

8.12. North Sydney Seniors Festival 2022

AUTHOR: Camelia Tobia, Access and Inclusion Coordinator

ENDORSED BY: Rebecca Aukim, Director Community and Library Services

ATTACHMENTS:

1. North Sydney Seniors Festival 2022 Summary Report [**8.12.1** - 5 pages]
2. North Sydney Seniors Festival Guide 2022 [**8.12.2** - 9 pages]

PURPOSE:

To provide a summary report for the North Sydney Seniors Festival held from 23 March to 5 April 2022.

EXECUTIVE SUMMARY:

The NSW Seniors Festival is an annual celebration to recognise and celebrate the contributions older people make to our community. In 2022, Council hosted 33 in person and 8 online events during the North Sydney Seniors Festival, held from 25 March to 3 April 2022. Programs and events were held across the LGA (Local Government Area) and delivered in partnership with internal and external project partners. The theme for this year's Seniors Festival was *Reconnect*, encouraging event organisers to consider the importance of reconnecting with other people following the pandemic.

FINANCIAL IMPLICATIONS:

Council provides \$8000 annually to support the delivery of the North Sydney Seniors Festival. Allocation of funding of up to \$500 was provided to project partners in the delivery of events and programs.

RECOMMENDATION:

1. **THAT** the report be received.
2. **THAT** Council continues to financially support the delivery of the North Sydney Seniors Festival in future years

LINK TO COMMUNITY STRATEGIC PLAN

The relationship with the Community Strategic Plan is as follows:

4. Our Social Vitality

4.1 North Sydney is connected, inclusive, healthy and safe

4.2 North Sydney is creative and home to popular events

4.3 North Sydney supports lifelong learning

BACKGROUND

The NSW Seniors Festival is an annual celebration, led by the State Government and delivered by local Councils. It is an opportunity to celebrate the role older people play and the contributions they make to the community. North Sydney Council has been celebrating the Seniors Festival for many years, coordinating and delivering a program of events and activities for older people in partnership with local organisations and community groups.

CONSULTATION REQUIREMENTS

Community engagement is not required.

DETAIL

The North Sydney Seniors Festival was delivered in partnership with Council's community centres, local service providers, divisions across Council and NSROC. In total, thirty-three (33) in person events and eight (8) online events were held across the Festival period, 25 March – 3 April. Contributors to the Seniors Festival included:

- North Sydney Community Centre
- Crows Nest Centre
- Neutral Bay Community Centre
- The Kirribilli Centre
- Coal Loader Centre for Sustainability
- Stanton Library
- North Sydney Men's Shed
- Seaborn, Broughton and Walford Foundation
- Prestige In Home Care
- Community Connect Transport

The curation of the North Sydney Seniors Festival is designed to appeal to a wide demographic of the older population. Furthermore, it aims to encourage ongoing participation beyond the Seniors Festival and is an opportunity to address social isolation and promote social connectedness amongst older people in North Sydney.

Highlights of the North Sydney Seniors Festival included:

- Mexican Fiesta at the Crows Nest Centre
- Beatles Singalong at North Sydney Community Centre
- Garden Party Luncheon at The Kirribilli Centre
- Reconnecting with Local Heritage by Stanton Library
- Seniors Open Day at Neutral Bay Community Centre

It is estimated 518 people attended one or more of our in-person events, with an additional 200 people (approximately) participating in an online event. Participation rates were lower than in previous years. Feedback provided by project partners noted this was in part due to hesitancy of individuals to re-engage in activities and programs post pandemic, coupled with the poor weather Sydney experienced at the time of the Seniors Festival.

Overall, the feedback provided by participants was positive. 77% of responders indicated they found it very beneficial attending the Seniors Festival, whilst 69% said they felt their social connections had improved as a result of participating in the Seniors Festival. Furthermore, 73% of responders indicated they were more aware of services available for older people following their involvement in the Seniors Festival.

Positive feedback, as well as constructive criticism, was also provided by event organisers and project partners. The feedback collated from participants and partners will help to shape and influence the North Sydney Seniors Festival in future years.

North Sydney Seniors Festival 2022

Summary Report

The NSW Seniors Festival is an annual celebration, led by the State government and delivered by local Councils. It is an opportunity to celebrate the role older people play, and the contributions they make, to our community.

North Sydney Council has been celebrating the Seniors Festival for many years, coordinating and delivering a program of events and activities for older people in partnership with local organisations, businesses and community groups.

The curation of the North Sydney Seniors Festival is designed to encourage ongoing participation beyond the annual Seniors Festival and is an opportunity to address social isolation and promote social connectedness amongst older people in North Sydney.

The theme for this year's Seniors Festival was **Reconnect**, encouraging organisers to consider the importance of reconnecting with other people following the pandemic.



Program Design

The North Sydney Seniors Festival was delivered in partnership with Council's community centres, local service providers and divisions across Council. In total, thirty-three (33) in person events and eight (8) online events were held across the Festival period, 25 March – 3 April.

Contributors to the program included;

- North Sydney Community Centre
- Crows Nest Centre

- Neutral Bay Community Centre
- The Kirribilli Centre
- Coal Loader Centre for Sustainability
- Stanton Library
- North Sydney Men's Shed
- Seaborn, Broughton and Walford Foundation
- Prestige In Home Care

Community Connect Transport also partnered with Council to provide transport to and from events and programs for local residents who were unable to independently access the Festival.



In addition to the North Sydney based events, partners in NSROC collaborated to deliver a series of online talks and workshops targeted at more vulnerable members of our local communities. These online workshops were designed to engage older people who were unable to participate in face-to-face events and activities.

A new addition to this year's Seniors Festival celebration was an art exhibition, which took place in Council's In Transit art space adjacent to Council Chambers. Rhonda Nelson, a member of Primrose Parks Arts and Crafts Centre, presented her series; *Heading This Way*, a reflection of living in the 2020s.

The Festival program was designed to encapsulate a broad range of interests and appeal to the diverse interests and needs of the community. It also served to highlight and showcase regular programs and offerings available to older people throughout the year.

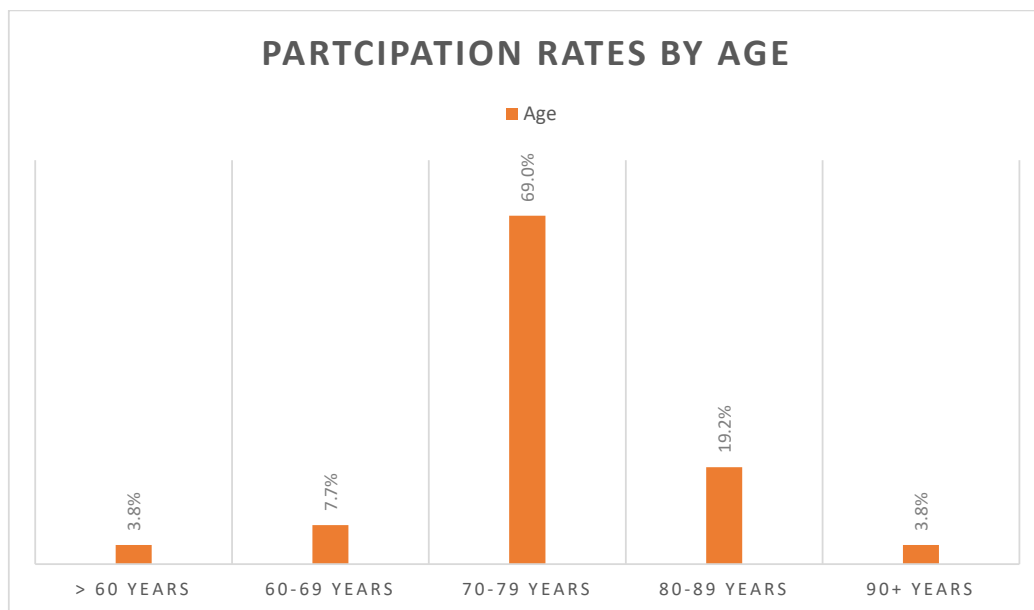
A copy of the North Sydney Seniors Festival program has been included as an attachment to this report.

Participation

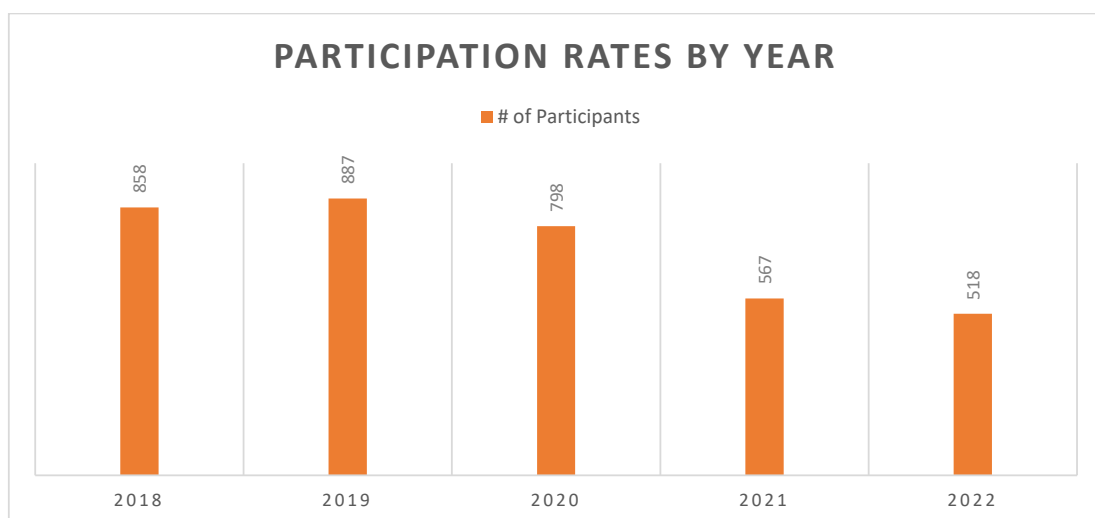
Approximately 518 people attended one or more of our in person events, with an additional 200 people (approximately) participating in an online event¹.

Although we had a diverse range of events scheduled throughout the Festival, participation rates in the Seniors Festival were significantly lower than before the pandemic.

Feedback from Festival partners noted older people, particularly the frail aged or those with underlying health conditions, remain hesitant to re-engage in activities and programs they previously enjoyed prior to the pandemic.



In addition, the Seniors Festival took place at the time Sydney was experiencing significant rain and flooding. The poor weather also contributed to the lower attendance rates at some events.



¹ Total number of participants was based on data provided by event organisers

Historically, the North Sydney Seniors Festival has attracted audiences from across Sydney, with people travelling to North Sydney to participate in the Festival. This year the number of people who travelled from outside the LGA (Local Government Area) was significantly lower, compared to previous years.

In 2019, 40% of the total number of participants travelled from outside of the North Sydney LGA to attend the Festival, whereas this year only 27% who attended the North Sydney Seniors Festival were from other LGA's. Whilst this is not considered to be a negative reflection of the North Sydney Seniors Festival's success, it is an interesting observation and consideration for future planning.



"I thoroughly enjoyed the talk by Ian Hoskins and tour with Kelly.

It's wonderful to have this piece of the past to visit."

Participant Feedback

Older people who attended the Seniors Festival were invited to complete a brief survey. The results of the survey assist Council in measuring the success of the Festival and planning for future events. It also serves to measure the impact the Festival has on promoting social connections and emotional wellbeing for older people.

Overall, the feedback was positive with 77% of responders indicating they found it very beneficial attending the Seniors Festival. As a result of attending the Seniors Festival, 69% said they felt their social connections had improved, whilst 73% indicated they were more aware of services available for older people following their involvement in the Festival.



"Thank you to the Foundation for putting together such a fantastic collection of memories".

Project Partner Feedback

At the conclusion of the Seniors Festival project partners were also invited to complete a survey. Partners expressed gratitude Council's coordination of the Festival, promotion and marketing, as well as financial support received to assist in the delivery of events and activities. We also received constructive feedback through this process that will help us improve and refine the Seniors Festival in future years.



Funding

In 2021/2022 the budget allocated to deliver the Seniors Festival increased from \$6000 to \$8000. Festival partners were invited to apply for funding up to \$500 to support the delivery of their Seniors Festival events and programs. In total, \$4,500 was dispersed to partners to Allocated funding was also used to produce 3000 hard copy Seniors Festival guides that included event information. Guides were available from Customer Service, Stanton library and via our community centres. Community Connect also distributed the Seniors Festival guide to their clients.

"Funding was imperative for our events to be free, and we are very grateful for assistance of North Sydney Council to enable this to happen".



SENIORS
Cheese and all the good and friends and friends morning tea forward to s
1 APRIL | North Sydn Street, Nor
F
9922 2299
www.north:





Welcome to the 2022 Seniors Festival.

Our experience of the COVID-19 pandemic has truly underscored the importance of social connections at all stages, but especially later in life. A lot of older people were left feeling lonely and isolated during extended stay-at-home periods. Being away from loved ones is not easy. Thankfully, this year's Seniors Festival is all about rediscovering these important links. The theme is reconnect and here in the North Sydney area there will be over 40 creative, inspiring, educational and fun filled events. Some of these include a Mexican fiesta, a garden party luncheon, sewing and tai-chi classes, an introduction to acrylic painting and a BBQ at the Men's Shed.

These free events and activities for people aged 60 and over are all about recognising and celebrating the contribution this important group makes to society every day. From the grandparents who help care for little ones and the volunteers who keep our community programs afloat, to every one of you who imparts their wisdom and life experience onto the next generation, you are all loved and valued. During the festival, I hope you discover a new experience to enjoy, a new friend to share a laugh with or a new hobby to keep you busy.

North Sydney Mayor Zoë Baker

LEARNING TO LIVE WITH THE CERTAINTY OF A PANDEMIC

Leading expert Mirella Di Genua from the Resilience Centre for an online talk about how to maintain resilience and learn to live with the ongoing uncertainty of the pandemic. Mirella is a health professional, facilitator, stakeholder engagement and change management specialist.

APRIL | 10am to 11.30am

ONLINE



06 8195
www.trybooking.com/BXAVX



1/board-



Street, North Sydney



9922 2299
www.northsydneycentre.com.au



Street, North Sydney



9922 2299
www.northsydneycentre.com.au



Attachment 8.12.2 ONLINE



9936 8195
www.trybooking.com/BXF



1

2022

1
220 Miller
J a cuppa...
idents staff
y for a free
greet. Look

2022 JOINT COUNCIL EVENTS ONLINE			
DATE	TIME	TITLE & SPEAKER	BOOKING LINK
Tuesday 22 March	10am to 12pm	Scams Awareness Senior Constable Colin Mitchell from Ku-ring-gai Local Area Command will help you recognise the latest on-line scams, and show you the best way to respond to these. We will also look at phone and door-to door scams.	https://www.trybooking.com/BXEBX
Wednesday 23 March	12.30pm to 1.30pm	Building Resilience and Positive Wellbeing Led by Andrew Marselos, co-founder of It Takes a Team, and the co-chair of the Sydney North Health Network's Community Council, will facilitate an interactive workshop on building resilience and wellbeing. The session will give you actionable steps to implement in your own life.	https://uso2web.zoom.us/j/9501234567
Friday 25 March	10am to 11.30am	Managing your COVID-19 Digital Certificate Join Ian Cuthbertson from IT 4 Retirees and learn how to create a myGov account and link affiliated services such as your Medicare record. Once this is done, you will be able to access your digital certificate including your booster details and print or save it locally.	https://uso2web.zoom.us/j/9501234567
Tuesday 29 March	10am to 11.30am	Navigating Aged Care Services Presented by Felicity Rogers from Carers NSW, this information session will help you to understand federally funded aged care services. The presentation will include information on; What is My Aged Care? Services and support available and how the assessment process works. Home care packages, as well as aged care facilities. There will be plenty of time for Q&A	https://www.trybooking.com/BWWIW
Thursday 31 March	10am to 11.30am	Scams - Staying Safe Online Do you feel anxious every time you go online in case you become a victim of cybercrime? If so, join Nick Baron from IT 4 Retirees as we explore helpful strategies, useful tools and basic guides to arm you with the information needed to protect & keep your personal details secure online. Learn how to recognise a scammer knocking on your door or identify a fraudulent call, text or email to help you stay safe. Discover easy ways to manage your passwords on all devices to keep one step ahead of these dishonest people. An hour of your time could save you thousands!	https://uso2web.zoom.us/j/9501234567
Thursday 31 March	12.30pm to 2pm	Ageing Well and Choosing an Aged Care Home Professor Susan Kurrle, eminent geriatrician will be coming to us live to discuss how to age successfully and what options are available when you can no longer stay at home. (Supported by Local Councils in the Northern Sydney region)	2022 Healthy Ageing Webinar by Prof. Susan Kurrle Willoughby City Council (nsw.gov.au)
Monday 4 April	10.30am to 12pm	Elder Abuse - What you need to know Join this essential webinar to raise your awareness about elder abuse including its prevalence, how to spot it, and where you can report it and get help. Presented by Leading Senior Constable Sandra Fraietta from the Northern Beaches Police Crime Prevention Unit.	trybooking.com/BXFAC





**24 MARCH
- 25 APRIL**

HEADING THIS WAY: RHONDA NELSON

In this series Rhonda reflects on living in the 2020s - for many of us a time with a sense of looming disaster brought on by global environmental threats, a pandemic and juggling too many balls in the air. The works are largely abstract, with a horizontal structure, a format suggestive of calm and balance.

24 MARCH - 26 APRIL |

9am to 5pm Monday to Friday excluding public holiday

InTransit Art Space, Council Chambers, 200 Miller Street, North Sydney



BINGO AND TRIVIA

Walking past, you hear: "3 ... monkey on the tree!" Should you duck for cover? Don't worry it's our bingo and trivia host Olga, calling numbers. After bingo, challenge yourself with lively trivia. Chocolates for winners.

**29 MARCH |
10.30am to 12pm**

Crows Nest Centre, 2 Ernest Place, Crows Nest



9439 5122
reception@crownsnestcentre.org.au



29

29

3:28 pm

EXPLORING STANTON LIBRARY'S APP

Have you downloaded the Stanton Library app yet? It is easy and convenient way to use the Library. Join our session during Seniors' Festival and enjoy exploring the Library app while you improve your technical skills.

**29 MARCH |
10.30am to 11.30am**

Stanton Library Conference Room (Level 2), 234 Miller Street, North Sydney



9936 8400
<https://events.humanitix.com/exploring-stanton-library-app>



YOUR ROTARY D-CAF

If you are a carer, family member or friend of someone who has dementia, Rotary D-Caf is a warm and welcoming place, where you can chat over a cuppa, try your hand at gentle exercises, games and puzzles.

23 MARCH | 10am to 12pm

Crows Nest Centre, 2 Ernest Place, Crows Nest



9439 5122
communitysupport@crownsnestcentre.org.au



23

MEN'S SHED ANNUAL OPEN DAY AND BBQ

Interested in wood work? Looking to make a new hobby or some new friends. The Men's Shed Open Day is a great opportunity to drop in and see what happens at the Shed and talk to the members about projects they've been working on. A BBQ lunch will be served at midday.

**29 MARCH |
10.30am to 1.30pm**

North Sydney Men's Shed, Smootheny Park Scout Hall, Russell Street, Wollstonecraft



partial, private road
entrance from 14 Russell St



29

28

KNIT AND NATTER

Art therapy is a creative way for seniors. If you have a passion for knitting or crochet, are a recent convert or are simply wondering where to begin, come along and we'll get you started. You can help us with a project, make squares or share your own handiwork.

**28 MARCH |
10.30am to 12pm**

Crows Nest Centre, 2 Ernest Place, Crows Nest



9439 5122
reception@crownsnestcentre.org.au



29

ANNUAL SENIORS FESTIVAL GARDEN PARTY LUNCHEON

The Kirribilli Centre's annual garden party luncheon is a popular event local seniors look forward to each year. This delightful event will be an opportunity to reconnect with other seniors who have been isolated throughout the pandemic. Book in early to reserve your spot as this event books out quickly.

29 MARCH | 12.30pm to 2pm

Courtyard, The Kirribilli Centre, 16-18 Fitzroy Street, Kirribilli



9922 4428
jo.harvey@kirribilli.org.au



NAVIGATING STANTON LIBRARY CATALOGUE

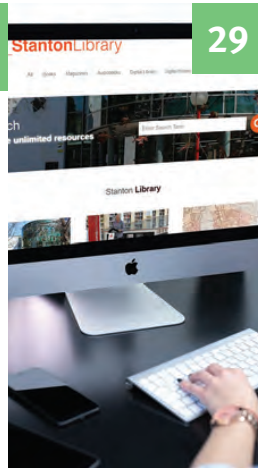
Reconnect with your beloved books. This workshop will show you how you can find, reserve and borrow your favourite books and movies as well as discover new titles and new authors.

29 MARCH | 2pm to 3pm

Stanton Library Conference Room (Level 2), 234 Miller Street, North Sydney



9936 8400
<https://events.humanitix.com/navigating-stanton-library-catalogue>



SAFER DRIVING FOR SENIORS SEMINAR

Hosted by North Sydney Council, this seminar will cover safer driving tips, the Older Driver Assessment, reducing risks, misunderstood road rules, safer reversing and alternatives to driving. Best suited for drivers aged 60 and over.

30 MARCH | 9.30am to 11.30am

North Sydney Council, Fred Hutley Hall, 200 Miller Street, North Sydney



9936 8295
Bec.Thomas@northsydney.nsw.gov.au



29

MEMORIES OF THE NEUTRAL BAY MUSIC HALL

Enjoy memories & music of the Music Hall. Refreshments provided. Surprise guests. Booking essential. Help us reconnect by sharing fond memories & photos.

29 MARCH | 2pm to 3.45pm

Seaborn, Broughton and Walford Foundation, Suite 10, 20 Young Street, Neutral Bay



9955 5444
carol.martin@sbwfoundation.com



30

HOME CARE PACKAGES: WHAT YOU'RE ENTITLED TO

Susan Le Roux from Neutral Bay's own Prestige Inhome Care will be available for one-on-one chats about Government-funded home care packages and answer questions about accessing the supports and services.

30 MARCH | 10am to 11am

Neutral Bay Community Centre, 190-192 Military Road, Neutral Bay



0401 751 086. For more information contact Susan Le Roux from Prestige Inhome Care susan@prestigeinhomecare.com.au



RECONNECT TO MINDFULNESS

Join our mindfulness coach to reconnect you with your inner calm. No experience necessary.

30 MARCH | 8am to 8.45am

Coal Loader Centre for Sustainability, 2 Balls Head Drive, Waverton



9936 8100
events.humanitix.com/north-sydney-seniors-festival-2022-30-march-mindfulness-meditation-8am



30

INTRODUCTION TO ACRYLIC PAINTING

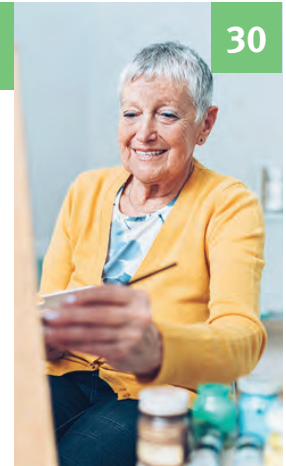
Reconnect with your passion for painting this Seniors' Festival with local artist Sandy Shilansky. No experience necessary! Come and join us for fun art activity. All materials will be provided.

30 MARCH | 10am to 11.30am

Stanton Library, 234 Miller Street, North Sydney



9936 8400
<https://events.humanitix.com/introduction-to-acrylic-painting>



30

30

HATHA YOGA, SCONES AND A CUPPA

Yoga cultivates health and wellbeing through postures and movement, breathing exercises and meditation. Participants can enjoy a delicious scone and cuppa following the class. All levels welcome.

30 MARCH | 9.30am to 10.30am and 11am to 12pm

Crows Nest Centre, 2 Ernest Place, Crows Nest



9439 5122
reception@crownsnestcentre.org.au



30

SENIOR'S OPEN DAY

Join Neutral Bay Community Centre for a day of celebrations and a chance to make new friends and reconnect with old ones. A delicious morning tea will be served from 10am with a raffle you won't want to miss. New members who sign up during the Seniors Festival (25 March - 3 April) will receive a discount of \$5 off membership. Normally \$20 per year.

30 MARCH | 10am to 2pm

Neutral Bay Community Centre, 190-192 Military Road, Neutral Bay



Partial, only the ground floor meeting room is accessible
 9953 6447 | info@nbaycommunity.com.au



RECONNECT TO GROW**30**

A walk and talk through the community gardens at The Coal Loader. Meet the volunteer gardeners and 'The Waverton Ladies Choir' (aka The Coal Loader Chickens). A chance to ask gardening questions and perhaps even join the group and create new connections.

**30 MARCH |
10.30am to 11.30am**

Coal Loader Centre for Sustainability,
2 Balls Head Drive, Waverton



9936 8100

**RECONNECT WITH YOUR LOCAL HERITAGE****30**

Join Historical Services staff and volunteers to rediscover Don Bank, the oldest timber house in North Sydney. Drop in for a guided tour of this special place, the stories it has to tell and the collections we preserve. Find out more about opportunities for volunteering. Discover helpful research resources for your own family or house history. Free, no booking required.

30 MARCH | 12pm to 3pm

Don Bank Museum, 6 Napier Street, North Sydney



9936 8400

localhistory@northsydney.nsw.gov.au
**30****STRENGTH AND STABILITY TALK**

Join Exercise Physiologist, Stephen Gammack who will be talking about the importance of strength and stability in our everyday lives. He will share tips and strategies to maintain strength and stability and the benefits for longevity.

**30 MARCH |
10.30am to 11.30am**

Neutral Bay Community Centre,
190-192 Military Road, Neutral Bay

9953 6447 | info@nbaycommunity.com.au**31****FELDENKRAIS, SCONES AND A CUPPA**

If you have aches or pains or your muscles feel stiff, Feldenkrais may help to improve the way you move, your balance and flexibility, and harmonise your body and mind. Connect with others, create a sense of community. Participants can enjoy a delicious scone and cuppa following the class. Beginners welcome.

31 MARCH | 9.45am to 10.45am

Crows Nest Centre, 2 Ernest Place,
Crows Nest



9439 5122

reception@crowsnestcentre.org.au
**TAI CHI DEMONSTRATION****30**

Watch a short demonstration on the ancient art of Tai Chi with our experienced tutor, Peter Kruger. Neutral Bay Community Centre offers two beginners and one intermediate class weekly. Classes are \$5 for members.

30 MARCH | 11am to 11.15am

Neutral Bay Community Centre,
190-192 Military Road, Neutral Bay



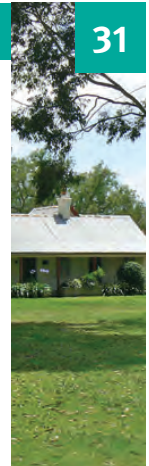
9953 6447

info@nbaycommunity.com.au
**RECONNECT WITH YOUR LOCAL HERITAGE****31**

Join Historical Services staff and volunteers to rediscover Sexton's Cottage Museum, the stories it has to tell and the collections we preserve. Find out more about opportunities for volunteering. Discover helpful research resources for your own family or house history. Join Council Historian Dr Ian Hoskins for a guided tour of St Thomas' Rest Park, the oldest burial ground on the North Shore (1.30pm to 2.30pm). Free, no booking required.

**31 MARCH | Museum open 1pm to 4pm;
Rest Park tour 1.30pm to 2.30pm**

Sexton's Cottage Museum and St Thomas' Rest Park,
250 West Street, Crows Nest

9936 8400 | localhistory@northsydney.nsw.gov.au**30****SIT AND SEW**

Join Sue Miller from the Fabric Garden in Neutral Bay for a creative sit and sew project at Neutral Bay Community Centre. All materials will be provided.

30 MARCH | 12pm to 1pm

Neutral Bay Community Centre,
190-192 Military Road, Neutral Bay



9953 6447

info@nbaycommunity.com.au
**1&2****NSCC SENIORS FEST 2022: MAKE WAY FOR SENIORS**

Over two days North Sydney Community Centre will be opening its doors as part of the 2022 Seniors Festival and offering a range of taster events. Some events have been listed but for a full list of what's on offer visit their website.

**1 APRIL | 9am to 2pm
2 APRIL | 8.30am to 5.30pm**

North Sydney Community Centre,
220 Miller Street, North Sydney



9922 2299

www.northsydneycentre.com.au


TAI CHI & QI GONG - SENIORS FESTIVAL SPECIAL



1

This Tai Chi & Qi Gong mindful exercise improves energy, creates inner harmony, strengthens mental energy and helps you to relax and have a peaceful mind. Great start to SeniorsFest 2022.

1 APRIL | 9.30am to 10.15am

North Sydney Community Centre, 220 Miller Street, North Sydney

F  B 

9922 2299
www.northsydneycentre.com.au

ESTATE PLANNING: FREE TALK BY JAMES KELLY FROM OWEN HODGE LAWYERS



1

James Kelly from Owen Hodge Lawyers, will discuss how to ensure both you and your family are protected through prudent estate planning including Wills, Powers of Attorney, Advance Care Directives and Enduring Guardians

1 APRIL | 11.30am to 12.30pm

North Sydney Community Centre, 220 Miller Street, North Sydney

F  B 

9922 2299
www.northsydneycentre.com.au

BOARD GAMES AND COFFEE



1

Reconnect with the pre-digital days of good old fashioned board games and chatter. Join us at the Library, we have your favourite old board games to play and meet new board game enthusiasts while you reconnect with past.

1 APRIL | 10am to 12pm

Stanton Library, 234 Miller Street, North Sydney

F  B 

9936 8400
<https://events.humanitix.com/board-games-and-coffee>

INTRODUCTION TO MINDFULNESS & MEDITATION: SENIORS ONLY



1

Meditation is a practice where one concentrates the mind on a particular object in order to focus and quiet the mind. It can reduce stress & anxiety, provide clarity, and can enhance our outlook on life.

1 APRIL | 12.15pm to 1pm

North Sydney Community Centre, 220 Miller Street, North Sydney

F  B 

9922 2299
www.northsydneycentre.com.au

MEXICAN FIESTA



1

Fiesta como si no hubiera un mañana: Party like there's no tomorrow and this event is sure to let you do just that.

Come and join us for a fun filled celebration with tasty Mexican snacks, lively games and trivia, musical entertainment and a delicious lunch.

1 APRIL | 10.30am to 1pm

Crows Nest Centre, 2 Ernest Place, Crows Nest

F  B 

9439 5122
reception@crownsnestcentre.org.au

SENIORS MORNING TEA 2022



1

Cheese and fruit, music, a chat, and a cuppa.... all the good things! Join tutors, students staff and friends of the NSCC community for a free morning tea and social meet and greet. Look forward to seeing you there.

1 APRIL | 11am to 11.30am

North Sydney Community Centre, 220 Miller Street, North Sydney

F  B 

9922 2299
www.northsydneycentre.com.au

2022 JOIN		
DATE	TIME	
Tuesday 22 March	10am to 12pm	Scams Awareness Senior Constable Colin Mitchell from Ku-ring-gai Local Area best way to respond to these. We will also look at phone ar
Wednesday 23 March	12.30pm to 1.30pm	Building Resilience and Positive Wellbeing Led by Andrew Marselos, co-founder of It Takes a Team, a facilitate an interactive workshop on building resilience and
Friday 25 March	10am to 11.30am	Managing your COVID-19 Digital Certificate Join Ian Cuthbertson from IT 4 Retirees and learn how to cr Once this is done, you will be able to access your digital ce
Tuesday 29 March	10am to 11.30am	Navigating Aged Care Services Presented by Felicity Rogers from Carers NSW, this informa presentation will include information on; What is My Aged Home care packages, as well as aged care facilities. There
Thursday 31 March	10am to 11.30am	Scams - Staying Safe Online Do you feel anxious every time you go online in case you be helpful strategies, useful tools and basic guides to arm you v Learn how to recognise a scammer knocking on your door o to manage your passwords on all devices to keep one step a
Thursday 31 March	12.30pm to 2pm	Ageing Well and Choosing an Aged Care Home Professor Susan Kurrle, eminent geriatrician will be coming you can no longer stay at home. (Supported by Local Coun
Monday 4 April	10.30am to 12pm	Elder Abuse - What you need to know Join this essential webinar to raise your awareness about e and get help. Presented by Leading Senior Constable Sand

BEHIND THE SCENES PRODUCE MARKET TOUR - SENIORS ONLY

2

Join devoted food advocate and chef Tawnya Bahr on an engaging behind the scenes tour of Northside Produce Market. Meet the producers, listen to their stories and be inspired. Seniors Only, Free Tour!

2 APRIL | 8.30am to 9.30am

North Sydney Community Centre, 220 Miller Street, North Sydney



9922 2299
www.northsydneycentre.com.au



ALL YOU NEED IS LOVE: BEATLES SING ALONG

2

You know the words. You love the tunes. Let's sing them together! Join Christina Mimocchi with guitar for a two-hour singalong of your favourite Beatles songs.

2 APRIL | 3.30pm to 5.30pm

North Sydney Community Centre, 220 Miller Street, North Sydney



9922 2299
www.northsydneycentre.com.au



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FIVE-PHOTOS-FIVE-HUNDRED: BEGINNING YOUR LIFE REVIEW

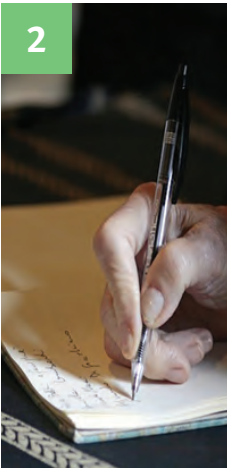
It's said that a picture tells a 1,000 words... and in this writing workshop you'll make a substantial start on your life-review using guided exercises and insights to write at least 500 words per picture.

2 APRIL | 11am to 3pm

North Sydney Community Centre, 220 Miller Street, North Sydney



9922 2299
www.northsydneycentre.com.au



5

LEARNING TO LIVE WITH THE UNCERTAINTY OF A PANDEMIC

Join leading expert Mirella Di Genua from the Resilience Centre for an online talk about how to maintain resilience and learn to live with the ongoing uncertainty of the pandemic. Mirella is a health professional, facilitator, stakeholder engagement and change management specialist.

5 APRIL | 10am to 11.30am

ONLINE



9936 8195
www.trybooking.com/BXAVX



JOINT COUNCIL EVENTS ONLINE

TITLE & SPEAKER	BOOKING LINK
Local Area Command will help you recognise the latest on-line scams, and show you the phone and door-to-door scams.	https://www.trybooking.com/BXEBX
a Team, and the co-chair of the Sydney North Health Network's Community Council, will discuss resilience and wellbeing. The session will give you actionable steps to implement in your own life.	https://uso2web.zoom.us/j/96121222222
how to create a myGov account and link affiliated services such as your Medicare record, digital certificate including your booster details and print or save it locally.	https://uso2web.zoom.us/j/96121222222
information session will help you to understand federally funded aged care services. The session will discuss: My Aged Care? Services and support available and how the assessment process works. There will be plenty of time for Q&A	https://www.trybooking.com/BWWIW
Do you become a victim of cybercrime? If so, join Nick Baron from IT 4 Retirees as we explore how to protect you with the information needed to protect & keep your personal details secure online. We will discuss how to identify a fraudulent call, text or email to help you stay safe. Discover easy ways to stay one step ahead of these dishonest people. An hour of your time could save you thousands!	https://uso2web.zoom.us/j/96121222222
Are you coming to us live to discuss how to age successfully and what options are available when you live in the Northern Sydney region?	2022 Healthy Ageing Webinar by Prof. Susan Kurrle Willoughby City Council (nsw.gov.au)
Learn more about elder abuse including its prevalence, how to spot it, and where you can report it. Join Sandra Fraietta from the Northern Beaches Police Crime Prevention Unit.	trybooking.com/BXFAC





Attachment 8-12.2

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MEXICAN FIESTA

Fiesta como si no hubiera un mañana: Pe like there's no tomorrow and this even sure to let you do just that.

Come and join us for a fun filled celebrat with tasty Mexican snacks, lively games & trivia, musical entertainment and a delici lunch.

1 APRIL | 10.30am to 1pm

Crows Nest Centre, 2 Ernest Place, Crows Nest



9439 5122
reception@crowsnestcentre.org.au



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SENIORS

Cheese and all the good and friends morning tea forward to:

1 APRIL |

North Sydn Street, Nor



9922 2299
www.north

