

CELEBRATING SENIORS

There's lots for older residents to enjoy

Monday, March 22

9.15am Beginners' internet class, 45 minutes, Stanton Library, North Sydney. Bookings 9936 8400.

10am-11am Japanese gift-wrapping class, Crows Nest Centre, 2 Ernest Place. Bookings essential on 9439 5122.

11.30am-12.30pm Come and try upright and active class at Neutral Bay Community Centre, 190-192 Military Rd. Phone 9953 6447.

1pm Digital radio and television and new media talk by ABC's Chris Winter, Stanton Library, North Sydney. Bookings 9936 8400.

Tuesday, March 23

9.15am How to set up an email account, 45 minutes, Stanton Library, North Sydney. Bookings: 9936 8400.

10.30am-noon Non-denominational service with hymns followed by morning tea and a dis-

A seniors' health day and free lunch will be held at North Sydney Community Centre, 220 Miller St, North Sydney, on Tuesday, March 23, from 9am-1.30pm.

Funded by North Sydney Council, classes include music meditation with Katy Tsai and Athil Singh (pictured), wellness and weight change, staying young and active and tai chi. Transport available.

Bookings 9922 2299.

cussion with a qualified health practitioner, Christ Church, corner Walker and Lavender streets, Lavender Bay. Bookings required for morning tea. Phone 9923 2052.

Noon-2pm Barbecue lunch and entertainment by Spanish guitarist Carlos Alberto. Kirribilli Neighbourhood Centre, 16-18 Fitzroy St, Kirribilli. Bookings on 9922 4428.



12.30-2.30pm Western Pacific Financial Group is holding a free information session on aged care. North Sydney Harbourview Hotel, 17 Blue St, North Sydney. Bookings on 9959 0510.

4-6pm Seniors' cocktail party, Mosman Seniors Centre, Mosman Square Spit Junction. Bookings on 9978 4128.

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