

Thursday 23 February 2017

## **SENIORS ENCOURAGED OFF THE COUCH**

### **Seniors Week Celebration**

City of Ryde will celebrate NSW Seniors Week in March, with a festival of events designed to encourage seniors off the couch and into new activities.

Special events will highlight health and wellbeing, services, exercise, entertainment, technology, recreation and more.

City of Ryde Mayor, Cllr Bill Pickering, said: "Seniors Week offers a great opportunity for older members of the community to try new activities, get out and meet new people or take up a hobby which may have held a fascination for them.

"The traditional image of seniors as sedentary or homebound individuals is changing. Many seniors are still in the workforce, while others are keen volunteers."

### **2017 Seniors Week Special Events**

#### **Aged Care: It's changing - what you need to know | Tuesday 7 March**

Learn about the Australian Aged Care system and what supported services are available to residents living independently. RSVP essential by Friday 3 March.

#### **Talk - Retirement Living Options | Wednesday 8 March**

Join us at Ryde Library for this free talk presented by Centrelink Financial Information Services.

#### **Guided Walk - Seniors Week at Glades Bay | Thursday 9 March**

Enjoy the remnant bushland of Glades Bay Reserve and learn about the local and indigenous history of the area. Book online early as places are strictly limited.

#### **Senior Health and Wellbeing Expo | Thursday 9 March**

Join the Chinese Christian Community Service Centre as they host their annual expo aimed to empower seniors to live healthily and happily.

#### **Scratch Junior Coding Cross Generation Workshop | Saturday 11 March**

Bring your own iPad or Android and learn how to program an interactive story or game alongside your grandchild or child. Book early as there are limited places available.

#### **Musical Morning Tea - The Sydneysiders Barbershop Chorus | Monday 13 March**

A highlight of Seniors Week, the awe-inspiring *Sydneysiders Barbershop Chorus* will be performing at Ryde Library.

**Tea Dance with North Ryde Community Aid | Thursday 16 March**

Revisit your youth, celebrate your past and present at our Trocadero-style dance hall featuring the *Palm Court Orchestra*.

**Strength Training 'Come and Try' Session with Healthy Lifestyle | Thursday 16 March**

Come and try strength training exercises to improve your muscle strength with Healthy Lifestyle.

**Stretch and Tone 'Come and Try' Session with Healthy Lifestyle | Friday 17 March**

If you would like to maintain flexibility and muscle tone then come along and try a Stretch and Tone class with Healthy Lifestyle.

For full details and to book go to [www.ryde.nsw.gov.au/seniors](http://www.ryde.nsw.gov.au/seniors)

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