

Malak Marketplace Tour

Saturday 19 August
4.30pm to 6.30pm
14 Malak Cres, Malak



Get to know our amazing local organic produce at the Malak Marketplace. Enjoy a guided tour through the marketplace, followed by a delicious tasting session.

Bookings essential.

Hatha Yoga

Monday 21 & 28 August
9.30am to 10.45am
Lyons Community Centre,
25 Damabila Dr, Lyons



Yoga is a great way to develop strength and flexibility, while relieving tension and calming the mind. Suitable for all levels, this class includes breath-work and mantra meditation. BYO mat and towel. Please consult with your doctor if you have a pre-existing injury or health condition to ensure hatha yoga is suitable for you.

Bookings essential.

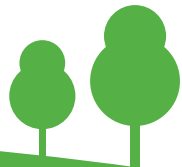
Felting Workshop

Tuesday 22 August
10.00am to 12.00pm
Lyons Community Centre,
25 Damabila Dve, Lyons



If you have ever wondered how hand made felt is created? Well, this is your opportunity to find out. Come along and learn the unique art of wet felting technique from a Melbourne based artist, Judy Lay of the Pea Green Boat collective.

Bookings essential.



Graphite Workshop with Jasmine Jan

Friday 25 August
1.00pm to 3.00pm
Casuarina Library, 17 Bradshaw Tce, Casuarina



Jasmine demonstrates how to work graphite. All materials provided.

Bookings essential.



Deckchair Cinema

Wednesday 30 August
Gates open at 6.00pm
Film starts at 7.30pm
Deckchair Cinema, Jervois Rd, Waterfront



Enjoy a relaxing night at Darwin's iconic Deckchair Cinema watching 'Their Finest'. The Cinema provides deckchairs as well as straight-back seats and cushions. Wine, beer and soft 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
Or contact Elizabeth on 8930 0409



SENIORS MONTH AUGUST 2017



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.



Cyber Safety Information Session



Tuesday 1 & 29 August
10.00am to 11.00am

Casuarina Library, 17 Bradshaw Tce, Casuarina

ThinkUKnow Australia is an evidence-based cyber safety program that provides information on the technologies that people use, the challenges they may face online, and how to help them overcome these in a safe and ethical way.

Bookings essential.

NuLine Dance for the Newbie Dancer



Tuesday 1 & 15 August
5.30pm to 6.30pm

Malak Community Centre, 13 Malak Cres, Malak

If you dream to dance like no one is watching, then you'll love NuLine! Have fun learning easy level dance routines choreographed to a variety of music genres. Bring a friend or come on your own....no partner required. **Bookings essential.**

Grandparents Story Time



Wednesday 2 August
10.00am to 10.45am

Casuarina Library, 17 Bradshaw Tce, Casuarina

Celebrate the special bond between grandparents and their grandchildren at our Story Time session. The morning will include stories and songs.

No bookings required.

Heart Foundation Walking Group - Mitchell Street



Friday 4, 11, 18 & 25 August
7.30am

Mitchell Centre Information Desk, Mitchell St, Darwin

Explore the beautiful open spaces in your area while improving your heart, health and making new friends. **No bookings required.**

Film Screening



Friday 4 August - Lion
1.00pm to 3.00pm

Nightcliff Library, Pavonia Pl, Nightcliff

Watch 'Lion' on the big screen at the Library.

Thursday 17 August - The Light Between Oceans
1.00pm to 2.30pm

Casuarina Library, 17 Bradshaw Tce, Casuarina

Watch 'The Light Between Oceans' on the big screen at the Library. **Bookings essential.**

Chair Aerobics



Wednesday 9 & 23 August
9.30am to 10.30am

COTA - Spillett House, 65 Smith St, 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.**

Come and Try Fitness Equipment



Thursday 10, 24 & 31 August
10.30am to 11.30am

Bicentennial Park, Esplanade, Darwin

Learn some of the many exercises you can do on the equipment and how to train safely. Download the Kompan Sport & Fitness app on your smart phone for more programs and tips to get the most out of your new workout space! **Bookings essential.**

Smart Devices

Friday 11 August
10.00am to 12.00pm

City Library, Civic Centre, 17 Harry Chan Ave, Darwin

Outsmart your smart device (phone, tablet) and learn how to make them work for you.

Bookings essential.

Heart Foundation Walking Group - Casuarina



Monday 14, 21 & 28 August
7.30am

Casuarina Shopping Centre Car Park
(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.**

Lawn Bowls



Wednesday 16 August
10.00am to 1.00pm

Darwin Bowls & Social Club
8 Conacher St, Fannie Bay

Come along for a fun morning of bowls, mini health checks and entertainment. 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.**

Water Colour Workshop with Jasmine Jan



Friday 18 August
10.00am to 12.00pm

Karama Library, Karama Shopping Centre
Kalymnos D, Karama

Jasmine demonstrates how to work with mixed media and create textures in water colour. All materials provided. **Bookings essential.**

