

CELEBRATING SENIORS

SPONSORED CONTENT

Seniors embrace nature as part of annual Festival



New South Wales Seniors Week is here, dedicated to celebrating and showing how we can look after all senior citizens in our communities. With an ageing population, it is of the utmost importance that Australians appreciate and celebrate our senior citizens.

This week of celebration is accompanied by the NSW Seniors Festival, which includes hundreds of events taking place across the state to encourage seniors to stay active, healthy and social. These will take place between Tuesday, April 13 and Saturday, April 24.

The Premier's Gala Concerts will be held on Wednesday, April 21 and Thursday, April 22 with two sessions each day. Both will feature Human Nature as the

headliner. A number of workshops will also be held across the two-week festival, encouraging seniors to learn new skills, whether it be drumming, baking or table tennis.

Many of these activities will centre around the theme for 2021, 'In our nature', which will see events like bird walks and botany workshops that celebrate the great outdoors and encourage seniors to get in touch with nature.

There will also be a Seniors Expo held at Sydney's International Convention Centre with exhibitors focused on health and fitness, connection, hearing expertise, and aged care.

Head to www.seniorsfestival.nsw.gov.au for more information on this year's events.



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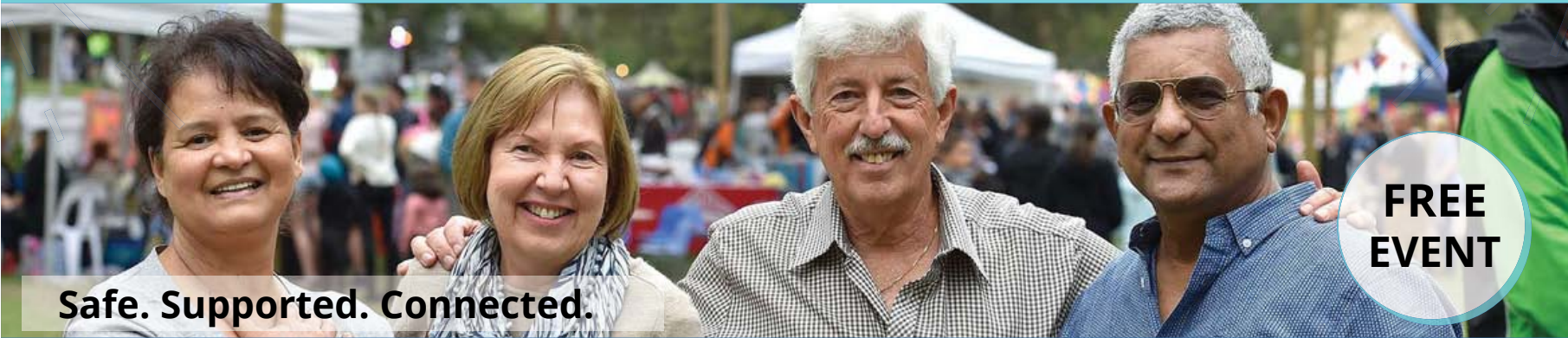
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Nepean Food Services

REIMAGINE AGEING FESTIVAL 2021 20-21 APRIL


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**FREE
EVENT**

Nepean Food Services together with Mable, is hosting a Morning Tea Workshop and we would love for you to join us!

We will be showcasing guest speakers from a number of different organisations to speak on your rights as ageing Australians. Topics about maintaining health, wellbeing and social connectedness, and accessing support as your needs change.

We want you to feel Safe, Supported and Connected as you age.

20 April 2021

South Penrith Neighbourhood Centre
3 Trent Street, South Penrith
Morning Tea provided

Session time: 9.30am - 11.00am

RSVP to:
Mirella - 0434 775 578
mirella.manna@mable.com.au

Bookings essential, spots are limited

21 April 2021

Jordan Springs Community Hub
2/6 Cullen Ave, Jordan Springs
Morning Tea provided

Session time: 9.00am - 10.30am

RSVP to Nepean Food Services:
4733 7200
admin@nepeanfoodservices.org.au

Bookings essential, spots are limited

WW44317





SummitCare Baulkham Hills
- Winner for Outstanding Specialised Business
SummitCare St Marys
- Finalist for Health Improvement Services.



WHERE LIFESTYLE, CARE AND COMMUNITY COME TOGETHER

Located in the heart of Sydney's Western Suburbs and Hills District, SummitCare creates nurturing, fun and warm aged care homes, giving all residents a strong sense of community and well-being. Our highly qualified, caring staff are well equipped to provide excellent palliative and dementia care as well as high care respite and residential care to those who receive peritoneal dialysis, tracheostomy care and PEG feeding.

To complement our delivery of care, we:

- Assess all residents on an individual basis for pain and offer pain management by a full-time, 24 hour a day Registered Nurse,
- Massages and services from a full-time physiotherapist and physiotherapy aides,
- Daily exercise programs,
- Treatments are available from medical specialists and allied health professionals.

SummitCare homes also feature:

- Beautifully landscaped gardens and dining areas for residents, families and guests,
- Leisure and lifestyle activities most days each week,
- Religious services for all backgrounds,
- Visiting entertainers and Engagement Specialists,
- Healthy and tasty food, designed by a dietitian and cooked onsite,
- Hairdressing services,
- In-house laundry services,
- Multicultural community projects,
- Couples suites.

At SummitCare, we pride ourselves on the professional calibre of our staff and the high levels of service delivery that far exceed the required standards as we continue to set the benchmark for professional, heartfelt aged care.

Couples, concessional and DVA are welcome.

WW44485

Book your tour at SummitCare today or visit www.summitcare.com.au.

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CELEBRATING SENIORS

SPONSORED CONTENT

Reimagine Ageing with Penrith Council's popular annual event



Who says getting older means slowing down? Age doesn't have to be a barrier to staying independent, enjoying life, learning new skills and being connected.

Penrith City Council's Reimagine Ageing Festival runs from Tuesday, April 13 to Friday, April 30 and is a wonderful opportunity for older people to make new friends or get together with old friends and enjoy a range of different activities in a COVID-Safe way.

From gardening workshops, exercises that help improve strength, balance and flexibility, cooking classes and digital literacy workshops there's something for everyone at the festival.

Most activities are free for people aged 50 years and above and are run by friendly local community organisations.

Ripples St Marys will offer five days of free activities for older residents, including strength and balance training and healthy cooking classes.

Council's Library will also distribute free "brain 'training" packs to residents and will host an author talk and digital literacy workshop.

Every year during the NSW Seniors Festival, government, community and commercial organisations hold events across the state to give older people the chance to get together, meet new people, learn new skills, and much more.

For more information about the festival, please contact Council on 4732 7777 or visit penrith.city/reimagineageing for the full list of activities and times. Bookings are essential for some activities.



Kemps Creek Memorial Park



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WW41962

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– Jim, Resident



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Jim moved in to Thornton Park with his little dog, Bonnie. Since then, they've been enjoying all the benefits of village life.

“It was important to me that I find a pet-friendly home, because I live with my 12-year-old rescue dog Bonnie, a little Tenterfield Terrier. The location is perfect. It's just a short walk to Penrith train station and the shopping centre's not much further.

From the very beginning, Thornton Park was excellent. I found a beautiful apartment that suited my budget. We have a cleaner who comes once a fortnight, and the social aspect is great too. I'm always meeting new people. What else can I say except that I'm very happy here? And Bonnie's very happy too.”

If you've ever thought about retirement living, don't hesitate to contact us for an information pack and to book your obligation-free tour. It just might be the best thing you ever do.



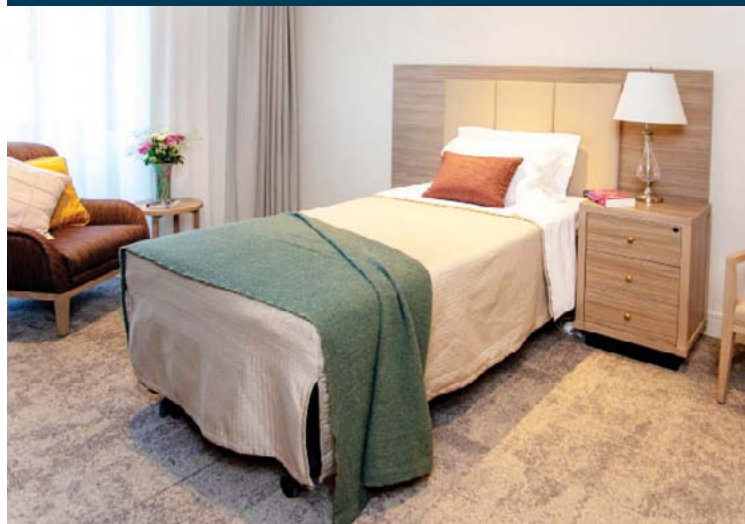
Thornton Park

1800 860 502
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*Deposit must be made by 30/06/2021 and settlement by 30/09/2021. You may have to pay a departure fee when you leave this village.

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