

EXPERIENCE
EXPLORE
BE MORE
art and health

●
SAN REMO

● LONG JETTY

● OURIMBAH

● HOLGATE

● GOSFORD

●
TERRIGAL

●
KINCUMBER

● ETTALONG

ART
WITH SENIORS
Thursday 22 June 2017

Central
Coast
Council

EXPERIENCE EXPLORE BE MORE art and health

ART WITH SENIORS

Thursday 22 June 2017

Central Coast Council is partnering with eight local centres across the region to showcase a wide range of creative programs available for our residents aged 50+ - and it's all FREE!

At the open day, residents can go along and watch or take part in one or more of *18 different activities across* the eight sites all on one day.

WHERE

Bamboo Budda Café
Holgate

ART FORMS

Yoga | Meditation | Visual Arts
Devonshire Tea & Soup of the day

BOOKINGS AND DETAILS

www.bamboobuddha.com.au
4365 5810

**Kincumber
Neighbourhood Centre**

Zumba Class | Art Class Nature

www.kincumbernc.com.au
4363 1044

**Forest of
Tranquility** Ourimbah

Guided walk | Music & Movement
Nature Drawing | Sculptural

www.forestoftranquility.com
4362 1855

**Gosford 50+ Leisure
and Learning Centre**

Card making and
Jewellery making

[www.gosford.nsw.gov.au/community
/services/senior-services](http://www.gosford.nsw.gov.au/community/services/senior-services)
4304 7065

**Terrigal 50+ Leisure
and Learning Centre**

Yoga

[www.gosford.nsw.gov.au/community
/services/senior-services](http://www.gosford.nsw.gov.au/community/services/senior-services)
4384 5152

**Ettalong 50+ Leisure
and Learning Centre**

Women's Shed | Hula for Health

[www.gosford.nsw.gov.au/community
/services/senior-services](http://www.gosford.nsw.gov.au/community/services/senior-services)
4384 5152

**Long Jetty Senior
Citizens Club**

Visual Art Class
The Annual Variety Show

www.longjettyseniorcitizens.com.au
4332 5522

**San Remo
Neighbourhood Centre**

Learn to paint an Aboriginal art
piece that tells a story

www.sanremo.org.au
4390 7888

NOTE: *Activities are offered ONCE only during the day. They are open to 8 to 15 people and run approximately for an hour. Booking is ESSENTIAL for participants. Book today by calling one of the sites above.*

For more details on the regional open day, contact Council on 4325 8846 or email elio.gatti@centralcoast.nsw.gov.au

centralcoast.nsw.gov.au