

NSW Seniors Week Grants by State Electorate 2012



Submission	ADHC region	State Electorate	Name Of Organisation	Project Title	Description.	Amount Funded
Online Submission	Hunter	Cessnock	2322 Men's Shed Association	Penny Saved is a Penny Gained	Basic woodwork activity using templates, where current members will mentor newcomers. Followed by a BBQ and light refreshments.	\$500.00
Hard Copy	Hunter	Lake Macquarie	Anglican Care	Memory Magic Inter-Facility Challenge	A unique therapeutic activity that combines general knowledge with reminiscence. Along with a lunch and school choir performance.	\$500.00
Online Submission	Hunter	The Entrance	Bateau Bay Men's Shed Inc	Men's Shed Open Days	Open day showcasing facilities for woodwork, metal work and computer skills.	\$500.00
Online Submission	Hunter	Cessnock	Beresfield and District Community Care Inc.	Bay To Beach	An opportunity for seniors to participate in an outing to either the bay or the beach. Seniors will have the opportunity to visit an Art Gallery and learn about local flora and fauna along the way to their destination.	\$1,000.00
Online Submission	Hunter	Maitland	Beresfield Senior Citizen & Pensioners Association Inc	Beresfield Seniors Celebration Day	A day of entertainment and activities for seniors, including performances from local school children, outdoor sporting activities and an afternoon movie presentation.	\$500.00
Online Submission	Hunter	Cessnock	Cessnock City Council	Seniors Living Life!	A week long program including a presentation to the local Senior Citizen of the Year, Film screenings, information sessions, morning teas, talks and open days.	\$1,000.00
Online Submission	Hunter	Charlestown	Charlestown Caring Group Inc.	Day Outing to the Zoo	An outing to Rusa Park Zoo where seniors will have the opportunity to interact with animals and listen to informative talks from the Zoo Keeper.	\$500.00
Online Submission	Hunter	Swansea	Coastal Lakes Association of Indoor Bowlers Incorporated	Indoor Bowls Gala Day	An indoor bowls sporting event between seniors and younger children.	\$500.00
Online Submission	Hunter	Newcastle	Computerpals for Seniors - Newcastle Inc.	Showcase Computerpals Newcastle	Open day, showcasing club activities and demonstrating lessons in digital photography, creative writing, and genealogy.	\$500.00
Hard Copy	Hunter	The Entrance	Cynthia Street Neighbourhood Centre	Awakening	An awakening experience for senior women to reflect on the changes within their lives. It will also include a massage, reiki, aromatherapy and other fun.	\$500.00
Hard Copy	Hunter	Wagga Wagga	Emily Gardens-Lutheran Aged Care	Celebrate Our Seniors	Family day for all generations. Seniors help younger generations with putt putt golf, face painting, egg+spoon races and sack races. Afternoon tea provided by residents.	\$500.00
Online Submission	Hunter	Newcastle	Ethnic Communities Council of Newcastle and Hunter Region Inc	Ethnic Communities Seniors Week	Traditional food and live ethnic entertainment with a chance to sing and dance.	\$1,000.00
Online Submission	Hunter	Gosford	Gosford Seniors Week Committee	This Digital World Is Completely Fascinating	Computer training for staying in touch, learn about social networking, staying in touch with distant friends, using EBay and keeping up with the grandchildren.	\$500.00
Online Submission	Hunter	Swansea	Gosford West Probus	Art in the Gardens	A gentle half hour walk around the gardens with a lecturer explaining the various layouts and type of flora, etc followed by a viewing of the art gallery with a guided tour explaining the exhibition.	\$500.00

Online Submission	Hunter	Myall Lakes	Greater Taree City Council	Leisurely Learning Socially	Healthy lifestyle expo, family history workshops, one on one computer lessons and grandparent story time at the library.	\$1,000.00
Hard Copy	Hunter	Wallsend	Hunter Wetlands Centre Australia	Seniors at the Wetlands	Talks, walking tours, films and bird feeding demonstrations, providing an opportunity to learn and contribute to environmental conservation.	\$1,000.00
Hard Copy	Hunter	Swansea	Lake Macquarie Support Services Inc	Technology & High Tea	A technology seminar which will cover usage of Navmans, IPods, laptops, digital TV followed by high tea.	\$500.00
Hard Copy	Hunter	The Entrance	Long Jetty and District Senior Citizens Club (Inc)	Seniors Health and Technology Seminar	No one is too young to learn as primary school students join their elders for ballroom dancing in this program of exercise classes, computer lessons and concerts.	\$1,000.00
	Hunter	Upper Hunter	Merriwa Senior Citizens and Pensioners Association	Live Life	Coach trips, a sports day and a home day at the RSL auditorium.	\$500.00
Online Submission	Hunter	Upper Hunter	Muswellbrook Shire Council	Healthy Minds, Healthy Bodies	Computer classes ,body balance and safe driving discussions.	\$500.00
Online Submission	Hunter	Myall Lakes	Old Bar Beach Community Technology Centre Inc	Live Life @ Old Bar	A variety of workshops on Office 2010 and Windows 7 as well driver updates for seniors .	\$500.00
Hard Copy	Hunter	Charlestown	Older Womens Network Newcastle Inc	Young and Old - Telling Our Stories	Senior members of the community to pass on an account of their life experiences for a special DVD project that will be created.	\$500.00
Online Submission	Hunter	Gosford	Peninsula Village Ltd	Senior's Positive Living Gala Day	A gala day with IT computer sessions, DIY car maintenance workshop, stalls on services available to seniors.	\$1,000.00
Hard Copy	Hunter	Port Stephens	Raymond Terrace Senior Citizens Assn. Inc	Outback Experience	A visit to the Moree Plains Gallery followed by an indigenous cultural performance.	\$1,000.00
	Hunter	Wyong	San Remo Community Men's Shed	Open Week	Demonstrations of wood turning and oil painting. With tours of the club and a free lunch provided to visitors.	\$500.00
Online Submission	Hunter	Port Stephens	Seaside Singers Incorporated	"Come Sing With Us!"	Community choir concert followed by community singing.	\$1,000.00
Online Submission	Hunter	Upper Hunter	Singleton Public Library	Seniors Week Lunch	A three course luncheon prepared by high school students. The luncheon also includes instrumental and singing performances from the students.	\$500.00
Online Submission	Hunter	Port Stephens	Tomaree Community College	Taster Day' of Recreational Lifestyle Courses for Seniors	A complimentary taste of the many courses available in computers, photography and lifestyle applications suitable to their age and environment. A sensory tea tasting, using herbs and fruits grown in our college's community garden will also be planned along with a fishing clinic by local fishing identity "Stinker".	\$500.00
Online Submission	Hunter	Port Stephens	Tomaree Neighbourhood Centre	Seniors Big Day Out	The Seniors Big Day Out will be a luncheon with entertainment and demonstrations such as line dancing and Tai Chi.	\$500.00
Hard Copy	Hunter	Wyong	Wyong Neighbourhood Centre	Laughter is the Best Medicine	Laughter workshop for everyone followed by belly dancing for women and Tai Chi for men.	\$500.00
Hard Copy	Hunter	Wyong	Wyong Shire Council	Significance: Seniors Walk On The Wild Side	Musical performances from emerging young musicians throughout the local area.	\$500.00

Online Submission	Hunter	Wyong	Wyong Shire Council	You're Never Too Old	Local senior citizens join with high school students for a number of workshops and performances, including drumming, playing the didgeridoo, performance poetry, line dancing and Tai Chi. A special 'signing' choir will perform.	\$500.00
Online Submission	Hunter	Myall Lakes	Great Lakes Council	Keep Moving	A group walk or a group cycle ride with the Cycle Action Group in four towns throughout the local government area. Followed by a light lunch with a presentation by a nutritionist providing practical information on exercise and healthy eating.	\$1,000.00
Online Submission	Hunter	Myall Lakes	Halliday Shores Retirement Village	Active, Healthy Ageing	Various activities - cooking demonstrations, exercise with pets, aqua exercises, dance demonstrations.	\$1,000.00
Online Submission	Hunter	Upper Hunter	Liverpool Plains Shire Council	Liverpool Plains Shire "Gala" Opening Concert	A concert lunch and awards ceremony for senior achievers.	\$1,000.00
Hard Copy	Hunter	Myall Lakes	Manning Valley Senior Citizens Assn. Inc.	Live Life and Forget Your Age!	Local seniors awards, Tai Chi workshops, indoor bowling and a dedicated seniors computer kiosk throughout the week. Final day includes a sing-a-long and a BBQ lunch	\$500.00
Online Submission	Hunter	Wallsend	Port Stephens Community Choir	"Flash Mob": Interactive Variety Concert	A concert for seniors with an emphasis in audience participation through sing-alongs, "call and response" singing, body percussion, skits (melodrama) and bush storytelling.	\$500.00
					TOTAL HUNTER	\$24,500.00
Hard Copy	Metro North	Wakehurst	Allambie Heights Village Ltd	Senior Chefs meet Junior Chefs	A cooking demonstration for seniors and teenagers, followed by a Masterchef style cook off between the generations.	\$500.00
Online Submission	Metro North	Parramatta	Asian Australian Community Services Incorporated	Information Session for Asian Seniors	A service information session by legal professionals, followed by light refreshments.	\$500.00
	Metro North	Mt Druitt	Bidwill Community Garden and Nursery	Gardening For Good Health	"Gardening for Good Health" will consist of activities and demonstrations promoting the health and social benefits of gardening for seniors and older people.	\$500.00
Online Submission	Metro North	Blue Mountains	Blackheath Area Neighbourhood Centre	Mt Vic Flicks Screening	A day for seniors to find some inspiration whilst listening to a motivational talk from local septogenerian marathon runner. A local choir will also engage seniors in a sing-a-long of old tunes.	\$1,000.00
Online Submission	Metro North	Blacktown	Blacktown Aquatic Centre	Sensational Seniors - Fit and Healthy For Life!	Free fitness classes including Heart Moves, Aqua Fitness, Tai Chi and Zumba.	\$500.00
Hard Copy	Metro North	Blacktown	Blacktown City Council	Generation Celebration	A variety concert and lunch.	\$500.00
Online Submission	Metro North	Ryde	Christian Community Aid	Eastwood - Celebrating Our Seniors	A celebration with live entertainment, refreshments and the opportunity for social engagement for seniors.	\$500.00
Online Submission	Metro North	Pittwater	Community Care Northern Beaches Limited	Schengzhen Healing Qi Gong for Aboriginal Seniors	Aboriginal seniors and community members will be introduced to Schengzhen Healing Qi techniques along with Tai Chi exercises.	\$500.00
Hard Copy	Metro North	Blacktown	Computer Pals Blacktown Inc	Come and Play on Open Day (Computers)	A open day that will show seniors that it is never too late to learn computer skills including word processing, skype, emailing and digital photography.	\$500.00

Online Submission	Metro North	Wakehurst	Computer Pals for Seniors Northern Beaches - Narrabeen	Social Networking for Seniors	Presentation and hands on activities to introduce seniors to using a computer as a social networking tool.	\$500.00
Online Submission	Metro North	Parramatta	Deaf Society of New South Wales	Positive Well-Being for Deaf and Hard of Hearing Seniors	Informative sessions on nutrition, maintaining well-being and a demonstration of basic safe gentle exercises.	\$1,000.00
Online Submission	Metro North	Blacktown	Doonside Cottage	Doonside Seniors Week	Health care professional talks, information stalls, gentle exercise demonstrations followed by a buffet lunch.	\$500.00
Online Submission	Metro North	Ryde	Eastwood Chinese Seniors Citizens Club	Chinese Opera Singing	The Eastwood Chinese Seniors Concert 2012 will feature professional and amateur entertainers. The audience will be encouraged to participate in the performances and wear traditional Chinese dress.	\$500.00
Online Submission	Metro North	Granville	Holroyd City Council	Seniors - Safe, Active, Healthy, Harmonious	Activities include storytelling, nutrition education sessions, exercise programs and Aboriginal art sessions.	\$1,000.00
Online Submission	Metro North	Lane Cove	Hunters Hill Council	Seniors Driving Workshop	Seniors driving course specifically designed to suit the needs of older drivers.	\$500.00
Online Submission	Metro North	Blue Mountains	Katoomba Volunteer Home Visitors - A Project Of Katoomba Neighbourhood Centre Inc	Sideshow in Burlesque	Burlesque and vaudeville for seniors.	\$1,000.00
Online Submission	Metro North	Ku-Ring-Gai	Ku-Ring-Gai Historical Society	Three Days, Three Talks	Informative talks and discussions for seniors on topics such as Google/Picasa, family history and preservation.	\$500.00
Hard Copy	Metro North	Lane Cove	Lane Cove Community Aid Service	Seniors Are Doing It For Themselves	Tea and tunes event and community café BBQ for local seniors.	\$1,000.00
Hard Copy	Metro North	North Shore	Lane Cove Muse & Cultural Association	Mosaic Art Project	Seniors will participate in developing a 1m x 1m mosaic art project which will be installed outdoors within the Lane Cove area.	\$1,000.00
Online Submission	Metro North	Liverpool	Liverpool Volunteer Resource Centre	To Celebrate & Encourage Seniors Volunteering	Volunteers from various community organisations will discuss the benefits of volunteering.	\$500.00
Hard Copy	Metro North	Parramatta	Macquarie Community College	Facebook For Seniors (Free) Genealogy	Learn how to use Facebook and other social networking in an interactive workshop.	\$1,000.00
Hard Copy	Metro North	Manly	Manly Council	Seniors Week Harmony Day Morning Tea	A morning tea for Manly senior residents.	\$500.00
Online Submission	Metro North	Ryde	North Ryde Community Aid	Come Ride with Me	Seniors will be taken on a tour of the area in a double decker bus.	\$1,000.00
Hard Copy	Metro North	North Shore	North Sydney Council	Five Days of Fun, Health, Culture and Learning	Free five day program of healthy and cultural activities including Tai Chi, aqua aerobics, meditation, art exhibitions, workshops, talks and concerts	\$1,000.00
Online Submission	Metro North	Parramatta	Parramatta Computer Pals for Seniors Inc.	Eye Watch for Seniors: Neighbourhood Watch For The 21St Century" Using Facebook	Computer Pals workshops covering Facebook as well as a presentation about Parramatta LAC Project Eye Watch.	\$500.00
Online Submission	Metro North	Blue Mountains	Springwood Neighbourhood Centre Cooperative Ltd	Fabulous Forties Tea Dance	1940's tea dance led by local seniors group with entertainment by band and student choir.	\$1,000.00
Hard Copy	Metro North	Blacktown	Sri Om Foundation Ltd	Seniors Outing and Seniors Cultural Show	Food festival at Auburn Botanical Gardens featuring cooking demonstrations.	\$1,000.00
Online Submission	Metro North	Mulgoa	St Clair Youth and Neighbourhood Team Inc	"Live Life To The Full" Luncheon	A catered lunch cooked by local high school students followed by a school band performance. Includes a yoga and gentle exercise demonstration.	\$500.00

Online Submission	Metro North	Riverstone	YMCA of Sydney	Seniors Week Long Extravaganza	A variety of activities including morning teas, nutritional talks, healthy cooking workshops, aqua aerobics classes and social entertainment.	\$1,000.00
Online Submission	Metro North	North Shore	Aged Disability Services Mosman Council	"Celebrating Dynamic Seniors"	A week of events including a Mayoral luncheon, tea dance, health seminars and a gentle exercise session.	\$1,000.00
Hard Copy	Metro North	Parramatta	Dundas Area Neighbourhood Centre	Seniors Day Out	A picnic at Upjohn Park at Telopea with healthy food available.	\$500.00
Hard Copy	Metro North	Hornsby	Hornsby Ku-Ring-Gai Community College	Art for the Young at Heart	Senior students will learn to draw and paint using water based non toxic materials.	\$500.00
	Metro North				A half-day cooking demonstration and tasting class and a informal and interactive presentation on the NSW Government initiative Love Food	\$1,000.00
Online Submission	Metro North	Castle Hill	Hornsby Shire Council	Bush Tucker Master Cooking Class And Love Food Hate Waste Presentation		
Online Submission	Metro North	Castle Hill	Indian Senior Group - Hornsby	Computing & Laughter Yoga	A workshop to learn basic computer skills followed by a laughing yoga session.	\$500.00
Online Submission	Metro North	Ryde	Indonesian Welfare Association Incorporated	Active Ageing ~ Indonesian Way	Information session on healthy living and nutritional food, gentle exercises, beauty care, manicures, facials, massage, cooking demonstrations and digital camera and mobile phone workshops.	\$1,000.00
Hard Copy	Metro North	Toongabie	Karabi Community and Development Services Inc.	Happy Feet	A nutritious lunch with entertainment and dancing, along with Zumba Gold and food demonstrations.	\$500.00
Hard Copy	Metro North	North Shore	Montague 50's & Over Club	Senior Week 2012 Concert	A NSW seniors week concert with performances from five professional musicians.	\$500.00
Online Submission	Metro North	Castle Hill	Royal Life Saving Society NSW	Aqua Health for Seniors	Water safety and drowning prevention session, CPR awareness session and aqua aerobics classes.	\$1,000.00
Online Submission	Metro North	Willoughby	St Vincent De Paul Society, Broken Bay Diocese	Mental Health Awareness	A one-day educational session about mental health amongst seniors.	\$500.00
Online Submission	Metro North	Baulkham Hills	The Hills Community Aid and Information Service	Seniors Day Out	A healthy lunch which will also offer activities to get seniors moving.	\$500.00
Online Submission	Metro North	Willoughby	Willoughby City Council	Willoughby High Tea Dance and Concert	Afternoon tea, concert and dance featuring performances and food from various cultures.	\$1,000.00
Online Submission	Metro North	Penrith	YMCA of Sydney Youth & Community Sevices Incorporated	Grandparent Carers Rest and Revival Retreat	The grandparents carers respite retreat will be an opportunity for grandparents who provide fulltime care for their grandchildren to have a weekend with their grandchildren and participate in fun, bonding activities.	\$1,000.00
					TOTAL METRO NORTH	\$30,000.00
Online Submission	Metro South	Bankstown	Al Btool & Bankstown Community Resource Group	Al Btool Picnic Day	A social picnic at Warragamba Dam for senior Iraqi women. The day will also include discussions on self esteem, relationships and healthy eating.	\$500.00
Online Submission	Metro South	Auburn	Auburn City Council	Lifelong Learning and Well Being in the Gardens.	A jammed packed week of events including a concert, day trips, Men's Shed workshops, an information expo and Tai Chi workshops.	\$1,000.00
Online Submission	Metro South	Auburn	Auburn Diversity Services Incorporated	Garden of Life	Two-day celebration at the local community gardens which will include garden lunches and various exhibitions.	\$1,000.00
Hard Copy	Metro South	Auburn	Auburn Tamil Society (NSW) Inc	Remain Healthy, Active & Wise	A series of traditional sporting activities such as softball, cricket and tug of war.	\$1,000.00

Hard Copy	Metro South	Canterbury	Australian Chinese Happy Choir	Seven year anniversary celebration and party	A seven year anniversary celebration party for the Australian Chinese Happy Choir. Poetry, opera, solo and chorus performances will also take place from senior group members.	\$500.00
Hard Copy	Metro South	Bankstown	Bankstown Community Health Service	Older And Happier	An exercise session using musical instruments followed by a motivational speaker and light lunch.	\$500.00
Hard Copy	Metro South	Kogarah	Beverley Hills with Kingsgrove Anglican Church	Visit To Mount Tomah Botanical Gardens	Visit to Mount Tomah Botanical Gardens where seniors will be educated about the garden's flora and fauna.	\$500.00
Online Submission	Metro South	Camden	Camden Community Connections Incorporated	Seniors Pamper Morning	Tai Chi class, followed by morning tea of fresh fruit, sandwiches with healthy fillings and fresh fruit juices. Each participant will get a pamper pack consisting of various toiletries.	\$1,000.00
Online Submission	Metro South	Campbelltown	Campbelltown City Council	'The Good Old Days'	Gentle exercise demonstrations, no dig gardening demonstrations, cooking and recipe demonstrations, peer education sessions on a range of health topics delivered by local seniors.	\$1,000.00
Hard Copy	Metro South	Lakemba	Canterbury City Community Centre	Find Me on Facebook	Seniors will learn about social media such as Facebook and Twitter and how they are changing the way people communicate.	\$1,000.00
Online Submission	Metro South	Canterbury	Canterbury Earlwood Caring Association Ltd	Singing and Dancing Across The Generations	The day will include performances from local school groups, story telling from seniors, photography display and an exercise session.	\$500.00
Online Submission	Metro South	Canterbury	Canterbury Multicultural Aged and Disability Support Service Inc.	Multicultural Seniors Active Learning and Participation	A day event involving gentle exercises, educational stimulus instructed by a professional and games, followed by a lunch and socialising.	\$1,000.00
Hard Copy	Metro South	Campbelltown.	Catholic Diocese of Wollongong	Introduction to Spirituality & Ageing	Seniors will reflect upon their lives, explore attitudes towards ageing and discuss how they can handle the challenges they face with ageing.	\$500.00
Online Submission	Metro South	Auburn	Chester Hill Senior Citizens Club	Chester Hill - Seniors Week	Cooking demonstrations and sampling. Along with a talk on healthy eating for older adults and the distribution of recipes.	\$500.00
Online Submission	Metro South	Oatley	Club Central Hurstville	Lifestyle Seminars	Lifestyle seminars from physiotherapists, podiatrists, lawyers and aged care professionals.	\$1,000.00
Online Submission	Metro South	Menai	Club Central Menai	Lifestyles Seminars	Guest speakers will discuss how seniors can remain active, mobile and in good physical and mental health along with legal issues affecting the aged.	\$1,000.00
Online Submission	Metro South	Fairfield	Community Action Services Australia	Independent, Informed and Happy! - Celebrating Our Local Seniors	Activities will include a nutritional information session, gentle exercise demonstration, Latin dancing and social get together events.	\$1,000.00
Hard Copy	Metro South	Drummoyne	Computer Pals for Seniors Concord	Family History Seminar	A seminar that will help build skills in emerging technology and enable participants to search for their ancestors online.	\$500.00
Hard Copy	Metro South	Lakemba	Greek Orthodox Community of NSW Ltd	Health For Seniors Workshop	Guest speakers from various government and non government organisations. It will also include exercise demonstrations such as yoga and Tai Chi.	\$1,000.00

Online Submission	Metro South	Sydney	Holdsworth Street Community Centre Woollahra Inc	Seniors Week of Fun	A week of events including a discussion panel on current affairs, bus excursion to another community, a film festival night, yoga seminar and a special cabaret morning tea.	\$1,000.00
Online Submission	Metro South	Oatley	Hurstville City Council	2012 Seniors Week Photographic Competition & Exhibition	Hurstville Seniors Week photographic competition and exhibition features images captured by the local community that reflect local landmarks and environments of significance to our seniors.	\$500.00
Hard Copy	Metro South	Oatley	Hurstville City Council, Museum & Gallery	Lifelong Learning @ LMG: Seniors Week 2012	Bush Care and Food Connect information sessions discussing volunteering programs and local flora and fauna.	\$500.00
	Metro South	Oatley	Hurstville Discovery Writers Group	My Unwritten Story - An Afternoon of Memorabilia	A writing workshop, where the features of writing on memorabilia will be discussed by a writing tutor.	\$500.00
Online Submission	Metro South	Miranda	Jannali Neighbourhood Aid	Old Time Dance	Old time dance, with demonstrations. Encouraging participation, friendship and healthy active lives.	\$1,000.00
Hard Copy	Metro South	Sydney	Jewishcare	Pre-Pesach Celebration	A celebration meal with entertainment followed by the local speaker	\$500.00
Online Submission	Metro South	Balmain	Liberi Incorporated	Cultural Community Day of Health And Wellbeing	One day information session on the importance of keeping a healthy mind and body.	\$300.00
Online Submission	Metro South	Oatley	Lions Club of Oatley Inc	Music in the Park	Concert highlighting music from the 50s, 60s & 70s.	\$1,000.00
Online Submission	Metro South	Campbelltown	Macarthur Diversity Services Initiative	New Community, New Friends	Art, poetry, singing and a luncheon.	\$500.00
Online Submission	Metro South	Menai	Menai Community Services Inc	Body, Mind & Soul - Wellness For Seniors	Stall holders and presenters will provide an opportunity for seniors to participate in exercises, aroma therapy, massage, meditation and 're-styling'.	\$1,000.00
Hard Copy	Metro South	Cronulla	Older Womens Network Wellness Sutherland	Sutherland's Older Women's Network Wellness Lives Life with Engadine High School Students	Senior parents and grandparents of Engadine High school Students will be invited for a special day of entertainment and socialising.	\$500.00
Online Submission	Metro South	Coogee	Randwick City Council	Seniors Week Information Expo	An opportunity for service providers, local organisations and community groups to network at the event and identify gaps/duplication in service delivery and also possibly partner in future projects. There will also be massages and a jazz performance for senior attendees.	\$1,000.00
Hard Copy	Metro South	Lakemba	Relationships Australia NSW	Grandparents as Carer Seminar and Morning Tea	A seminar for 'Grandparents and Carers' followed by morning tea.	\$500.00
Hard Copy	Metro South	Drummoyne	Resourceful Australian Indian Network Inc	Indian Vegetarian Masterchef	Vegetarian cooking competition for Indian seniors	\$500.00
Hard Copy	Metro South	East Hills	Revesby Workers Garden Club Inc	Gardening For Everyone	Guest speaker to discuss the orchid flowers and gardens, along with visual displays of the garden equipment, plants and related items.	\$1,000.00
Hard Copy	Metro South	Rockdale	Rockdale City Council	Art After Hours	Seniors will attend the Art After Hours Picasso exhibition.	\$1,000.00
Hard Copy	Metro South	Lakemba	St Basils Homes	Lets Celebrate and Live Life'	Nutritional talks, gentle exercises and discussions about internet/social networking.	\$500.00
Online Submission	Metro South	Oatley	St George Division of General Practice Inc.	St George Men's Shed	Open day highlighting basic wood working, computer literacy, photography, painting and other Men's Shed activities available at the centre.	\$500.00

Hard Copy	Metro South	Cabramatta	The Australian Chinese & Descendants Mutual Association Inc	Making Friends Through Table Tennis	Table tennis at the Australian Chinese & Descendants Mutual Association.	\$500.00
Online Submission	Metro South	Bankstown	UnitingCare Ageing	Let's Go Egyptian	Seniors will go Egyptian! Seniors will be asked to dress up and eat multicultural food and have a special performance from a senior belly dancing group.	\$500.00
Online Submission	Metro South	Wollondilly	Wollondilly Support and Community Care Inc.	Seniors Entertainment Expo	Live entertainment, music, dance performance and displays from local school children. Seniors will be able to try activities such as flower arranging, lawn bowls, cards, darts, hand massages and manicures.	\$500.00
Hard Copy	Metro South	Strathfield	Ashfield Council	Sharing In Body And Mind	Ashfield Council will hold two therapy massage courses for seniors to learn and feel confident in using hand massage techniques which they can use on partners and friends.	\$1,000.00
Online Submission	Metro South	Macquarie Fields	Casula Powerhouse Arts Centre (Liverpool City Council)	Seniors Week Festival	Casula Powerhouse Museum will host a fantastic array of events all week from theatre performances, felting workshops, sugar art workshops, aerosol art workshops, plein-air painting class, intergenerational activities, daily film programs and specially designed tours for seniors.	\$1,000.00
Hard Copy	Metro South	Strathfield	Chinese Elderly Welfare Association Inc (Cewa)	Live Life: 2012 Health And Wellbeing Program For Seniors	Information sessions regarding functions and services available from local government, council services, welfare services, health services.	\$1,000.00
Online Submission	Metro South	Vaucluse	COA Sydney Incorporated	"Ideas For Life" Seniors Resource Fair	A seniors fair day including booth displays, interactive demonstrations, fun activities, and presentations.	\$1,000.00
Online Submission	Metro South	Smithfield	Fairfield City Leisure Centres	Seniors Well Being Health Expo	An Expo on health and wellbeing issues such as diet and footcare.	\$1,000.00
Online Submission	Metro South	Vaucluse	Irish-Australian Welfare Bureau & Resource Centre NSW - Inc	Celebrating, Life, Culture and Identity.	A bus trip to Wollongong for the day with a light afternoon of lawn bowls.	\$500.00
Online Submission	Metro South	Kogarah	Kingsgrove Community Aid Centre Inc	Seniors Celebrating Diversity	Dancing and performances from various cultural groups. A choir demonstration in Chinese followed by a lunch.	\$1,000.00
Online Submission	Metro South	Kogarah	Kogarah City Council	Live Life - Be Active!	A bus outing and twilight concert. Entertainment by local young people.	\$1,000.00
Online Submission	Metro South	Heathcote	Northern Illawarra Neighbour Aid Inc.	Connecting the Generations	A day of activities including a healthy morning tea, yoga workshop, intergenerational student question time, local school performances.	\$1,000.00
Online Submission	Metro South	Strathfield	Polish-Australian Welfare Association	Polish Seniors Picnic In The Park	A picnic for the Polish elderly community including walking exercises and singing.	\$1,000.00
Hard Copy	Metro South	Oatley	Resourceful Australian Indian Network Inc.	Rain Peace and Harmony Project	A choir performance of music with expressions of spiritual folklore followed by dancing.	\$500.00
Online Submission	Metro South	Sydney	Southern Highlands Older Women's Network (Shown)	It's Never Too Late To Learn	Crochet, ceramics, needlework, quilting, calligraphy, polymer clay, cryptic crosswords, creative writing and painting workshops.	\$1,000.00
Online Submission	Metro South	Heffron	Spanish Community Care Association Inc.	Step To It - Dancing for Seniors	Latin American cultural day. Performances, dance lessons, food and refreshments from Colombia.	\$1,000.00
Online Submission	Metro South	Strathfield	Tamil Senior Citizens Association (NSW) Inc.	Life Is To Live	An arts and craft exhibition, computer learning demonstrations, an indoor sports tournament, outdoor sports and yoga demonstrations.	\$1,000.00
Hard Copy	Metro South	Macquarie Fields	The Association of Australian Turkish Womens Helping Hand	Ladies Multicultural Picnic	Music, dancing and Turkish food.	\$1,000.00
					TOTAL METRO SOUTH	\$42,800.00

Online Submission	Northern	Ballina	Alstonville Adult Learning Association Inc	Sensational Seniors	A week full of courses including computers for beginners, gentle exercise and an educational seminar about Wills and Powers of Attorney.	\$500.00
Hard Copy	Northern	Ballina	Ballina Coastal Quilters Inc	Seniors @ The Gallery - Creativity In Action	A demonstration of Ballina Coastal Quilters works at the Northern Rivers Community Gallery. The public will also be given the opportunity to participate in communal quilting activities.	\$500.00
Hard Copy	Northern	Ballina	Ballina Community Services Association	Seniors Mobile Phone Workshop	Learn the basics of mobile phone communication and how to use a mobile in an emergency.	\$500.00
Online Submission	Northern	Ballina	Ballina Lighthouse RSL Day Club	An Outing with The Lot	An outing for Ballina Light House RSL Day Club members to visit a unique mystery venue that they would normally be unable to visit.	\$1,000.00
Online Submission	Northern	Tweed	Banora Point Community Baptist Church	Seniors Film Festival	A seniors film festival which will showcase a variety of classic films and documentaries.	\$1,000.00
Online Submission	Northern	Barwon	Baradine Branch of CWA of NSW	Tingha - Taking A Step Back In Time	A variety of activities throughout Seniors Week such as technology courses, a concert, art competition and a story exchange with local youth members.	\$500.00
Hard Copy	Northern	Tamworth	Barraba Day Centre	Come Dance With Me	An old time dancing event for the seniors which will allow them to participate as well as watch experienced dancers. The dancing will be followed by an awards ceremony for local seniors and performances from local artists and schools groups.	\$500.00
Online Submission	Northern	Oxley	Bellingen Shire Council Dorrigo Support Centre	Venturing Seniors	An overnight visit for Mid North Coast seniors to visit Sydney tourist attractions.	\$500.00
Hard Copy	Northern	Barwon	Bourke & District Garden Club Inc	Live Life Seniors Update & Fun Mornings	A variety of health talks, exercise demonstrations and fun activities such as trivia.	\$500.00
Online Submission	Northern	Ballina	Byron Shire Council	Get Active, Get Involved, Be There!	A week long seniors celebration. Starting with a Mayoral launch and morning tea. Activities throughout the week will include workshops at Marine Rescue and Men's Shed, heritage walks, safety seminars, and ageing information sessions. Zumba Gold classes will also be offered.	\$1,000.00
Online Submission	Northern	Port Macquarie	Camden Haven Community College	Computers for Young & Old	Two computer sessions where seniors will interact and learn from younger students about using a computer. Learn skills such as sending emails, digital photography and social media.	\$500.00
Hard Copy	Northern	Tamworth	Central Northern District Bowling Association	Annual "Veterans" Bowls Day (For Seniors)	A luncheon followed by an afternoon of lawn bowls.	\$1,000.00
Online Submission	Northern	Clarence	Clarence Valley Council	Clarence Valley Council Cultural Connections	An intergenerational writing competition where seniors write about youth and youth write about seniors. Includes a vaudeville concert with dance demonstrations, traditional art and music and an Elders gathering for a tour of traditional sites and storytelling.	\$500.00
Hard Copy	Northern	Coffs Harbour	Coffs Harbour City Council	Seniors Week Activities at the Art Gallery and Library	Author talk and community education seminar in the library. Along with an Aboriginal Elder and Youth gathering in the Art Gallery including a tour and talk.	\$1,000.00

Hard Copy	Northern	Myall Lakes	Coomba Park Senior Citizens	Keeping Seniors Active	A social outing to the Morisset craft markets, Karuah Reserve and Smiths Lake Bowling Club for dinner. An Aussie style BBQ will also be prepared for seniors during the week.	\$500.00
Online Submission	Northern	Clarence	Corindi Public School P&C Association	Healthy Lives for Over 60's Luncheon	Guest speakers will discuss healthy eating and physical fitness for seniors during a healthy lunch.	\$500.00
Online Submission	Northern	Ballina	Crowley	Crowley Seniors Week 2012 Gala Day	A wonderful week of events including a talk from Ita Buttrose, a mini Olympics session, rock and roll dancing, aerobics display, Zumba and tap dancing.	\$1,000.00
Online Submission	Northern	Clarence	Ellangowan Public Hall	Old Time Dance	An old time dance, complete with music and a band from the dance hall era. Seniors share their dance skills with the younger generations. Novelty games will be played throughout the night.	\$500.00
Online Submission	Northern	Tamworth	Gunnedah Aged Care Services Ltd	Discovering Gunnedah	Activities will include an official opening of Seniors Week, bus trip to the museums and a Seniors Week luncheon.	\$500.00
Hard Copy	Northern	Tamworth	Gunnedah Shire Council	Seniors Week In Gunnedah "Live Life"	A week of events with an official opening function, a mystery bus tour, morning tea as well as Men's Shed workshops and an Aboriginal Elders concert.	\$500.00
Hard Copy	Northern	Clarence	Iluka Sandpipers RSL Day Club	River Cruise on the Clarence River	Clarence River Cruises will organise a day on the water with entertainment and a light lunch.	\$1,000.00
Online Submission	Northern	Port Macquarie	Kendall Community Centre Reserve Trust	The Power of Harmony	Musicology workshop to learn about music, harmony and chanting as a way of controlling stress.	\$1,000.00
Hard Copy	Northern	Tamworth	Moonbi/ Kootingal Respite Care Centre	Gopher awareness & information Day	A information session about Gopher awareness and footpath and road rules.	\$500.00
Online Submission	Northern	Clarence	New School of Arts Neighbourhood House Inc.	'Have A Laugh'	Laughter yoga workshops based on yoga principles that combine laughter exercise with deep breathing and lots of fun, which helps the individual to feel more energetic and rejuvenated.	\$1,000.00
Hard Copy	Northern	Oxley	Open Arms Care Inc	Senior Showcase	An open day to showcase a diverse array of activities, from Tai Chi and trivia to art. Followed by a celebratory luncheon.	\$500.00
Online Submission	Northern	Port Macquarie	Port Macquarie Historical Society Inc.	Our Town, Our Heritage - Bus Tour, Museum Visit And Refreshments	A day trip to Port Macquarie's heritage sites.	\$500.00
Online Submission	Northern	Port Macquarie	Port Macquarie Landcare Group Inc.	Plant Yourself in Land care	An ecologist, qualified bush regenerators and landcare members will address seniors and show them how easy it is to improve quality of life through landcare work.	\$1,000.00
Online Submission	Northern	Port Macquarie	Port Macquarie-Hastings Council	Granny Graffiti	Seniors will share their craft skills with young people by creating public street art installations which will be on exhibition for the week. Launched in the park with a community event including a jazz band.	\$1,000.00
Online Submission	Northern	Tweed	Pottsville Beach Neighbourhood Centre	Getting Started in Family History	Workshops that will introduce seniors to using the internet to search for family history facts and will teach seniors to use free software to record their family tree.	\$500.00
Hard Copy	Northern	Port Macquarie	Rhythm Revue	Dancing on the Ceiling	Mature aged singers and dancers will tour and perform to socially isolated nursing homes during seniors week.	\$1,000.00

Hard Copy	Northern	Tamworth	Tamworth Regional Council- Manilla	Stepping Out Together-Young and Not So Young	Annual gala concert and local seniors awards presented by the Mayor	\$500.00
Hard Copy	Northern	Tamworth	Tamworth Regional Council- Tamworth	Seniors Week Gala Concert	A variety gala concert featuring local entertainers.	\$500.00
Hard Copy	Northern	Tamworth	Tamworth Regional Seniors Week Committee	Multi Cultural Seniors Day	A morning tea at the local primary school where children will talk to the seniors about their kitchen garden projects. Morning tea will be served from the childrens' garden produce.	\$500.00
Hard Copy	Northern	Hawkesbury	The Wisemans Ferry Sunshine Group Inc	Live Life at Wisemans Ferry	A seniors day with morning tea and entertainment from the local schools followed by a luncheon.	\$1,000.00
Online Submission	Northern	Barwon	Thiyama-Li Family Violence Service	Elder Abuse Awareness Workshops	A workshop designed to give elders information about abuse: the types of abuse; where they can go to for help; where to go if they need someone to talk to. Designed to build confidence and awareness.	\$1,000.00
Hard Copy	Northern	Ballina	Tintenbar Community Aid Network Inc	It's on for Young and Old	A showcase of local talents where locals will be asked to perform dancing, singing and theatre.	\$500.00
Hard Copy	Northern	Tweed	Tweed Valley Kin Care Support Group Inc	Bush Dance	A opportunity to "dress up" in colonial costume at a bush dance with traditional damper style afternoon tea/supper.	\$1,000.00
Hard Copy	Northern	Tweed	Twin Towns Friends Association Inc.	Seniors Week Luncheon and Concert	A light luncheon will be served and entertainment will be in the form of a "Rock N Roll" dancing exhibition.	\$500.00
Online Submission	Northern	Barwon	Warrumbungle Shire Council	'Live Life' Celebrating Seniors 2012	A diverse repertoire of songs and music from the 40s and beyond. Country, rock and roll, rockabilly, ballads and more.	\$1,000.00
Hard Copy	Northern	Clarence	Yamba Seniors Inc	Live Life With Joy	Mini Expo highlighting groups and clubs available to seniors all year round. Including craft demonstrations, computer advice and exercise displays.	\$500.00
Online Submission	Northern	Tamworth	Boggabri Home and Community Care Inc	Shade & Colour	A mystery bus trip including a visit to the Newcastle Hat factory and the Pilliga Pottery for lunch.	\$500.00
Online Submission	Northern	Northern Tablelands	Guyra Shire Council	Tingha - Taking A Step Back In Time	Bus trips, school dance and music presentation as well as a nutritional lunch being provided with sports activities of golf and lawn bowls. A old time movie will also be screened for all ages in the Tingha Town Hall.	\$1,000.00
Online Submission	Northern	Lismore	Kyogle District Care Connections	Kyogle Seniors Week Concert	A Seniors Week concert with performances from local schools and community groups.	\$1,000.00
Online Submission	Northern	Lismore	Lismore City Council	Letter To My 16 Year Old Self	Seniors to write a postcard titled "Advice to my 16 year old self". Top 100 postcards displayed in town centre.	\$1,000.00
Online Submission	Northern	Oxley	Macleay Community Care Options	Film Feast	A film festival followed by information sharing about nutrition.	\$1,000.00
Online Submission	Northern	Northern Tablelands	McLean Care Ltd	Living Life in Style	A variety of activities including Tai Chi, a Peter Denovan Show and a visit to the Pioneer Village.	\$500.00
Online Submission	Northern	Oxley	Nambucca Shire Council	Forever Young - The Roaring 20'S	Forever Young old time dance with music and costumes from the 1920s. Local seniors awards will be presented during a provided lunch.	\$500.00

Hard Copy	Northern	Northern Tablelands	Tenterfield Lions Club	Live Life and Learn - Visit Historical Tenterfield Station and Lunch	A educational visit and tour to the Tenterfield Station Homestead.	\$1,000.00
Hard Copy	Northern	Lismore	Upper Clarence Valley Senior Citizens	Seniors Back To School	Seniors will visit all the local schools as well as have a special seniors week concert.	\$500.00
Online Submission	Northern	Northern Tablelands	Walcha Council	Celebrate With Dance, Song, Theatre and Poetry	Concert of dance, song, theatre and poetry. Performances by local bush poet, musical society and square dancing group. Local school students will sing.	\$500.00
Hard Copy	Nothern	Clarence	Evans Head & District Senior Citizens Leagues Club	Travel, Explore, Investigate, Enjoy	A day trip to the Rocky Creek Dam outside Lismore.	\$500.00
					TOTAL NORTHERN	\$36,000.00
Hard Copy	Southern	Keira	Bulli Walkie Talkies Walking Group	Bulli Walkie Talkie Open Information Day	A open day to showcase the benefits of walking and healthy living. The group will have a food tasting and a guest speaker that will also discuss healthy recipes.	\$500.00
Hard Copy	Southern	Kiama	St Pauls Catholic Church	Seniors Week Dinner	A seniors awards ceremony followed by lunch and light entertainment.	\$500.00
Online Submission	Southern	Monaro	CWA of NSW Adaminaby Branch	You Are Never Too Old To Learn	Workshops in art, needlework knitting and spinning.	\$500.00
Online Submission	Southern	Monaro	Rotary Club of Queanbeyan West Inc	Visual Arts / Theatre Outing	An opportunity for seniors in the Queanbeyan area to attend a play at The Q (a comedy titled 'The Imaginary Invalid') or a musical tribute show, to be held in the Council Conference Centre	\$500.00
Hard Copy	Southern	Shell Harbour	Dapto Rotary Club	Seniors Week Bush Picnic & BBQ	A picnic BBQ for approx 500 seniors, entertainment will be provided by school children and a band will play music from the past.	\$1,000.00
Online Submission	Southern	Shellharbour	Careways Community Inc	Seniors Day Out	A day visit to the beautiful Botanical Gardens that will include recreational walks and finish with a healthy lunch.	\$500.00
Online Submission	Southern	South Coast	Bay & Basin Community Resources	Intergenerational Debate & Morning Tea	Seniors and high school students will participate in an intergenerational debate. Youth will also assist in organising a special morning tea for local seniors.	\$500.00
Online Submission	Southern	South Coast	Community Technology Centre Ulladulla Inc	Technology Is Easy!	A computer course for seniors to learn digital editing, internet usage and video conferencing as well as how to stay connected with friends.	\$500.00
Online Submission	Southern	South Coast	Manyana and Districts Combined Pensioners and Superannuants Association	It's Time For Fun	A multicultural traditional costume show with folk dance performances and music.	\$500.00
Online Submission	Southern	South Coast	Ulladulla & Districts Community Resources Community Resources Centre	Never Too Old, For What?	A seniors award ceremony followed by easy exercise demonstrations and line dancing.	\$500.00
Hard Copy	Southern	Wollondilly	St Anthonys Catholic Church Tahmoor Seniors Group	Seniors Group Outing / Lunch	A bus outing to Stuart Art Gallery.	\$500.00
Online Submission	Southern	Wollongong	Illawarra Aboriginal Corporation	Illawarra Koori Elders Seafood Luncheon	Aboriginal Elders from across the Illawarra and South Coast will attend and share a specially coordinated seafood meal.	\$1,000.00
Hard Copy	Southern	Wollongong	Italian Social Welfare Organisation	Dance and Music across the Generations	Dance performances and a musical piece by students from the Conservatorium of Music.	\$1,000.00
Online Submission	Southern	Wollongong	Multicultural Communities Council of Illawarra	Multicultural Seniors Lunch	A multicultural lunch with indigenous, Croatian, Macedonian, Chinese, Vietnamese dancers. Dancers will perform in traditional costume.	\$1,000.00

Online Submission	Southern	Wollongong	WEA, Illawarra	Ancestry for Beginners "Where Do I Start?"	Participants will cover topics such as researching surnames and countries, the Registry of Births, Deaths and Marriages and how to get the most from the register and census information.	\$1,000.00
Hard Copy	Southern	Wollongong.	Wollongong Meals On Wheels	Seniors @ The Lagoon	A lunch outing for seniors in the Wollongong area to have a lovely day at the Lagoon Seafood Restaurant.	\$500.00
Online Submission	Southern	Bega	Eden Killer Whale Museum	Eden Seniors Day Out 2012	A guided bus tour of sites of historical importance in Eden and its environment followed by a morning tea,	\$500.00
Online Submission	Southern	Bega	Euroscug Inc.	Euroscug Open Day	An open day with active demonstrations for seniors to learn how to use specific computer programs such as word, excel etc.	\$500.00
Online Submission	Southern	Bega	Narooma Blue Water Dragons Inc	Come and Try Dragon Boating	A dragon boating "come and try" day for the over 60s followed by a paddling session on Wagonga Inlet at Narooma.	\$500.00
Online Submission	Southern	Bega	U3A Sapphire Coast Inc	Sharing The Knowledge	Tai Chi, che kung, adventure walking, languages French & Italian, computer fun, craft & music appreciation will be shared amongst U3A seniors and local school students.	\$1,000.00
Online Submission	Southern	Monaro	Braidwood Region Seniors Association Inc.	Sustainable Gardening	Braidwood region seniors will host a variety of activities including a bus trip, educational session on sustainable gardening, walking group sessions and a lunch followed by nutritional education talks.	\$500.00
Online Submission	Southern	Shellharbour	Shellharbour City U3A Inc.	"Learning For Pleasure"	Showcasing the classes and learning opportunities at U3A Shellharbour.	\$600.00
					TOTAL SOUTHERN	\$14,100.00
Online Submission	Western	Albury	Age Concern Albury Wodonga Inc	Dancing With Connection	A dancing demonstration with a variety of dance styles followed by social dancing.	\$1,000.00
Online Submission	Western	Albury	Albury City Council	Russell Drysdale Exhibition and Art Classes	A led art session where seniors can immerse themselves in the Drysdale work and interpret their own Drysdale to take home.	\$1,000.00
Online Submission	Western	Bathurst	Bathurst Regional Council	25 Years of Seniors Week Visits to the Bathurst Agricultural Research Station	Access to Broadband for Seniors kiosk throughout the week along with two educational sessions on healthy ageing.	\$1,000.00
Online Submission	Western	Bathurst	Bathurst Seymour Centre	Live Life Well	Annual Seniors Week Variety Concert featuring line dancing, new generation dancers, old-time singers, local choirs and comedy acts.	\$500.00
Online Submission	Western	Wagga Wagga	Batlow Community Transport Service Inc	Seniors Concert	A seniors sing-along concert with a delicious afternoon tea.	\$500.00
Online Submission	Western	Barwon	Bourke Shire Council	Life Is Cruising	School children visits to local nursing homes, free health checks and Men's Shed activities.	\$1,000.00
	Western	Dubbo	Buninyong Elders Group	Combined Elders Groups of Dubbo Excursion	Three Elders groups will come together to engage in activities such as gentle exercises and craft activities, as well as performances by local school children.	\$500.00
Hard Copy	Western	Dubbo	Canowindra Lions Club Inc	Be Active Social Zigzag on the Rattler	A social outing for isolated seniors in the Canowindra area. The trip will include morning tea, a rail tour and nutritional lunch.	\$1,000.00

Online Submission	Western	Orange	Central West Libraries	Write Your Life	A technology workshop catered to teach seniors about how to express their life stories via technology.	\$500.00
Hard Copy	Western	Barwon	Coolah Senior Citizens Recreational Committee	Visit to Pillaga Forest Discovery Centre & Aboriginal Sculptures in the Forest	A bus trip to Baradine to visit Aboriginal inspired sculptures in the forest.	\$500.00
Hard Copy	Western	Burrinjuck	Cowra / Grenfell Meals On Wheels	Food Expo & Luncheon	A food expo for seniors where TAFE students teach seniors how to use cooking equipment. Meal options and healthy eating plans will also be displayed at the venue.	\$500.00
Online Submission	Western	Burrinjuck	Cowra Art Goup Inc	Tote Bag With Hand Made Flowers	A tote bag making workshop that will encourage seniors to learn new skills as well as learn how to turn old unwanted materials into something useful.	\$450.00
Hard Copy	Western	Barwon	Dunedoo U3A	Seniors Luncheon	A luncheon for local seniors with entertainment and a visit from local school students.	\$500.00
Online Submission	Western	Dubbo	Eugowra Lions Club Inc.	Eugowra Seniors Week Day Out and Luncheon	Seniors will be entertained by two local schools over a nutritional lunch.	\$500.00
Hard Copy	Western	Dubbo	Forbes Shire Council	Forbes Seniors Week Annual Luncheon and Events	Activities include morning tea, entertainment, movies, musical performance and bush poetry. As well as a meditation workshop.	\$500.00
Hard Copy	Western	Barwon	Gilgandra Provis Club	Seniors Week Gilgandra	A day trip to Narromine with a guided tour of the aviation museum. Followed by morning tea and then a trip to Dubbo for lunch.	\$500.00
Online Submission	Western	Burrinjuck	Gunning District Community & Health Service	Health Cooking For Seniors	A qualified dietician and local fruit and butcher shop owner will give a talk to seniors on healthy recipes with a focus on nutrition, simplicity and cooking for one.	\$450.00
Online Submission	Western	Burrinjuck	Harden Senior Citizens Inc (Sponsored By Harden Shire Council)	Oldies Exploring The Old	A bus trip to Yass to tour Hume Cottage and other historic buildings.	\$500.00
Online Submission	Western	Murrumbidgee	Junee Shire Council	Junee Shire Council Seniors Week 2012	Exercise demonstrations and art lessons for seniors.	\$1,000.00
Online Submission	Western	Bathurst	Kandos Rylstone Men's Shed Inc.	You Too Can Bowl	A day to teach seniors about the game of bowls. Coaching and a light hearted competition.	\$500.00
Hard Copy	Western	Murrumbidgee	Lower Lachlan Community Service Inc	Seniors Workshops	Seniors will learn computing skills such as sending emails and searching the internet.	\$500.00
Online Submission	Western	Albury	Lutheran Aged Care - Albury	Garden Party	An enjoyable afternoon in the extensive and well established Yallaroo gardens for Albury Lutheran Aged Care clients and their families.	\$500.00
Online Submission	Western	Orange	Mid-Western Regional Council	Celebrating Seniors Creativity	A week of activities including a family concert, midday melodies, Men's Shed open day, information sessions and a bus trip.	\$1,000.00
Online Submission	Western	Barwon	Moree Local Aboriginal Land Council	Getting Together	A social gathering with dancing, music and current affair discussions.	\$1,000.00
Online Submission	Western	Murray Darling	Moulamein Day Care Centre Auxillary	"Take Us Back To The River"	Captain Ashley Williams will provide a captivating history lesson including tales/truths about the Murray & other rivers, riverboat history & ongoing river health issues.	\$500.00
Online Submission	Western	Murray Darling	Moulamein Hostel	Autumn BBQ & Fair	A day of live entertainment and a BBQ lunch for seniors at Moulamein Hostel.	\$500.00
Hard Copy	Western	Dubbo	Narromine Daycare/ Respite	Seniors Concert and Luncheon	A free lunch for seniors filled with energising entertainment.	\$500.00

Online Submission	Western	Dubbo	Narromine Local Aboriginal Land Council	Strictly Ballroom	Ballroom dancing lessons and a dancing demonstration followed by a dinner.	\$500.00
Online Submission	Western	Dubbo	Narromine Shire Council	Seniors Week Concert and Morning Tea	A concert is held by an internationally renowned performer and a free morning tea is provided for all to enjoy.	\$1,000.00
Online Submission	Western	Bathurst	Oberon Council	Live, Learn and Leisure Expo	An informative display of services for seniors. Students from local schools will perform dancing and singing and socialise with the seniors.	\$1,000.00
Hard Copy	Western	Orange	Orange City Council	Live Life Recharge Your Journey	A week long program including mayoral morning tea , free movie screening, walks, life drawing classes, gardening lectures and seniors 'vintage of vogue' luncheon.	\$1,000.00
Online Submission	Western	Orange	Orange Senior Citizens Association Inc.	Seniors Art Exhibition	Exhibition of seniors student art works during NSW Seniors Week.	\$500.00
Hard Copy	Western	Upper Hunter	Scone Neighbourhood Resource Centre Inc	Natural Elements	One hour Tai Chi lesson followed by BBQ.	\$500.00
Hard Copy	Western	Kiama	Shell Cove Social Group	Seniors by the Sea	A day of information sharing with experts on local resources available to seniors. Seniors will also have the opportunity to get involved in poetry, singing and dancing during the day.	\$500.00
Online Submission	Western	Barwon	The Men's Shed Moree Inc	Men's Shed Health Pit Stop	A open day to link senior men with health service professionals. A touch football game or other sporting activities will take place.	\$500.00
Hard Copy	Western	Barwon	Trangie Action Group Inc.	The Trangie Seniors Art Experience 2012	Seniors will come together to work on a community art project. They will plan the art work, through discussions and workshops and paint the art work with help from a workshop instructor.	\$500.00
Hard Copy	Western	Barwon	Trangie Local Aboriginal Land Council	Creative Art With Our Seniors	Seniors will participate in creating a community mosaic art works.	\$500.00
Online Submission	Western	Albury	Tumbarumba Multi Service Outlet	Tumbarumba Positive Ageing Expo - "With A Twist"	A "live life" Expo featuring services and information stalls. Along with a special Seniors Week Concert.	\$1,000.00
Hard Copy	Western	Wagga Wagga	Tumut + Talbingo Community Transport	Live Life Tumbarumba Tour	A day trip to Tumbarumba Region with attendance at Pioneer Women's Hut Museum, including a morning tea.	\$500.00
Online Submission	Western	Wagga Wagga	Tumut Shire Council	Mind, Body & Soul	Outdoor and indoor activities about leisure, craft, sport and recreation.	\$1,000.00
Online Submission	Western	Goulburn	U3A Goulburn Mulwaree Inc.	Live Life Expo & Grey Mardi Gras	An Expo with information available from dieticians, physiotherapists and social workers.	\$500.00
Online Submission	Western	Bathurst	Uralba Retirement Village	Seniors Unlimited Expo	Interactive demonstrations of Wii games, mini golf, carpet bowls, mini ten pin bowling etc. There will also be a display of arts and crafts, morning tea and musical activities	\$500.00
Online Submission	Western	Murray Darling	Urana Shire Council	Seniors Luncheon and Bus Trip	A luncheon with entertainment and a bus trip for the senior citizens in the Rand area.	\$500.00
Online Submission	Western	Albury	Vision Australia	Adaptive Technology Expo	A showcase of specific technology for seniors who are blind or have low vision.	\$340.00

Online Submission	Western	Wagga Wagga	Vision Australia	Green Thumbs and Healthy Eyes	An information session demonstrating safe strategies for gardening and using garden implements for people with low vision. Also discussions about which herbs and vegetables are best for good eye health and why.	\$500.00
Online Submission	Western	Murray Darling	Wakool Shire Home & Community Care MSO	Senior Friends Muster	A day full of short walks , bocce, croquet, quizzes and gentle exercises	\$500.00
Online Submission	Western	Barwon	Warren Meals on Wheels Inc	Entertainment and Luncheon	A luncheon with entertainment to celebrate the contributions our seniors make to the community.	\$500.00
Online Submission	Western	Burrinjuck	Weddin Shire Council	Movies	Concert and luncheon featuring tap dancing, line dancing, local singing group and school choir.	\$500.00
Hard Copy	Western	Goulburn	Wingecarribee Shire Council	Wingecarribee Seniors Week 2012	Variety concert, great debate between seniors and youth, bus trip, BBQ and bush walks.	\$1,000.00
Hard Copy	Western	Burrinjuck	Young Seniors Week Committee	Seniors Week Celebrations	A week full of events including a gala concert and awards ceremony.	\$1,000.00
Online Submission	Western	Murray Darling	Broken Hill City Council	Seniors Week 'Live Life' Celebration	The annual Seniors Week Variety Concert program will include line dancing, the New Generation Dancers , singing and comedy acts.	\$1,000.00
Online Submission	Western	Murray Darling	Carrathool Shire Council	Utes In The Paddock	A visit to the Aboriginal Cultural Centre to visit the ' Utes in the Paddock' artistic display which celebrates Australian identity through art.	\$1,000.00
Online Submission	Western	Murray Darling	Conargo Shire Council	Conargo's Got Talent	Exercise demonstrations and art lessons for seniors.	\$1,000.00
Online Submission	Western	Murray Darling	Coomealla High School	A Lunch Date At School	Seniors will take a trip back to school where local students will serve a three course meal and provide light entertainment.	\$500.00
Online Submission	Western	Murray Darling	Hay Shire Council	Seniors Healthy Party Day	A specially themed morning tea and lunch will be given to seniors and their guests.	\$1,000.00
Online Submission	Western	Murrumbidgee	Leeton Shire Council	Create	Create will offer seniors a lunch in Mountford Park with entertainment provided by local schools. Seniors will be encouraged to bring along their favourite recipe to be compiled into a cookbook.	\$1,000.00
Hard Copy	Western	Murray Darling	Mathoura Community and Daycare Centre Auxiliary (UHA of NSW Inc.- Mathoura Branch)	Ageing With Perfection	An introductory session to gentle exercises and Tai Chi followed by a performance from the Sing Australia choir group.	\$500.00
Online Submission	Western	Murray Darling	Navorina Nursing Home	Concert Under the Stars	Concert under the stars to be held in the gardens of Navorina Nursing Home. Entertainment will be provided by local band "One O B" and local school children will sing and dance with, and for, residents and visitors.	\$500.00
Online Submission	Western	Murrumbidgee	Temora Shire Council	Temora Shire Council Seniors Week Events	Mayoral morning tea, free entry to Rural and Aviation Museums, free seniors movies, vintage or vogue fashion event, gardening lectures, life drawing classes, cards in the park.	\$1,000.00

Online Submission

Western	Upper Hunter	Upper Hunter Shire Council	"Arte-Facts"	A photography exhibition of senior Upper Hunter Shire residents involved in active community life. The entries will be displayed during Seniors Week in the Administrative Centre for the Upper Shire Council.	\$1,000.00
Western				TOTAL WESTERN	\$40,740.00