



seniors festival

PORT STEPHENS

**TUESDAY 13 TO SATURDAY 24
APRIL 2021**

Celebrate Seniors Festival with us!
Come along and get active, socialise,
share skills and connect with your
community in Port Stephens.

Week 1

TUE 13

8:30 to 9:30am

Tomaree Aquatic Centre
Salamander Bay

Masters squad swimming lesson

Join an instructed lesson and get stroke tips and techniques.

Contact: 4981 2848 **Need to book?** No **Cost:** \$15

9am to 5pm

Terrace Central
Sturgeon and Glenelg St

Seniors Photography Exhibition — runs 13 to 22 April 2021

Contact: 0477 016 643 or terracecentral.com

Need to book? No **Cost:** Free

9am to 1pm

Raymond Terrace Senior
Citizens Hall

Boomerang Bags & Raymond Terrace Art and Craft Group

Bring your own art and craft project or join us for morning tea.

Contact: 0412 871 798 **Need to book?** No **Cost:** Free

10 to 10:45am

Terrace Central
Sturgeon and Glenelg St

Martial arts — low impact class tailored for seniors

Contact: 0477 016 643 or terracecentral.com

Need to book? No **Cost:** Free

10 to 11:30am

Raymond Terrace Library
18A Sturgeon Street

E-safety for seniors by Hunter Legal Centre

To book: 4988 0111 **Need to book?** Yes **Cost:** Free

*Also at Tomaree Library Thursday 29 April from 10 to 11:30am

10am to 2pm

Terrace Central
Sturgeon and Glenelg St

Free legal advice from University of Newcastle Legal Centre

Contact: 0477 016 643 or terracecentral.com

Need to book? No **Cost:** Free

12 midday to 1pm

Raymond Terrace Library
18A Sturgeon Street

Finance sessions for seniors with Greater Bank and UoN

Learn about credit, debt and financial hardship in retirement.

To book: 4988 0111 **Need to book?** Yes by 9 April **Cost:** Free

WED 14

9am to 2pm

Men's Shed
17G Irrawang Street

Raymond Terrace Men's Shed open day

Contact: 4983 2580

Need to book? No **Cost:** Free

10am to 2pm

Terrace Central
Sturgeon and Glenelg St

Men's Shed woodturning demonstrations and toy sales

Contact: 0477 016 643 or terracecentral.com

Need to book? No **Cost:** Free

**10 to 11am and
11:30am to 12:30pm**

Raymond Terrace Library
18A Sturgeon Street

Finance sessions for seniors with Greater Bank and UoN

10am session — superannuation and retirement

11:30am session — scams and cyber security

To book: 4988 0111 **Need to book?** Yes by 12 April **Cost:** Free

10 to 10:45am

Terrace Central
Sturgeon and Glenelg St

Jackie Loeb — a laugh is just what the doctor ordered

To book: 0477 016 643 or terracecentral.com

Need to book? Yes **Cost:** \$5 includes tea/coffee and hot cross bun

12 midday to 2pm

Karuah RSL
436 Tarean Road

Lunch and entertainment by Wayne from Jumpin' Jukebox

Join us for lunch and good times with old and new friends.

To book: 4997 5297 **Need to book?** Yes **Cost:** Free

For more information go to:

portstephens.nsw.gov.au/seniors2021

Week 2

THU 15	9 to 10:30am Meadowie Social Ferodale Road	Yoga class for seniors Join Nikki from Yogasphere for a session for seniors. Places are limited. To book: 0415 538 589 Need to book? Yes Cost: Free
	10am to 12:30pm Terrace Central Sturgeon and Glenelg St	Seniors health and wellbeing — Terry White, Amplifon, Police Conversation on COVID-19 vaccines, hearing and growing old safely. Book: 0477 016 643 or terracecentral.com Need to book? Yes Cost: Free
FRI 16	10am to 12 midday Terrace Central Sturgeon and Glenelg St	Raymond Terrace Men's Shed band performance Contact: 0477 016 643 or terracecentral.com Need to book? No Cost: \$2 donation
	12 midday to 2pm Raymond Terrace Bowling Club, 2 Jacaranda Avenue	Lunch and entertainment by Wayne from Jumpin' Jukebox Join us for lunch and good times with old and new friends. To book: 4987 2404 Need to book? Yes Cost: Free
MON 19	9am to 3pm Murrook Cultural Centre 2163 Nelson Bay Rd	Cultural awareness including tour of Worimi Conservation Lands Learn about Aboriginal culture and enjoy a 4WD tour plus lunch. Contact: 4033 8804 Need to book? Yes Cost: Free
	10am to 2pm Terrace Central Sturgeon and Glenelg St	Regional Seniors Travel Card stall — runs until 22 April Contact: 0477 016 643 or terracecentral.com Need to book? No Cost: Free
	10:30 to 11:30am Meadowie Community Centre 44 Ferodale Road	Finance sessions for seniors with Greater Bank and UoN Learn about credit, debt and financial hardship in retirement. Contact: 4988 0255 Need to book? Yes by 16 April Cost: Free
	10am, 11am, 12 midday Terrace Central Sturgeon and Glenelg St	Free bingo fun — try your luck and win prizes! To book: 0477 016 643 or terracecentral.com Need to book? Yes Cost: Free
	12 midday to 2pm Tilligerry RSL Lemon Tree Passage Rd	Lunch and live entertainment Join us for lunch and good times, with live entertainment. To book: 4982 3889 Need to book? Yes Cost: Free
TUE 20	8:30 to 9:30am Tomaree Aquatic Centre Salamander Bay	Masters squad swimming lesson Join an instructed lesson and get stroke tips and techniques. Contact: 4981 2848 Need to book? No Cost: \$15
	9am to 1pm Raymond Terrace Senior Citizens Hall	Boomerang Bags & Raymond Terrace Art and Craft Group Bring your own art and craft project or join us for morning tea. Contact: 0412 871 798 Need to book? No Cost: Free
	10 to 11am Terrace Central Sturgeon and Glenelg St	Sandie Docker book launch — The Banksia Beach Shack To book: 0477 016 643 or terracecentral.com Need to book? Yes Cost: Free

For more information go to:
portstephens.nsw.gov.au/seniors2021

TUES 20	10am to 2pm Terrace Central Sturgeon and Glenelg St	Free legal advice from University of Newcastle Legal Centre Contact: 0477 016 643 or terracecentral.com Need to book? No Cost: Free
	12:30pm to 1:30pm Medowie Community Centre 44 Ferodale Road	Finance sessions for seniors with Greater Bank and UoN Learn about scams and cyber security. Contact: 4988 0255 Need to book? Yes by 16 April Cost: Free
WED 21	9 to 10:30am Yogasphere 18 Melaleuca Dr, One Mile	Yoga class for seniors Join Nikki for a yoga session designed for seniors. Places are limited. To book: 0415 538 589 Need to book? Yes Cost: Free
	10 to 10:45am Terrace Central Sturgeon and Glenelg St	Martial arts — low impact class tailored for seniors Contact: 0477 016 643 or terracecentral.com Need to book? No Cost: Free
	10am to 2pm Terrace Central Sturgeon and Glenelg St	Men's Shed woodturning demonstrations and toy sales Contact: 0477 016 643 or terracecentral.com Need to book? No Cost: Free
	10:30 to 11:30am Medowie Social Ferodale Road	Finance sessions for seniors with Greater Bank and UoN Learn about superannuation and retirement. Contact: 4988 0255 Need to book? Yes by 19 April Cost: Free
THUR 22	10am to 1pm Terrace Central Sturgeon and Glenelg St	Everyday cooking workshop with Terrace Meats To book: 0477 016 643 or terracecentral.com Need to book? Yes Cost: Free
	10 to 11am Tomaree Library Salamander Bay	Finance sessions for seniors with Greater Bank and UoN Learn about credit, debt and financial hardship in retirement. To book: 4988 0670 Need to book? Yes by 20 April Cost: Free
	11am to 12:30pm Raymond Terrace Library 18a Sturgeon Street	Timelines: Australian Stories in Song Michael Fix and Mark Cryle's unique musical perspective on history. To book: 4988 0111 Need to book? Yes Cost: Free
	2 to 3pm Tomaree Library Salamander Bay	Tech Connect Get individual help with common technology issues. Contact: 4988 0670 Need to book? No Cost: Free
	3:30 to 5pm Tomaree Library Salamander Bay	Timelines: Australian Stories in Song Michael Fix and Mark Cryle's unique musical perspective on history. To book: 4988 0670 Need to book? Yes Cost: Free
FRI 23	9am to 3pm Raymond Terrace Library 18a Sturgeon Street	Plan ahead days with NSW Trustee and Guardian Learn how to prepare a will and make a power of attorney. To book: 4929 8900 Need to book? Yes Cost: Free* conditons apply
	10 to 11am Tomaree Library Salamander Bay	Finance sessions for seniors with Greater Bank and UoN Learn about scams and cyber security. To book: 4988 0670 Need to book? Yes by 21 April Cost: Free