbs of Sydney  
(NSoS) Branch

## Our ABC - why it matters, and what the future holds



Presenter Alan Sunderland is a dual Walkley Award winning journalist, former Editorial Director of the ABC, and author of “The Ten Rules of Reporting”. He is also a member of ABC Alumni and an independent member of the Australian Press Council. Alan recently completed an independent review into controversial aspects of the ABC’s journalism.

### THURSDAY 13 MARCH

TIME	11.30am to 1pm followed by light lunch
VENUE	Roseville Uniting Church Hall 7A Lord Street, Roseville
COST	\$15 for light lunch
BOOKINGS	Essential for catering <a href="http://abcfriends.net.au/nswact_events">abcfriends.net.au/nswact_events</a>
ADDITIONAL	ABC Friends is a non-political NFP run by volunteers who advocate for a strong, well-funded independent national public broadcaster. Meetings on second Thursday of each month include entertainment and lunch.



## Eryldene Historic House and Garden

# Twilight jazz

Eryldene's beloved Twilight Jazz is back.

BYO picnic, rug and chairs. Purchase refreshments and homemade treats from the Eryldene Garden Café.



**SUNDAY 16 MARCH**

**TIME** 3pm to 7pm Music starts at 3.30pm

**VENUE** Eryldene Historic House and Garden  
17 McIntosh Street, Gordon

**COST** Tickets start at \$20

**BOOKINGS** [events.humanitix.com/twilight-jazz-at-eryldene](https://events.humanitix.com/twilight-jazz-at-eryldene)

Ku-ring-gai Council Aged Services

# Postman's cruise on the Hawkesbury River

We will take a cruise from Brooklyn Wharf around the Hawkesbury and enjoy a lively commentary on the history of the riverside communities. We will enjoy a fresh Ploughman's lunch on board and may have time for icecreams on the wharf after the cruise.



**TUESDAY 18 MARCH**

<b>TIME</b>	<b>9am to 3pm</b>
<b>MEET</b>	Carpark behind Marian Street Theatre, 2 Marian Street, Killara. Free parking available all day. Please arrive 10 minutes before departure.
<b>COST</b>	<b>\$95</b> Morning tea and lunch included
<b>BOOKINGS</b>	Booking form in this booklet, or book online at <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>

Ku-ring-gai Council Aged Services

# Power of attorney and enduring guardianship

Learn from an expert about Power of Attorney, Enduring Guardianship and Planning Ahead.



**MONDAY 24 MARCH**

**TIME**

**10am to 12.30pm**

**MEET**

**Ku-ring-gai Council Chamber**  
Level 3, 818 Pacific Hwy, Gordon

**COST**

**FREE** Light refreshments provided

**BOOKINGS**

Booking form in this booklet, or book online at  
[krg.nsw.gov.au/seniorsfestival](http://krg.nsw.gov.au/seniorsfestival)

## Hornsby Ku-ring-gai Community Transport

# Social & shopping program

We offer door-to-door transport to a wide variety of shopping and social activities for Ku-ring-gai seniors.



### MONDAYS TO FRIDAYS

TIME	Outings usually a full day, shopping usually mornings
VENUE	Such a variety of outings! Shopping to local precincts
COST	Outings from <b>\$25</b> Shopping <b>\$10, \$15</b> or <b>\$25</b>
BOOKINGS	Register with My Aged Care and ask for a referral to Hornsby Ku-ring-gai Community Transport
ADDITIONAL	Phone us on 9983 1611 and we can send our program to you.



Upper North University of the Third Age U3A



## Courses for seniors

A wide variety of interesting courses held all year for nearly-retired, semi-retired or retired people. Share knowledge and experience in face to face or Zoom presentations, as well as exercises and activities with like-minded people. All presenters are volunteers sharing the gems of their profession, interest and passion.



**MONDAYS TO FRIDAYS**

**TIME**

**10am to 4pm**

**VENUE**

**Various**

**COST**

**\$85 per year**

**BOOKINGS**

For information [sydneyu3a.org](http://sydneyu3a.org) or 9267 9056



Assoc of Independent Retirees (Sydney)

# AIR monthly members meeting

The Association of Independent Retirees (AIR) is a national organisation dedicated to pursuing the interests of current and future fully and partly self-funded retirees. We have been successful in achieving many improvements to government

policy in retirement savings and income, tax, health and aged care. Our speakers provide valuable information to members to improve understanding of important retirement issues in a welcoming social environment.



## FIRST FRIDAY OF EVERY MONTH

<b>TIME</b>	<b>10.30am</b> sign in for 10.45am start
<b>VENUE</b>	<b>Beecroft Presbyterian Hall</b> 1A Mary St Beecroft or by Zoom
<b>COST</b>	<b>FREE</b> for guests on the day
<b>BOOKINGS</b>	Email the secretary Mal Steel at <a href="mailto:airsydneyhills@gmail.com">airsydneyhills@gmail.com</a> Please indicate if you would like to attend by Zoom instead of in-person
<b>ADDITIONAL</b>	Looking for info that will help your retirement? Are you worried about changes to the rules? Then AIR is for you!

Carer Support NSLHD

# Dementia carers support group

It really does take a village. Why not come along, meet other carers on similar journeys as you connect, learn, share, laugh and discover new ways to ride the tides of dementia and change. Facilitated by NSLHD Carer Support Service.



**THIRD WEDNESDAY OF EVERY MONTH**

<b>TIME</b>	<b>10.30am to 12pm</b>
<b>VENUE</b>	<b>Richard Geeves Centre 8 Murrua Rd, North Turrumurra</b>
<b>COST</b>	<b>FREE</b>
<b>BOOKINGS</b>	Contact Mary Beijerinck-Gooley 0434 323 411

CatholicCare

# Memory innovations centre and flexible respite care

Programs for seniors to support brain health, such as Let's Get Moving, Brain Games and Art Smarts. Our professionally run programs focus on having fun, connecting with others and stimulating your brain. We also have flexible respite care to help you stay independent at home.



## MONDAYS TO THURSDAYS

<b>TIME</b>	<b>10.30am to 4pm</b>
<b>VENUE</b>	<b>Waitara Family Centre</b> 29 Yardley Ave
<b>COST</b>	<b>\$10</b> with a CHSP referral code
<b>BOOKINGS</b>	Please call 9481 2659 or email <a href="mailto:seniors@catholiccareddb.org.au">seniors@catholiccareddb.org.au</a>

## Ku-ring-gai Fitness and Aquatic Centre

# Seniors' activities

At Ku-ring-gai Fitness and Aquatic Centre, we have programs such as the Pryme Movers functional fitness, yoga and aqua aerobics to help older people to maintain their strength, balance and fitness. Our gym has accessible equipment that you can use at your own pace, where you can choose to be guided by a personal trainer. KFAC prides itself on helping everyone get the most out of their health and wellbeing



### OPEN 7 DAYS A WEEK

TIME	Various according to program timetable
VENUE	<b>Ku-ring-gai Fitness and Aquatic Centre</b> Bicentennial Park West Pymble
COST	<b>FREE</b> to 'come and try' during Seniors Festival
BOOKINGS	Phone 9499 2005, email <a href="mailto:admin.kfac@ymcansw.org.au">admin.kfac@ymcansw.org.au</a> or visit the Centre to chat with one of our friendly reception staff.





# Active Ku-ring-gai

There really is something for everyone in our Active Ku-ring-gai program, as we aim to encourage people of all ages and fitness levels to participate in fun physical activity. There is a great range of activities and sports on offer in various venues across Ku-ring-gai, including Bandfit for functional strength and mobility, Tai Chi, yoga, social tennis and walking groups.

Classes run for the duration of NSW school terms. No classes on public holidays. Bookings and payment are on a per term basis, with no casual drop-in option.

Various venues. \$11 per class.

Phone 9424 0802 or register at [krg.nsw.gov.au/active](http://krg.nsw.gov.au/active)





## Ku-ring-gai Arts Centre

# Various art and music classes

Tucked away in leafy Roseville, you can join one of our relaxing art classes, creative writing and guitar classes. Students can participate in our exhibitions and display their artwork in our gallery.



### VARIOUS

TIME	Various
VENUE	Ku-ring-gai Arts Centre 3 Recreation Ave, Roseville
COST	Various
BOOKINGS	<a href="http://krg.nsw.gov.au/artcentre">krg.nsw.gov.au/artcentre</a> or <a href="mailto:artcentre@krg.nsw.gov.au">artcentre@krg.nsw.gov.au</a> 9424 0310

# Explore Ku-ring-gai Library's online resources

You can access the eLibrary any time from your computer, smartphone or tablet.

Access eBooks, eAudiobooks, movies, magazines, music and great resources for kids.



Please contact library staff if you need help with any of these resources on 9424 0120 or [Gordon.library@krg.nsw.gov.au](mailto:Gordon.library@krg.nsw.gov.au)



# Index of Events

Page	Date	Event	How to book	Cost
<b>February</b>				
4	Tuesday 11 February	<b>Help at home and how to access aged care services</b>	Booking form in this booklet or <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>	FREE
<b>March</b>				
5	Monday 3 March	<b>Seniors' chess club open day</b>	Booking form in this booklet or <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>	FREE
6	Monday 3 March	<b>World Hearing Day celebration</b>	Registration is not required. For more info email <a href="mailto:hearing@mq.edu.au">hearing@mq.edu.au</a>	FREE
7	Monday 3 March	<b>Harmonic choir</b>	Email <a href="mailto:courtney@gpuc.org.au">courtney@gpuc.org.au</a> or phone 9983 9879	FREE
8	Tuesday 4 & 11 March	<b>Ku-ring-gai Historical Society Open day</b>	No need to book	FREE
9	Wednesday 5 March	<b>Breakfast with Sandra Ross &amp; her favourite gardens</b>	<a href="http://events.humanitix.com/breakfastwithsandraross">events.humanitix.com/breakfastwithsandraross</a> or call 0408 670 207	FREE
10	Wednesday 5 March	<b>Sydney Tramway Museum</b>	Booking form in this booklet or <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>	\$70
11	Wednesday 5 March	<b>Ballet for Better Balance 55+™</b>	Phone 0497 453 068 or email <a href="mailto:veronique@seniorsballet.com.au">veronique@seniorsballet.com.au</a>	FREE
12	Thursday 6 March	<b>Flower arranging demonstration and nursery visits in Dural</b>	Booking form in this booklet or <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>	\$65
13	Thursday 6 March	<b>Fauna and bushfoods experience</b>	Booking form in this booklet or <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>	FREE
14	Friday 7 March	<b>Friday community centre</b>	Email <a href="mailto:courtney@gpuc.org.au">courtney@gpuc.org.au</a> or phone 9983 9879	\$8 per session
15	Friday 7 March	<b>Downsizing information session</b>	Call Julia on 0404 293 485 to register	\$10
18	Monday 10 March	<b>Tips for an easy garden refresh</b>	Booking form in this booklet or <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>	FREE
19	Monday 10 March	<b>Stay active and make new friends with Bolly-Fit</b>	Contact Bijinder 0412 786 569 or KNC 9988 4966	FREE
20	Monday 10 March	<b>Get ready for winter</b>	Booking form in this booklet or <a href="http://krg.nsw.gov.au/seniorsfestival">krg.nsw.gov.au/seniorsfestival</a>	FREE
21	Monday 10 March	<b>Annual Wrap with Love event</b>	Email <a href="mailto:courtney@gpuc.org.au">courtney@gpuc.org.au</a> or phone 9983 9879	FREE gold coin donation

Page	Date	Event	How to book	Cost
<b>March</b>				
23	Tuesday 11 March	<b>Grandparent playgroup</b>	Email courtney@gpuc.org.au or phone 9983 9879	\$8 per session
24	Tuesday 11 March	<b>Free movie</b> <i>Jesus Christ Superstar</i>	Booking form in this booklet or krg.nsw.gov.au/seniorsfestival	FREE
29	Tuesday 11 March	<b>Seniors digital mentoring and tech savvy classes</b>	Phone 9482 1189 or book online hkcc.nsw.edu.au/course/BECGS	FREE
30	Tuesday 11 March	<b>An introduction to artificial intelligence (AI)</b>	Phone 9983 0774 or email tcpssec@outlook.com	FREE
31	Tuesday 11 March	<b>Senior citizen science</b>	Booking form in this booklet or krg.nsw.gov.au/seniorsfestival	FREE
32	Wednesday 12 March	<b>Premier's Gala Concert screening</b>	Booking form in this booklet or krg.nsw.gov.au/seniorsfestival	FREE
3	Wednesday 12 March	<b>Everything for Seniors Day</b>	Booking form in this booklet or krg.nsw.gov.au/seniorsfestival	FREE
33	Thursday 13 March	<b>Parramatta river cruise and visit to Harris Park</b>	Booking form in this booklet or krg.nsw.gov.au/seniorsfestival	\$85
34	Thursday 13 March	<b>Chris Davis Choir</b>	Contact Dick Babb on 0450 542 423 or 1942dbabb@gmail.com	FREE
35	Thursday 13 March	<b>Our ABC - why it matters, and what the future holds</b>	abcfriends.net.au/nswact_events	\$15
36	Sunday 16 March	<b>Twilight jazz</b>	events.humanitix.com/twilight-jazz-at- eryldene	From \$20
37	Tuesday 18 March	<b>Postman's cruise on the Hawkesbury River</b>	Booking form in this booklet or krg.nsw.gov.au/seniorsfestival	\$95
38	Monday 24 March	<b>Power of attorney and enduring guardianship</b>	Booking form in this booklet or krg.nsw.gov.au/seniorsfestival	FREE
<b>Ongoing</b>				
16	Every Friday	<b>Friday night social singing</b>	Register on arrival at 7pm	First night FREE
17	Every Saturday	<b>Saturday social ballroom dancing</b>	Call 0415 053 818, 0401 341 513, 0458 320 253 or 0407 390 498	\$12 for lesson
22	2nd Monday of each month	<b>Stamp collecting and display</b>	Phone Roger Norman: 0414 445 361 Email: rno00230@bigpond.net.au	FREE
39	Monday to Friday	<b>Social &amp; shopping program</b>	Call 9983 1611	From \$10

# Index of Events

Page	Date	Event	How to book	Cost
<b>Ongoing</b>				
40	Mondays to Fridays	Courses for seniors	sydneyu3a.org or 9267 9056	\$85 per year
42	3rd Wednesday of each month	Dementia carers support group	Contact Mary Beijerinck-Gooley 0434 323 411	FREE
41	1st Friday of each month	AIR monthly members meeting	Email the secretary Mal Steel at airsydneynhills@gmail.com	FREE
43	Mondays to Thursdays	Memory innovations centre and flexible respite care	Call 9481 2659 or email seniors@catholicreddbb.org.au	\$10
44	Various	Ku-ring-gai Fitness and Aquatic Centre events	Email admin.kfac@ymcansw.org.au phone 9499 2005 or visit the Centre	FREE
46	Various	Ku-ring-gai Arts Centre art and music classes	krq.nsw.gov.au/artcentre or artcentre@krq.nsw.gov.au 9424 0310	Various





# HOME SUPPORT SERVICES IN KU-RING-GAI

## Do you need some support to enable you to stay in your own home?

Home support services are available in Ku-ring-gai for those who need help with meal delivery, driving to appointments or shopping, help in maintaining their garden, accessible social outings or friendly visiting.

## You must register with My Aged Care to access any of these services.

You will be assessed for eligibility and your current needs. Service providers charge a subsidised fee for each service requested under the Commonwealth Home Support Program (CHSP) and Home Support Packages (HCP).

Contact My Aged Care on 1800 200 422 or [myagedcare.gov.au](http://myagedcare.gov.au)



## Ku-ring-gai Neighbour Aid at Ku-ring-gai Neighbourhood Centre

Volunteers can drive you to appointments or shopping, or they could visit you regularly for a cuppa and a chat. You could also join in a number of social activities at the centre.

## Meals on Wheels

You can have a meal delivered to your home by a friendly volunteer on any week day, or come to lunch with friends in the dining room at Turramurra Meals on Wheels each Monday.

## Lifeline Community Aid

Volunteer drivers can take you to appointments or shopping, or just visit for a friendly chat.

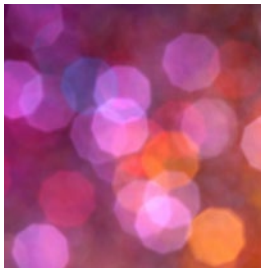
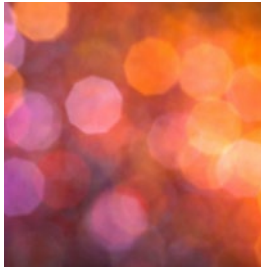
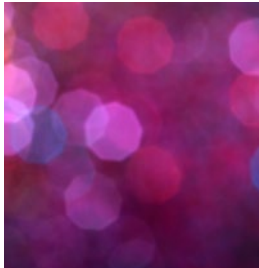
## Hornsby Ku-ring-gai Community Transport

You can go on group bus excursions to places of interest around Sydney, or join the bus for a regular shopping trip.

## Easy Care Gardening

A team of volunteers will help you to manage and maintain your garden by trimming, tidying and mowing.

[krg.nsw.gov.au/seniorsfestival](http://krg.nsw.gov.au/seniorsfestival)



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