

Wednesday 12 March 2014

SENIORS WEEK 2014 ACTIVITIES – UPDATE New Events Added

In addition to a program of activities for older resident that runs throughout the year, the City of Ryde is holding additional events to celebrate Seniors Week.

Wednesday 19 March

Guided Walk: The Habitat and Shrimptons Creek

This walk commences with a guided tour of The Habitat – Ryde's very own community food garden and local native plant nursery. From Santa Rosa Park wander through Shrimptons Creek parklands. Discover pretty bush scenery and recreational areas that weave along the creek line.

Time 10.00am – 12noon

Venue The Habitat Community Garden Centre, Santa Rosa Park. Entry off Quarry Rd, Ryde.

Cost Free

Bookings Essential. Call 9952 8222. Book early as places are strictly limited. Walking grade: Easy. Distance approx 3 kms. Predominantly on sealed paths but may include some uneven surfaces. Sturdy shoes, hat, bring jacket, water. No thongs, sandals, open toed shoes.

Thursday 20 March

Community Information Expo

Time 9.30am - 12.30pm

Venue Eastwood Plaza

The Community Information Expo brings information about services to people from diverse backgrounds. This is a 'one-stop shop' where you can find information in community languages including English, Korean, Cantonese, Mandarin, Armenian, Dari and Farsi.

Many organisations and services will be represented, with information about:

Aged Care	Education
Health	Legal Services
Housing	Settlement Services
Centrelink	Community Services
Immigration	Council Services
Home and Community Care Services	Family Services

Come along and find out what services are available, learn something new and have some fun too! For further information www.ryde.nsw.gov.au/expo or call 9952 8222.

***** New event Thursday 20 March, Home Safety Information Session 10.30 – 11.30am, Ryde Eastwood Leagues Club, 117 Ryedale Road, West Ryde.** Learn strategies to better assess, identify and address common fall risks and hazards in the home. Empower yourself to age confidently in your own home. Hosted by qualified Occupational Therapist.

More For Seniors

Lift for Life is an 8 week low-resistance exercise program for seniors and retirees helping them take the first steps towards better health. The program is affordable, suitable for any fitness level and will be held at Meadowbank Park starting on 24 March. For full details go to www.ryde.nsw.gov.au or call 9952 8222.

*****Council is also inviting seniors to take part in a short survey to help make Gladesville a better place to live and visit. You can help us identify issues and opportunities to help make Gladesville age-friendly. Go to www.ryde.nsw.gov.au/gladesvillesurvey for details.**

Friday 21 March

Lunch with Noeline Brown

A free event for Seniors Week

Time 12noon - 1.30pm

Venue 220 Miller Street, North Sydney

Bookings Limited seats. Bookings essential. Call 9922 2299.

North Sydney Community Centre is hosting a fabulous lunch with Noeline Brown, one of Australia's best-loved actors. Noeline was appointed as Australia's first Ambassador for Ageing in April 2008. Hear her reflections on a long and successful career in radio, television, film and theatre. Noeline continues to write, act and do community work as well as maintaining an interested in social, political and community issues.

Thursday 27 March

InFocus: Applying for Probate

Talk on how to manage the estate and assets of a deceased person

Time 1.30pm - 3.30pm

Venue Ryde Library, 1 Pope Street, Ryde

Cost Gold coin donation

Bookings Essential. Call 9952 8352

Sunday 30 March

*****Field Of Mars Discovery (New event)**

Learn about the nature of the Field of Mars, the ecology of this catchment area and visit the environmental information stalls. Bring a picnic or enjoy the sausage sizzle.

Time Session 1: 10.00am – 12.15pm OR Session 2: 12.45pm – 3.00pm

Address Entry off Pittwater Rd, Kennedy St and Westminster Rd, Gladesville.

Parking Limited parking available at Field of Mars main entrance (Pittwater Rd), Buffalo Creek Reserve (Pittwater Rd), Kennedy St, Westminster Rd and Monash Rd.

Suitability Adults, seniors, families with pre-school, primary and high school aged children.

Cost FREE – Active In Ryde Program

Bookings Essential – call 9952 8222 during business hours. Get in quick as capacity is limited and places are filling very fast!

Monday 31 March

Seniors' Morning Tea: Walking Married of Mosuo

Seniors' Morning Tea is a regular event for seniors presented by Ryde Library Service.

Time 10.00am

Venue West Ryde Library, 2 Graf Avenue, West Ryde

Cost Gold coin contribution

Bookings Call 9807 2622