

Seniors Festival 2020

Love to celebrate

12-29 February



northern
beaches
council



ccnb.
community care + well being

Call our friendly Care Navigators on
1300 002 262



Northern Cemeteries
Always



Meals on Wheels
Manly



ROCK
ORCHESTRA

MANLY
LEAGUES



Australian
Unity
Home Care Service

Northern Beaches Council encourages you to immerse yourself in one or more of these free and low cost events, investigate new ways to express yourself, learn something new, meet like-minded people and (most of all) have fun.

You can find these and other Seniors Festival events on Council's website.

Living Happier and Connected

Session one: Learn about the importance of social connections and emotional wellbeing as we get older. Topics include: what is emotional and social wellbeing, mental health as we age, understanding risk factors, caring for yourself and others in the community.

Wednesday 12 February, 10am - 12pm

Session two: Hear from our very talented local primary school students who will be sharing speeches on a wide range of topics. Followed by a facilitated fun 'reverse mentoring' afternoon tea with the students.

Wednesday 12 February, 2 - 4pm

**Glenside Retirement Village,
207 Forest Way, Belrose**

Free. Morning and afternoon tea provided
Book for one or both sessions

Bookings: Annabel Bone, 0477 722 874 or
annabel.bone@lendlease.com

RSVP by Monday 10 February

Fit for Travel Talk

Join Dr Taylor Harrison as he discusses his new book *Fit for Travel*, a guide for retirees in preparing both physically and mentally for their next holiday.

Thursday 13 February, 12 - 1pm

Mona Vale Library, 1 Park St, Mona Vale

Free. Refreshments provided

Bookings essential: 9976 1739

Love your Library Morning Tea

Drop into your local library and enjoy morning tea in celebration of Library Lovers' Day.

Friday 14 February, 10 - 11.30am

All Northern Beaches Library branches

Free. No bookings required

Enquiries: 9976 1739

Connect with Tech

Here's your chance to learn how to use your phone or tablet to send emails, Skype or FaceTime loved ones, use Facebook and other social media to keep in touch with people, use MyGov for services such as Centrelink, download handy apps and surf the internet to access the information you need - and more!

Friday 14 February, 11am - 12pm

Manly Leagues Club,

563 Pittwater Rd, Brookvale

Free. Light refreshments provided

Bus stops outside Club and ample undercover parking is available

Enquiries and bookings: 9939 6722 or email info@manlyleagues.com.au or just drop in!

Smash Out Your Novel with Amanda Hampson

Join bestselling novelist, Amanda Hampson, for a highly productive workshop that will give you the direction needed for your writing journey and the practical tools to get your first draft underway.

Monday 17 February, 10am - 1pm

Forestville Library, 6 Darley St, Forestville

\$15, light lunch and refreshments included

Bookings essential: 9976 1739

Manly Dam Project Exhibition

Enjoy a walk through this special exhibition with MAG&M's Senior Curator, Katherine Roberts. Eight contemporary artists from a variety of practices have created new work inspired by Manly Dam's rich and diverse landscape, fascinating history, and its role in water management and engineering. Enjoy morning tea in the gallery space after the tour.

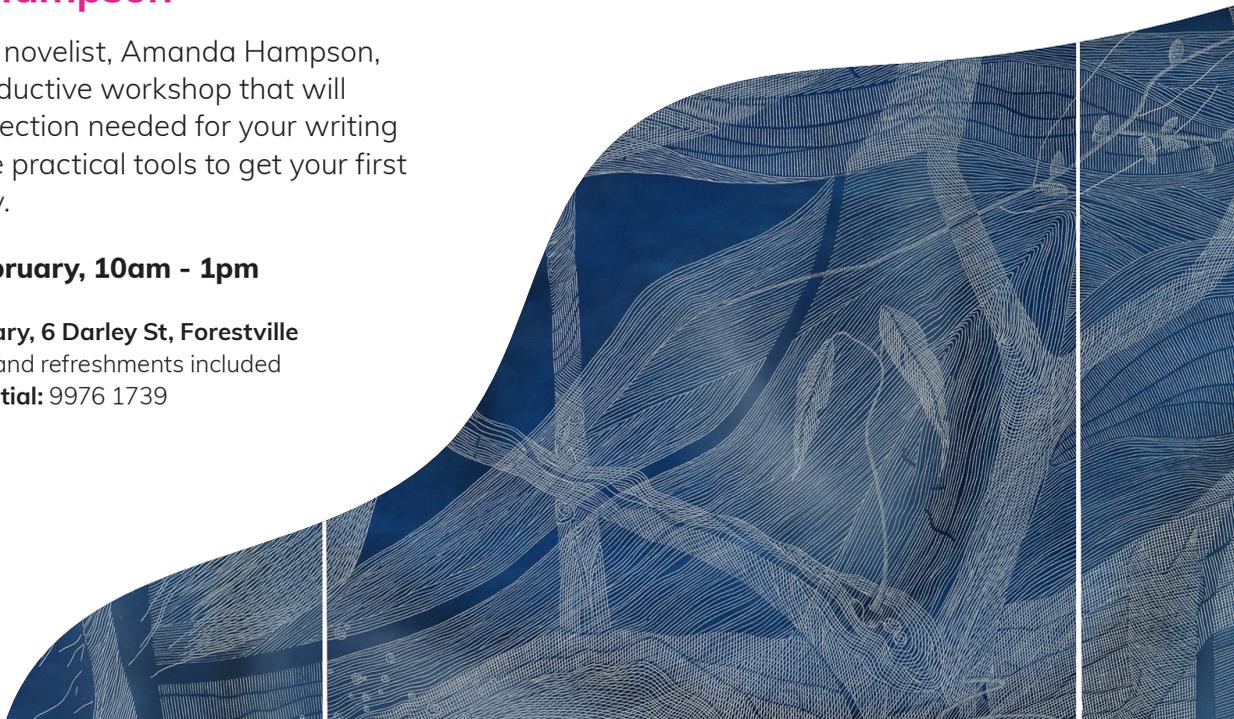
Monday 17 February, 10 - 11.30am

Manly Art Gallery & Museum, West Esplanade Reserve, Manly

Free. Morning tea provided

Bookings: 9976 1421 or email artgallery@northernbeaches.nsw.gov.au
RSVP by Monday 10 February
Numbers strictly limited to 60 guests

Image detail: Melissa Smith



History Alive! Walking Tours of Cemeteries

Stroll through Mona Vale Cemetery on a guided tour and be surprised by the beauty, diversity and historical significance of this unique and peaceful landscape. Browse inscriptions and symbolic religious art and hear fascinating stories of the pioneers who settled and developed the area.

Tuesday 18 February, 10am - 11.30pm

Mona Vale Cemetery, Fazzolari Ave, Mona Vale

10am: Meet at Cemetery Caretaker's Office,

Fazzolari Avenue

11.30am: Morning tea

Free. **Bookings:** 9970 1341 or

cemeteries@northernbeaches.nsw.gov.au

RSVP by Friday 12 February

Parking on site and bus stop. Please wear walking shoes, hat and sunscreen. Reasonable level of fitness is required for this hour-long guided tour.

Browse the intriguing inscriptions in this picturesque bushland setting. Hear anecdotes about many well-known personalities, European nobility, media and sporting celebrities, POWs, and even some infamous rascals.

Thursday 20 February, 9.30am - 12pm

Frenchs Forest Bushland Cemetery,

1 Hakea Avenue, Davidson

9.30am: Meet at the Administration Building

10.30am: Refreshments in the Lorikeet Room

Free. **Bookings:** 9451 6204 or email

friends@nmclm.com.au

Parking on site. Wear walking shoes, hat and sunscreen.

Stop, Look, Listen - Safety First Online

Learn how to spot a scam and to be safer with online banking and shopping. The Computer Pals clubs on the Northern Beaches have enlisted a top expert, Greg Gehbert, from the eSafety Commissioner, to provide a feast of favourable tips to guide your online safety. There will be time for questions and to browse the clubs' display stands before and after the event.

Wednesday 19 February, 10.30am - 12.30pm

Oaks Room, Dee Why RSL, 932 Pittwater Rd,

Dee Why

Free. No bookings required

Enquiries: 8064 4550 or info@avpals.com

Grandparents – Grandkids Miniature Pony Show

Celebrate Seniors Festival together with your grandchildren by bringing them to a fun-filled miniature pony show. Marvel at their clever trick performances. Take a magical carriage ride. A day to share and make memories.

Thursday 20 February, 4 - 5.30pm

Willandra Retirement Village,

81 Willandra Rd, Cromer

Free. Refreshments provided

Bookings essential – grandparents with grandkids:

1300 282 618

RSVP by 18 February. Numbers strictly limited

Street parking in Willandra Road.

Way to Wellbeing Expo

A showcase of options to assist you to remain healthy, independent and engaged with your community. Includes guest speaker, topical seminars on exercise, bone health, food and mood, mindfulness, and finding the services you need. Browse information stands of services and activities for seniors.

Friday 21 February, 10am - 2pm

Dee Why RSL, 3rd floor, 932 Pittwater Road, Dee Why

Free. No bookings required

Attend before noon to receive a \$10 dining voucher

Enquiries: 9976 1562

For free transport to this event, contact Easylink

Community Transport on 9919 0700

Local History Online

Join our Library Local History team as they showcase their great collection of local history resources easily accessible to the public.

Wednesday 26 February, 9.30 - 10.30am

Dee Why Council Chambers, 725 Pittwater Rd, Dee Why

Free. Refreshments provided

Bookings essential: 9976 1739



Your Guides to Retirement

Need some help with retirement planning and downsizing? John Saunders, Financial Planner from Pittwater Partnerships, will help you navigate Centrelink benefits, the new downsizing superannuation contributions, investing money for grandchildren and protecting your investments. Belinda Woolrych, author of *The Empty Nester's Guide to a Stress-free Downsize*, will help you get in control of your downsizing journey, including what to keep, sell and donate.

Wednesday 26 February, 10 - 11.30am

Pittwater Village, 16-32 Mona Vale Road, Mona Vale

Free. Refreshments provided

Booking essential: 9979 5385 or email

robyn.stevens@lendlease.com

RSVP by 25 February

Dance with the Third Age Rock Orchestra - To the Soundtrack of Your Life

An afternoon of Rock and Roll dancing with nostalgic classic rock music performed by the Third Age Rock Orchestra and Singers in a cabaret setting! Dress up in 1950s or 60s style. Enter the jive competition for the chance to win a prize.

Wednesday 26 February, 2 - 5pm

Forestville Memorial Hall, 3 Starkey St, Forestville

Free. Refreshments provided at interval

Bookings essential: www.trybooking.com/588609

Make Food Not Waste

Learn how to create delicious recipes such as tasty stocks, marinades, sauerkraut and leftover lunch bowls with food that is 'on the way out'! Chef, Sue Lambert, will show you how to reduce food waste and save money with clever shopping, menu planning and proper food storage.

Thursday 27 February, 11am - 1.30pm

Terrey Hills Community Centre, Yulong Ave

Free. Includes light lunch and food demonstration tastings

Bookings: 9942 2732 or email

wasteeducation@northernbeaches.nsw.gov.au

Getting to Know You - Lunch at Manly Town Hall

An opportunity for younger and older community members to meet and have a chat over a tasty lunch at historic Manly Town Hall. Use tablets and smart phones to explore the places you have lived and visited and the historic events that have shaped you.

Thursday 27 February, 12 - 1.30pm

Manly Town Hall, 1 Belgrave St, Manly

Free. Lunch provided.

Bookings essential: 9976 1469 or email

mow@northernbeaches.nsw.gov.au

RSVP by Tuesday 25 February

Parking at nearby Whistler Street Car Park. Hop Skip

Jump and other buses stop near by

For free transport to this event, contact Easylink

Community Transport on 9919 0700

Memoirs Made Simple with Amanda Hampson

Join best-selling author, Amanda Hampson, for a unique, practical workshop to find your voice and turn your story into a compelling read.

Friday 28 February, 10am - 12.30pm

Warringah Mall Library, Shop 650,

145 Old Pittwater Rd, Brookvale

\$15, light lunch and refreshments included

Bookings essential: 9976 1739



Financial Wellness - Information Session

An opportunity to hear from specialist advisers about making wise financial decisions, maximising eligibility for aged care entitlements and ensuring your estate planning wishes are fulfilled.

Friday 28 February, 11am - 2pm

Lakeview Hall, Tramshed Arts & Community Centre,

1395A Pittwater Rd, Narrabeen

Free. Light refreshments available

Bus stops outside venue, parking available

Bookings: ccnb.com.au/events

Enquiries: 1300 002 262 or email ccnb@ccnb.com.au