

# NSW Seniors Festival

11–24 March 2024

Reach beyond



## 2024 Program of events

City of Ryde's celebration of seniors occurs each year around the NSW Seniors Festival, with a month-long program of events celebrating the valuable contribution seniors make to our community.

There are many free events taking place in our community. This is a great opportunity to learn about the services available in the local area, try some new experiences and meet others!



 City of Ryde

For bookings please call 9952 8222,  
scan the QR code or visit  
[www.ryde.nsw.gov.au/seniorsfestival](http://www.ryde.nsw.gov.au/seniorsfestival)



**EVENTS** Bookings for all events can be made at [www.ryde.nsw.gov.au/seniorsfestival](http://www.ryde.nsw.gov.au/seniorsfestival) or by calling 9952 8222, unless stated otherwise.



### **Tech Savvy Seniors (Korean)**

라이드 도서관은 뉴사우스 웨일주 주립 도서관과 협력하여 시니어 무료 초급 컴퓨터 수업을 제공합니다. 컴퓨터, 이메일, 스마트 폰, 소셜 미디어, 온라인 banking 및 쇼핑 등 기타 새로운 테크놀로지 사용하는 방법을 배워보시기 바랍니다.

Many older Australians are at risk of being digitally excluded in an ever increasing digitally connected world. The tech savvy seniors digital literacy training program is designed to help seniors develop the skills and confidence to get connected and participate in the online world.

Join us for a series of workshops in Korean, teaching introductions to Internet 인터넷 소개, Email이메일 입문, iPad and Smartphones 아이패드 및 스마트폰 입문, Cyber Safety and Online Shopping사이버 안전 교육 및 온라인 쇼핑입문, and Zoom 화상회의 앱 Zoom 입문.

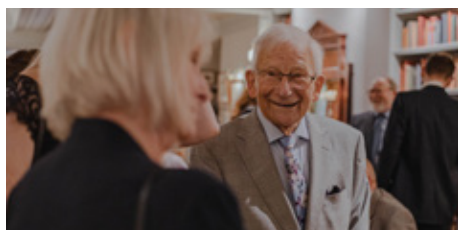
**When:** Tuesdays 5 March – 2 April

**Time:** 10.00am – 12.15pm

**Where:** Ryde Library

**Cost:** Free

**Bookings:** Essential, and open on 5 February.  
수업 예약은 2024년 2월 5일부터 시작합니다.



### **Ryde Dcaf – Dementia Café**

Ryde Dcaf – Dementia café is a monthly meeting for people living in Ryde and surrounding areas. It is designed to give people living with dementia and their family carers an opportunity outside of their home to socialise, relax and discover ways to live well with dementia.

This information also offers information about local service providers and support groups.

**When:** Wednesday 6 March

**Time:** 11.00am

**Where:** Denistone Sports Club,  
59 Chatham Road Denistone

**Cost:** Free

**Bookings:** Essential.

Email [rydedcaf@gmail.com](mailto:rydedcaf@gmail.com) or call Debbie 0449 546 771



### **Boeing, Boeing Theatre Production by Hunters Hill Theatre**

Set in the 1960s, this play follows a bachelor by the name of Bernard, who has a flat in Paris and is engaged to three airline stewardesses who don't know about each other.

Bernard's life gets bumpy when his friend Robert comes to stay, and complications such as weather and a new speedier Boeing jet disrupt his careful planning.

Soon, all three stewardesses are in the city simultaneously and catastrophe looms.

**When:** 8 – 24 March

**Time:** 2.00 and 7.30pm

**Where:** Ryde Club,  
728 Victoria Rd, Ryde

**Cost:** See website listed below

**Bookings:** Essential. Visit [www.huntershilltheatre.com.au](http://www.huntershilltheatre.com.au), phone 9879 7765 or email [boxoffice@huntershilltheatre.com.au](mailto:boxoffice@huntershilltheatre.com.au)

**Access:** The theatre has some steps

## EVENTS



### **Musical Morning Tea**

Celebrate a morning of musical fun with singing and guitars during this Seniors Festival at Ryde Library, featuring the talents of 'The Guitar Shed'. Sing along to great classics, meet new people, and enjoy morning tea refreshments.

**When:** Monday 11 March

**Time:** 10.30 – 11.30am

**Where:** Ryde Library

**Cost:** Free

**Bookings:** Essential



### **Infocus: PACE Early Intervention Program**

Are you or a loved one worried about a recent diagnosis? Not sure of the next steps? Join us at West Ryde Library for a free informative talk about the PACE program, an early intervention program recommended for people over 55. Funded by the Sydney North Health Network, the PACE Program aims to assist those recently diagnosed with a chronic condition such as arthritis, dementia or another illness, or are at risk of developing one.

**When:** Tuesday 12 March

**Time:** 10.00 – 11.00am

**Where:** West Ryde Library

**Cost:** Free

**Bookings:** Essential



### **Safety and Resilience Expo**

Come along and learn how to keep yourself as safe as possible and ready for anything!

There will be displays, demonstrations and information about a range of topics including safety in and around your home, emergency preparedness, road safety and more.

Get your free showbag, grab a snack and chat with your local emergency services.

**When:** Tuesday 12 March

**Time:** 10.00am – 12.00pm

**Where:** Lachlan's Line Auditorium, Jarvis Circuit, North Ryde

**Cost:** Free

**Bookings:** Essential



### **Come and Try: Line Dancing**

Whether you are attending for the great people, the fabulous music, or just want to move, this is a great opportunity to learn and love line dancing!

**When:** Tuesday 12 March and Tuesday 19 March

**Time:** 2.00am – 3.00pm

**Where:** Lachlan's Line Auditorium, Jarvis Circuit, North Ryde

**Cost:** Free

**Bookings:** Essential

## EVENTS



### **Come and Play Lawn Games**

Join us for morning tea and play some traditional lawn games.

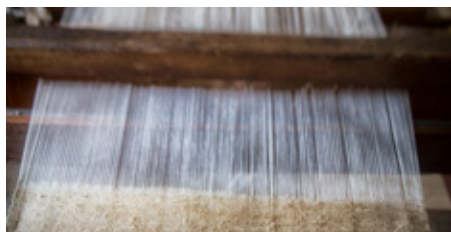
**When:** Tuesday 12 March

**Time:** 10.30am – 12.00pm

**Where:** Lachlan's Line Auditorium,  
Jarvis Circuit, North Ryde

**Cost:** Free

**Bookings:** Essential



### **Textile and Crafts Workshops**

Get crafty at a free workshop!  
All materials are supplied.

#### ***Kumihimo Braid***

Learn how to make braids to make a key chain or bracelet

**When:** Wednesday 13 March

**Time:** 10.30am – 12.30pm

#### ***Felting***

Learn the basics to make a wet felted pot holder.

**When:** Wednesday 13 March

**Time:** 10.30am – 12.30pm

#### ***Weaving***

Weave a coaster and learn the basics to plain weave.

**When:** Wednesday 20 March

**Time:** 10.30am – 12.30pm

#### ***Sashiko embroidery***

Learn the basics of Japanese style Sashiko.

**When:** Wednesday 20 March

**Time:** 10.30am – 12.30pm

**Where:** Brush Farm House,  
19 Lawson Road, Eastwood

**Cost:** Free

**Bookings:** Essential.



## **Author's Platform – Boost Your Brain with Dr Helena Popovic**

Empower yourself by learning how to Boost Your Brain with Dr Helena Popovic, a leading authority on improving brain function. She will share tips and advice from her latest book, *Can Adventure Prevent Dementia? A Guide to Outwitting Alzheimer's*.

**When:** Wednesday 13 March

**Time:** 12.30 – 2.00pm

**Where:** Ryde Library

**Cost:** Free

**Bookings:** Essential

## **Casual Pickleball**

Pickleball is a craze you may never have heard of. It's the perfect mix of tennis, badminton and ping pong, and great for those with limited mobility. Sound like fun? Come and try it for yourself!

**When:** Wednesday 13 March and Wednesday 20 March

**Time:** 10.00 – 11.00am

**Where:** Brush Farm Netball Courts

**Cost:** Free

**Bookings:** Essential

## EVENTS



### Volunteer Expo

Learn how you can make a difference by volunteering in your local community. Come and meet local organisations looking for volunteers, find out what type of volunteering opportunities are available and what you need to do to start volunteering.

Join us for a panel featuring current volunteers and volunteer coordinators. Bring your questions for the panel to answer so you can make an informed decision about volunteering in your local community.

**When:** Thursday 14 March

**Time:** 10.30am – 12.30pm

**Where:** Lachlan's Line Auditorium, Jarvis Circuit, North Ryde

**Cost:** Free

**Bookings:** Essential



### Casual Hit Tennis

Looking for a casual tennis partner for a recreational game of tennis? Join us at Voyager Tennis Meadowbank where we will pair you up with other tennis enthusiasts for a casual hit.

**When:** Thursday 14 March and Thursday 21 March

**Time:** 10.30 – 11.30am

**Where:** Voyager Tennis Meadowbank

**Cost:** Free

**Bookings:** Essential





### **Come and Try: Lawn Bowls**

This one hour clinic is a great introduction to lawn bowls for those that have never played or who want a refresher to help improved their skills.

**When:** Thursday 14 March

**Time:** 2.00 – 3.00pm

**Where:** Denistone Bowling Club

**Cost:** Free

**Bookings:** Essential



### **Safer Driving for Seniors**

Learn how to be a low-risk driver, update your knowledge of road rules, prepare for the aged driving test and learn about new vehicle technology.

**When:** Thursday 14 March

**Time:** 10.00am – 1.00pm

**Where:** Marsfield Community Centre, 1A Trafalgar Pl, Marsfield

**Cost:** Free

**Bookings:** Essential

## EVENTS



### **Tech Savvy Seniors – Scams Awareness (English)**

Are you unsure how to keep yourself safe from scammers? Join our tech savvy information session to increase your scams awareness and empower yourself to keep your data and finances safe.

**When:** Friday 15 March

**Time:** 10.00am – 12.15pm

**Where:** Ryde Library

**Cost:** Free

**Bookings:** Essential



### **Historic Walk-through Gladesville**

Come and enjoy a guided walk-through historic Gladesville. Learn about early inhabitants and the history behind some of the historic buildings.

**When:** Friday 15 March

**Time:** 10.00am – 12.00pm

**Meet:** At the car park at end of Punt Road opposite Banjo Paterson Cottage

**Cost:** Free

**Bookings:** Essential



### **A Trip to the Theatre**

Join Stryder for a visit the Hunters Hill Theatre for the hilariously funny production of *Boeing, Boeing*.

**When:** Saturday 16 March

**Time:** 2.00pm matinee session

**Access:** The theatre has some steps

**Theatre Cost:** \$32.50 per person, tickets can be purchased through Stryder

**Transport:** \$10 per person/ return trip for local door-to-door transport in the Stryder bus

**Bookings:** Essential, call Stryder on 9816 5000

### **Historic Brush Farm House Open Day and History Talks**

Come and tour the historic house that was built in c.1819, a rare early colonial mansion and remnant farm in the Ryde area. Meet the Handweavers and Spinners Guild who run workshops. Visit the fibre store and view their crafts.

History talks by City of Ryde Local Studies Librarian and members of the Ryde District Historical Society will take place in the adjoining Forster Hall.

**When:** Monday 18 March

**Time:** 10.30am – 1.00pm

**Where:** Brush Farm House, 19 Lawson Road Eastwood

**Cost:** Free, tea and coffee will be provided

**Bookings:** Essential

## EVENTS



### Creative Corner: Paper Doll Workshop

Join us at Eastwood Women's Rest Centre to learn the Korean art of paper doll making in this hands-on workshop to delight your friends and family.

**When:** Saturday 16 March

**Time:** 2.30 – 4.30pm

**Where:** Eastwood Women's Rest Centre

**Cost:** Free

**Bookings:** Essential



### Korean My Aged Care Information Session

웨비나에 참석하여 My Aged Care (정부에서 지원하는 노인복지 서비스), 서비스의 종류, 신청 자격 및 평가 절차, 노인 복지 개혁 등에 대해 알아보십시오.

발표자: 박보영 (CASS)

Join this webinar to learn about My Aged Care (the Commonwealth funded aged care services), the services and support available, the assessment process and the aged care reforms.

*Speaker: Bonnie Park from CASS.*

**When:** Tuesday 19 March

**Time:** 1.30 – 3.00pm

**Where:** Online webinar

**Cost:** Free



## Music and Morning Tea

City of Ryde in partnership with Stryder, Sydney Community Services, Presbyterian Aged Care – North Ryde Community Aid, Hunters Hill and Lane Cove Councils present music and morning tea.

Join us for a fabulous morning of great entertainment and morning tea.

This event is a great chance to reconnect with your community, learn more about local social groups and support service organisations available to you in your area.

**When:** Thursday 21 March

**Time:** Session 1: 9.00 – 10.30am

Session 2: 11.30am – 1.00pm

**Where:** Lachlan's Line Auditorium, Jarvis Circuit, North Ryde

**Cost:** Free

**Bookings:** RSVP by 17 March, support@sydneycs.org or 02 9427 6425

Book your free door-to-door transport: info@stryder.org.au or call 9816 5000



## Historic Willandra House Open Day

Come and visit historic Willandra House. This outstanding 1840 Georgian home has views over the Parramatta River and was built by James Devlin on land granted to John Small in 1794. Also view the photographic displays of the Ryde District Historical Society available throughout the house.

**When:** Friday 22 March

**Time:** 10.00am – 1.00pm

**Where:** Willandra house, 762 – 780 Victoria Road, Ryde

**Cost:** Free, tea and coffee provided

**Bookings:** Essential

## EVENTS



### Guided Walk around Historic Ryde

The settlement of Ryde started with land grants in 1792 and the village began as just a few streets around St Anne's Church. The walk will explore some of Ryde's early history through the buildings which remain today. The walk will finish at Historic Willandra House where you can take a self-guided tour of the house.

**When:** Friday 22 March

**Time:** 9.00 – 11.00am  
(arrive at 8.45am)

**Meeting point:** Rotunda in Ryde Park, Blaxland Road Ryde.

**Parking:** 4 free hour parking next to Ryde Park, entrance Blaxland Road or Argyle Ave

**Cost:** Free, tea and coffee provided

**Bookings:** Essential, book early as places are strictly limited.



### Creative Corner: Coffee Stain Painting Drop-In

Let your imagination run free at Ryde Library in this fun and easy art workshop by learning how to create an original artwork using coffee and simple tools, no artistic ability required.

**When:** Saturday 23 March

**Time:** 10.00am – 12.00pm

**Where:** Ryde Library

**Cost:** Free

**Bookings:** Essential

# CITY OF RYDE SERVICES FOR SENIORS



## Home Library Service

The Home Library Service is a free home delivery and collection service for residents of City of Ryde who are unable to attend the Library because of frailty, disability, illness or carer's duties. Resources available include books, large print, audiobooks, DVDs and CDs.

Delivery and collection of items occurs every four weeks.

Conditions apply please contact the Home Library Officer on **9952 8365** or **HLS@ryde.nsw.gov.au** for further details.

**[www.ryde.nsw.gov.au/homelibraryservice](http://www.ryde.nsw.gov.au/homelibraryservice)**

## Home Modification and Maintenance Service

Are you 65+, and need help around your home? Our subsidised Home Modification and Maintenance Service connects you with qualified and reliable tradespeople to help you remain living comfortably and safely in your own home.

Home modifications can include installation of handrails, grabrails, ramps and hand-held showers. Home maintenance can include minor carpentry, electrical work, plumbing or gutter/window/pathway cleaning. To find out more about our service and whether you are eligible\* please call our team on 9952 8222.

Please also ask us about our one-off free promotion for new customers who require window cleaning, pathway cleaning or maintenance of leaking taps.

To find out more, visit **[www.ryde.nsw.gov.au/hmms](http://www.ryde.nsw.gov.au/hmms)** or contact Council's Customer Service Centre on 9952 8222.

\*To receive a subsidy you must be registered with My Aged Care.

# COMMUNITY SUPPORT SERVICES FOR SENIORS

## **Christian Community Aid**

**9858 3222**

Offers Meals on Wheels, social activities, shopping assistance, medical transport, linen service and multicultural services.

## **Sydney Community Services**

**9427 6425**

Provides group and individual community participation programs, as well as home nursing, podiatry, home delivered meals, gardening, shopping and linen services.

## **Easy Care Gardening**

**9983 1644**

Delivers a gardening service to older people and their carers within the Hornsby, Hunters Hill, Ku-ring-gai and Ryde areas by teams of willing volunteers.

## **Stryder**

**9816 5000**

(Formerly Ryde Hunters Hill Community Transport)

Provides door-to-door transport for shopping, individual transport or group social outings.

## **North Ryde Community Aid**

### **– Presbyterian Aged Care**

**9888 3380**

Delivers Commonwealth Home Support Programs, Home Care Packages, food relief and community lawn mowing. Provides assistance to the aged and socially and financially disadvantaged within our community.

## **My Aged Care**

**1800 200 422**

My Aged Care is the Australian Government's starting point on your aged care journey. Find and access the government-funded services you need.

## **Lifeline**

**13 11 14**

Provides all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services.



**For bookings please call 9952 8222  
or visit [www.ryde.nsw.gov.au/seniorsfestival](http://www.ryde.nsw.gov.au/seniorsfestival)**

