

State Electorate	Name of Organisation	Project Title	Project Description	Grant Amount
Auburn	Auburn Asian Welfare Centre Inc	Outdoor Fun Day for Seniors of Auburn LGA	Entertainment, fun activities and exercises for seniors followed by lunch in the park.	\$500.00
Auburn	Auburn Diversity Services	Seniors Picnic	A picnic for all. Includes demonstrations of gentle exercises, games and activities where people of all ages can participate.	\$750.00
Auburn	F.M. Kateb Association	A Big Day Out with Hajara Senior on Seniors Week	Activities including farm animal feeding, a short bush walk, traditional Afghan instrumental music, role plays about issues of concern to the seniors in the local community.	\$500.00
Auburn	Sydney Olympic Park Aquatic Centre	Young at Heart Day 2010	A morning aqua fitness class, morning tea (each participant to provide a plate), information session on arthritis and quality of life, followed by catered lunch and a showcase of musical performances.	\$400.00
			TOTAL AUBURN	\$2,150.00
Ballina	Ballina Coastal Quilters Inc	Seniors at the Gallery - Creativity in Action	An exhibition of members work including art/craft, workshops for school groups, a display of history of Quilting in Australia from convict days to present. A video presentation of quilters at work will also be shown at the gallery.	\$400.00
Ballina	Ballina District Community Services Association	Celebrating Our Seniors	A diverse range of activities including Tai Chi demonstrations, comedy workshops, professional speakers. The focus of the day is to promote healthy living and laughter and involves students from the local Primary School.	\$400.00
Ballina	Brunswick Valley U3A	Picnic in the Park	A community brunch picnic for all to attend including all local seniors of the community and a speaker on healthy ageing.	\$400.00

Ballina	Byron Shire Council	The HIP-hop Replacements	Seniors and young people will come together for a series of six (6) workshops, forming an intergenerational choir - The Hip Hop Replacements culminating in a performance. This will be part of an intergenerational theme linking Seniors Week with Youth Week.	\$500.00
Ballina	Tintenbar Community Aid Network Inc	Stepping out in Tintenbar	A morning of dance, music and fun followed by a light luncheon. Local performers will be invited to demonstrate several types of dance including tap, ballroom and old time. Lucky door prizes and transport provided.	\$400.00
			TOTAL BALLINA	\$2,100.00
Balmain	Leichhardt Council	Tales and Trails	Writing competition for seniors. Writing about life experiences, memories and the history of Leichhardt. Includes a walk for seniors to all the local places of history in Leichhardt.	\$500.00
			TOTAL BALMAIN	\$500.00
Barwon	Bogan Shire Council	Seniors Week Morning Tea and Concert	Seniors Award Ceremony with morning tea and a concert.	\$800.00
Barwon	Bourke and District Garden Club Inc	Lotsa Seniors fun morning	A day of games, information on health, trivia, prizes and healthy food. Including guest speakers.	\$400.00
Barwon	Bourke Shire Council	Seniors Week Out	Morning tea on the Jandra Paddle Boat and lunch, live music and craft activities at the Golf Club Day Care.	\$870.00
Barwon	Brewarrina Business Cooperative Ltd	Seniors Celebration Lunch	Smorgasbord luncheon to acknowledge the valuable contributions of our seniors to society.	\$500.00
Barwon	Cobar Shire Council	Seniors Week 2010 in Cobar Shire	An eight-day program of activities, open to all seniors. Activities include: a combined church service, Official dinner and award presentation, computer lessons, entertainment mornings, mystery bus tour and a visit to a neighbouring town for lunch and a concert.	\$870.00
Barwon	Collarenebri Country Women's Association	Arts across the Generations	"Arts across the Generations" day for all seniors in the Walgett LGA.	\$870.00
Barwon	Coonamble Meals on Wheels Association Inc.	Afternoon at the Movies	Lunch for seniors followed by movies at the Plaza Theatre.	\$400.00
Barwon	Coonamble Neighbourhood Centre Inc	Lunch before the movies	Meals on Wheels are providing a light lunch followed by a movie.	\$400.00
Barwon	Coonamble Senior	Senior Citizens Week	A two-course lunch.	\$400.00

	Citizens Association	Luncheon		
Barwon	Country Women's Association of NSW - Baradine Branch	Baradine Seniors Take a Trip Down Memory Lane	Event includes a free lunch at the CWA Hall with entertainment provided by singer Amber Charman, "Remember When" at the local library includes news headlines from the past, a Photo Preservation workshop and an Infant/Primary School Art Competition. Transport provided by CWA volunteers.	\$870.00
Barwon	Lightning Ridge Historical Society Trust	Mystery (History) Tour and Afternoon Tea	Mystery (History) Tour through preserved opal fields around the town. Includes a discussion at Society's Hospital Gallery back verandah and a look at the gallery exhibition. Afternoon tea provided.	\$400.00
Barwon	Lightning Ridge Neighbourhood Centre	Community Harmony - Youth Nurturing Seniors	Event 1 - Demonstration of computers at the Neighbourhood CTC Centre, morning tea provided. Multicultural lunch and entertainment at the Gem Gardens Park including Welcome to Country and Aboriginal dancers. Event 2 - Demonstrations of mobile phones and Bluetooth followed by School "tap dancing around the world" concert and craft, health, art display ending with a light, healthy lunch. Morning tea provided.	\$800.00
Barwon	Moree Seniors Week Committee	Moree Seniors Week 2010	A program of events including church service and morning tea, community health information day, presentation of Senior Citizen of the Year award, Moree, BBQ and a bowls night.	\$870.00
Barwon	Narromine Shire Council	Seniors Get Together	An annual morning tea with entertainment provided.	\$500.00
Barwon	Probus Club of Gilgandra Inc	Exploring Pioneer and Indigenous sites around Gilgandra	A bus tour of Gilgandra and the villages of Balladoran, Armatree and Collie identifying historical sites.	\$400.00
Barwon	Trangie Local Aboriginal Land Council	A Cultural Road Trip with Our Seniors	A bus trip from Trangie to Gilgandra Cooee Heritage Centre with a light morning tea. A guided tour of the centre and a viewing of the local photographer's exhibit and a tour of the Gilgandra Museum. Lunch provided.	\$870.00
Barwon	Warrumbungle Shire Council	"Remember When"	Events in the Shire during seniors week. Special performance by Amber Charman. Nostalgic music from the 60's. Afternoon tea provided.	\$870.00

Barwon	Wee Waa and District HACC Association Inc	Wee Waa and District Seniors Luncheon 2010	Local schools performing including; bands, dancing, choirs and skits. Announcement of the Wee Waa and District "Lions" Seniors of the Year 2009. Announcement from official guests. Morning tea and lunch provided.	\$400.00
			TOTAL BARWON	\$11,490.00
Bathurst	Bathurst Men's Shed	Men's Shed Open Day	An information session on men's health with guest speakers and a BBQ lunch open to everyone. Speeches to include prostate cancer treatment, stress, loneliness and depression counselling. Activities provided in the shed including computers, pottery, woodwork, darts and pool.	\$400.00
Bathurst	Bathurst Regional Council	Broadening Horizons, Bathurst	A program of events including information sessions from Older Persons Legal Service, discussing wills, powers of attorney, guardianship, consumer rights and other seniors issues. A Seniors Outing to Local agricultural producer including tour of the property and tasting of produce. A Seniors Concert (with local country and western singer) at Bathurst Memorial Entertainment Centre.	\$800.00
Bathurst	Gorrie Ban	Seniors Concert	An annual seniors concert in Lithgow with games and lucky door prizes. Morning tea and a two course luncheon provided.	\$500.00
Bathurst	Lithgow City Council	Live Life in your Library	Events including a celebration of the library's summer program with technology and info sessions for seniors. Includes awards to commend outstanding commitment to seniors' development projects at the Library. A morning tea provided.	\$400.00
Bathurst	Mid-Western Regional Council	Celebrating Seniors Creativity	A series of art competitions running from November to March. The event during seniors week will include a light lunch, local entertainment and presentations of competition winners with award certificates and prizes.	\$500.00
Bathurst	Oberon Council	Oberon Seniors Week Information Session	The Oberon Seniors Week Information Session and afternoon tea will provide an afternoon's program of events for seniors in the Oberon LGA. Guest speakers, entertainment and catering provided.	\$600.00

			TOTAL BATHURST	\$3,200.00
Bega	Eurobodalla Adult Education Centre Inc	Brain Games	Two sessions of "Brain Games" for seniors, an introduction to the computer games which are packaged with the Windows Operating System.	\$400.00
Bega	Eurobodalla Shire Council	On Your Bike	Six hour training workshop for senior cyclists. Including beginner or intermediate skills conducted by Austcycle trainers. Bicycles supplied. The day begins at Dalmeny Bowling for a theory lesson and progress to cycling on the shared path.	\$400.00
			TOTAL BEGA	\$800.00
Blacktown	Sri Om Foundation Limited	Active Ageing	A day of activities including a cultural program, health lectures, a program by seniors showing their contribution to society, playgroup plays by seniors, program on nutrition and skills building and programs to address emotional needs.	\$870.00
			TOTAL BLACKTOWN	\$870.00
Blue Mountains	Blackheath Area Neighbourhood Centre	Growing Older - Gaining Connection	A program including a short film, a performance by a local choir, talks from local seniors and a light lunch.	\$870.00
Blue Mountains	Blue Mountains Aboriginal Culture and Resource Centre	Long time now - stories and recollections from Aboriginal Elders living in the Blue Mountains	A launch of a book of stories and recollections compiled from approximately 20 Aboriginal Elders living in the Blue Mountains.	\$500.00
Blue Mountains	Blue Mountains Women's Health Centre Inc	Women Ageing Strong and Well	Physical activity workshops facilitated by skilled instructors. Including Strength and Stretch class, Tai Chi and belly dancing, relaxation activities and art therapy. A nutritious lunch provided.	\$870.00
Blue Mountains	Katoomba Neighbourhood Centre Inc - Katoomba Volunteer Home Visitors	"What's on? Come and See"	A variety of indoor and outdoor events for seniors. Includes gardening, cooking, Mahjong, book clubs, dancing and fencing. Refreshments for attendees provided.	\$400.00
Blue Mountains	Winmalee Neighbourhood Centre Inc	Sit, Relax, Enjoy	Includes a discussion on the importance of exercise for seniors, an hour of gentle exercise, a relaxation session, information on seniors' agencies and an afternoon movie. Lunch provided.	\$400.00
			TOTAL BLUE MOUNTAINS	\$3,040.00
Burrinjuck	BCS Care Centre - Cowra	Senior Week Concert	Concert for seniors at the local civic centre,	\$400.00

			presentation on services provided in the area for seniors. Food and beverages provided.	
Burrinjuck	Boorowa Community Support Centre - Boorowa Health Service	Free Seniors Day Concert - Come Celebrate	Free concert lunch and afternoon tea for all seniors. Includes entertainment, music, information from community support centre services that are available in the area for seniors and how to access them. Health promotional bags provided for each attendee.	\$400.00
Burrinjuck	Cootamundra Shire Council	Seniors BBQ in the Park	A restaurant arrangement set up at Jubilee Park with food served by volunteers of all ages, service groups and youth groups. Includes entertainment by the local country music club, school of dance, and youth acting group. The Mayor will present awards to seniors who have had an inaugural role in the community.	\$600.00
Burrinjuck	Cowra Art Group Inc	Paper tole Workshops/ Safety and Security Talk	A demonstration of paper tole from a local tutor. A paper tole kit provided to each attendee. Includes information on selecting and ordering materials by personal computer or local library computers and talk by a representative from NSW Police on safety and security for seniors. Morning tea and lunch provided.	\$400.00
Burrinjuck	Cowra Council	Blogging for Seniors...The new Bingo	Computer lessons for seniors at Cowra Library including internet techniques such as blogging, social networking via the web and podcasting.	\$400.00
Burrinjuck	Harden Shire Council	Seniors Week	Gentle exercise in the park followed by fruit and morning tea. Tips on healthy living. Technology display in local hall, with interactive sessions, followed by light lunch.	\$400.00
Burrinjuck	Weddin Shire Council	Movies	Three free movies for seniors in the local area, tickets limited to 60, includes free afternoon tea after each movie.	\$400.00
Burrinjuck	Yass Valley Home Living Support Service	Event 1 - Calendar Event 2 - Seniors Talent Quest	Two events including the production of a calendar with photos of seniors with their grandchildren and a Seniors Talent Quest.	\$800.00
Burrinjuck	Young Seniors Week Committee	Seniors Week Celebrations	A week of events including three bus trips to tourist attraction near Young. A movie session, croquet open day, Bowls open day, Tai Chi demonstration, Photography competition, Scrapbooking workshops, family history open day,	\$870.00

			concert and awards ceremony.	
			TOTAL BURRINJUCK	\$4,670.00
Cabramatta	Cambodian Australian Welfare Council of NSW Inc	Change for Myself	A program of physical activities for all seniors in the community including gentle exercises, laughter therapy and aqua aerobics. Morning tea provided.	\$500.00
Cabramatta	Fairfield City Council - Fairfield Seniors Network	Seniors Digital Story Telling	Specialist training in digital storytelling including Photoshop and PowerPoint for seniors of culturally and linguistically diverse backgrounds in their native language.	\$800.00
Cabramatta	Lao Community Advancement NSW Coop Ltd	Lao Seniors Week 2009	Speeches, entertainers, dancing and singing, plus lunch for all attendees and information leaflets on nutrition, services and training.	\$750.00
Cabramatta	Serbian Orthodox Welfare Association of NSW Inc.	Serbian Seniors Week - Remain Active and Healthy	A day of sports activities and educational workshops on nutrition and a yoga class, with music, dancing and healthy food for Serbian seniors and people with a disability .	\$870.00
			TOTAL CABRAMATTA	\$2,920.00
Camden	Camden Council Seniors Program Committee	Seniors Week 2010	A festival of events and activities including a free bus trip, "Tea and Symphony", Grandparents story time and a Saturday matinee screening of classic films at Camden Library.	\$600.00
			TOTAL CAMDEN	\$600.00
Campbelltown	Campbelltown City Council	"Talkin about our Generation"	Technology presentations to provide skills in computer photography, computer programs and presentations. Entertainment and activities also provided.	\$800.00
			TOTAL CAMPBELLTOWN	\$800.00
Canterbury	Canterbury City Council	Seniors Week Luncheon and Celebration	A two course luncheon at the Orion Function Centre, Campsie, with musical entertainment.	\$500.00
Canterbury	Canterbury Multicultural Aged and Disability Support Service	Multicultural Seniors Harmony Celebrations	Stalls and displays by local senior services of the Bankstown/Canterbury area. Show bags with brochures will be provided.	\$800.00
Canterbury	Chinese Australian Services Society	Seniors Olympics 2010	Activities including sport competition and ball games, group activities such as tai chi exercise and an excursion to Sydney to explore living in a	\$400.00

			city. Light lunch provided.	
Canterbury	Hua Xing Activities Group	Senior Master Chef 2010	A food creation competition to demonstrate that seniors can be healthy, active and continue to learn. Sharing of new ideas of healthy cooking, group activities, for example tai chi exercises and a light lunch (prepared by the participants).	\$300.00
			TOTAL CANTERBURY	\$2,000.00
Castle Hill	The Hills Shire Council	Grand Family Fun Day	Free health and fitness activity day for grandparents (over 55 years) and grandchildren, includes games incorporating skills such as throwing, catching, balancing, juggling, plus team challenges and brain games. A BBQ plus cold drinks and tea and coffee provided.	\$800.00
			TOTAL CASTLE HILL	\$800.00
Cessnock	Cessnock City Council	"Going Wild" Picnic Day	Bus trip to Peace Park for healthy activities and walks, followed by a trip to the Hunter Valley Zoo. Morning tea and transport provided.	\$600.00
			TOTAL CESSNOCK	\$600.00
Clarence	Corindi Public School P and C Association	Promoting Healthy Lifestyle across the ages (kinder to seniors)	Seniors will join students kinder - year 6 on a "Health Hussle" including exercise and aerobics followed by a healthy combined morning tea, followed by entertainment. The day will conclude with a healthy lunch served by senior students wearing aprons and bow ties.	\$400.00
Clarence	Ellangowan Public Hall Trust	Old Time Dance	An old time dance open to all seniors, with live music and a supper during the evening.	\$400.00
Clarence	Richmond Valley Council	Connecting Richmond Valley Seniors	Computer training with transport provided if necessary.	\$800.00
Clarence	Woodburn Chamber of Commerce	A Day of Relaxation	A day of relaxation and entertainment including music, food and transport. Computers and instructors provided at the Community Technology Centre.	\$800.00
Clarence	Yamba Seniors Inc	Never Too Old	Morning tea and concert for seniors and teenagers including lucky door prizes a BBQ lunch, dessert, craft displays and mini workshops.	\$400.00
			TOTAL CLARENCE	\$2,800.00
Coffs Harbour	Coffs Coast Community College	Digital Cameras and Computers	Two day hands on course teaching seniors how to use digital cameras, downloading and saving	\$300.00

			photos onto the computer.	
Coffs Harbour	Coffs Harbour City Council Seniors Week Committee	Seniors Week Regional Championships	A local regional sporting championship in golf, tennis, bowls, indoor bowls and snooker including events for seniors with a disability such as assisted bowls, scooter driving competitions and cards.	\$800.00
Coffs Harbour	Orana High School	Never Too Old to Learn	A training session on using the internet - tips and tricks, currencies, weather and definitions, improving search techniques, internet information libraries and the use of "You tube" for learning. Lunch will be prepared and served by year 11 and 12 hospitality students with a performance by an African drumming group.	\$500.00
			TOTAL COFFS HARBOUR	\$1,600.00
Coogee	Randwick City Council	Playwriting and Performance Workshop	A series of activities including playwriting and performance workshop, therapeutic gardening workshop, an evening tour of the Prince Henry Hospital Nursing and Medical Museum and an information session about advance care directives.	\$500.00
Coogee	War Memorial Hospital Waverley	War Memorial Hospital Garden Party	A garden party held in the historic War Memorial Hospital grounds including physical and recreational activities such as croquet, bocce, and exercise sessions. Fall prevention activities and computer demonstrations also available.	\$870.00
			TOTAL COOGEE	\$1,370.00
Cronulla	Combined Caring Centres of Sutherland Shire	Garden Party - Here's to Life	Luncheon with musical sing-a-long, school students participation and judging of "hat competition". A BBQ lunch provided.	\$500.00
			TOTAL CRONULLA	\$500.00
Drummoyne	City of Canada Bay Council	Canada Bay Social Dance	A social dance including a series of dance workshops leading up to the event in Seniors Week. The workshops and event will be facilitated by William Mo, a local senior dance teacher. The event will also feature a performance by young artists from the MacDonald College. A light supper provided.	\$500.00

Drummoyne	Computer Pals for Seniors Concord Inc	Digital Photography Seminar	Guest speakers will speak about aspects of digital photography including "The basics", "How to set your photos into the computer", Picasso and other photo-editing programs. Afternoon tea provided.	\$300.00
Drummoyne	Concord Community Food Services INC	Concord Community Food Service Picnic in the Park	Kokoda Track Stations and picnic in the park day.	\$400.00
			TOTAL DRUMMOYNE	\$1,200.00
Dubbo	Canowindra Lions Club Inc	Live Life, See your Country, Make Tracks to Junee	Activities including a bus trip, morning tea, lunch and tours of the Liquorice and Chocolate factory, Montecristo Homestead and Railway Roadhouse.	\$500.00
Dubbo	Dubbo Neighbourhood Centre	Seniors Expo	A day of events including information stalls about services available for seniors, the Senior Citizen of the Year announcement and entertainment. Morning tea and lunch provided.	\$870.00
Dubbo	Forbes Shire Council	Live Life in Forbes	A week of events including Scooter Safety seminar, Seniors Expo, Internet Basics and Mobile Phone Workshops, Annual Seniors Luncheon, Afternoon Tea and Open House at Jemalong Retirement Village, Bowls and Croquet, 6th Light Horsemen Presentation and afternoon tea.	\$800.00
Dubbo	Parkes and District Neighbourhood and Community Information Centre Inc	Age is But a State of Mind	A week of activities and entertainment for seniors including a church service, movie afternoon, morning teas and lunches, coach tour and a variety of entertainment.	\$870.00
Dubbo	Peak Hill Ex Services and Citizens Club	Peak Hill Seniors Live Life Day	A lunch and drinks including presentations on technology and programs available through the local CTC.	\$500.00
			TOTAL DUBBO	\$3,540.00
Epping	Macquarie Community College	Life Story Writing Workshop	Free life story writing workshop presented by college tutor. Participants will learn techniques to help make their story writing easier. They will write a brief account of a life event.	\$400.00
Epping	Seva International Inc.	Out 'n' About Active South Asians	A visit to South Asian restaurants and grocery shops, education about low-fat, vegetarian eating options, and a showcase of a range of services to improve healthy living.	\$400.00
			TOTAL EPPING	\$800.00

Gosford	Baptist Community Services - NSW and ACT	Friendship and Connection morning teas	A program of Friendship and Connection morning teas across the region with local schools and volunteers providing entertainment. Includes practical information on services including the promotion of positive hydration and nutrition practices, client care and volunteering opportunities.	\$500.00
			TOTAL GOSFORD	\$500.00
Goulburn	U3A Goulburn Mulwaree Inc	Grey Mardi Gras and Live life expo	Expo including information stalls with local health and fitness providers, educational, social and service providers. Free lunch and concert provided on Day Two.	\$700.00
Goulburn	Volunteering Wingecarribee Inc	"Volunteering for Seniors" Expo	An Expo highlighting volunteering opportunities available to seniors in the Shire including photographic displays, DVD's, printed information and short talks on volunteering. Refreshments provided.	\$400.00
Goulburn	Wingecarribee Shire Council	Seniors Week	A week of activities including "The Great Debate", Big day out concert, community walks, trivia walk, and bus trip. Refreshments and transport provided at each activity.	\$800.00
			TOTAL GOULBURN	\$1,900.00
Granville	Granville Multicultural Community Centre	Satisfaction in Senior Years	Two days of activities. A bus trip to the Hunter Valley to Tyrrell's vineyard, including a guided tour of the winery and a computer class to learn basic computer skills including internet and email.	\$500.00
Granville	Holroyd City Council	Holroyd Seniors - Live, Laugh, Learn	A variety show, several horticulture workshops and computer classes.	\$800.00
			TOTAL GRANVILLE	\$1,300.00
Hawkesbury	Kentgrove Retirement Village	Celebrating a special decade - the 60's	An event day celebrating and reflecting on the decade of the 60's.	\$500.00
Hawkesbury	The Wisemans Ferry Sunshine Group Inc	A Fun Day for Young and Old	The day of events including morning tea, monster raffle, entertainment by the Wiseman's Ferry Public School Choir and Percussion Band and a medley of songs by Sunshine Group. A two course lunch provided.	\$870.00
			TOTAL HAWKESBURY	\$1,370.00

Heathcote	Sutherland Shire Council	Intergenerational Dialogue, creating the opportunity for shared experiences	A luncheon for 600 residents where students from local schools will engage in conversation with seniors, record their stories and compile memory/oral history cards. The memory cards will be used to sustain interest in intergenerational experiences in places across the Shire.	\$800.00
			TOTAL HEATHCOTE	\$800.00
Heffron	Botany Bay City Council	Technology Today	A series of interactive information sessions on various communication/media technologies, with experts from a range of areas speaking.	\$300.00
Heffron	Ethnic Communities' Council of NSW Inc	Seniors Sharing Sustainable Wisdom	A program providing education of sustainable environmental practices to seniors from culturally and linguistically diverse backgrounds with bilingual educators to facilitate the sharing of stories about environmental practices in their early life stage. Healthy, organic, sustainable lunch provided.	\$870.00
Heffron	South Sydney Community Aid Co-op Ltd	Living Longer and Healthier	A computer workshop on the use email, the use of search engines to access information about local services for seniors, a Tai Chi session, a Cantonese opera performance, a painting session and guest speakers. Morning tea and lunch provided.	\$870.00
Heffron	The Factory Community Centre Inc	Get out of Town	A trip for seniors who live in the South Sydney area to see native animals in a bush setting. Lunch provided.	\$400.00
			TOTAL HEFFRON	\$2,440.00
Keira	Bellambi Neighbourhood Centre	Seniors contributing to their community	Community lunch for local seniors, includes agency stalls promoting volunteering for seniors in the area.	\$500.00
Keira	Illawarra Indo-Chinese Aged Group Inc	Seniors Week Celebration	Events to celebrate volunteers who have helped build the aged care service for Indochinese.	\$350.00
Keira	U3A Northern Illawarra Inc	U3A Northern Illawarra - Open Day	An open day with guest speakers, morning tea and lunch and an introduction to U3A and special interest activities.	\$400.00
			TOTAL KEIRA	\$1,250.00

Kiama	Albion Park Seniors Social Group	Live Life	An day of entertainment including a Children's Choir, Bush Poet, tap dancing, line dancing, community singing and craft demonstrations. Morning tea and a hot lunch provided.	\$400.00
Kiama	Illawarra In Home Care Support	Event 1 - Painting Daisy. Event 2 - Open Day for Seniors	Two events including painting Daisy the iconic cow out side the Kiama fire station, followed by morning tea and an Open Day with guest speakers such as Medical Practitioners with information ageing, nutrition and exercise. Lunch provided.	\$500.00
Kiama	Lions Club of Kiama Incorporated	Seniors Summer School	A lecture with topics relevant to seniors lives including managing money in retirement, saving a life, volunteering, basic good health tips, wills, aged care and retirement facilities.	\$500.00
Kiama	North Kiama Neighbourhood Centre	Symbio Wildlife Park Adventure	A trip by wheelchair-accessible bus to Symbio Wildlife Zoo for a guided tour to learn about the history and wildlife of the zoo. Includes a wildlife show, morning tea and a picnic lunch.	\$400.00
Kiama	Shell Cove Social Group	Connecting Senior Communities	An information day for seniors including community safety, Department of Housing and Centrelink information, food and music.	\$400.00
Kiama	St. Paul's Catholic Church	"Live Life" Mass, Luncheon and Concert	2010 Live Life Mass, Luncheon and Concert including entertainment, singing and games.	\$400.00
Kiama	Warrigal Care Illawarra Auxiliary	Step back in time with the "Andrew Sisters"	A bus trip and morning tea for groups and residents including entertainment by local artists. Sing along to old favourites and be entertained by performers.	\$400.00
TOTAL KIAMA				\$3,000.00
Kogarah	Kogarah City Council	Seniors Week - Live Life with Vitality	A program of events including an Aboriginal guided tour of Carss Bush Park, Nintendo Wii Fit Workshops with young tutors, ANZAC intergenerational oral history project with local high school students, fall prevention seminar, coach trips, cooking-for-one classes, trivia challenge, family history workshops, senior drivers workshop and celebration of vitality luncheon.	\$650.00

Kogarah	St George Community Services Inc	Health Expo for Seniors	A range of exercise activities for members and residents including "Strengthening for over 60's", information stalls from computer clubs and other seniors groups in the area and a healthy eating session run by the local dieticians. Food provided.	\$870.00
			TOTAL KOGARAH	\$1,520.00
Ku-ring-gai	Hornsby Shire Council	Hornsby Shire Festival 2010	A range of events covering social, recreational, educational, intergenerational and cultural interests.	\$800.00
Ku-ring-gai	Ku-ring-gai Council	"Beyond my Window" Art and Craft Exhibition	An art and craft exhibition aiming to reach seniors 80+, senior residents with a disability and people with dementia. A series of awards given. Morning tea and afternoon tea provided.	\$500.00
			TOTAL KU-RING-GAI	\$1,300.00
Lake Macquarie	Lake Macquarie City Council	Live Life at the Lake	A day of Tai Chi demonstrations, exercise classes and information stalls promoting healthy living. A healthy breakfast provided.	\$500.00
Lake Macquarie	Southlake Neighbourhood Centre Project	Seniors on the information highway	Free information sessions and internet usage including lessons and support.	\$400.00
			TOTAL LAKE MACQUARIE	\$900.00
Lakemba	Canterbury City Community Centre	Seniors Even Bigger Day Out 2010	A day of activities including information stalls from a range of services, entertainment, interactive activities including a Trivia Quiz and a gentle exercise session.	\$870.00
Lakemba	Greek Orthodox Community of NSW	Engage, Outreach and Serve the Senior Greek Australian Community	The Welfare Department stall at the Sydney Greek Festival. Includes services, information and awareness within a supported culturally/linguistically-appropriate framework.	\$500.00
Lakemba	Riverwood Legion and Community Club	Club Rivers Annual Community Street Fair	A community based fair promoting local services. Includes stalls, craft items and free rides for children.	\$870.00
			TOTAL LAKEMBA	\$3,140.00
Lane Cove	Hunters Hill Council	Hunters Hill Seniors Week Program	A range of activities including walks, talks, concert and computer workshops at the library.	\$700.00
Lane Cove	Lane Cove Music and Cultural Association	Age and Memory - An Exhibition for everyone	An exhibition of artworks on the process of ageing - "memory and recollection." The focus will be on the physical and mental aspects of ageing including Alzheimer's.	\$400.00

			TOTAL LANE COVE	\$1,100.00
Lismore	Lismore Senior Citizens Inc Social Club	Super Seniors Week, with Grand Opening	Five day program of events including morning teas, entertainment, indoor bowls tournament, giveaways, gentle exercises, and guest speakers.	\$400.00
Lismore	Nimbin Aged Care and Respite Services	Sharing and Hearing Stories	A bus trip to Byron Bay for seniors and elders including a short Lois Cook heritage tour and cultural experience. A picnic lunch provided.	\$400.00
Lismore	Tweed Shire Senior Citizens Week Committee	A little of what you fancy	Activities day at Banora Point including a lakeside BYO picnic with the local paint group, painting, remote control yacht sailing, Tai Chi demonstration, "Stretch your mind" competition, a lake-side walk, life ball demonstration, Mah Jong and Scrabble.	\$400.00
Lismore	Tweed Valley CTC Inc	Seniors Week 2010	A day of lessons including Computer Basics, Surfing the Net, Digital Photography, Visiting the Public Trustee website, Computer Arts and Graphics for Seniors, Basic M/S Word and Publisher, Communicating over the Internet, and Genealogy.	\$400.00
Lismore	Upper Clarence Valley Senior Citizens	Seniors - The Story	Seniors from a large rural and remote areas come together to tell their stories with music and verse. Morning tea and lunch provided.	\$400.00
			TOTAL LISMORE	\$2,000.00
Londonderry	Older Men's Network Inc OMNI	Age is no barrier for learning	Technology demonstrations and advice given by technical experts on mobile phones, digital radio, digital cameras and televisions.	\$400.00
			TOTAL LONDONDERRY	\$400.00
Macquarie Fields	Scalabrini Village	Morning with the Stars	A week of events including opening mass, Games Day with special Italian morning tea, Italian Cooking, an outing to the Marconi Club, Bus outing to Mt Anan Botanical Gardens and a Family Day celebration.	\$870.00
			TOTAL MACQUARIE FIELDS	\$870.00
Maitland	Maitland Senior Citizens Week Committee	Maitland Seniors Week Program of Events	A series of events including a concert for the opening of Seniors Week, Indoor Bowls Morning, Old Time Dance, Local Concert, New Vogue Dancing, Seniors Meeting and Lunch, Games Afternoon and afternoon tea.	\$800.00
			TOTAL MAITLAND	\$800.00

Marrickville	Greek Welfare Centre	Educational and Information Day and Seniors Games	Information stalls on aged care, pensions, nursing homes and the Greek Welfare Centre. Includes physical games such as ten-pin bowling and cognitive games like backgammon.	\$500.00
Marrickville	Marrickville Council	Feet First Concert	A day of socialising, entertainment and learning, local choir songs, talks on feet care. A meal provided.	\$800.00
Marrickville	Mary McKillop Outreach, St Vincent de Paul Society	Mary Mac Active Fun Fair	An old fashioned fun fair with games, prizes and gentle exercises and mild cognitive thinking. Includes music information stalls and BBQ lunch.	\$500.00
Marrickville	Vietnamese Senior Association Marrickville Inc	Celebrating the diversity of our Multicultural Society	A day of activities including anthems, speeches, tai chi demonstrations, live music. Food and drink provided.	\$500.00
			TOTAL MARRICKVILLE	\$2,300.00
Menai	Menai Community Services Inc	Celebrate Seniors - Open Day	An open day including stalls, information packs, and two guest speakers with tea, coffee, juices and cakes included.	\$500.00
			TOTAL MENAI	\$500.00
Miranda	Frank Vickery Retirement Village	Have a yarn with a Senior in 2010	A collection of life stories, yarns and recipes from seniors, including interviews by local students. Morning tea provided.	\$870.00
			TOTAL MIRANDA	\$870.00
Monaro	Cooma Monaro Shire Council	Back roads to our rural villages	A bus trip from Cooma to Nimmitabel to visit local arts and craft shops followed by a trip to Dalgettay to see historical sites within the village and a visit to Monaro's drought stricken farmlands. Includes a lunch at the Jindabyne Bowling and Sports Club.	\$800.00
Monaro	Palerang Council	Seniors Live Life Fair	A variety of activities and a morning tea. Activities include Tai chi, gym/fitness demonstration, the basics of mah-jong, bridge and euchre, art and drawing,; literature appreciation, overview of computing and a dance demonstration.	\$800.00
Monaro	Sing Australia Queanbeyan	Participation and advertising for Seniors Week program of event in Queanbeyan	Social events including a singing performance, brunch, a sit down lunch, trivia quiz, BBQ lunch and information sessions.	\$400.00
			TOTAL MONARO	\$2,000.00

Mount Druitt	Blacktown Districts Older Women's Network	International Day	Rooty Hill seniors hall with host entertainment for the culturally and linguistically diverse community, including a Sri Lankan singer, African drumming, a Tai Chi demonstration and theatre group. International food available.	\$400.00
Mount Druitt	Graceades Community Cottage Inc	Food Across the Generations	Catered morning tea and live concert by Chifley College campus students for Mount Druitt seniors. Favourite recipes of each group will be compiled into a recipe book and distributed to participants.	\$870.00
			TOTAL MOUNT DRUITT	\$1,270.00
Mulgoa	The Anglo-Indian Association of NSW Incorporated	NSW Anglo Indian Seniors Renunion-2010	A day of Anglo-Indian of socialising, Indian food, dancing and listen to music of the 50's, 60's and 70's.	\$870.00
			TOTAL MULGOA	\$870.00
Murray-Darling	Wakool Shire Council (Moulamein)	Our Community - then-now-tomorrow	A variety of events including a tour of local area, morning tea at the lake and swimming pool, guest speakers, and an afternoon tea and tour of the local art gallery.	\$400.00
Murray-Darling	Balranald Shire Council	Games and Gadgets for Seniors	Fun and healthy activities for the body and mind. Includes lunch, lawn bowls and entertainment.	\$870.00
Murray-Darling	Barham- Health Service Auxiliary Inc	Celebrating seniors with fine food and friends - Barham 2010	A day of events and activities including health promotion, craft, music, exercise and movement activities.	\$870.00
Murray-Darling	Berrigan Shire Library Service	Health and Wellbeing with Tai Chi	Four Tai Chi classes with a professional instructor in the Library. Morning Tea available for all participants after exercises. Display with DVD's, Videos and Books and a discussion on the benefits of Tai Chi.	\$400.00
Murray-Darling	Broken Hill City Council	Live Life	An annual concert and presentations. This one day seniors week fair includes demonstrations and give-aways, computers for seniors, seniors prime movers classes, digital photography, pottery, quilting, scrap booking and line dancing. Catering provided.	\$800.00
Murray-Darling	Buronga/Gol Gol Senior Citizens Club Inc	Seniors Day at Midway	A day where seniors of rural, remote areas come together for entertainment and food.	\$400.00
Murray-Darling	Central Darling Shire Council	Seniors Week in the Central Darling Shire	A variety of events including a dinner dance, river boat cruise, BBQ and afternoon of story selling.	\$500.00

Murray-Darling	Conargo Shire Council	Picture Perfect Seniors	Includes photography workshops, painting workshops run by local artist Anita Warren. Materials available for participants. Bus travel, morning tea, lunch, afternoon tea and beverages provided.	\$800.00
Murray-Darling	Deniliquin Croquet Club	Mix and Mingle	A social including morning tea, lunch and croquet demonstrations.	\$250.00
Murray-Darling	Deniliquin Men's Shed and Community Activity Centre	Come and Try Day	A day of entertainment and practical art and craft demonstrations. Morning tea, afternoon tea and lunch provided.	\$350.00
Murray-Darling	Deniliquin Neighbourhood Centre	Shared Experiences of the Digital Age in Deniliquin	A day of digital workshops in Deniliquin.	\$870.00
Murray-Darling	Far West HACC Services Inc (Community Transport)	Railway Link to Seniors Week	Lunch on the platform of the historical Sulphide Street Railway and Historical Museum. Entertainment will be provided by the Barrier Industrial Union Band (BIU). A photographic exhibition of train trips will be presented.	\$400.00
Murray-Darling	Hay Shire Council	Turn Back Time	A walk along the riverbank and through the gardens, including entertainment, a fashion parade featuring fashion from decades past and talks on improving health. Lunch provided.	\$750.00
Murray-Darling	Hay Showground Trust	Seniors Week Morning Tea	The day will include entertainment, raffles, singing, poetry, games, garden walk, morning tea and transport to the next venue.	\$400.00
Murray-Darling	Intereach - Finley Location	Shared Experience of the Digital Age in Finley	Internet interaction providing training lessons in internet, computers and email use.	\$500.00
Murray-Darling	Jerilderie Shire Council	I Remember...	Seniors will contribute a story about their experiences with modern technology. The stories will be recorded and used by the Historical Society. High school children with help facilitate a class in the library called "demystifying the internet", teach seniors how to use mobile phones, send an email, use a digital camera or catch up with friends on Facebook. Lunch and entertainment provided.	\$650.00
Murray-Darling	Jerilderie Steam Rail and Heritage Club Inc	Seniors Day	Train rides with The Jerilderie Steam Rail and Heritage Club, along Billabong Creek, viewing bush land, birds and the creek. Lunch and Devonshire tea provided.	\$400.00

Murray-Darling	Murray Shire Council	Use I.T - Seniors Citz Day	Computer and IT courses and demonstrations using Skype, Mobile phones and computers. Students will demonstrate to seniors real life examples. Transport, morning tea and lunch provided.	\$800.00
Murray-Darling	United Hospital Auxiliaries of NSW Inc Mathoura Community and Day Care Branch	Never too old to Learn	A workshop on the use of mobile phones - internet, email, TV, photos, G.P.S. and text messages. Photos taken on the day will be downloaded to a laptop for all to see during the BBQ at lunch time. Entertainment and transport included.	\$400.00
Murray-Darling	Urana Shire Council	Seniors' Luncheon and Bus Trip	A bus trip for the seniors in the Urana area. Lunch and entertainment provided.	\$400.00
TOTAL MURRAY-DARLING				\$11,210.00
Murrumbidgee	Clarence Valley Council	Clarence Valley council senior Week Project	A week of events including Intergenerational writing competition with award dinner, Bush tucker BBQ, Clarence River Heritage cruise, Seniors playgroups. Morning tea and transport provided.	\$870.00
Murrumbidgee	Coolamon Senior Citizens Club	Bus Title	A bus trip to tour sites around the Young area. Stop off for lunch and afternoon tea.	\$400.00
Murrumbidgee	Griffith City Council	Julie Anthony in Concert	Activities celebrating Seniors Week including a morning tea and performance by Julie Anthony.	\$600.00
Murrumbidgee	Leeton Shire Council	Leeton Shire celebrates its Seniors.	Events for seniors including entertainment by school drama and choir groups at the Gogelderie Weir, a presentation on the history of the weir and sustainability of the local environment and film screening at the Roxy. Morning tea and BBQ lunch provided.	\$600.00
Murrumbidgee	Lower Lachlan Community Service Inc	Getting started in family history	Workshops family history research, creating basic family tree. Internet sessions on searching, genealogy sites, and digital scrapbooking. Lunch provided.	\$400.00
Murrumbidgee	Temora Shire Council	Seniors Week	A week of activities including a church service, a movie session, a historic bus tour of the local area and a luncheon, Seniors expo and luncheon, exercise and healthy eating activities.	\$870.00

Murrumbidgee	Junee Shire Council	Junee Seniors Live Life	Includes a mystery bus trip, a luncheon with entertainment and Junee Library and activities at the Junee Junction Recreational and Aquatic Centre.	\$750.00
			TOTAL MURRUMBIDGEE	\$4,490.00
Myall Lakes	Coomba Park and District Senior Citizens Association Inc	Keeping Seniors Active	Event 1 - Morisset Craft Markets with bus transport provided. Trip stops at Morpeth, Bulahdelah Golf Club for dinner at \$15 per head. Morning tea provided. Event 2 - Australian BBQ at Coomba Aquatic Gardens.	\$300.00
Myall Lakes	Great Lakes Council	Stylish Seniors Day Out	Fashion show for men and women, information sessions presented by an optometrist, physiotherapist, representative from Homeyped Shoes and a nutritionist. Entertainment by local primary school and finger food lunch and refreshments provided.	\$700.00
Myall Lakes	Greater Taree City Council	Leisurely Learning Socially	Program at local libraries including guest speakers, dance groups, computer tutorials and food.	\$650.00
Myall Lakes	Manning Valley Seniors Citizens Association Inc	Open Day	Concert and fashion parade, stalls, country and western sing-a-long and an art display. Lunch and morning tea provided.	\$400.00
			TOTAL MYALL LAKES	\$2,050.00
Newcastle	Ethnic Communities Council of Newcastle and Hunter Region Inc	Multicultural Food, Nutrition and Health	A multicultural luncheon including guest speakers and practical demonstrations of light exercises, with handouts on nutrition, exercise, menu ideas and recipes.	\$700.00
			TOTAL NEWCASTLE	\$700.00
North Shore	Crows Nest Centre	High Tea and Entertainment	An activities day including; interactive activity between grandparents and children, a biscuit decorating competition with prizes, High tea, a comical performance by the Older Women's Network Theatre Group, a performance by primary school choir and an Irish dance performance by seniors.	\$400.00

North Shore	Mosman Municipal Council	When I Retire	A series of three events. A seminar on: financial planning, leisure and learning, housing and accommodation with guest speakers, morning tea and lunch. A Seniors Cocktail Party. A themed lunch with the Mayor of Mosman in the Seniors Centre.	\$650.00
North Shore	North Sydney Council	Happier, Healthier, Longer	A program of activities: Aqua Aerobics, Feldenkrais, Yoga, Croquet and Tai Chi, luncheons and concerts. An arts pack will be distributed for seniors to complete an artwork.	\$800.00
TOTAL NORTH SHORE				\$1,850.00
Northern Tablelands	Armidale Dumaresq Council	Live Life - and See your Region	Seniors are acknowledged by the Member for Northern Tablelands and Armidale Mayor including lunch and entertainment. Day trip to Tamworth to learn about the New Australian Equestrian and Livestock Centre. The trip will include a visit to the Australian Country Music Hall of Fame and lunch at the Tamworth Pub.	\$400.00
Northern Tablelands	Guyra Shire Council	Celebrating Healthy Senior Highlanders	A program of events including an official opening with Welcome to Country, local school entertainment, Aboriginal art and craft exhibitions, adult learning displays, lunch with an awards presentation, bowls, technology displays. Morning tea, afternoon tea, and lunch provided.	\$800.00
Northern Tablelands	Gwydir Shire Council - Bingara Home and Community Care	Seniors Ball	A Seniors Ball for seniors, their friends and family. Includes lunch and music.	\$600.00
Northern Tablelands	Inverell Combined Pensioners Club Inc	Live Life Learning	Activities day including guest speakers on the use of computers, physical activities including dancing demonstrations, professional music, comedian and luncheon.	\$300.00
Northern Tablelands	The Lions Club of Tenterfield Inc	Mystery Tour	A mystery tour to a restaurant in a bush setting overlooking a beautiful valley and waterfall. Morning tea will be served at the Deepwater School and students will provide the entertainment. A hot lunch provided.	\$870.00
Northern Tablelands	Uralla Senior Citizens and Pensioners Association Inc	Luncheon and Concert	Luncheon and a concert performed by school students. Transport provided to and from the event.	\$400.00

			TOTAL NORTHERN TABLELANDS	\$3,370.00
Oatley	Hurstville City Council	Seniors Week	Library Events, Regional Gallery and Museum Event, Injury Prevention Seminar, Outdoor Event, Frail Age Luncheon, Old time Dance, Cultural Event.	\$800.00
Oatley	Hurstville City Council - St George Regional Museum	Postcards of St George	A series events including a guided tour of the Museum and Gallery's permanent exhibition, Stories of St George where seniors will record their stories on postcards which form an online and in-house exhibition to contribute to the history of St George. Refreshments and lunch provided. A sing-a-long with old time music, whilst viewing the Museum and Gallery's collection. Participants encouraged to bring in their own treasures (photographs, heirlooms etc) that reflect their story. Morning tea and refreshments provided. A trip to Hurstville Library for workshops on new technologies. Light refreshments provided.	\$400.00
Oatley	Pole Depot Community Centre	Capturing Moments	Lessons in the use of digital cameras at the Auburn Botanic Gardens. Learn how to take photos of the gardens, download photos on to computer and load to disc.	\$400.00
Oatley	Resourceful Australian Indian Network Inc	Maanav Seva (Service to Humanity)	A peer group of Indian Seniors will visit their house-bound friends and friends who are residents of nursing homes and take them on a picnic. Lunch and entertainment provided.	\$500.00
			TOTAL OATLEY	\$2,100.00
Orange	Orange City Council	Live Life - The best is yet to come	A series of events including the Orange Regional Conservatorium Family Concert with Awards presentation, an "Understanding the Law" seminar, bus trip to the Bee Keepers Inn, and afternoon of trivia, trip to a community restaurant, Classic film screening and luncheon, Bunnings DIY workshop, Apex BBQ and Midday Melodies at the Orange Ex-Services Club and Seniors Expo.	\$800.00
Orange	Wellington Council - Senior Citizens Group	Old Time Country Dance	A dance designed to reflect the woolshed dances and balls of the past with waltz and barn dance demonstrations with families invited to attend.	\$600.00
			TOTAL ORANGE	\$1,400.00

Oxley	Bellingen Shire Council - Dorrigo Support Centre	Seniors Out and with it in Dorrigo (SOWID)	A range of activities to try including scrabble group, tennis, walking group, scrapbooking, racquet ball, squash, International food, games and films.	\$400.00
Oxley	Kempsey Family Community Centre	Bridging the age and cultural gaps	Story telling day between generations. Seniors will assist young people in using computer technology to record their stories. The day will include games, face painting, a BBQ and a tree painting ceremony.	\$400.00
Oxley	Nambucca Shire Council	Live Life - It's on for young and old	Intergenerational concert held at the Bowraville Central School. Transport, morning tea and BBQ lunch provided.	\$500.00
			TOTAL OXLEY	\$1,300.00
Parramatta	Dundas Area Neighbourhood Centre	Waratah Seniors Picnic	A day of games and awards with a quick stroll along the park. Lunch provided.	\$350.00
Parramatta	Parramatta City Council	Seniors Week Calendar of Events	A variety of events provided by Parramatta Council aiming to reach marginalised seniors' groups with education, recreational, physical and social activities.	\$600.00
Parramatta	SWAHS and Blacktown Council	Live Life Better	Entertainment and information event, including visual health, oral health, arthritis, mental health and ageing, centrelink, mental aerobics, tai chi, senior choir and seniors bellydancing. Morning tea and light lunch provided.	\$870.00
			TOTAL PARRAMATTA	\$1,820.00
Penrith	Penrith City Council	Live Well Longer	Showcase event for seniors of Penrith highlighting the local talent of the city. Seniors will participate in some activities and join in the entertainment.	\$700.00
			TOTAL PENRITH	\$700.00
Pittwater	Computer Pals for Seniors Northern Beaches Inc	Creative Computing	A day of demonstrations followed by hands on practical sessions on computers. Handouts available and tea, coffee and a light lunch provided.	\$300.00
			TOTAL PITTWATER	\$300.00

Port Macquarie	Hérons Creek Public School	CAPA Concert and Technology Day	Two events including a technology workshop where students will buddy with a senior buddy and provide a technology lesson. Lunch provided. A creative arts concert showcasing dancing, choir items, poetry and drama. Morning tea will follow the event.	\$400.00
Port Macquarie	Tip Top Tappers Inc	Celebrate with Dance	A variety concert each day of Seniors Week at different venues throughout mid coast NSW. The two hour show is full of singing, dancing, comedy and colour.	\$500.00
TOTAL PORT MACQUARIE				\$900.00
Port Stephens	Port Stephens Community Arts Centre	Seniors Craft Workshop	Open day at the centre, with Acrylic painting workshops, water and oil painting workshops, woodworking and pottery. Morning tea provided.	\$400.00
Port Stephens	Port Stephens Community Care Inc (PSCC)	Port Stephens Seniors Expo 2010	A day of information stalls for seniors and people with a disability. Stalls include health and support groups, volunteer options, Legal/Centrelink/Crime Stoppers, transport, University of the Third Age, interactive computer and phone stall. Entertainment includes an Indigenous dancer and Welcome to Country.	\$700.00
Port Stephens	Port Stephens Council	Port Stephens Council Seniors Week Program 2010	A week long program including the launch hosted by the Mayor of Port Stephens, a morning concert featuring a choir and big band, two workshops targeting issues relevant to seniors, a road safety workshop and a personal and property safety program. Lunch provided. A "Young at Heart" movie morning and a "computer skills" class will also feature.	\$800.00
Port Stephens	Raymond Terrace Senior Citizens Inc	Seniors Living Life	A two day event including a trip to Taree, Wauchope and visiting "Timbertown", staying the night in Port Macquarie. Day two includes "Everglades" Eco Cruises for a day exploring the natural wetlands heritage area. Meals included during the two day event.	\$500.00

Port Stephens	Terrace Tenants and Associates Inc	Cheese and Chocs	A coach trip from Raymond Terrace to the 'Smelly Cheese Factory', with cheese tasting on arrival. Each participant is issued a voucher to purchase goods available to the value of \$10. Lunch in the park and an afternoon trip to the Chocolate Factory with a sample platter on arrival and tea, coffee and cold drinks and again a \$10 voucher to be issued.	\$500.00
Port Stephens	Tomaree Community College Inc	Opening of the College Community Garden	The opening of the college community garden where seniors can help maintain a garden, socialise, get exercise and grow fresh vegetables to supplement their diet.	\$400.00
			TOTAL PORT STEPHENS	\$3,300.00
Riverstone	Dean Park Community Development Project (as part of Marayong House)	Celebrating Sensational Social Seniors	A week of events including free seniors breakfast and Monday Movers Walking Group, relaxation class, lunch followed by games afternoon with cards, mah-jong and scrabble, Wednesday Wanderers Walking Group, lunch and knitting and crocheting class, card making classes, morning tea and entertainment.	\$400.00
Riverstone	Hawkesbury District Health Service	Men's Health Dinner	A dinner to help educate men from the Hawkesbury community on health issues.	\$600.00
Riverstone	Peppercorn Services Inc	Live and Learn	Social activities such as Tai Chi, Belly dancing, Genealogy sessions and software sessions through computer services and community gardening. A light lunch and transport provided.	\$700.00
			TOTAL RIVERSTONE	\$1,700.00
Rockdale	Rockdale City Council	Seniors Week	A program of events including bus trips to Wollongong, Palm Beach and Southern Highlands for 450 seniors. Harbour morning coffee cruises for 80 seniors. Matinee performance by Rockdale Opera for 300 seniors. Seniors Men's Shed workshops and scrap booking sessions for 80 seniors.	\$800.00
			TOTAL ROCKDALE	\$800.00
Ryde	Christian Community Aid (CCA)	Eastwood - Celebrating Our Seniors	Afternoon of entertainment and refreshments. Transport to be provided.	\$400.00

Ryde	Hornsby Woodworking Men's Shed	Morning Tea, BBQ Lunch, and Demonstration	An inspection of the open shed with a demonstration of wood turning and power tools/ equipment. Visitors may try wood turning. Morning tea and a BBQ lunch provided.	\$300.00
Ryde	Indonesian Welfare Organisation Inc (IWA)	Celebration of Indonesian Seniors	A workshop on health, exercise, beauty and wellbeing including guest speakers. The day includes stalls, artworks, and craft made by seniors. Entertainment, morning tea and lunch provided.	\$870.00
			TOTAL RYDE	\$1,570.00
Shellharbour	Oak Flats Senior Citizens Club Inc	Living Life with Seniors	Club activities including an art display with local artists work, painting, tai chi and indoor bowling. Morning tea provided.	\$250.00
			TOTAL SHELLHARBOUR	\$250.00
South Coast	Folk Dance Australia Inc	Around the World in Five Dances	A day to come and try 5 easy folk dances from 5 countries (including Australia). No dance experience or partner needed. Look through the display of artefacts from different countries and watch Greek dances being performed.	\$360.00
South Coast	Sussex Inlet Men's Shed Inc	Open House	Two day "open house" display. Demonstration and information event. A sausage sizzle with tea and coffee will be available on both days. Day 1 will be open to all and Day 2 will be by invitation.	\$300.00
South Coast	Uniting Care Ageing - South Eastern Region	Seniors Week - Recipe and Handy Hints Book Launch	A book launch on "Recipe and Handy Hints" book of health awareness.	\$290.00
South Coast	Waminda Club - A branch of the CPSA	Heritage Coach Tour	A coach tour of the Milton/Ulladulla region with morning tea and lunch in the Historical Uniting Church grounds in Milton.	\$400.00
			TOTAL SOUTH COAST	\$1,350.00
Strathfield	Burwood Community Welfare Service Inc	"Living Longer, Living Stronger"	Activities day including gentle exercise, games, entertainment, information on healthy diet, nutrition, volunteering options and self health and community participation.	\$400.00
Strathfield	Burwood Council	Ageing and Diversity	A fashion show, showcasing clothing for all shapes and sizes, followed by a demonstration on how an Indian Sari is worn and a short history of it. Seniors groups from Chinese, Korean, Arabic and Lebanese backgrounds are invited to show their traditional dress.	\$800.00

Strathfield	Burwood Seniors Computer Club Inc	Seniors Enjoying Technology	A display of materials by past and present club members. A computer with PowerPoint presentations of what is possible to learn and club tutors and their assistants will be present to answer questions or help people to fill out application forms.	\$300.00
Strathfield	Chinese Migrant Welfare Association Inc	Chinese Arts Performance	Traditional Chinese dancing and singing performance for seniors and younger generations to perform and interact together.	\$400.00
Strathfield	Strathfield Council	A History of Strathfield	A showcase of memories and stories of Strathfield with the use of digital storytelling to be screened in the Strathfield Library.	\$800.00
			TOTAL STRATHFIELD	\$2,700.00
Swansea	Coastal Lakes Indoor Bowls Association	Seniors Week Indoor Bowls Gala Day	A day of bowls. Morning tea, lunch and afternoon tea provided.	\$400.00
			TOTAL SWANSEA	\$400.00
Sydney	Holdsworth Community Centre and Services	Generations Celebrate Diversity	A series of events including lunch at a Turkish/Lebanese restaurant, Yoga, live entertainment, music from around the world and morning tea at Rose Bay Club.	\$870.00
Sydney	Kings Cross Community and Information Centre Inc	Fun and Frivolity	An afternoon of fun and frivolity featuring live music, vocalists and a comedian. Includes afternoon tea (high tea).	\$500.00
Sydney	Surry Hills Neighbourhood Centre Inc	Challenging Time	Information sessions on health, diet, exercise, transport and community access to seniors. Information handouts provided.	\$400.00
Sydney	The Aged-care Rights Service (TARS)	"The TARS and OPLS Road Show 2010"	Information sessions outlining aged care services, older persons legal service, and advice to senior members of the culturally and linguistically diverse community and Aboriginal and Torres Strait Islanders. Light refreshments and lunch provided.	\$600.00
			TOTAL SYDNEY	\$2,370.00
Tamworth	Alkira Aged Care Facility	Opening of Seniors Week on behalf of the Seniors Week Committee	The opening ceremony will consist of guest speakers and entertainment. Following the opening ceremony an afternoon tea will be held.	\$500.00
Tamworth	Barraba Combined Pensioners and Senior Citizens Association Inc	Seniors Centre Open Day	Open day housed in a heritage building with a sausage sizzle, games of snooker, art activities, children singing, and dancers and sing a long.	\$400.00

Tamworth	Barraba Home and Community Care Services	2010 - Play it again!	Morning tea at Playhouse Hotel, presentation of Senior's Week Awards (individual and community group), with in-house movie at the Playhouse theatre to follow official presentations.	\$400.00
Tamworth	Boggabri Old Peoples Welfare Committee Inc	Racing and Rhyme Mystery Bus Tour	Mystery bus tour of the Hunter Valley and a bush poet entertaining. The bus will visit Boggabri, Quirindi and Cressfield horse stud, and Wingen. Lunch at Durham Hotel.	\$500.00
Tamworth	Gunnedah Shire Council	Seniors Week in Gunnedah "Live Life"	A program of events including a mystery bus tour, Bingo, movies, exhibitions and a concert. Morning and afternoon tea provided.	\$400.00
Tamworth	Older Men's Network Incorporated	Monster Men's Shed Muster	Guest speakers from seven Men's groups in the Tamworth region with question and answers from a panel of speakers. Morning tea and BBQ lunch provided plus information on Men's health.	\$400.00
Tamworth	Tamworth Regional Council - Tamworth Community Centre	Seniors Live Life Concert 2010	A community concert and opening of Seniors Week in Tamworth for all seniors. Morning tea included.	\$400.00
Tamworth	Tamworth Youth Care - Coledale Community Centre	Energy = Eat, Exercise, Educate and Entertain	Guest speaker, speaking on a variety of issues that relate to seniors with nutritious lunch and music provided.	\$600.00
			TOTAL TAMWORTH	\$3,600.00
The Entrance	Bateau Bay Men's Shed Inc	Bateau Bay Men's Shed Open Day	Open day to increase the public awareness of the Men's Shed at Bateau Bay.	\$300.00
			TOTAL THE ENTRANCE	\$300.00
Toongabbie	Arabic Evangelical Presbyterian Church	Seniors Week	Health and exercise information sessions. Transport, lunch and afternoon tea provided.	\$350.00
Toongabbie	Karabi Community and Development services Inc.	"Get Fit Live Life"	A program of events including fitness workshops and demonstrations on meal preparation with guest speakers, Tai Chi workshops, community health speakers and dietician talks. Entertainment, morning tea and lunch provided.	\$400.00
Toongabbie	Parramatta Mission Westmead Congregation	Zest for life	A program of events including speeches on nutrition, exercise and medications slide shows of achievements, entertainment including singing and indoor games. Morning tea provided on some days.	\$500.00
			TOTAL TOONGABBIE	\$1,250.00

Tweed	Pottsville Beach Neighbourhood Centre	SNS: "Social Networking Seniors"	Workshops on social networking sites such as Facebook, Twitter and Live Journal.	\$400.00
			TOTAL TWEED	\$400.00
Upper Hunter	Bucketts Way Neighbourhood Group Inc	Greys Matter	Various activities in the park including Tai Chi, painting, scrapbooking, reading and drumming. Morning tea and lunch provided.	\$870.00
Upper Hunter	Gloucester District U3A	Help yourself to Live a Healthy Life	A program of activities including learning how to use internet to gain a healthier lifestyle and diet. Includes internet exercises, gathering gardening tips and recipes from the internet and excursions to Hilliers Herb Farm.	\$800.00
Upper Hunter	Liverpool Plains Shire Council	Moves and Movies	An exercise class based on heart moves low impact, a talk on healthy eating by dietician and screening of a Hollywood classic film at the movies. Morning tea provided.	\$500.00
Upper Hunter	Merriwa Senior Citizens and Pensioners Association	Live Life	A program of events including church services, concert, lunches, coach trip through Wollemi National Park and morning teas.	\$500.00
Upper Hunter	Scone Neighbourhood Resource Centre Inc	You're Never Too Old to Facebook	A workshop on Web 2.0 technology like "Facebook" with high school students as mentors.	\$300.00
Upper Hunter	Stroud Area HACC Program	Stroud celebrates the lives of seniors	A seniors concert and community services expo, including a booklet on nutrition and a nutritious lunch. Transport provided.	\$400.00
Upper Hunter	Upper Hunter Shire Council - Merriwa	Seniors Online	A five day program of events introducing seniors to a variety of online services including Genealogy, Digital Photography, emailing, creating a family tree online and safe internet usage for seniors.	\$400.00
			TOTAL UPPER HUNTER	\$3,770.00
Wagga Wagga	Tumut Shire Council	Mind, Body, Soul.	A full program of activities including bush walking, archery, mini golf, fencing, yoga and tai chi, a coach trip to Borambola with morning/afternoon tea and lunch provided.	\$500.00
			TOTAL WAGGA WAGGA	\$500.00
Wakehurst	Allambie Heights Village Inc	Intergenerational Farmstead Day	Intergenerational afternoon with school students and seniors, to visit farm animals. Entertainment from school students plus coffee, tea and cake.	\$400.00

Wakehurst	Warringah Council	Seniors - Living Life - Launch and Exhibition	The day will include a photographic exhibition of participants in the Seniors Program 2009, musical performances, and the distribution and launch of Seniors Program booklet - identifying over 40 activities for the 'Body, Mind and Spirit'.	\$800.00
			TOTAL WAKEHURST	\$1,200.00
Wallsend	Hunter Wetlands Centre Australia	Revel in our Environment	A series of events including breakfast with the birds, breakfast at the café, canoe tour to Iron Bark Creek, guided walks, reptile talks, bird feeding, introduction to endangered species breeding program of the Freckled Duck.	\$400.00
Wallsend	Older Women's Network - Newcastle	Active Ageing for Body and Soul	Morning tea followed by a forum of health professionals from G.P.Access and Hunter Health. Light entertainment provided by Older Women's Network Performance Group.	\$400.00
			TOTAL WALLSEND	\$800.00
Willoughby	Willoughby City Council	Willoughby Seniors Week Festival	Includes an Open Day at Willoughby MOSAIC, Senior Fitness Activity Day, Harmony Day in the Mall, an Art Exhibition featuring local senior artists, Seniors Internet Kiosk, free Line dancing classes and free driver education for seniors.	\$800.00
			TOTAL WILLOUGHBY	\$800.00
Wollondilly	The Junction Works Ltd - Tallowood Community Centre	Mid Morning Laughter	A one off laughter workshop, specifically aimed at residents from the local area, followed by lunch and a comic performance by a senior stand up comedian.	\$500.00
Wollondilly	Wollondilly Shire Council	Life Long Learning Expo	Information provided on opportunities for seniors to stay active, gain new skills and network with other senior community members. Services will promote what is available locally including basic computer training and other skills-based training programs that will be launched during Seniors Week. Lunch and entertainment provided.	\$750.00
Wollondilly	Wollondilly Support Community Care Inc	Seniors Entertainment Expo	Activities program including manicures and hand massages, flower arranging, lawn bowls, cards, darts, notebook cover making and nutrition workshops. Lunch, entertainment and transport provided.	\$870.00
			TOTAL WOLLONDILLY	\$2,120.00

Wollongong	Italian Social Welfare Organisation	Dance, Dance, Dance	A day of song, music and dance by popular artists and dancers. Participants will join in dances with the guidance of trained dance teachers.	\$870.00
Wollongong	Macedonian Welfare Association Inc	IT for Seniors	A workshop on using computers and computer technology in everyday life. The computers will be equipped with new Macedonian programs to teach seniors how to use the computer and access various programs.	\$400.00
Wollongong	Multicultural Communities Council of Illawarra	Seniors Week Multicultural Luncheon	A luncheon to bring together seniors from different multicultural backgrounds. Includes information on falls prevention, movement activities, cultural performances, international music and dances. Nutritious lunch provided.	\$600.00
Wollongong	WEA Illawarra (Workers Educational Association)	Keeping up with the kids - open computer classes	Two computer classes providing an introduction to online technology, including Google and general internet search, communicating with Skype and managing email accounts. A morning and afternoon session will be provided.	\$500.00
			TOTAL WOLLONGONG	\$2,370.00
Wyong	Wyong Neighbourhood Centre	Seniors Feast and Fun Morning	Lunch at the RSL Club and entertainment at the Watanobbi Community Centre.	\$450.00
			TOTAL WYONG	\$450.00