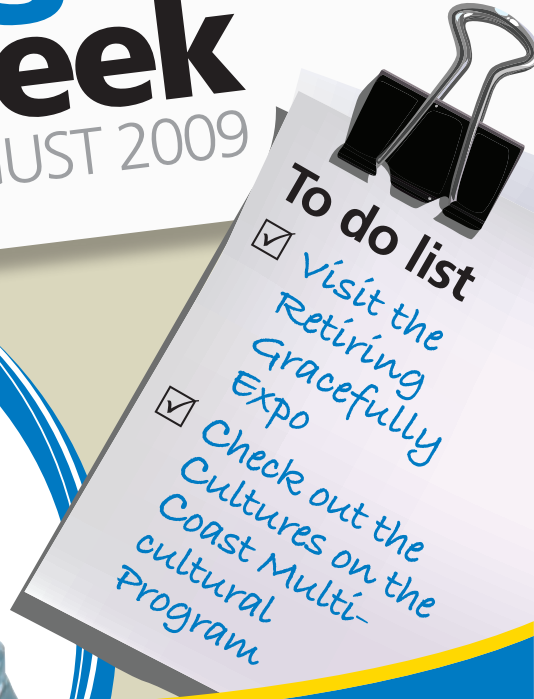




My library

# Seniors week

15-23 AUGUST 2009



## Retiring gracefully – Seniors expo

Friday 21 August, 9.30am – 3.30pm  
 Southport Branch Library  
 Cnr Lawson & Garden St, Southport

Interesting talks, workshops and displays celebrating and supporting positive ageing. All sessions are free. Book now on 5581 7200.

| Time              | Room 1   | Room 2   |
|-------------------|--|--|
| 9.30am – 10am     | <b>Welcome tea &amp; coffee</b>  |  |
| 10am – 11am       | <b>Eating well</b><br>Cooking healthy food on a budget. Presented by GCCC Active & Healthy   | <b>Financial fitness for Seniors</b><br>Planning for retirement and beyond presented by staff from Centrelink  |
| 11.30am – 12.30pm | <b>Exercise your brain</b><br>Come along and learn fun and simple ways to keep your brain healthy through hand and eye coordination exercises. Presented by GCCC Active & Healthy  | <b>Council Cabs</b><br>Need to get about town? Come hear about the Gold Coast City Council's <i>Council Cab</i> transport initiative which is a simple and affordable service. |
| 12.30pm – 1pm     | <b>Lunchtime concert with the Gold Coast Philharmonic Society Quartet</b>  |  |
| 1pm – 2pm         | <b>Edible gardening</b><br>Learn simple ways to feed yourself through organic gardening. Presented by GCCC Active & Healthy  | <b>Live Longer and stronger</b><br>Learn some easy exercises to improve muscle tone and flexibility. Move it or lose it! Presented by GCCC Active & Healthy                    |
| 2.30pm – 3.30pm   | <b>Now and then on the Gold Coast with historian Lesley Jenkins</b><br>What do you remember about Gold Coast's heritage and character places? Council is compiling a photo rich book about our pioneering and contemporary heritage combined with people's memories about these places. Intrigued? Come along and share a trip down memory lane. |  |

## Seniors showcase

Southport Branch Library Foyer  
 Cnr Lawson & Garden St, Southport

Come along and find out about local clubs and organisations in the Gold Coast region.

| Time           | Table 1                         | Table 2                | Table 3               | Table 4                            |
|----------------|---------------------------------|------------------------|-----------------------|------------------------------------|
| 9.30am – 11am  | GC Volunteering                 | GC Seniors on the Net  | Royal Qld Art Society | Multicultural Community Council GC |
| 11am – 12.30pm | Southern GC 60 & Better Program | GC Writers Association | Centrelink            | Labrador Seniors Citizens          |

| Time           | Table 5           | Table 6               | Table 7        |
|----------------|-------------------|-----------------------|----------------|
| 9.30am – 11am  | GCCC Council Cabs | GCCC Active & Healthy | GCCC Libraries |
| 11am – 12.30pm | GCCC Council Cabs | GCCC Active & Healthy | GCCC Libraries |



# Cultures

## ON THE COAST

**Robina Branch Library, Robina Town Centre Drive, Robina**

Gold Coast City Council Libraries and the Gold Coast Multicultural Seniors Group together with Cultures on the Coast and Seniors Week invite you to enjoy the following free activities and displays that celebrate our vibrant multicultural senior community.

### **Among amigos morning of music and dance** **Saturday 15 August 11am – noon**

Kick off Seniors week with a colourful morning of music and dance with an international flavour. Enjoy the spectacle of performances from Samoa and Brazil or get up off your seat to join in the fun of one of the interactive sessions.

### **Creativi-Tea**

**Saturday 29 August 11am – 1pm**

Sample exotic teas and see artisans at work as they display the beautiful art and crafts from many cultures. Works created by talented seniors including traditional Swiss straw art, exquisite embroidery, intricate beaded works and delicate paper crafted kimonos.

### **Faces on the Gold Coast**

**On display from 3 to 31 August**

Photographic images reflecting the cultural diversity of our community by Clelia Garcia.

To register for any activity please see branch library staff or phone **Robina Branch Library** on **5581 1600**. All sessions are FREE.

