

Inspirational initiatives and services for older people

Brought to you by Ku-ring-gai
Council



Love the Life programs

- Outings to a place of interest followed by group lunch:
 - NSW Government House and lunch at the CYC
 - Tulip Festival in Bowral and lunch in Berrima
 - Victoria Barracks in Paddington
- Free seminars or webinars:
 - Healthy Brain Ageing
 - Scam Awareness
 - Men's Health
- Weekly exercise classes
- Chess club fortnightly at Turrumurra Seniors' Centre



Seniors' Festival

- Expo of activities and services that you can find locally
 - Clubs
 - Community groups
 - Organisations that provide in-home aged services
 - Exercise and dance classes
 - Memory clinic
 - Morning tea and lunch
- Cultural Day
 - Music and dance
 - Food from various cultural groups
 - Games and activities



Dementia Friendly Community

- Council is leading the process to create a dementia friendly community in Ku-ring-gai
- The Ku-ring-gai Dementia Alliance (KDA) has been formed
- The KDA Action Plan has been approved by Dementia Australia
- Members of KDA have taken on the tasks associated with the Action Plan, and would be very grateful for any help offered.

Council Services

- [Library events](#)
- [Library groups and clubs](#)
- [Librarybus and Home Library](#)
- [Art Centre classes](#)
- [Active Ku-ring-gai](#)
- [Wildflower Garden](#)
- [Sustainability events](#)
- [Climate Wise Communities](#)
- Urban Planning projects



Support for local organisations

- Organisations supported by Council
 - Men's Kitchen
 - Computer Pals
 - Community Gardens
- Services supported by Council
 - KNC Care
 - The Village Chef
 - HK Community Transport
 - Easy Care Gardening
- [Volunteering opportunities](#)
- [Community Directory](#)

What we can't do

- If work is normally done by contractors for Council, it isn't possible to provide help outside of the contracted work. E.g.
 - Take out bins
 - Remove large amounts of rubbish from a property
 - Cut trees in private gardens (or neighbours)
- Council staff can provide a list of approved contractors who could carry out work for you.
- Information about [Waste and recycling](#) can be found on this webpage.

Many e-newsletters

- Ku-ring-gai enews
- Library enews
- Sustainability enews
- Ku-ring-gai Art Centre enews
- Net Zero Ku-ring-gai
- Volunteer for Nature enews
- Active Ku-ring-gai



Questions?

