

Thursday 21 February 2013.

Seniors get busy to 'Live Life!'

City of Ryde seniors will be busy deciding 'what to do next' from over thirty five special 'Live Life!' Seniors Week activities.

The calendar of events runs from 27 February – 25 March and offers a wide range of activities including workshops, tours, skills sessions, talks and social get-togethers.

City of Ryde Mayor, Cllr Ivan Petch, said: "This is a great opportunity for seniors to find out what local services are available for them. The Council is encouraging more seniors to try new experiences and many of these activities run right through the year."

Thanks to a special partnership arrangement between the City of Ryde, Hunters Hill Council and the Gladesville Chamber of Commerce, over 30 cafes and restaurants in Gladesville will be offering special deals for seniors from 14 – 28 March.

Here's a sample:

Silver Tops Lunches	Tuesdays: 26 Feb - 26 March – various locations
'Old n Bold' men only lunches	Wednesdays: 27 Feb – 27 March
Brush Farm House Open Day	Sunday 3 March
Cyptic Crossword Workshop	Monday 4 March & Wednesday 6 March
Tour Macquarie University Sporting Hall of Fame	Monday 11 March
Learn iPad Skills	Wednesday 13 March
Strength Training & Try Pilates	Monday 25 March

There is a small cost for some of these events (meals and transport) and many are free, but bookings are essential for most due to their popularity.

For full program details, including a large print copy, go to www.ryde.nsw.gov.au/seniors, phone 9952 8222 or pick up at copy of the calendar at your local City of Ryde library.