

Seniors Festival 2021

In our nature

13-30 April



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This year's Seniors Festival is a little different to previous years. Due to the restrictions brought about by COVID-19, and with older people being disproportionately affected by the virus, this year's festival is a mix of face-to-face COVID-safe activities and online events.

Despite the restrictions, we hope you enjoy the variety of free and low cost activities for residents aged 60 and over. You can find more information about these and other local Seniors Festival events on Council's website.

Please note, all face-to-face activities programmed are subject to change in accordance with NSW Public Health Orders. Face-to-face activities will have COVID-19 safety measures in place including venue number limits, mandatory sign-in, and social distancing and hygiene measures to ensure everyone's safety. It is strongly recommended if you are attending a festival activity, that you wear a face mask.

Walking Basketball - Give it a shot!

Catering for all ages and abilities and suitable for seniors, come and enjoy the low-impact, slower pace and social game of Walking Basketball. No experience or teams required.

Tuesday 13 April, 9.30 – 10.30am Warriewood Valley Sports Courts, Boondah Rd, Warriewood

Tuesday 13 April, 12 – 1pm Avalon Recreation Centre, 59 Old Barrenjoey Rd, Avalon Beach

Free. Registration recommended due to limited spaces: bnsw.com.au/walking-basketball
Contact: amy.nolan@bnsw.com.au or 8765 8555



Ivanhoe Park Botanic Garden Walk & Talk

The Friends of Ivanhoe Park Botanic Garden invite you to find out about beautiful Ivanhoe Park and hear about the park's history and the local area. Includes morning and afternoon tea provided by Manly CWA.

Tuesday 13 April, 10am – 12pm, 2 – 4pm
Manly Oval Pavilion, Ivanhoe Park, Manly

Pavilion located next to the grandstand.
Ramp access: Sydney Rd entrance only.
Other entrances: Belgrave Street via main gate, Raglan Street near Bowling Club
Morning session: meet at 9.45am.
Afternoon session: meet at 1.45pm

Free. Bookings essential by 9 April on 0412 267 744 or info@friendsivanhoeparkbotanicgarden.com
Numbers strictly limited to 25 per session.
Limited street parking available. Council carparks nearby in Whistler Street and Central Avenue.
Public transport stops nearby.
Please wear walking shoes, hat and sunscreen.
Reasonable level of fitness required.

Epic change: Technological advances of the past 25 years and how we can benefit

Hear about the remarkable advances in technology in the last quarter century and its far reaching impacts on our society. Remember the brick-like mobile phones of the 1980s? Who would have thought then we would have the widely available mini powerhouses that are the mobile phones of today. Find out how technology can enhance our lives today and learn about the intrinsic connection between technology and creative art. Brought to you by Computer Pals for Seniors Northern Beaches Inc.

Wednesday 14 April, 10am – 12pm

Tramshed Arts & Community Centre, Lakeview Hall, 1395A Pittwater Rd, Narrabeen

Free. Bookings essential due to limited numbers: bookingscompalsnb@gmail.com
RSVP by Saturday 3 April
Enquiries: 9450 1909

Healthy Ageing with Professor Sue Kurrle

Professor Susan Kurrle, eminent geriatrician, will be coming to us live to discuss how to age successfully and the importance of staying active. Supported by local councils in the Northern Sydney region.

Wednesday 14 April, 12 – 1pm

Free webinar. Bookings essential via northernbeaches.nsw.gov.au
Enquiries: seniors@northernbeaches.nsw.gov.au

Money matters

Financial information seminar - John Saunders, Financial Planner from Pittwater Partnership

will discuss retirement accommodation topics including the aged pension, improving lifestyle by downsizing, what Home Care Packages are, and how they can be used to live independently.

Thursday 15 April, 10 – 11.30am

Pittwater Village, 16-32 Mona Vale Rd, Mona Vale
Free. Refreshments provided.
Bookings essential by 14 April: 9479 5800 or email robyn.strevens@lendlease.com

Get the most out of smartphone photography

Your smartphone is a powerful tool. Join this webinar to learn how to use your phone's camera to create beautiful images with the guidance of professional photographer, Alfonso Calero.

Thursday 15 April, 3 – 4pm

Zoom Webinar \$15 per person.
Registration: <https://bit.ly/308b3Nd>
Enquiries: alfonso@alfonso.com.au

Willandra Wanderers - Walking in Nature

Guided nature walks through the stunning 12.5 acre Willandra Village showcasing wonderful local flora, fauna & geology. Refreshments will be served.

Friday 16 April, 10am – 4pm

Saturday 17 April, 10am – 4pm

Willandra Village,
81 Willandra Road, Cromer
Free. Bookings essential by 12 April: 9971 8035 or willandra@australianunity.com.au
Please wear walking shoes, hat and sunscreen.
Reasonable level of fitness required.
Walk is approximately one hour.
Street parking available.

Meet your local seniors groups Mini Expos

There are many local seniors groups and no matter your hobby or interest, there's a group out there for you. You can also enjoy presentations on health and wellbeing and giveaways on the day.

Friday 16 April, 10.30am – 1pm

Northern Beaches PCYC, 40 Kingsway, Dee Why

Friday 23 April, 1 – 3.30pm

Mona Vale Memorial Hall, 1 Park St, Mona Vale

Free. No bookings required. Limited spaces. Enquiries: 8495 6618 or seniors@northernbeaches.nsw.gov.au
Easylink free transport can be arranged, phone 9919 0700. Conditions apply.

Seaweed Arboretum exhibition tour

Enjoy a guided tour 'Seaweed Arboretum' by artists Jennifer Turpin & Michaelie Crawford, as part of Manly's Seaweed Forests Festival (9 Apr – 9 May). This project is supported by Sydney Institute of Marine Science and the NSW My Communities Program.

Monday 19 April, 10 – 11am

Manly Art Gallery & Museum,

Free. West Esplanade Reserve, Manly. Numbers strictly limited to 35. Bookings online by 14 April. Click 'Talks & Events' on our website magam.com.au

Buy Sell Online Workshop

Learn how to buy and sell online, and in turn keep your items out of landfill. Give your loved items a chance to be cherished by another person.

Monday 19 April, 1 – 2.30pm

Manly Youth & Community Centre, Kangaroo St, Manly.

Free. Bookings essential due to limited numbers: wasteeducation@northernbeaches.nsw.gov.au

The life of Betty Morrison

Join local studies Librarian Sharelle Ravenscroft for a glimpse into the life of local identity Betty Morrison through historical images and oral interviews from the library collection.

Tuesday 20 April, 10.30 – 11.30am

Avalon Library, 59A Old Barrenjoey Rd, Avalon Beach
Cost: \$5. Morning tea provided. Book and pay at Avalon Library, limited numbers. Enquiries: 9918 3013

Grandparents as Carers

Counsellor Trish Sara tackles the topic of childcare expectations and arrangements when you take on the rewarding role of caring for your grandchildren. We will also briefly cover Children's First Aid and courses that you can take. Supported by local councils in the Northern Sydney region.

Tuesday 20 April, 12.15 – 2.15pm

Free webinar. Registration: trybooking.com/716250
Enquiries: seniors@northernbeaches.nsw.gov.au

Safety on our Roads

Workshop for Seniors - Do you think you know everything about being a good driver, passenger or pedestrian? Get up to date information on how to use our roads and paths in this interactive session. Afternoon tea and lucky draw prizes included.

Wednesday 21 April, 1 – 3pm

Narraweena Community Centre, 74 Oceana St, Narraweena. **Free.** Numbers strictly limited. Bookings essential by 16 April at northernbeaches.nsw.gov.au
Enquires: 8495 5014 or roadsafety@northernbeaches.nsw.gov.au

Explore local history through the Library

Join local studies historian Michelle Richmond for a glimpse into the past of the Northern Beaches through historical images and maps from the Library's collection.

Wednesday 21 April, 6 – 7pm

Manly Library, 1 Market Place, Manly

Cost: \$5. Snacks provided.

Bookings essential via the library website.

Numbers strictly limited. Enquiries: 8495 5028

Leila Jeffreys: Birdland exhibition tour

Enjoy a guided walk through this special exhibition by acclaimed Australian artist Leila Jeffreys, best known for her arresting and mysterious images of birds that explore and subvert the traditions of portraiture.

Thursday 22 April, 10 – 11am

Manly Art Gallery & Museum,

Free West Esplanade Reserve, Manly. Bookings online by 19 April. Numbers strictly limited to 35.

Click 'Talks & Events' on our website magam.com.au

Instagram @magamnsw

Where There's a Will There's a Wake

Book Launch - Written to help empower people to own their end of life choices, wake caterer and funeral director Karin Slade will talk about how to establish your own clear guidelines, your options & rights, and how to plan ahead of time a celebration of your own life or help a loved one who is dying.

Monday 26 April, 6 - 7:30 pm

Mona Vale Memorial Hall, 1 Park St, Mona Vale

Free catered event. Bookings essential

Bookings and enquiries: Karin Slade: 0412 269 049

or email: admin@cateringbydesign.com.au

RSVP by Monday 21 April

History Alive! Walking Tours of Cemeteries

Don't miss your opportunity to hear the fascinating and often colourful local history linked with two of our cemeteries from an experienced guide. Please wear walking shoes, hat and sunscreen and BYO water bottle. Reasonable level of fitness is required for these hour-long guided tours.

Tuesday 27 April, 9.30 – 10.30am

Discover amazing headstones of Manly's early pioneers, hear about the tragic death of Australia's first female commercial pilot and help solve a possible murder mystery.

Manly Cemetery, cnr Hill St & Griffiths St, Fairlight (opposite Manly West School)

9.30am: Meet on Hill Street, followed by refreshments

Free. Bookings essential as numbers limited by Monday 19 April: 8495 6127 or

cemeteries@northernbeaches.nsw.gov.au

Parking on site and in surrounding streets.

Wednesday 28 April, 9.30 – 11am

Stroll through Mona Vale Cemetery and see inscriptions and symbolic religious art and hear stories of the pioneers who settled and developed the area.

Mona Vale Cemetery, 107 Mona Vale Rd, Mona Vale (vehicle entry via Fazzolari Avenue)

9.30am: Meet at Cemetery Caretaker's Office followed by refreshments

Free. Bookings essential as numbers limited by Monday 19 April: 8495 6127 or cemeteries@northernbeaches.nsw.gov.au

Parking on site and bus stop nearby.

Helpful apps for your smart device

Brought to you by the eSafety Commissioner, this webinar will provide useful tips to get the greatest benefit from the apps on your smartphone. The webinar covers: what's an app, where to download them, helpful apps and app management.

Tuesday 27 April, 3 – 4pm

Free webinar. Registration: <https://bit.ly/2PMm2dn>
Enquiries: beconnected@esafety.gov.au

Easylink wonderful afternoon of wellness

Enjoy lunch together and then a group exercise class focussed on improving balance and mobility. The class will be facilitated by expert exercise physiologists from Active Seniors, Dee Why.

Thursday 29 April, 12 – 2pm

Curl Curl Sports Centre,
240 Abbott Road, North Curl Curl. \$15 includes lunch, exercise class and transport to & from your home. Bookings essential due to limited numbers by 19 April: 9919 0700 or bookings@easylink.com.au

Staying in your own home

Want to know more about help at home for older people? Join this webinar to hear from aged care professionals about what services are available to support you or your loved ones. Supported by local councils in the Northern Sydney region.

Thursday 29 April, 1 – 3pm

Free webinar. Registration: trybooking.com/716232
Enquiries: seniors@northernbeaches.nsw.gov.au

Accidental Counsellor Training for Seniors

Accidental Counsellor training will equip you to recognise when others are struggling, respond appropriately with confidence and refer someone to the best community-based help on the Northern Beaches. Training provided by Lifeline Northern Beaches.

Friday 30 April, 9am – 1.30pm

Lifeline Northern Beaches,
310 Sydney Road, Balgowlah. Limited places available.
Free. Registration at northernbeaches.nsw.gov.au
Enquiries: 8495 5104

Save your furniture from landfill!

Join local artisan Sarah Macaulay to learn easy to achieve tips on upcycling old furniture and saving your family heirlooms. That tired old piece is waiting to be transformed into a thing of beauty!

Friday 30 April, 10 – 11.30am

Craft Room, North Balgowlah Community Centre,
10 Bardoo Ave, North Balgowlah. **Free,** bookings essential due to limited numbers by 28 April
Bookings and enquiries: Sarah Macaulay,
0421 962 831 or sarah@sarahmacaulaystudio.com.au

