

SENIORS ACTIVE LIVING

SOCIAL AND FITNESS
PROGRAMS FOR SENIORS
ACROSS LIVERPOOL

FACT SHEET

Active over 50s Senior Aqua

PHONE: 9607 6598

LOCATION: 62 Cabramatta Ave, Miller

DESCRIPTION: A gentle to moderate workout using a combination of aerobic moves, step and weights training all combined into one class.

Casula Powerhouse Arts Centre

PHONE: 8711 7123

DESCRIPTION: Matinee program on Thursdays throughout the year. Lunch options are available after the matinee shows. For more information visit the website.

www.casulapowerhouse.com

Casula Seniors Group – Liverpool Neighbourhood Connections

PHONE: 9600 0600

LOCATION: Casula Community Centre,
39 Ingham Dr, Casula

DESCRIPTION: A friendly group of active seniors that engage in regular outings and activities. Also guest speakers on a wide range of topics. Cost \$4 per week.

Exercise Group – Warwick Farm

PHONE: 9600 0600

LOCATION: Neighbourhood
Connections, 11 Gallop St, Warwick Farm

DESCRIPTION: Gentle exercises.

Gentle Exercise

PHONE: 9600 0600

LOCATION: Casula Community Centre,
39 Ingham Dr, Casula

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

Gold Active

PHONE: 9607 6598

LOCATION: 62 Cabramatta Ave, Miller

DESCRIPTION: Light exercise classes for seniors. \$9 per session.

Gold Total

PHONE: 9600 9333

LOCATION: Whitlam Centre
90A Memorial Ave, Liverpool 2170

DESCRIPTION: Keeping seniors active from 10.45am on Mondays and Wednesdays.

The Happy Seniors – Liverpool Neighbourhood Connections

PHONE: 9600 0600

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

DESCRIPTION: Group activities including outings, craft, meeting new people and making new friends – morning tea supplied.

Liverpool U3A School for Seniors Inc.

PHONE: 9601 5574 (OFFICE HOURS 10-12)

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

DESCRIPTION: Variety of classes for seniors aged 50 and above.

Lurnea Right Side of Fifties – Liverpool Neighbourhood Connections

PHONE: 9600 0600

LOCATION: George Bates Hall, Cnr Hill Rd & Wonga Rd, Lurnea

DESCRIPTION: Friendly social group with activities including outings, guest speakers, games days, bingo, cards, morning tea. Bring your own lunch. Cost is \$4 per week.

Liverpool City Libraries

DESCRIPTION: Regular activities including Book Chats, Tech Savvy Seniors courses in English and other languages, as well as a variety of special events throughout the year.

For more information on what's on offer call 8711 7177 or visit the website mylibrary.liverpool.nsw.gov.au

Liverpool Women's Resource Centre

PHONE: 6901 7536

LOCATION: 23 Sheriff St, Ashcroft

DESCRIPTION: The Women's Resource Centre runs programs and groups for women of all ages including art, cooking, gardening sewing and social and support groups at the centre.

Maltese Seniors

PHONE: 8778 1200

LOCATION: Western Sydney MRC, Moore St, Liverpool

DESCRIPTION: A social group for seniors from Maltese background.

Moorebank Active Seniors Liverpool Neighbourhood Connections

PHONE: 9600 0600

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

DESCRIPTION: Enjoy outings and guest speakers on a regular basis. Cost \$2 per week.

Over 50s Club – Liverpool Neighbourhood Connections

PHONE: 9600 0600

LOCATION: Heckenberg Neighbourhood Centre, 30 Green Valley Road, Busby

DESCRIPTION: Includes outings, meetings, games and special celebrations. Cost \$20 per year, plus cost of outings.

Probus Club of Liverpool City

PHONE: 9824 3766

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

DESCRIPTION: Social club for retired professional and business people.

Probus Club of Moorebank

PHONE: 1300 630 488

LOCATION: St Josephs Catholic Church, 231 Newbridge Road, Chipping Norton

DESCRIPTION: Social club for retired professional and business people.

Roaming Rainbows

PHONE: 9606 0629

LOCATION: 264 Edmondson Ave, Austral

DESCRIPTION: Outings, social recreation and education activities.

The Song Tree Project

PHONE: 8711 7123

LOCATION: Casula Powerhouse Arts Centre (1 Powerhouse Rd, Casula)

DESCRIPTION: Free fortnightly workshops bringing women together to share songs and culture through a communal stitching project.

The Welcome Choir

PHONE: 8711 7123

LOCATION: Casula Powerhouse Arts Centre (1 Powerhouse Rd, Casula)

DESCRIPTION: Free choir for all people with different singing levels. First Sunday of every month from 2-4pm.

VIEW Clubs of Australia (Voice, Interests, Education of Women)

PHONE: 9602 7193

LOCATION: Moorebank Hotel Function room (Stockton Ave, Moorebank)

DESCRIPTION: Guest speakers, social activities and fundraising activities.

Yugoslavian Women's Group

PHONE: 9609 0629

LOCATION: 264 Edmondson Ave, Austral

DESCRIPTION: A social group for women from Yugoslavian background.

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

A complete community services directory is available online at mylibrary.liverpool.nsw.gov.au/services/community-information-directory

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 website and phone line 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

Carers NSW
Phone: 1800 242 636

National Dementia Helpline
Phone: 1800 100 500

**Office of the
Public Guardian**
Phone: 1800 451 510

Seniors Rights Service
Phone: 1800 424 079

**South West Community
Transport**
Phone: 9426 8999

NDIS
Phone: 1800 800 110