

LAKE MACQUARIE SENIORS PROGRAM FEBRUARY 2010



All events are free for people aged 55 years and over however, bookings are required
PLEASE PHONE TO RESERVE YOUR PLACE

DATE/TIME	DESCRIPTION OF SESSION	LOCATION	PHONE
February			
Wednesday 3 10am - 12 noon	Family History Getting Started - Tips on beginning your family history research and using resources available through Lake Macquarie City Library.	Belmont Library	4921 0707
Thursday 11, 18 & 25 10am - 12 noon	Next in Line - A three week course on memoir writing - designed to inspire and motivate seniors to record their life story for future generations.	Charlestown Library	4921 0707
Tuesday 16 10am - 12 noon	Introduction to Falls Prevention - Learn how to reduce falls through eliminating falls hazards in the home, education in safe community access, importance of strength and balance exercises and wearing safe footwear. Presented by an Occupational Therapist from The Recovery Station.	Morrisset Multi Purpose Centre	4921 0517
Tuesday 23 10.30am - 11.30am	Great North Walk Talk - Authors of The Great North Walk Companion will share their knowledge of the walk and its local history and geography.	Charlestown Library	4921 0707

DID YOU KNOW?

That older people who maintain their mental and physical health and who participate in community activities have a greater quality of life.

Gentle exercise includes:

- Taking a daily walk • Swimming • Tai Chi • Yoga • Golf • Tennis

Activities that improve your mental health include:

- Starting a new hobby • Learning new computer skills • Puzzles
- Crosswords • Bridge

