



TWEED SHIRE SENIORS WEEK

21 – 28 MARCH 2010

Take some time out to learn something new, be adventurous or simply get together with friends – there's something for everyone!



SUNDAY 21 March

Launch of Tweed Shire Seniors Week 2010 - 2 - 4pm Aveo Mountain View Retirement Village, Ingram Place, off North Arm Road, Murwillumbah. Afternoon tea and entertainment. No charge - bookings essential - (02) 6670 2674 (Village residents should also book).

MONDAY 22 March

Morning tea and entertainment at Cabarita Beach Sports Club with PCYC band Cabarita Road, Bogangar presented by Tweedlesea Seniors Day Club 10.30am no cost. Bookings essential. Lorraine (02) 6676 3351 or Helen (02) 6676 0076.

Northern Breeze Bus Tour of Mt Tamborine and Sanctuary Cove. Departs Civic Centre, Brett Street, Tweed Heads 8.30 am. Cost \$20 includes homemade morning tea – lunch at Gallery Walk at own expense. Bookings essential - call Rob Courtney (07) 5524 2264 Monday-Friday 6-7pm.

Seniors Surfing the Net-Information sessions at Richmond-Tweed Regional Libraries. Basic introduction to the internet, how to search, how to set up an email account, send and receive emails. Come along to a one hour session and the library staff will help you surf the worldwide web. Bookings essential. To attend a session at Kingscliff Library, Turnock Street, Kingscliff phone (02) 6674 1607, Tweed Heads Library, Civic Centre, Brett Street, Tweed Heads phone (07) 5569 3150, or Murwillumbah Library, Civic Centre, Tumbulgum Road, Murwillumbah) phone (02) 6670 2427. Session times arranged to suit participants.

Tea Plantation tour and afternoon tea at Madura Tea Estate, 753 Clothiers Creek Road, Clothiers Creek. Tour begins at 1.30pm. Cost is \$5, which includes afternoon tea and a special goody bag. Bookings essential - please phone Justine at Madura on (02) 6670 6000. Closed-in shoes must be worn. Tour is unsuitable for frail-aged / wheelchairs. Thanks to the Murwillumbah Services Club and RSL Sub Branch, limited transport will be available free from Murwillumbah for those who have no other way of getting there. Bus will leave the club's covered carpark at 12.45pm sharp.

SNS: Social Networking Seniors - Seniors with basic computer skills will learn to use social networking sites such as Facebook, Twitter and Live Journal. Two hour sessions, either 10am -12 noon, or 1 - 3pm held at Pottsville Beach Technology Centre, Pottsville Beach Neighbourhood Centre, 12a Elizabeth Street, Pottsville. Bookings essential. Contact Rosemary Nissen-Wade (02) 6676 4555.

Free Variety Concert Coolangatta Seniors Hall – 2 Gerrard Street, Coolangatta at 2pm featuring DAVO comedian impressionist. BYO nibbles, bottomless tea/coffee \$1.50. For information call (07) 5536 4050.

TUESDAY 23 March

Activities at Banora Point Community Centre: cards - canasta, bolivia and pony - tuition available. Cnr Leisure and Woodlands Drive, Banora Point. Bookings essential, Lyn Porter (07) 5523 2030 1pm-4.30pm afternoon tea.

Beyond Maturity Blues - COTA Education Session - increase your awareness/ understanding of Depression with Jan Fitzgerald -1.30pm-2.30pm, Banora Point Community Centre, Cnr Leisure and Woodlands Drive, afternoon tea, bookings essential, Lyn Porter (07) 5523 2030.

An evening of entertainment and fashion presented by Tweed Heads Branch of Australian Red Cross. From 7pm-11.30 pm in the Auditorium, Tweed Heads Civic and Cultural Centre, Brett Street, Tweed Heads. Entertainment provided by Glen Brace, Zane Kingi, Liza Beamish. Fashions by City Beach, Casuals on Griffith, Sugar T., Generation J and Noni B.; door prizes and raffle. Tickets \$20 (\$15 concession) Bookings essential - Marie Ivos (07) 5590 4430 or Carol Reddacliff (07) 5536 8569.

Just for You - Concert with Variety Plus (old-time singing and dancing) plus morning tea, art exhibition and local business displays at Banora Point Community Baptist Church, 19-21 Corporation Circuit, Tweed Heads South 10am-12 noon cost \$5 single \$8 double. Bookings not essential. Information Win Bruce (07) 5524 3738.

Kingscliff TAFE luncheon, Cudgen Road, Kingscliff 12 noon. Three-course meal prepared by hospitality students and served in the Caldera Restaurant. Bookings essential - Phil Fischer (02) 6674 7240 9am - 3pm. Cost \$12.50 per person, pay at door. Please arrive at 11.45am.

Come to have a look at Lifeball being played at the Tweed Supersports Centre, Chinderah Bay Drive, Chinderah 9 -11.30am. An opportunity to talk to players about how to get involved with this game, similar to netball, played at a walking pace for Seniors. No cost - no bookings necessary.

Lindisfarne luncheon 12.30pm - Lindisfarne Anglican Grammar School, Mahers Lane, Terranora. Lunch prepared and served in the chapel by students. Tickets \$10. Bookings essential - (02) 6670 2674 (Do not phone school - no special diets catered for). For payment and ticket collection - see end.

Northern Breeze Bus Tour - Port of Brisbane. Departs Civic Centre, Brett Street, Tweed Heads 8.30am cost \$20 includes morning tea. Lunch at Wynnum RSL, (own expense). Bookings essential - Rob Courtney (07) 5524 2264 Monday-Friday 6-7pm.

Seniors Surfing the Net - Information sessions at Richmond-Tweed Regional Libraries Basic introduction to the internet. Please see details for Monday 22 March.

Tweed Endeavour Cruises - Rainforest Cruise 10.30am - 12.30pm. Two hour Tweed River and Terranora Inlet cruise with morning tea, bird feeding and local historical commentary. Departs Tweed Marina, River Terrace, Tweed Heads Cost \$26. Bookings essential - (07) 5536 8800.

Tweed Heads Bowls Club invites you to come along and play bowls on an indoor green. Free instruction. Morning tea available 11am -1pm. Bookings not essential however groups should book - (07) 5536 8498 (No wheelchair access to green).

Condong Public School - Grandparents Day 9.45am 77 McLeod Street, Condong. School assembly and class visits. Seniors requested to bring something to show and tell from the past and be prepared to answer students' questions. Special morning tea. On street parking. Free. Bookings essential - (02) 6672 2390.

WEDNESDAY 24 March

Mobile Phone workshop- 3pm-4pm learn how to use technology the easy way Banora Point Community Centre cnr Leisure and Woodlands Drive, Banora Point Bookings essential - Lyn Porter (07) 5523 2030.

Ballroom Dancing Exhibition - 11.30am - 3pm South Tweed Community Hall, Heffron Street, Tweed Heads South. Light lunch served – raffles, lucky door prize. Tickets \$10 - Book with Doreen Welsh, Twin Towns Friends (07) 5524 1841.

Fill your Seniors Moments in Banora - Information on activities and community groups open to Seniors in the Banora Point area - from 10am to 1pm. Held at Hec Beswick Park, on Lake Kimberley, (north side of lake) Winders Place (off Leisure Drive) Banora Point. No cost. Bookings not essential. Information Kristen Forster (02) 6670 2527.

Learn to Sail Day with Twin Towns Radio Yacht Club at Hec Beswick Park, on Lake Kimberley, (north side of lake) Winders Place, Banora Point. 10am - 1pm. Instruction provided on sailing one-metre remote control yachts. Boats provided. No experience necessary. Spectators welcome. No charge. No bookings required. Information Richard Harradine (07) 5523 4324 or 0428 770 098.

Murwillumbah Public School senior citizens' concert and morning tea 10am Prince Street, Murwillumbah. Entry via Eyles Avenue or Condong Street. (No charge). Bookings not required. No parking in school grounds. Information (02) 6672 1467.

Northern Breeze Bus Tour - Currumbin Rock Pool, Tweed River Art Gallery, Cram's Farm, Stokers Siding Pottery and home via Tweed Coast. Departs Civic Centre, Brett Street, Tweed Heads 8.30am. Cost \$25 includes morning tea and sausage sizzle lunch. Bookings essential - Rob Courtney (07) 5524 2264 Monday-Friday 6-7pm.

Open Day at Murwillumbah Autumn Club, 16 Tumbulgum Road, Murwillumbah (adjacent Library and Civic and Cultural Centre). Entertainment, raffles, craft and activities with morning tea and lunch. Cost \$5. Bookings essential Noela Gresham (02) 6672 2262.

SNS: Social Networking Seniors - Seniors with basic computer skills will learn to use social networking sites such as Facebook, Twitter and Live Journal. Two hour sessions, either 10am -12 noon, or 1- 3 pm held at Pottsville Beach Technology Centre, Pottsville Beach Neighbourhood Centre, 12a Elizabeth Street, Pottsville. Bookings Rosemary Nissen-Wade (02) 6676 4555.

Seniors Surfing the Net - Information sessions at Richmond-Tweed Regional Libraries. Basic introduction to the internet. Please see event details for Monday 22 March.

Tweed Heads Public School senior citizens' concert and morning tea 9.30am Stuart Street, Tweed Heads. No cost - bookings not required. Information (07) 5536 1351.

THURSDAY 25 March

Northern Breeze Bus Tour - Lennox Head, Ballina Maritime Museum and Thursday Plantation, Lismore. Departs Knox Park bus stop Murwillumbah, 8.30am. Cost \$20 includes morning tea - lunch at Ballina RSL (own expense). Bookings essential - Rob Courtney (07) 5524 2264 Monday-Friday 6-7pm.

Healthy Ageing Expo and Seminar Series - Join Ita Buttrose and others talking about issues such as Healthy Ageing, Walking for Pleasure, Complementary Use of Medicine, Turning Back the Clock, Planning for Retirement and Quality Use of Medicine 10am-3pm Twin Towns Services Club, Star Room, Level 5, Tweed Heads. No cost. Bookings not essential. Information Jennifer Boyle (07) 5569 3994.

Seniors Surfing the Net - Information sessions at Richmond-Tweed Regional Libraries - Basic introduction to the internet. Please see details for Monday 22 March.

Ten Minute Massage @ The Library - a free 10-minute shoulder/neck massage to relieve those tired muscles. Pick up your library items and treat yourself to a massage at Tweed Heads Public Library, Civic Centre, Brett Street, Tweed Heads. From 9am -12 noon. No cost. Bookings essential - (07) 5569 3150.

Tweed Endeavour Cruises - tropical luncheon cruise 10.30am - 3pm cruise to Tumbulgum with morning tea, bird-feeding, barbecue lunch, historic commentary and bird feeding. Departs from Tweed Marina, River Terrace, Tweed Heads tickets \$46. Bookings essential - (07) 5536 8800.

Tweed River Art Gallery - Behind the Scenes Tour 2 Mistral Road, (off Tweed Valley Way) Murwillumbah 11am. Special tour conducted by Gallery Director Susi Muddiman. A rare chance to see areas of the gallery not accessible to the public, including the collection storage areas and exhibition preparation areas, with a brief history included. No cost - limited numbers bookings essential (02) 6670 2790. (Lift access to gallery available) Gallery Café open 10am - 5 pm. Bookings preferred for tables of four or more - (02) 6672 5088.

Tweed Valley College luncheon 12 noon Tweed Valley College, 9 Hall Drive, Murwillumbah. Three-course vegetarian lunch served by students, with entertainment. Bookings essential - (02) 66702674. (Do not telephone school - special diets not catered for). No wheelchair access - steps into venue - tickets \$10. For payment and ticket collection see bottom of this page.

Uki indoor carpet bowls come and try night Uki Hall, Kyogle Road, Uki 7.30 - 9.30pm. No charge to participants. Group members will provide assistance in learning about this fun game. Street parking outside venue. Disability toilets at rear of hall. Bookings are essential - Anne Pryke (02) 6679 5348 or Anne Irvine (02) 6679 4234.

FRIDAY 26 March

Activities at Banora Point Community Centre - Cnr Leisure and Woodlands Drive, Banora Point. Bookings essential - Lyn Porter (07) 55 232030. Come and see what we do - there is something for everyone: 9.30am - Cards - canasta, bolivia, pony tuition available; 9.45am - join the Stretch your Mind group with fun puzzles and mind games; 11.15am - free introductory Tai Chi class with Margaret; 12 noon - light lunch and entertainment with Paula playing piano accordion and harmonica; 1pm - drawing with Pauline; 1pm - join the Scrabble, Mah Jong, scrapbooking or jewellery making group.

Coolangatta Tweed Ten Pin Bowl - seniors social day - basic instructions provided, price includes one game, free tea or coffee 1pm \$6 per person. Parking at rear. Book with Bob Hardie on (07) 5536 1606.

Murwillumbah Living Library - Come along and 'borrow' Living Books to hear fascinating stories in one-on-one 30-minute informal chats with interesting people. Details of books are available at Murwillumbah Library or www.rtrl.nsw.gov.au 10.20am - 12.30pm no cost. Enquiries and/or bookings phone the Library on (02) 6670 2427 held at the Coolamon Cultural Centre, Tumbulgum Rd, Murwillumbah.

Northern Breeze Bus Tour - Brunswick Heads, Bangalow, Byron Bay, Mullumbimby. Departs Civic Centre, Brett Street, Tweed Heads 8.30am cost \$20 including homemade morning tea, lunch at Byron Bay Ex-Services club (own expense). Bookings essential - Rob Courtney (07) 5524 2264 Monday-Friday 6-7pm.

Seniors Aquarobics Class at Tweed Regional Aquatic Centre, Tumbulgum Road, Murwillumbah 9.30am gold coin fee. Bookings essential - (02) 6670 2750.

Seniors Surfing the Net - information sessions at Richmond-Tweed Regional Libraries Basic introduction to the internet. Please see event details for 22 March.

Tweed Heads Bowls Club invites you to come along and play bowls on an indoor green for free. Free instruction morning tea available 11am -1pm bookings not essential however groups should phone to book - (07) 5536 8498 (No wheelchair access to indoor green).

SATURDAY 27 March

Come and Try Afternoon at Tweed Heads Croquet Club, 39 Recreation Street, Tweed Heads 1pm. An introduction to croquet with afternoon tea. Flat shoes and hat are necessary. Cost \$5 no bookings required. For information Libby (07) 5599 1611 or Sheila (07) 5536 5457.

OTHER EVENTS celebrating Seniors Week

Uki CTC - Community Technology Centre - Computer help for seniors for beginners in all areas of computing. For information and program (02) 6679 5399.

Sunday 4 April - Tweed Links Music Club seniors concert 2pm - 4.30pm Coolangatta Tweed Heads Golf Club, Soorley Street, Tweed Heads South. Afternoon of varied entertainment presented by The Tweed Links Quartet and Allan Grant Dancers with guest artists and featuring Simone Nicolle. Cost \$5 for seniors, No bookings required. Doors open 1.15pm. Light afternoon tea provided at interval. Light meals available from café. Information Elaine (07) 5590 7870 or visit the website www.tweedlinksmusicclub.org

Sunday 18 April - Honouring your Elders Day - Ukitopia Arts Collective will present activities including storytelling, workshops, market place and healing space, performances, historical photos, indoor bowls and much more. For information Natascha Wernick (02) 6679 5677.

Booking and Ticket Collection Information:

Most events should be booked by telephoning the contact number displayed in the program. For the following events, bookings, payment and ticket collection arrangements are as follows:

- Northern Breeze Bus Tours - to book call Rob Courtney (07) 5524 2264 Monday-Friday, 6-7pm. Payment and ticket collection as below.
- Lindsifarne Luncheon and Tweed Valley College Luncheon - to book call Council Community Services on (02) 6670 2674. Bookings are essential. Payment and ticket collection as below.

Payment and Ticket Collection:

Tickets for the above events can only be paid by cash (or cheque) and should be collected at the following venues on Wednesday 17 March.

- 10am - 12 noon Coolamon Cultural Centre, Tumbulgum Road, Murwillumbah.
- 1 - 3pm Tweed Heads Civic and Cultural Centre, Brett Street, Tweed Heads (located in the Foyer, near South Sea Islander room).

Transport :

If you are unable to utilise public transport to attend an event, please contact Tweed Shire Council's Community Worker on (02) 6670 2442 for advice.

Tweed Shire Senior Citizens Week Committee thanks the organisations and volunteers for holding events, as well as the following sponsors:

Aveo Mountain View; Community Development Support Expenditure Scheme; Marie Twohill - Catholic Church Ladies Guild; NSW Seniors Week; McDonald's, Sth Tweed, Tweed City and Chinderah; Seventh Day Adventist Church Murwillumbah; Tweed Echo; The Sun; The Weekly Newspaper; Gold Coast Tweed Seniors Newspaper; Coolangatta Tweed Ten Pin Bowl.