

## Seniors at the Library - Art Workshop

Friday 17 August

10.00am to 12.00pm

Karama Library, Karama Shopping Centre,  
Kalymnos Drive, Karama

Seniors at Karama is a monthly catch up with a different activity or information session each time. This month you can enjoy an art workshop with a local artist.

**Bookings essential.**



## Birds Nest Basket Weaving Workshop

with Aly de Groot

Saturday 18 August

1.00pm to 4.00pm

Casuarina Library Meeting Room  
17 Bradshaw Terrace, Casuarina

Birds are like the architects of the animal kingdom, constructing beautiful nests from gathered materials. Nurture your 'bird mind' and think like our feathered friends, using recycled and plant materials to weave your own little treasure nest.

**Bookings essential.**



## Movies at the Library - 'Murder on the Orient Express'

Friday 24 August

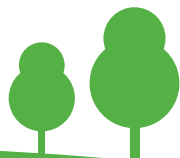
1.00pm to 3.00pm

Nightcliff Library, Pavonia Place, Nightcliff

A lavish train ride through Europe quickly unfolds into the thrilling mystery of thirteen strangers stranded on a train, where everyone's a suspect. One man must race against time to solve the puzzle before the murderer strikes again.

Running time 114 minutes.

**Bookings essential.**



## Be Connected - Learn to Shop Online Safely

Tuesday 28 August

10.00am to 12.00pm

Casuarina Library, 17 Bradshaw Terrace, Casuarina

Find out where to shop, how to pay, keep your money safe and more.

**Bookings essential.**



## Deckchair Cinema

Wednesday 29 August

Gates open at 6.00pm

Film starts at 7.30pm

Screening 'The Guernsey Literary & Potato Peel Pie Society'

Jervois Road, Waterfront

Enjoy a relaxing night at Darwin's iconic Deckchair Cinema. The Cinema provides deckchairs as well as straight-back seats and cushions. Drinks as well as hot meals are available for purchase.

**Bookings essential.**



We would love to see your photo's of these events, please use the hashtag **#vibrantDarwin** when posting to social media.

### BOOKINGS ESSENTIAL FOR MOST ACTIVITIES

Register at [codseniors.eventbrite.com](https://www.codseniors.eventbrite.com)  
or contact City of Darwin Vibrant Communities:  
08 8930 0409



# SENIORS MONTHS AUGUST 2018



City of Darwin

## Program of Events

All community members eligible to hold an NT Seniors Card are invited to attend. All activities are free of charge.



## Chair Aerobics

Wednesday 1 August  
9.30am to 10.30am



COTA - Spillett House, 65 Smith Street, Darwin

Learn to improve your mobility, flexibility, posture and alignment without leaving your chair. This gentle fun class targets pelvic, abdominal, back and shoulder muscles to increase your functional fitness and help you perform daily activities with ease.

**Bookings essential.**

## Heart Foundation Mitchell Centre Walking Group

Friday 3, 10, 17, 24 and 31 August  
7.30am



Mitchell Centre Information Desk  
Mitchell Street, Darwin

Explore the beautiful open spaces in your area while improving your heart, health and making new friends.

**No bookings required.**

## Be Connected - Get to Know Your Tablet

Friday 3 August  
10.00am to 12.00pm



Casuarina Library, 17 Bradshaw Terrace, Casuarina

Get to know your tablet at this class for beginners. We'll show you the basics: turn it on, keep it charged, use an app, take a selfie and more. BYO tablet.

**Bookings essential.**

## Movies at the Library - 'Finding Your Feet'

Tuesday 7 August  
1.00pm to 3.00pm



Casuarina Library, 17 Bradshaw Terrace, Casuarina  
'Lady' Sandra Abbott (Staunton) finds the courage to reinvent herself after she flees a broken marriage to stay with her bohemian sister in London. Starring Imelda Staunton, Ceelia Imrie, Timothy Spall and Joanne Lumley.

**Bookings essential.**

## Grandparents Fun Bus time with their Grandchildren

Wednesday 8 August  
9.30am to 11.30am

Water Gardens, Freshwater Road, Jingili

Celebrate the special bond between grandparents and their grandchildren.

**No bookings required.**

## Lawn Bowls

Thursday 9 August  
10.00am to 1.00pm



Darwin Bowls & Social Club

8 Conacher Street, Fannie Bay

Come along for a fun morning of bowls with mini health checks. Even if you've never bowled before, you'll have the opportunity to learn some new skills from an expert bowler. We will provide a light lunch and the chance to meet new people in a relaxed setting.

**Bookings essential.**

## Robots, Virtual Reality, 3D Printing and More

Friday 10 August  
10.00am to 12.00pm



Casuarina Library, 17 Bradshaw Terrace, Casuarina

Come and try some of the latest tech gadgets and gizmos at fun and interactive drop in session. Stay for 5 minutes or the whole session. You can see different robots, the 3D printer, try the virtual reality goggles and more.

**No bookings required, drop in session.**

## Malak Marketplace Tour

Saturday 11 and 25 August  
4.30pm to 6.30pm



Chambers Crescent, Malak

Get to know our amazing local organic produce at the Malak Marketplace. Enjoy a guided tour through the marketplace.

**Bookings essential.**

## Laughter Wellness

Sunday 12 August  
8.00am to 9.00am



Water Gardens, Freshwater Road, Jingili

You're about to laugh like you have never laughed before! A daily dose of laughter has the power to unwind stress and uplift joy. The session will enable everyone to laugh in a comfortable environment. Give it a try!

**No bookings required.**

## Heart Foundation Casuarina Walking Group

Monday 13, 20 and 27 August  
7.30am



Casuarina Square Shopping Centre Carpark  
Opposite Kmart Tyre and Auto Service

Explore the beautiful open spaces in your area while improving your heart, health and making new friends.

**No bookings required.**

## The Spirited Life of Marie Byles with Author Anne McLeod

Tuesday 14 August  
10.30am to 12.00pm



Casuarina Library, 17 Bradshaw Terrace, Casuarina

Marie Byles' life story has powerful narratives about human rights, conservation, ecology, feminism and spirituality. Join us for a talk with author Anne McLeod.

**Bookings essential.**

