



# LIVE LIFE IN YOUR LIBRARY

SENIORS WEEK 2010 PROGRAM / FREE EVENTS for PEOPLE OVER 50

Monday 22/3	Tuesday 23/3	Wednesday 24/3	Thursday 25/3	Friday 26/3
<p>11.30am “Falls Prevention” An informative talk by Tara Gray. Occupational Therapist Lithgow Health Service</p> <p>Library Meeting Room</p>	<p>10am - Computing for Seniors</p> <p>Bookings Essential</p> <p>Technology Centre-Library</p>	<p>10am “As the taste changes” + “Cooking for one” An informative talk by Peter Ticehurst, Dietician Lithgow Health Service.</p> <p>Library Meeting Room</p>	<p>10 am Computing for Seniors</p> <p>Bookings Essential</p> <p>Technology Centre Library</p>	<p>10am - Seniors Morning tea + Presentation of prize winners for Summer Reading Program. With poetry readings by Cil VanDer Velden</p> <p>Study Room Library</p>
<p>12—2pm Memories of Newnes 50 min running time</p> <p>Library Study Room</p>	<p>12-2pm Items from the 16mm film collection of Harold Coates 50 min running time</p> <p>Library Study Room</p>	<p>12-2pm Lithgow regional areas from 1920’s (Thunderbolt)</p> <p>Library Study Room</p>	<p>12-2pm Various snippets of local history + Lithgow and District history</p> <p>Library Study Room</p>	<p>Display of Arts and Crafts made by Local Seniors</p> <p>Will be on show throughout Seniors Week</p>
<p>2pm—3pm “Selling on Ebay” with Suzanne Rose</p> <p>Bookings Essential</p> <p>Technology Centre - Library</p>	<p>3-4pm “Gardening for Seniors” By Mr Ron Cole of the Lithgow Garden Club</p> <p>Library Meeting Room</p>	<p>2pm Gentle exercise “Use it or lose it” with Kerry Braye</p>	<p>T.B.A.</p>	

To make a booking /s Phone 63529100

