

Monday 3 March 2014

SENIORS WEEK 2014 ACTIVITIES

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.

Sunday 2 March

Brush Farm House Open Day

Explore this local historic property.

Time 10am - 3.30pm

Venue Brush Farm House, 19 Lawson Street, Eastwood

Cost FREE

Brush Farm Historical Society will be hosting an open day at Brush Farm House, the home built by Gregory Blaxland during the 1820s.

Tuesday 4 March 2014

Dementia and Intellectual Disability Workshop

Free workshop for family members and friends.

Time 9.30am - 2.30pm

Venue Alzheimer's Australia NSW, Vincent Fairfax Family Resource Centre, Corner Coss and Norton Road, North Ryde

Cost Free

Bookings 8875 4663

Are you a family member caring for someone with dementia (or who is showing signs of dementia) and an intellectual disability?

Alzheimer's Australia NSW has been funded by the NSW government to provide this FREE workshop for family members or friends to help understand some of the changes that occur when a person has dementia and how to support them. Supports available for the person and for you.

Thursday 6 March

Senior Drivers Workshop

Free Seniors' Low Risk Driving Workshop

Time 10.30am - 1.30pm

Venue West Ryde Library, 2 Graf Avenue, West Ryde

Cost Free

Bookings Essential 9952 8222

Council runs free Seniors' Low Risk Driving Workshops throughout the year specifically targeted at older drivers.

These three hour workshops are designed to not only enhance seniors' driving skills but also to update their knowledge of road rules and prepare them for the Aged Driving Test.

Friday 7 March

InFocus: Wills and Powers of Attorney

Solicitor, Lydia Shelly, will talk about Wills and Power of Attorney.

Time 1.30pm - 3.30pm

Venue Ryde Library, 1 Pope Street, Ryde

Cost Gold coin donation

Bookings Essential. Call 9952 8352

Have you considered what would happen to your financial and personal affairs if you were involved in a bad accident, had a stroke or developed dementia due to Alzheimer's disease or other illness?

Solicitor, Lydia Shelly, from Osborne Howell, Lawyers and Conveyancers, will talk about Wills and Power of Attorney.

Saturday 8 March

LeftOver MakeOver (LOMO) Cooking Workshop

How to turn your leftovers into great meals.

Venue Meadowbank

Cost Free - light refreshment provided

Bookings Essential – register www.ryde.nsw.gov.au/lomo or call 9952 8222

Love food? Love cooking great meals for your family and friends? Love to balance the budget and save money? Then you'll love our Leftover Make Over (LOMO) cooking workshop!

Monday 10 March

Sydneysiders Express

Discover the awe-inspiring force of a barbershop chorus.

Time 10.30am - 11.30am

Venue Ryde Library, 1 Pope St Ryde

Cost Gold coin contribution

Bookings Essential. Call 9952 8352

Sydneysiders Express will present a toe-tapping repertoire. Light refreshments provided.

Thursday 13 March - Friday 28 March

Eat Out at the Tables of Gladesville

Discounts and special deals for seniors.

Venue Participating restaurants and cafés in and around Gladesville.

Seniors can take advantage of the wonderful range of international flavours available at the restaurants and cafés of Gladesville Town Centre. All you need to do is show your Seniors Card.

Look for the poster in participating businesses windows. To see the full list of businesses and offers available go to the Discover Hunters Hill website. *'Eat Out at the Tables of Gladesville'* is a joint initiative of the City of Ryde, Hunter's Hill Council and the Gladesville Chamber of Commerce.

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.

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

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