

Seniors eNewsletter

Spring 2023



Welcome to the Spring edition of the **North Sydney Seniors eNews**. Make the most of this gorgeous weather and enjoy the variety of activities from textiles to cooking, talks and fitness classes there is sure to be something for everyone!

SIT & STITCH WITH SYDNEY TEXTILES



In conjunction with our **Ridge Street Window Gallery** exhibition, **Textiles Sydney** members will host a special **Sit & Stitch** evening at **Stanton Library**.

The community stitching project **Fabric for a Feast** started in 2015 as a never-ending project to make a never-finished tablecloth from an antique linen sheet found in a Pyrenean village. Since the project began community members of all ages and backgrounds have embroidered the tablecloth.

Be part of this project by adding your own stitches to the community fabric. No experience required.

Stanton Library. Free session
Thurs, 16 November 6 - 7.30pm
Bookings required

BOOKINGS: SIT & STITCH

TOUR THE HISTORICAL COAL LOADER



Led by one of the Coal Loader's dedicated volunteers, learn the secrets of the past, visit the hidden gems of the site and learn about the Coal Loader's transition from industry to Sustainability Centre [Centre for Sustainability](#).

Tours begin at the Genia McCaffery Centre (aka The Cottage). All abilities welcome.

Coal Loader Centre for Sustainability. Free
1st & 3rd Saturday of the month 10.30am - 12pm
Bookings required

BOOKINGS: COAL LOADER TOUR



Ridge Street Window Gallery is located at 43 Ridge Street North Sydney. Exhibitions can be viewed from the street daily until 10pm.

- Current exhibition **Primrose Park Art & Craft Centre Member Group Exhibition** from 6 October - 20 November
- Future exhibitions 24 November - 8 January **Janet Parker-Smith**
- **Alma & Brett Studholme** 12 January - 26 February

RIDGE STREET WINDOW GALLERY

PROTECT YOURSELF ONLINE



Your identity is important. Learn how to protect it!

Every year millions of Australians are victims of data breaches and identity crime. It can be difficult to know what to do and where to find information.

In this session presented by ID Support NSW, receive advice on:

- how to spot a scam
- why cybersecurity is important
- what to do if a cyber incident occurs
- the benefits of creating strong passwords.

Stanton Library. Free session

Wed, 8 Nov 2023 10:30am - 11:30am

Bookings required

BOOKINGS: PROTECT YOURSELF ONLINE

LAW TALK: WILLS & ESTATES



Be guided by solicitor Paul Etherington through the following points on how to best plan your will:

- Consequences of not having a will
- Administering an estate
- The role of an administrator or executor
- Challenging a will
- Powers of attorney
- Binding nominations in your superannuation fund

Stanton Library. Free session

Thursday, 23 November 2023 5.30pm - 6.30pm

Bookings essential

BOOKINGS: WILLS & ESTATES

FAMILY HISTORY HELP DESK



Our friendly and knowledgeable volunteers provide one-on-one assistance with researching family history, using the library's online and physical resources. Bring along any information you already have and an idea of what you would like to find out.

The Family History Help Desk is open by appointment on Fridays 10am-12pm in the North Sydney Heritage Centre, Stanton Library Level 1. Free sessions.

Stanton Library. Free sessions

Friday's 10am - 12pm

Bookings essential (02) 9936 8400 or library@northsydney.nsw.gov.au

FAMILY HISTORY HELP DESK

SENIORS STRENGTH AND BALANCE



The popular Strength & Balance class, for Seniors runs each Friday. The class teaches proven exercises to increase your strength, balance, core stability and overall physical capability. This class is for any senior wanting to build or improve on their current balance and strength. It is ideal for helping with everyday activities.

Ideally the class is for the 60+ age range, who need to concentrate on strength and balance. We have chairs available should these be needed for those who are beginners or need to build up core strength.

The Kirribilli Centre. \$5 per class
Fridays 2pm - 3pm and 3pm - 4pm
Bookings required (02) 9922 4428

BOOKINGS: STRENGTH & BALANCE

STRETCH AND BREATHE



The class focuses on gentle stretches and breathing exercises that help to alleviate stiffness, increase range of motion of the joints, and encourages relaxation and stress reduction.

Neutral Bay Community Centre. \$12 per
class Fridays 9.50am -
10.35am
Bookings required (02) 9953 6447

BOOKINGS: STRETCH & BREATHE

YOU CAN DRAW ANYTHING



This compact course opens up the secrets and fundamentals of drawing in a way that is accessible and fun. Week by week build upon acquired skills to provide an overview of the art of drawing. Insights and guidance are provided to improve your drawing painlessly and ensure that drawing holds no fear. Learn how to capture the essence of what you observe and create drawings that are vibrant and convincing! Course content includes: faces, hands and figures; proportions and anatomy.

North Sydney Community Centre
Fri, October 20, 10am - 1pm. 4 week course
\$160. Bookings essential

**BOOKINGS: YOU CAN DRAW
ANYTHING**

YOUR ROTARY D-CAF



The Rotary Clubs of Crows Nest, Northbridge, North Sydney and North Sydney Sunrise invite you to a monthly cafe especially for people with dementia, their families and carers. Enjoy gentle exercises, hear from guest speakers, try your hand at a game or puzzle, chat over a morning cuppa' and share your experiences with others who understand.

Crows Nest Centre

4th Wednesday each month (Feb to Nov). 10am - 12pm.

Free session. Enquiries 02 9439 5122

INFO: YOUR ROTARY D-CAF

CYBER CRIME PREVENTION: FREE TALK



In 2022, Australians reported more than \$3 billion lost to fraudulent activity through a variety of scamming and cybercrime schemes. Older Australians are often targeted by scammers and account for the highest demographic of financial loss. NSW Police will deliver a Scamming and Cybercrime presentation to raise awareness about how to recognise, avoid and report scams. Don't miss this free community talk to increase safety awareness in our community.

North Sydney Community Centre. Free session
Fri, November 24, 10.30am - 12pm
Booking recommended. Walk ins welcome

BOOKINGS: CYBER CRIME PREVENTION

AGED CARE: WHAT YOU NEED TO KNOW



The aged care system is complex. Myths and misunderstandings abound. To sort out fact from fiction invest an hour attending our Planning for aged care seminar. This free talk is presented by Karen Vickers, Principal of Auxilliam, and open to everyone in the community. This community education session is helpful advice to families and their elderly parents. There will be time at the end of this presentation for questions.

Find out

- What aged care services are available
- The real costs of residential aged care
- What payment options are available
- Strategies to cover costs and achieve the best financial outcome for you and your family

North Sydney Community Centre. Free session
Fri, November 3, 10-11am
Bookings recommended

BOOKINGS: AGED CARE WHAT YOU NEED TO KNOW

SCONES & TEA WITH BARBARA SWEENEY



Join **Barbara Sweeney** in this special scone making class where you make batches of scones using ingredients bought direct from farmers – yes, even the wheat – and cook recipes from different cookery writers' recipe books, designed to showcase different methods of making scones, plain and fancy.

Banter over a cup of tea about whether scones should be served with butter or cream, or both.

North Sydney Community Centre. \$100

Fri, November 24, 10am - 1pm

Bookings required

BOOKINGS: SCONES & AFTERNOON TEA

ART FOR WELLBEING



Bring your creative spirit to life in this wonderful nature-based art making session. Make your own art tools with sticks, feathers, rocks, seed pods and leaves and use paints to make your mark. Let go and be free....relax, enjoy and connect with others in a welcome and safe place. In this soothing artmaking session with Mara, you are invited to practice mindful artmaking, letting go of expectations allowing the nature items to make their mark through you!

North Sydney Community Centre. \$75
Sat, October 21, 2-4pm
Bookings required

BOOKINGS: ART FOR WELLBEING

ONE ON ONE COMPUTER LESSONS



Looking to develop your compute and IT skills? Weekly lessons are provided one-on-one which means you have the undivided attention of the trainer. Lessons cover computers, laptops, phones and iPad's and run on Saturday's 12pm-5pm. \$5 per class.

The Kirribilli Neighborhood Centre
Saturday's 12pm-5pm
Bookings required (02) 9922 4428

SCRABBLE AND SCONES



Looking for something to do on Tuesday's? Come and join us for Scones and Scrabble at the **Kirribilli Neighbourhood Centre**.

This is a fun way to meet people, have fun and enjoy a lovely scone or two!

We will provide the scrabble boards and the scones. We just need you! Grab a friend

and come along or come by yourself.
We'd love to see you.

The Kirribilli Neighborhood Centre
Tuesday's 10am - 2pm
Bookings required (02) 9922 4428 Free