

# Seniors Week

**To celebrate Seniors Week Peppercorn Services Inc will be offering exciting activities and events for seniors to enjoy!**



## Peppercorn Community Transport Outings- Booking Essential

Contact 4504 7055 for more information and bookings

### Friday 14 February: Rose Garden & Lynwood County Club

Please Note: The Country Club has some uneven surfaces and several steep slate stairs to navigate. Transport to the club is \$15 with lunch at your own cost from \$15.

### Wednesday 19 February: Good Morning Blacktown – Strong Women in Music- Barbara Montgomery.

Barbara gives tribute to strong women performers past and present who have impacted the music industry over the years. Your transport contribution is \$15, Concert ticket \$7 with lunch at your own cost at the East/West Buffet \$16

### Friday 28 February: Hawkesbury Leisure & Learning Centre – Olympics

Celebrate senior's week by participating in our field events of modified Olympic games including Skittles, Shot Put, Javelin and Discus. Lunch from the Lunch & Snack Shack. Your transport contribution of \$15 Includes lunch.

## Peppercorn Lunch Outings- Booking Essential

Contact 4504 7055 for more  
information and bookings

- **February 11:** The Australian Hotel
- **February 13:** The Heritage Hotel
- **February 18:** Hawkesbury Leisure and Learning Centre
- **February 20:** The Richmond Inn
- **February 25:** North Richmond Panthers
- **February 27:** The Australian Hotel



**Peppercorn**

BRINGING THE HAWKESBURY TOGETHER

# Seniors Week

The Hawkesbury

Leisure & Learning Centre

114 March St Richmond



## Informal Social Groups, Thursdays 10am-12pm

Women's Knitting Group and Men's Catch Up.

**Contact** (P) 4578 2072 (E) [hllc@peppercorn.org.au](mailto:hllc@peppercorn.org.au)

Please note – Our social groups are not part of a funded program nor are they formally facilitated by Peppercorn. Members participate independently or if required, with a carer/support worker.

## Fierce. Kids Adults Classes, Various Days and Times

With emphasis on any BODY, our classes promote both physical and mental well-being. We offer 5 adult classes during the week with formats from The Jungle Body® such as dance/sexy dancehall; boxing/light weights/toning & sculpting; and a low impact class.

**Contact** Bree (E) [infofiercekids@gmail.com](mailto:infofiercekids@gmail.com) (W) [www.fiercekidssquad.com](http://www.fiercekidssquad.com)

## LEEP Online Learning - FREE - Wednesdays 10am-12pm

Leep and Peppercorn are proud to support you to build your digital skills and confidence. Bookings essential.

**Contact** (P) 4578 2072 (E) [hllc@peppercorn.org.au](mailto:hllc@peppercorn.org.au)

## Seniors Exercise Class, Thursdays 9.15am-10.30am, \$7 per person

Come and join our seniors exercise classes designed just for you, match your needs and abilities, improve your mobility, posture and strength.

**Contact** Lyn Campbell (P) 0419 410 563 (E) [lyn.campbell@hotmail.com](mailto:lyn.campbell@hotmail.com)



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BRINGING THE HAWKESBURY TOGETHER