

## Booming: Ageing Well

Ageing is one of humanity's greatest triumphs, yet the perception of 'getting older' remains one of great negativity. Join author Marcus Riley to discuss Booming, the positive, inspirational and essential guide for Australians to live well in older age.

**Wednesday 13 February, 11am - 12pm**

### Dee Why Council Chambers, Civic Drive

Light refreshments provided  
Parking available outside Dee Why Library or in the PCYC

**Bookings:** [northernbeaches.nsw.gov.au](http://northernbeaches.nsw.gov.au)

**Enquiries:** 02 9976 1739 or email [libraryevents@northernbeaches.nsw.gov.au](mailto:libraryevents@northernbeaches.nsw.gov.au)

## Going Green with Peter Rutherford

Get ready to go green with local gardening personality Peter Rutherford. A guest and presenter on Gardening Australia and the Senior Eco Gardener at Kimbriki Eco House and Garden for over 20 years. Peter will discuss how you can introduce sustainability practices into your garden and everyday life.

**Wednesday 13 February, 10am**

**Dee Why Gardens, 155 Fisher Rd North, Dee Why**

**Friday 1 March, 10am**

**Pittwater Village, 16-32 Mona Vale Road, Mona Vale**

Light refreshments provided. Advise dietary concerns

Parking available on Mona Vale Rd

**Bookings:** Pittwater Village on 02 9979 6045

**Bookings:** Dee Why gardens on 02 9971 8255 or email [Robyn.stevens@lendlease.com](mailto:Robyn.stevens@lendlease.com)

## Fun on the Greens

Carers and care recipients are invited to a special dementia friendly Barefoot Bowls and BBQ. Take off your shoes, throw a few bowls and celebrate Seniors Festival with an afternoon of fun and food. An open discussion with our guest speaker will provide an opportunity to hear invaluable advice on life management and care.

**Friday 15 February, 3 - 5pm**

### Newport Bowling Club, cnr Barrenjoey & Palm Roads, Newport

**Bookings:** 0430 179 144 or email [natasha.k@hiscsydnorth.com.au](mailto:natasha.k@hiscsydnorth.com.au) before Friday 1 February

## Tic Toc Tec - Time

The digital age- When did it all begin? Where are we now? What's in store? Chat with the experts and be amazed. Listen to presentations on the latest topics, bring your queries to the Q & A desk or experiment with devices. Invite friends and family of any age. Bring a picnic lunch or register for a light luncheon.

**Saturday 16 February, 11am - 2.30pm**

### North Curl Curl Community Centre, Abbott & Griffin Roads, Curl Curl

Free parking available  
**Bookings:** 0418 288 005 or email [judy\\_elias@optusnet.com.au](mailto:judy_elias@optusnet.com.au)  
**Transport:** 136 bus



## Destination Sydney: Re-imagined Exhibition

Enjoy tea and scones overlooking Manly Cove, then a walk through the blockbuster exhibition with Gallery Director Michael Hedger. He will discuss the work of the three featured artists; Ethel Carrick Fox, Adrian Feint and Ken Done.

A unique collaboration of Manly Art Gallery & Museum, Mosman Art Gallery and S.H. Ervin Gallery.

**Monday 18 February, 10 - 11.30am**

### Manly Art Gallery & Museum, West Esplanade Reserve, Manly

**Bookings:** 02 9976 1421 or email [artgallery@northernbeaches.nsw.gov.au](mailto:artgallery@northernbeaches.nsw.gov.au)  
Numbers strictly limited to 60 guests

## Inspiring Seniors Exercise, Sport and Dance Expo

Put your best foot forward for a new Lease on life and be part of a day all about you, your health, exercise, sport and dance.

There will be educational briefs, exhibition stands to tinker around and fun demonstrations! You can try out exercise and dance or be a spectator and simply relax and absorb the light energy of the day over lunch or coffee!

Don't miss your chance to win \$500 in the Lendlease competition on the day. Terms and conditions apply and will be available at the stand.

**Tuesday 19 February, 10am - 2pm**

### PCYC, 40 Kingsway, Dee Why (nearest cross street Fisher Road)

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Beverages and light lunch provided

**Bookings:** For more information please call Charlene Crocker 0408 534 229 or Denise Tomlinson 0437 232 935

Parking at PCYC - access from Civic Parade

## Having FUN is the Key

As part of CCNB's Information, Advice and Guidance Conversation Series, we explore the power of play and fun for older adults. The importance of play can't be overstated, which is true for everybody, but particularly true for seniors. As we age, we may be prone to issues that will affect our health and happiness. Any activity that helps us restore or prolong our vitality is essential.

**Wednesday 20 February, 10.30am - 12pm**

### Forestville RSL Club, 22 Melwood Ave, Forestville

Light refreshments  
Parking onsite

**Bookings:** [ccnb.com.au/events/](http://ccnb.com.au/events/)  
**Enquiries:** 1300 002 262 or email [ccnb@ccnb.com.au](mailto:ccnb@ccnb.com.au)



## Fridays with my Folks

Join author and journalist Amal Awad as she explores the challenges of ageing and illness from her personal experience. Amal approaches these themes with humour, humanity and honesty.

**Wednesday 20 February, 6.30 - 7.30pm**

### Forestville Library, Starkey Street, Forestville

Refreshments provided  
Limited parking available

**Bookings:** [northernbeaches.nsw.gov.au](http://northernbeaches.nsw.gov.au)  
**Enquiries:** 02 9976 1739 or email [libraryevents@northernbeaches.nsw.gov.au](mailto:libraryevents@northernbeaches.nsw.gov.au)

## Piano Forte

Watch a screening of the play Piano Forte, which explores legal issues for older people. A discussion with an expert panel will follow.

**Wednesday 20 February, 12 - 2pm**

### Manly Library, 1 Market Place, Manly

Refreshments provided  
Parking available in Council car parks and close to public transport

**Bookings:** [northernbeaches.nsw.gov.au](http://northernbeaches.nsw.gov.au)  
**Enquiries:** 02 9976 1739 or email [libraryevents@northernbeaches.nsw.gov.au](mailto:libraryevents@northernbeaches.nsw.gov.au)

## Poetry Workshop

Join author and lecturer Mark Tredinnick as he begins your journey in the art of writing poetry.

**Thursday 21 February, 10 - 11.30am**  
**Manly Library, 1 Market Place, Manly**

**Thursday 21 February, 1 - 2.30pm**  
**Glen Street Library**

Refreshments provided  
Parking available outside Glen Street Library  
**Bookings:** [northernbeaches.nsw.gov.au](http://northernbeaches.nsw.gov.au)  
**Enquiries:** 02 9976 1739 or email [libraryevents@northernbeaches.nsw.gov.au](mailto:libraryevents@northernbeaches.nsw.gov.au)

## Art and Craft Exhibition

Dee Why School for Seniors showcase the beautiful and unique works created over the past year by their members. This includes a variety of painting and crafts, with many items available for purchase. There will also be a variety of demonstrations of craft making and painting.

**Friday 22 February and Saturday 23 February**  
**10am - 4pm**

**Oaks Room, Dee Why RSL, Pittwater Road, Dee Why**  
**Enquiries:** 02 9453 2762 or email [deewhyschoolforseniors.org](http://deewhyschoolforseniors.org)

## Express Yourself Expo It's never too late!

An expo about finding your voice, developing passions and getting started! Whether it's being creative, singing in a choir, writing your memoirs or joining a cooking or gardening group – discover a new way to express yourself. Entertainment includes a comedian, The BIG Sing and The Third Age Rock Orchestra. Workshops: Enhancing your personal style, Writing your Memoirs and Expressing Yourself as a Bloke.

**Friday 22 February, 10am - 2pm**

**Dee Why RSL, 3rd floor, Pittwater Road, Dee Why**  
No booking necessary – however seniors receive a \$10 lunch voucher prior to noon  
**Enquiries:** 02 9942 2563



## Walking Tour of Cemetery and Life Journey Seminar

This is a truly unique opportunity to take a guided tour through this beautifully located cemetery and hear many of the fascinating stories associated with the area.

The 'End of Life Matters' seminar follows the walk and will provide expert advice on practical ideas for planning ahead. This will help safeguard that your particular wishes are fulfilled.

**Saturday 23 February**  
**Frenchs Forest Cemetery, 1 Hakea Cres, Davidson**

**9.30am**  
Cemetery Walking Tour  
**10.30am**  
Morning Tea  
**11am**  
End of Life Matters Workshop (1 hour)

You are welcome to attend one or both events  
**Bookings:** 02 9451 6204 or email [info.ffbc@northerncemeteries.com.au](mailto:info.ffbc@northerncemeteries.com.au)

## Has modern technology improved our quality of life?

Love it or hate it – it's here to stay! Spirited speakers with different attitudes will debate how technology has improved or complicated their lives. Peter Nixon, Harvey Broadbent, Mike Williams and Julie Sutton J.P. will provide a robust and entertaining discussion on this contentious subject. Rosemary McCulloch will chair and audience participation is warmly welcomed.

**Monday 25 February, 10am - 1.30pm**

**Lakeview Hall, The Tramshed, Narrabeen**  
Morning tea will be served  
**Bookings:** 0448 095 958 or email [ramccull@gmail.com](mailto:ramccull@gmail.com)

## Do it YOUR way - at home

Planning for the last chapter in life is essential and for many of us, we want this to be in our own home. Our presenters will provide information and advice regarding the practical concerns of ageing such as: legal and financial issues, navigating grief and loss, end of life care and funeral and burial choices. Join us in this beautiful venue to discuss these important topics

**Thursday 28 February, 10:30am - 12pm**

**Long Reef Golf Club, Anzac Avenue, Collaroy**  
Light refreshments available  
Parking available  
**Bookings:** [ccnb.com.au/events/](http://ccnb.com.au/events/)  
**Enquiries:** 1300 002 262 or email [ccnb@ccnb.com.au](mailto:ccnb@ccnb.com.au)

# Seniors Festival February 2019

Love your life

