



**FACT
SHEET**

SENIORS ACTIVE LIVING

**Social and fitness programs
for seniors across Liverpool**

**LIVERPOOL
CITY
COUNCIL**

SENIORS ACTIVE LIVING

Social and fitness programs for seniors across Liverpool

FACT SHEET

Casula Powerhouse Arts Centre

PHONE: 8711 7123

LOCATION: 1 Powerhouse Rd, Casula

WEBSITE: www.casulapowerhouse.com

DESCRIPTION: Casula Powerhouse runs tours through its six galleries, workshops, artist talks, matinees and community events. Programs are run regularly throughout the year. Book a reservation at Bellbird Dining & Bar, open from Wednesday to Sunday.

Gentle Exercise

PHONE: 9600 0600

LOCATION: Casula Community Centre, 39 Ingham Dr, Casula

WEBSITE: www.liverpoolnc.org.au

DESCRIPTION: Qualified fitness instructor leads a gentle exercise class for over 50s.

Healthy and Active for Life

PHONE: 8738 6029

LOCATION: Online

WEBSITE: www.activeandhealthy.nsw.gov.au

DESCRIPTION: Free healthy lifestyle program for seniors aged 60 years and over. The program runs for two hours every week for 10 weeks. Includes exercises and discussions around healthy lifestyle topics.

Liverpool City Council's Mayoral Seniors Concert

WEBSITE: www.liverpool.nsw.gov.au/community/your-community/seniors

DESCRIPTION: Each year, Liverpool City Council proudly hosts its free Mayoral Seniors Concert for residents over 55. Attendees can enjoy a delicious lunch and live performances among friends.

Liverpool City Libraries

PHONE: 8711 7177

WEBSITE: mylibrary.liverpool.nsw.gov.au

DESCRIPTION: Regular activities include book clubs, computer classes, English conversation classes, knitting groups and a variety of events throughout the year.

Liverpool Neighbourhood Connections

The Happy Seniors

PHONE: 9600 0600

LOCATION: Moorebank Community Centre, Cnr Nuwarra Rd & Maddecks Ave, Moorebank

WEBSITE: www.liverpoolnc.org.au

DESCRIPTION: Group activities including outings and craft workshops with the aim of meeting new people and making new friends - morning tea supplied.

Casula Seniors Group

PHONE: 9600 0600

LOCATION: Casula Community Centre, 39 Ingham Dr, Casula

WEBSITE: www.liverpoolnc.org.au

DESCRIPTION: A friendly group of active seniors that engage in regular outings and activities including listening to guest speakers on a wide range of topics.

Moorebank Active Seniors

PHONE: 9600 0600

LOCATION: Moorebank Community Centre, Cnr Nuwarra Rd & Maddecks Ave, Moorebank

WEBSITE: www.liverpoolnc.org.au

DESCRIPTION: Enjoy outings and guest speakers on a regular basis.

Liverpool U3A School for Seniors Inc.

PHONE: 9601 5574

LOCATION: Dr Pirie Community Centre,
Cnr Bigge St & Moore St, Liverpool

WEBSITE: liverpool.u3anet.org.au

DESCRIPTION: Try your hand at something new with a variety of different classes on offer including arts and crafts classes, card-making, creative writing, Euchre, language, technology and meditation.

Michael Clarke Recreation Centre Gold Active

PHONE: 8760 4800

LOCATION: 2 Margaret Dawson Dr,
Carnes Hill

WEBSITE: www.michaelclarkecentre.com.au

DESCRIPTION: Gentle, low-impact exercise classes for active older members focusing on movement and strength for all levels of fitness.

Michael Wenden Aquatic Leisure Centre

Gold Total

PHONE: 9607 6598

LOCATION: 62 Cabramatta Ave, Miller

WEBSITE: wendenpool.com.au

DESCRIPTION: Aqua fitness is a fantastic way to work out in a safe, zero-impact environment. The water provides cushioning for the joints to allow full body movement in a safe, supported environment.

Probus Club of Liverpool City

PHONE: 9824 3766

LOCATION: Liverpool Catholic Club,
424-458 Hoxton Park Rd, Prestons

WEBSITE: www.probusouthpacific.org

DESCRIPTION: Social club for retired business professionals.

Probus Club of Moorebank

PHONE: 1300 630 488

LOCATION: St Joseph's Catholic Church,
231 Newbridge Rd, Chipping Norton

WEBSITE: www.probusouthpacific.org

DESCRIPTION: Social club for retired business professionals.

Roaming Rainbows

PHONE: 9606 0629

LOCATION: 264 Edmondson Ave, Austral

WEBSITE: olcs.org.au/event/roaming-rainbows

DESCRIPTION: A social group that goes on regular outings and gives members the opportunity to participate in recreational and educational activities.

Stepping On

PHONE: 4621 8702

LOCATION: Liverpool LGA

WEBSITE: www.activeandhealthy.nsw.gov.au

DESCRIPTION: Free falls prevention program for seniors aged 65 years and over who have had a fall in the past year or have a fear of falling. The program runs for two hours per week for seven weeks and includes gentle exercises and falls prevention education delivered by health professionals.

USEFUL INFORMATION FOR SENIORS

My Aged Care 1800 200 422

My Aged Care is the first stop for all aged care service needs. For more information, visit the website

www.myagedcare.gov.au

My Aged Care is an Australian Government service to help you find out what aged care services may be available to you. You may be eligible to receive services such as:

- Help at home;
- Short-term help; and
- Care in an aged care home.

My Aged Care may arrange for a trained assessor to come to your home. With your consent they will assess your care needs and eligibility for services and work with you to develop a support plan which addresses your needs, goals and preferences. Someone else can be with you during this visit.

My Aged Care and service providers can give you information about costs. You will be told if you need a financial assessment.

Your assessor and My Aged Care can also help you find a service provider(s) in your local area that meets your needs.

USEFUL CONTACTS

Department of Human Services

Phone: 132 300

www.servicesaustralia.gov.au

Carers NSW

Phone: 1800 242 636

www.carersnsw.org.au

National Dementia Helpline

Phone: 1800 100 500

www.dementia.org.au

NSW Trustee & Guardianship

Phone: 1300 109 290

www.tag.nsw.gov.au

Seniors Rights Service

Phone: 1800 424 079

seniorsrightsservice.org.au

South West Community Transport

Phone: 9426 8999

swct.com.au

NDIS

Phone: 1800 800 110

www.ndis.gov.au

Note: The information in this factsheet is correct at time of printing. Please confirm with organisations directly before attending.