



LIBRARY SERVICES

There are a number of book clubs and knitting groups that meet regularly at local libraries. Remember to check the opening hours as all libraries differ.

Home Library Services

The Home Library Service in Ku-ring-gai can arrange for regular deliveries of personally selected books, magazines, videos or audio tapes to eligible residents. Call 9424 0478 to ask about eligibility.

Gordon Library

P: 9424 0909

Lindfield Library

P: 9424 0428

St Ives Library

P: 9424 0453

Turrumurra Library

P: 9424 0480



Seniors *out and about*

Things to do for
seniors in Ku-ring-gai

TRANSPORT

Do you need assistance getting to an activity or medical appointment?

For residents eligible for Home and Community Care Services (HACC)

Hornsby & Ku-ring-gai Community Transport Services - Aged & Disabled

P: 9983 1611

Ku-ring-gai Shuttle for Seniors

Thursday Shuttle for HACC eligible residents.

P: 9983 1611

Easy Transport and Travel Training Program

For general information about transport options.

P: 1800 035 262



GENERAL INTEREST

Association of Independent Retirees

P: 6290 2599

www.independentretirees.com.au

Council on the Ageing NSW (COTA)

P: 9286 3860

www.cotansw.com.au

Ku-ring-gai Historical Society

P: 9499 4568 E: khs@khs.org.au

www.khs.org.au

U3A

P: 9252 2033 E: mail@sydneyu3a.org

www.sydneyu3a.org

Contact your local church to find out about the variety of programs they provide to the local community. This may range from regular luncheons, book clubs, seminars, general interest groups and music concerts.



KU-RING-GAI COUNCIL

Contact Ku-ring-gai Council for information about a wide variety of social, educational and lifestyle groups.

Monthly Seminars for Seniors

P: 9424 0000

Spring into Action

P: 9424 0904

Bushcare Program

P: 9424 0179

Community Gardens

P: 9424 0811

Ku-ring-gai Art Centre

Courses, exhibitions and weekend classes and workshops

P: 9424 0310

Active Ku-ring-gai

P: 9424 0754



Further information

Ku-ring-gai Council

818 Pacific Hwy, Gordon

P: 9424 0000

www.kmc.nsw.gov.au





BECOMING A VOLUNTEER

Ku-ring-gai Hornsby Volunteer Service

Our volunteer service can match you with a role that suits your skills and interests. If any of the following volunteer opportunities interest you contact:

P: 9424 0970

E: volunteers@kmc.nsw.gov.au

Meals on Wheels

Love talking to people? Making new friends? Why not become a host at a centre based luncheon in the Ku-ring-gai or Hornsby area? Drivers for the delivery of meals are always needed.

Easy care Gardening

We need volunteers to help create low maintenance gardens for frail elderly people and people with disabilities and their carers.

Ku-ring-gai Neighbourhood Centre, St Ives Shopping Village

Help out a neighbour in need through companionship, driving them to appointments or shopping, or taking them out for the day. Volunteers also help out with the day-to-day running of the centre.

Lifeline: Harbour to Hawkesbury

Make a real difference in the community by supporting a frail elderly person.

COMMUNITY SHED

Enjoy the experiences of the traditional Aussie backyard shed, with facilities for woodwork, metalwork, handicrafts and cooking. Free computers available for seniors use at the Ku-ring-gai workshop.

Ku-ring-gai Community Workshop *The Shed* (men and women)

P: 9983 9732

E: kushed@bigpond.com

SENIOR CLUBS

These clubs coordinate a wide range of recreational activities. There is something for everyone from chess to dancing, theatre and much more.

Roseville RSL sub-branch: 9419 6849

Ku-ring-gai Monday luncheon club: 9144 2044

Probus: 1800 630 488 www.probusouthpacific.org

Rotary: 8894 9800 www.rotary.org

Lions: 4940 8033 www.lionsclubs.org.au

Hornsby RSL Club: 9477 7777

Gordon Book Club: 9424 0909



GET ACTIVE

Active Ku-ring-gai program

Activities include gym without walls, social tennis, Pilates in the Park, tai chi, yoga and walking groups.

P: 9424 0754

Functional Fitness for Seniors

Gordon and Lindfield

These classes, which address falls prevention, are suited to those people who need to improve their flexibility and balance. Contact Ku-ring-gai Council to find out about availability.

P: 9424 0000

Activate!

Pilates for seniors held at Turramurra and Pymble, combines weight-bearing exercise with pilates.

P: 9144 6324

Heartmoves - through the Heart Foundation

Low to moderate intensity exercise programs for older adults.

P: 1300 362 787

Bowling Clubs

Men: Contact Zone 9 (Ku-ring-gai and Hornsby) to find out about a local bowling club near you.

Ray Riley **P: 9958 6276**

Women: Mid North Shore District Women's Bowling Association

Sue O'Keefe **P: 9487 5696**



LOCAL COMMUNITY SERVICE ORGANISATIONS

Ku-ring-gai Neighbourhood Centre at St Ives Shopping Village

JP service, community activities, tax help, family support services

P: 9988 4966

Lifeline: Harbour to Hawkesbury

Social support services

P: 9498 5882

For further information regarding services and organisations in the local area please check the community information directory on our website.

www.kmc.nsw.gov.au

REBOOT YOUR COMPUTER SKILLS

Join a computer group to learn new skills in computing. **www.computerpals.org.au**

Broadband for Seniors Kiosk at Ku-ring-gai Neighbourhood Centre

P: 9988 4966

Turramurra Computer Pals

P: 9983 0774

E: tcpssec@hotmail.net.au

Ku-ring-gai Computer Pals

P: 9416 9049

E: enquiries@computerpals.org



PUBLIC GOLF COURSES

Gordon Golf Club

2 Lynn Ridge Avenue, Gordon

P: 9498 1913

www.gordongolfclub.com.au

North Turramurra Golf Club

361A Bobbin Head Road, North Turramurra

P: 9144 5110

