



Positive Ageing Centre

February / March 2017 Volume 4

Special Events and Outings

What's happening in February

Wednesday 1st

Jadee's fashions will be here again with a range of lovely clothes followed by a 'Comedy Capers' luncheon and movie. 10.30 – 2pm

Cost \$7

Wednesday 8th

Join us for another cultural outing to the State Library for a better look in the Mortlock room **Cost \$10** includes picnic lunch.

Tuesday 14th

Calling all couples!!! Grab your partner for a romantic outing on Valentine's day **\$30 per couple includes lunch**

Or for the singles (or couples).....

Enjoy a Valentine's Day Garden Party at Mt. Pleasant. Guest speaker Sophie Thompson and includes morning Tea **Cost \$10** *Limited seats*

Tuesday 21st

'Good morning Comedy'. As part of the Fringe festival for those that enjoy a laugh, at the Mercury Cinema - Pick-up from 9.30am **Cost \$12**

Wednesday 22nd

Our first outing for the year to the Central Market, book your seat! (staff avail for support) **Cost \$4**

Tuesday 28th

Book your seat for our "Let's Do" evening meal and entertainment @ the Positive Ageing Centre **Cost \$10** *Limited transport available*

What's happening in March

Tuesday 7th

Garden Lovers outing to Garden Grove nursery and café **Cost \$7**

Wednesday 8th

Central Market visit, soak up the sounds and smells, grab some delicious treats or just sit and enjoy the atmosphere (staff avail for support) **Cost \$4**

Friday 17th

Seniors on Screen movie outing to the Mercury Cinema showing 'Hidden Figures' **Cost \$10**

Wednesday 22nd

Picnic outing to Laratinga Wetlands for World Water Day. Bring your camera and binoculars to check out the diverse bird-life! **Cost \$7**

Tuesday 28th

Calling all Foodies! Join us on another adventure to the best places for food shopping **Cost \$4**

Weather permitting; we are hoping to squeeze in some trips to Adelaide Zoo. If you would like to go, please register your interest by phoning the centre. Dates currently available are Thursday 16th February or Wednesday 1st March.

You can contact the
Positive Ageing Centre
directly on **8408 0573**

News and updates

Check out the latest copy of our yearly program

It lists all of our regular programs. You can pick up a copy when visiting the centre or download from Council's web-site under "Community / Seniors"

**Do you have an email address?
We are happy to send out our newsletters electronically!**

Don't loose it – use it!

**Did you miss out on the pilot of our dancing program in 2016 and want to give it a try in 2017?
We really want to hear from you!**

The classes are gentle dance movements designed to enhance participants balance, mobility, strength coordination, flexibility and memory

Please call the centre to register your interest, we are hoping to run a second pilot beginning in March 2017

Make 2017 a year of health & wellbeing

Tai Chi, learn and practice this ancient Chinese exercise that increases health, wellbeing and longevity.

'Laughter Yoga' A unique exercise routine suitable for everyone!

Both classes are held at the Positive Ageing Centre on alternate Tuesdays from 2-3pm **Cost \$4**

Photo Gallery



A happy group of gardeners enjoyed a visit to the beautiful and unique "Tickletank" at Mt. Barker



Our Picnic in the Park to Carrick Hill was popular with all those attending. March 22nd is our next picnic date



February 14th is St Valentine's Day
We have 2 outings planned you will just **LOVE!**



Would you like to visit Adelaide Zoo? Register your interest for February and March. \$10 includes lunch.



The team from Hills Home & Community Support made a donation to 'Movember', supporting men's health



Attendees enjoying our last Let's Do for the 2016 at Stirling. Invites will be out soon for the next one!

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