

SENIORS WEEK 11 - 17 OCTOBER

Monday 11 October

Heart Foundation Walking Group

9.30am – 10.30am

Otto's Grotto, Dial Street, Ulverstone

Come along for a gentle to moderate walk through the parks of Ulverstone - don't forget your water!

Tuesday 12 October

Card Making

10 am – 12 pm

Ulverstone Sport & Recreation Centre

A card-making workshop with all materials supplied to make 2 cards to take home.

Morning tea provided, free session

**Book your spot - 6429 8900
or events@centralcoast.tas.gov.au**

Tuesday 12 October

Stay Connected While Being Apart

2 pm – 3:30 pm

Ulverstone Library

It is vital to stay in touch when we are separated. Learn how to keep in touch with friends and family through video calls, instant messaging and social media, free session.

Book your spot - 6478 4230

Tuesday 12 October

Connect Cafe

10 am – 12 pm

Gnomon Room, Wharf Precinct - Ulverstone

Join us at the cafe in a shared community setting providing social connection, entertainment and refreshments. These local get-togethers have been shown to provide a major and positive impact on the quality of life of people living with dementia and their carers. Donations appreciated

Tuesday 12 October

Community Shed - Ladies Day

10 am – 3 pm

Central Coast Community Shed off Flora Street, West Ulverstone

Tour the shed and meet some regular participants. A friendly and informative program just for ladies. Gold coin donation. Morning/afternoon tea provided.

Tuesday 12 October

Forth History Group

10 am – 11 am

Forth Community Hall, Forth Rd, Forth

Come along hear and read the stories that have shaped the Forth Community. Take the opportunity to look through photos and see how the area has developed and changed over time. Free entry.

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Wednesday 13 October

Board Games Bonanza

10 am – 12 pm

Gnomon Room, Wharf Precinct -
Ulverstone

Join us for a morning of friends and fun, enjoying some board game favourites. Morning tea provided,

Book your spot - 6429 8900

or events@centralcoast.tas.gov.au

Wednesday 13 October

Penguin History Group

10 am – 12:30 pm

Railway Station, Main St Penguin

Come and explore the written history of Penguin and surrounds from yesteryear along with the current exhibition of historic paintings and photographs.

Free entry.

Thursday 14 October

Walk and Talk - Silver Salties

2 pm – 3pm

Penguin Surf Life Saving Club -
Preservation Bay

Silver Salties is a physically active and social connections initiative for older Australians. Join us for a hot cuppa in the clubhouse & walk along the beach if you choose, all levels of fitness supported.

Free **Contact: 0456 038 003**

Friday 15 October

Community Garden @ Sulphur Creek

11 am – 12 pm

Overall St, Sulphur Creek (near the hall)

Come visit the newly established Community Garden @ Sulphur Creek. Find out about this great new space, what they are planning to grow this season and how you can be involved.

Contact : 0409 954 277

Friday 15 October

Men's Shed Open Day

11.30 am - 1.00 pm

Central Coast Community Shed
off Flora Street, West Ulverstone

Whether you're into making things out of wood or making new friends, come down and meet everyone at the Shed. Gold coin donation.

Saturday 16 October

Turners Beach Community Garden

9:30 am – 12 pm

Turners Beach Hall, Henry Street

Do you enjoy gardening or would like to learn how? Come along and find out more about the Turners Beach Community Garden.

Join in with this community group and together grow fresh food, learn, relax and make new friends.

Contact : 0409 386 807