



# FREE SENIORS SEMINAR 2017

This seminar series will provide you with tips and tricks about heading into your next stage of life. Seminars enable you to learn from the experts and to ask lots of questions. All courses are held at The Hills Shire Council. For bookings head to Council's website and search for Kick Start in the search box.

## DOWNSIZING & RIGHTSIZING

Thursday, 29 June | 10am

**Does downsizing sound overwhelming?** Then this is the seminar for you! Learn from expert downsizer Lorraine Cox from 'Downsizing with Ease' and Robyn Hawke from 'Inspired Spaces'. Learn what is involved, where to start and how to protect your memories, repurpose your treasures and create your new space.

## UNDERSTANDING RETIREMENT LIVING AND AGED CARE

Thursday 27 July | 10am

**Considering moving into a Retirement Village?** Joanne Boik, from 'Cranbrook Residences' will bring 16 years of experience and knowledge to this seminar on retirement living. Andrew Keay from 'Aged Care Directions' will cover financial aspects of retirement living. Discuss why people choose the retirement lifestyle, understand difference in the types of villages, the types of contractual agreements and what costs are involved and understand key elements in planning for your future.

## HEALTHY MIND AND BODY IN RETIREMENT

Thursday 31 August | 10am

**Looking for health and wellbeing?** This seminar focuses on keeping you active and motivated, looking after your brain health and provides strategies to assist in reducing the risk of dementia. Guest speakers from 'Cranbrook Residences' and 'Alzheimer's Australia'.

## CONNECTING AND UNDERSTANDING TECHNOLOGY FOR SENIORS

Thursday 28 September | 10am

**Want to learn more about computers?** This interactive seminar will give tips and tricks for using social media, information on the NBN and the opportunity to ask questions from the experts. If you have one, bring your ipad, tablet or laptop.

## INSPIRE - THE WAY TRAVEL SHOULD BE

Thursday 26 October | 10am

**Is it time to spend the kids inheritance?** Debra Mavin from 'Travel Managers' brings 30 years of travel experience to this session. Gain travel tips, tricks, ideas and inspiration. Learn about inflight wellbeing, accommodation options, travel insurance, transfers and stop overs, group tours and the best times to travel.

## PLANNING FOR YOUR RETIREMENT AND HEALTH FUTURE

Thursday 30 November | 10am

**Need help planning and having those difficult discussions?** Lynne Garland from 'Invo Care' and Malcom Campbell from 'Dooley & Associates' will provide an educational seminar on funeral planning and ensuring key details such as wills, enduring guardian, power of attorney and executors' paper work is up-to-date. This seminar could provide information to help make it a little easier for your loved ones.