

Please book in advance for personal assistance by ringing Centre during opening hours on 4324 5164 or email to the Centre Manager on kay1@centralcoastfhs.org.au. Bookings may be made after January 30th 2012 BYO Lunch if staying all day. *Tea, Coffee & biscuit will be available.*

Theme: Finding my Ancestors
Date: Tuesday 20th March, 2012
Venue: Gosford Lion's Community Hall, rear 8 Russell Drysdale Street, East Gosford
Sessions: 10am till noon & 1pm till 3pm
Format: Short introductory talk by Margaret Erner
Followed by: At least 10 booths set up with laptops & printers
Cost: \$5 per person. Photocopies 20c each

Central Coast Family History Tuesday 20th March

Time: 9am to 5pm
Grade: Medium
Meeting Place: Given on booking, ph 4320 4205 by 12 noon Friday 17th March, 2012
Cost: \$15 Adults/Seniors

Seniors Week - Explore Rocky Ponds & Brisbane Water NP by 4WD. For agile & fit seniors come & join your guide exploring Rocky Ponds, Mt Wondabyne & other treasures within BWNP. Incredible scenery & views to Sydney as well as some amazing panoramas over the park. BYO 4WD, walking shoes, drinks, snacks, cameras & weather protection.

National Parks Seniors Week Events Monday 19th March



St John Ambulance

Bookings Essential 4324 6047
CPR Course - \$10
 Monday 18th March
Mann St, Gosford
 9.30-11.00am OR 12 noon - 2.00pm
 Tuesday 20th March
Woy Woy Library
 9.30-11.30am OR 1.00pm-3.00pm
 Wednesday 21st March
Kincumber Library
 10:00am-12 noon
St John First Aid for Senior's - \$30
 Two-day course - March 22nd & 23rd from 9.30am - 1.30pm
 St John Office located in Mann Street, Gosford
 Bookings Essential: 4324 6047

Free
 Gosford Races Tickets for all Senior Card Holders for Tuesday 3rd April

- * Open brochure for more events
- > Terrigal 50+ Centre BBQ
 - > Library Activities
 - > National Parks 4WD
 - > Green Living Bus Tour
 - > Central Coast Cricket Match
 - > Computer Open Days & Training
 - > CPR & Senior First Aid - St John
 - > Bus Trips
 - > Reptile Park
 - > Sport & Recreation Activities
 - > Concert
 - > Brisbane Water Cruise
 - > Deborah O'Neill Concert
 - > Beach Safety Talks & Tours
 - > Hearing Assessments
 - > Energy Talk - Save Money & Energy
 - > Aqua & Exercise classes
 - > Seniors Gala Day
 - > Seniors Photography Competition

Events include

*There's so much
 to do in
 Gosford City for
 Senior's Week!*

- ### Aims
- > Celebrate older people and their contribution to family, friends, workplaces and communities.
 - > Provide enjoyable opportunities for getting together, both with older people and across the generations.
 - > Demonstrate that Seniors can be healthy, active and continue to learn.
 - > Promote and celebrate the diversity of older people in our communities.
 - > Challenge some of the society's stereotypes around ageing and invite us all to consider our relationships with and attitudes towards older people.

Primary Aims and Objectives Seniors Week 2012

In NSW, Seniors Week celebrates and thanks seniors for their valuable contribution to society. It also provides the opportunity for all generations to celebrate with older people.

Seniors Week in Gosford City



NSW **Seniors WEEK** March 18-24, 2012
www.nswseniorsweek.com.au

Live Life!

GOSFORD CITY COUNCIL
 CENTRAL COAST



Seniors Week

18th - 24th March, 2012

50+ Leisure & Learning Centres

Activities include: Computer Training, Bowls, Chess, Leatherwork, Women's Group, Men's Group, Cards, Table Tennis, Discussion Groups, Dancing, Line Dancing, Social, Darts, Patchwork and Quilting, Tai Chi, Yoga, Crafts, Fitness, Painting and Scrabble. Variety Social & Zumba Gold, Sketching.

To find out more information on leisure and learning activities call the Coordinator on 4324 4749 or your nearest centre.

- Gosford** 4324 4749
- Ettalong** 4341 3222
- Terrigal** 4384 5152

Gosford City Council
Phone: 4324 4749
Email: goscity@gosford.nsw.gov.au
Website: www.gosford.nsw.gov.au

GOSFORD CITY COUNCIL CENTRAL COAST

NSW **Seniors WEEK** March 18-24, 2012
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Live Life!

Seniors Week in Gosford City

Date	Program	Details
Sunday 18th March	TERRIGAL BBQ Enjoy sitting under the trees listening to live music, entertainment after lunch music by Country & Variety Duo 'Kazza & TJ Ray'	Time: 11am Cost: \$8 Terrigal 50+ Leisure & Learning Centre Crn Duffy Ave & Terrigal Drive Bring picnic equipment Bookings essential & ticket locations: 4384 5152
	'HYMNFEST' at St David's Anglican Church. Come & sing some favourite hymns & hear why people like them so much	Time: 3pm Free Address: Yodalla Place, Avoca Beach
Monday 19th March	'Grandparents Storytime' Woy Woy Library	Time: 10.30am Free Spike Milligan Room
	'Managing your Medications' Luca from Megasave Pharmacy	Time: 10am Free Erina Library
	Light n Easy Aqua Class – Just turn up & try	Gosford Pool at 11am Free Peninsula Pool at 12.30pm
	Terrigal Beach Club House Tour & Safety Talk	Meet 10am at the Lifeguard tent Free
	Mystery Bus Trip which will include some local food sampling, morning tea, buffet lunch, tour etc <i>Non Refundable Tickets</i> <i>N.B Tickets not available until 1/3/12</i>	Bus departs: Cost: \$32 Gosford Library 8.30am Spotlight West Gosford 8.45am Bookings essential: 4324 4749 (Cash Only)
	St John CPR Course - 2 sessions Gosford – Mann Street	Times: 9.30am - 11.30am or 12–2pm Cost: \$10 Bookings Essential : 4324 6047
	Grandparents Storytime	Time: 10.30am Free Kibble Park Gosford
Tuesday 20th March	Grandparents Themed Storytime Umina Library	Time: 10.30am Free
	Introduction to Digital Cameras Bring your camera & instruction book - includes afternoon tea	Time: 1pm – 3.30pm Cost: \$3 Gosford 50+ Leisure & Learning Centre Bookings Essential: 4324 4749 Limited places
	St John CPR Course Woy Woy Library	Time: 9.30am-11.30am or 1-3pm Cost:\$10 Bookings Essential : 4324 6047
	Small Group Internet Training Wyoming Library	Time: 10am Free Bookings Essential: 4304 7525
Wednesday 21st March	GREEN Living Bus Tour Learn about water & waste management by visiting a number of Council Facilities	Bookings Essential: 4325 8175 Free Suitable enclosed footwear is a must. RSVP by: 14th March Morning Tea & Lunch Provided
	Avoca Beach Club House Tour & Beach Safety Talk	10.00am - Meet at Lifeguard Tent Free
	Kincumber Computer Club Open Day – Come & see how the club & computers work. for PC & Apple Mac	Time: 10am–12 noon Free (inc tea/coffee) Enquiries: 4369 2530 Demonstrations of Computer Programs
	'Grandparents Storytime' Woy Woy Library	Time:10.30am Free Spike Milligan Room
	'Remember When' A selection of memorabilia from last century. Norm Holloway from Henry Kendall Cottage will be available to answer questions about his display.	Time: 10am – 2pm Free Where: Umina Library Bookings not required, just call in
	Retirees Meet n Greet Morning Entertainment by well known choir 'Ms Behavin'	Time: 10am Free Where: Erina Library
	St John CPR Course - Kincumber Library	Time: 10am–12 noon Cost: \$10 Bookings Essential: 4324 6047
	'Reptile Park' Great fun-excellent value for the young at heart – it's enlightening & entertaining. Exciting wildlife shows, animal interaction, a chance to get up close to the animals	Bus departs: Cost: \$12 8.45am Gosford Library 9.00am Spotlight West Gosford Includes bus, entry, m/tea, shows. Bus sponsored by Seniors Week Committee Tickets - 4324 4749
	CC Masters Cricket Match-is an enjoyable day for players & spectators thanks to Office of Communities Sport and Recreation, Central Coast Leagues Club, Central Coast Cricket Association & Mr Gordon Ives	Venue: Mt Penang Oval, Parklands Kariong Time: 10am-4.30pm Free lunch for registered players & officials only - courtesy Central Coast Leagues Club. Registration & Bookings: Mr Gordon Ives 4341 1126 prior to day
	Grandparents Storytime Visit. Come to Storytime with your Grandchildren. Light refreshments provided for all.	Time: 10.30am Free Where: Kincumber Library

N.B. Tickets from 50+ Leisure & Learning Centres (Formerly Senior Citizens Centres) are available from 1st March 2012.

Date	Program	Details	
Thursday 22nd March	Grandparents Storytime Visit. Come to Storytime with your Grandchildren. Light refreshments provided for all.	Time: 10.30am Free Where: Kincumber Library	
	'Cooking for One' With Ourimbah TAFE	Time: 12 noon to 1.30pm Free Erina Library	
	Have your hearing assessed by Australian Hearing Screening	Time: 12 noon - 3.30pm at Erina Library Free Bookings: 4365 6725	
	'Picnic with the Donkeys' – Meet the donkey carers & handlers, learn a lot about these donkeys that have been 'rescued'. Banquet Country Style BBQ lunch. <i>Non Refundable Tickets</i> <i>N.B Tickets not available until 1/3/12</i>	Bus departs: Cost:\$42 8am Gosford Library 8.15am Spotlight West Gosford. Includes Bus, m/tea, entry fee & lunch. Bookings essential - 4324 4749 from 1/3/12 (Cash Only)	
	Bookgroup Theme 'Overcoming Adversity'	Time: 10am Free Morning Tea included at Wyoming Library	
	Bushwalk - Terrigal Trekkers Maitland Bay Circuit	Bushwalk - Terrigal Trekkers Maitland Bay Circuit	
	St John First Aid Course for Older Australians Run over two days.	Time: 9.30am - 1.30pm Cost: \$30 Mann St, Gosford Bookings Essential: 4324 6047	
	'Grandparents Themed Storytime' Umina Library	Time: 10.30am Free	
	Meet n Greet for Kariong residents, particularly those who have retired recently.	Time: 10.30am Free Where: Kariong Library <i>Chat over morning tea</i>	
	'Energy Talk' - learn great ways to save energy & also save money	Time:10.30am - 11.30am Free Morning tea included Bookings: 4384 5152 Terrigal 50+Centre	
	Grandparents Storytime	Grandparents Storytime	
	Hawkesbury River Cruise & Lunch Enjoy a relaxed cruise around the Hawkesbury River region & hot lunch at Broken Bay Sport & Recreation Centre	Cost to ballot winners \$23 All enquiries: 4362 3184 Ballot will be drawn 27th February Due to popularity, total of 2 entries pp only	
	Friday 23rd March	Seniors Gentle Exercise Fitness Class - Just turn up & try	Peninsula Leisure Centre Free Time: 8.30am
		Lite n Easy Aqua Fitness - Just turn up & try	Peninsula Lesiure Centre Free Time: 12.30pm
'Creative Writing Workshop' Conducted by Kariong author Mrs Helen Ross-Budding writers or anyone interested in writing will learn a lot.		Time: 10.30am Free Where: Kariong Library	
Deborah O'Neill - Federal Member for Robertson - Concert		Concert Ticket available 9/3/12 4322 1922 50+Leisure & Learning Centre Ettalong	
Talk by author Bruce Carty on 'Radio Yester Year'		Time: 10.30am Free Woy Woy Library	
Small group Internet Training Wyoming Library		Time: 10am Free Bookings Essential: 4304 7525	
Umina Beach Club House Tour & Beach Safety Talk		Time: 10am Free Meet at the Lifeguard Tent	
Brisbane Water Morning Tea Cruise 'Gosford to Broken Bay the adventure of a lifetime. <i>Note: No wheelchair access-wear suitable footwear.</i> <i>N.B Tickets not available until 1/3/12</i>		Enquiries only: 4324 4749 Cost: \$2.50 Departing: Gosford Wharf - 10.15am Departing: Woy Woy Wharf - 10.35am Tickets at Ettalong, Terrigal & Gosford 50+Leisure & Learning Centres Sponsored by Chris Holstein-Member for Gosford	
Seniors Positive Living Gala Day' Exercise demonstrations, sporting events, cooking demonstrations, live music, woodturning, devonshire teas, sausage sizzle etc		Time: 9am - 3pm Free Where: Peninsula Village 91 Pozieres Ave, Umina Contact Person: Paula Newman Bookings: 4344 9199	
OTHER EVENTS		One on One Internet sessions for Seniors held throughout the week.	Kincumber Library Free Bookings essential: 4304 7641
	Display of Handcrafted items from Mantering Park CWA	Wyoming Library Free	
	Central Coast Seniors Week Photography Competition - Organised by Kincumber Library & sponsored by Apia & John Ralph Camera House.	Prize presentation 15th March at Kincumber Library-entries on display throughout Seniors Week. Entry forms & enquiries: 4304 764	
	Gosford Races - Tuesday 3rd April	Entry to all Senior Card Holders Free	
ADHC Grant Event	'This Digital World is Completely Fascinating' – Do you want to learn about ebay, internet banking, hobbies, blog, You Tube, Facebook/ Twitter & Skype	Various free sessions available at 50+Leisure & Learning Centres. Free DVD provided on completion. All enquiries: 4324 4749	