



**\*\*SENIOR EVENTS - ALL WELCOME TO COME ALONG \*\***

## April 1<sup>st</sup> to May 31st, 2025 Events

**We have JQ Hosts at every event to make you feel comfortable. Event cost is invoiced to you after the event.**

**What's coming...something for everyone..."snapshot of dates"**

Op Shopping and Lunch at Seven Hills	<b>Tuesday</b>	<b>1/4/2025</b>
Mad Hatter's Tea Party at Lalor Park	Thursday	3/4/2025
Freezer Bag Easy Flower Prints at Lalor Park	Thursday	10/4/2025
Windsor RSL Lunch in Windsor	<b>Tuesday</b>	15/4/2025
Easter craft at Lalor Park	Thursday	17/4/2025
Tea Cup Flower Arrangement at Lalor Park	Thursday	24/4/2025
Lunch at the Log Cabin Penrith	Monday	28/4/2025
'Splash of Colour Day' at Lalor Park	Thursday	1/5/2025
'Nature Walk and Make' at Lalor Park	Thursday	<b>8/5/2025</b>
'Hills area excursion' - The Winston	<b>Tuesday</b>	13/5/2025
'Jar decorating with pretty serviettes'	Thursday	15/5/2025
'Leo Kelly Blacktown Arts Centre and lunch at Blacktown Workers Club'	<b>Tuesday</b>	20/5/2025
'The joy of sound and song' - With special guest artists at Lalor Park	Thursday	22/5/2025
Lunch at the Gaels Club in Kingswood	Monday	26/5/2025
Movie Morning at Hoyts Blacktown only \$12	<b>Tuesday</b>	27/5/2025
Upcycled Gift Bag at Lalor Park	Thursday	29/5/2025

## UPCOMING EVENTS:

### 'Op Shopping and Lunch'

Enjoy a wander around Salvos Seven Hills finding some bargains with the group, you might even find an April fool's bargain, followed by lunch across the road at The Hudson Hotel

**Where:** Salvos Seven Hills – Unit 1,  
Building A, 183 Prospect Highway, Seven Hills

Hudson Hotel (Old Seven Hills Soccer Club) 5 Quinn Ave, Seven Hills

**When:** Tuesday 1<sup>st</sup> April, 2025 10.30am at Salvos 12noon for lunch at The Hudson Hotel (Table booked under "JQ")

**Cost :** Lunch specials \$16 or order off the menu

**RSVP Essential: call us on 8677 8885**



### 'Mad Hatter's Tea Party'

Come and join in the fun of the party, make a cookie hat and enjoy a quirky lunch with some tricks and treats. Share in some laughs and madness at the party. Lots of fun and enjoyment with the group.

**Where:** Lalor Park Community Hub Hall, 38 Heffron St, Lalor Park  
(Parking at the venue)

**When:** Thursday 3rd April, 2025 10:00am till 12.30pm

**Cost:** \$15.00 includes light lunch and materials

**RSVP Essential: call us on 8677 8885**



### 'Freezer Bag Easy Flower Prints'

Using a simple freezer bag and some paint, make a delightful flower print. This easy style of painting is simple and great for those that say 'I'm no artist!'. Surprise yourself with a delightful print.

**Where:** Lalor Park Community Hub Hall, 38 Heffron St, Lalor Park  
(Parking at the venue)

**When:** Thursday 10th April, 2025- 10:00am till 12.30pm

**Cost:** \$15.00 incl. light lunch and materials

**RSVP Essential: call us on 8677 8885**



### 'Windsor RSL lunch'

A relaxed and friendly atmosphere to enjoy a lovely lunch, make some new friends or bring a friend along with you. We will be seated in the Main Lounge which is on one level, close to amenities. Come along and join us for a day out to the Hawkesbury, a half an hour from Blacktown and Hills area and only 20 mins from Penrith.

**Where:** Windsor RSL - 36 Argyle Street, Windsor

**When:** Tuesday 15<sup>th</sup> April, 2025 12 noon (Table booked under "JQ")

**Cost :** Seniors Meals \$16.50 incl. a soft drink or order off the menu

**RSVP Essential: call us on 8677 8885**



### 'Let's celebrate Easter'

Enjoy making a Easter egg button canvas to display for Easter, an easy but effective craft, followed by a delicious lunch and a visit from a secret Easter Bunny!

**Where:** Lalor Park Community Hub Hall, 38 Heffron St, Lalor Park (Parking at the venue)

**When:** Thursday 17th April - 10:00am till 12.30pm

**Cost:** \$15.00 includes light lunch and materials

**RSVP Essential: call us on 8677 8885**

### 'Tea Cup Flower Arrangement'

Make a delicate Posy arrangement in a teacup to take home. Create a super simple small display to show how a few flowers in a cup can create a beautiful centrepiece.

**Where:** Lalor Park Community Hub Hall, 38 Heffron St, Lalor Park (Parking at the venue)

**When:** Thursday 24th April, 2025 - 10:00am till 12.30pm

**Cost:** \$15.00 Includes a light lunch and materials

**RSVP Essential: call us on 8677 8885**



### 'Penrith area -Log Cabin Lunch'

Come and enjoy lunch with us at the historic hotel 'The Log Cabin' Est.1826. Located in the heart of Penrith with spectacular views of the Nepean River. With a menu featuring ingredients from local farmers and suppliers you are assured to enjoy a tasty lunch with good company.

**Where:** The Log Cabin, 20 Memorial Avenue, Penrith

**When:** Monday 28th April, 2025 - 11.30 till 1pm

**Cost:** Meals from \$20

**RSVP Essential: call us on 8677 8885**



### 'Splash of Colour Day'

Choose a colour and come dressed in your chosen colour. Together we will create a combined coloured banner each using your chosen colour created with a variety of materials. Finish the day tasting the rainbow with a colourful shared lunch.

**Where:** Lalor Park Community Hub Hall, 38 Heffron St, Lalor Park (Parking at the venue)

**When:** Thursday 1st May, 2025 - 10:00am till 12.30pm

**Cost:** \$15.00 includes light lunch

**RSVP Essential: call us on 8677 8885**



### 'Nature Walk and Make'

Let's take a gentle short walk, get some fresh air, chat with our friends. We will stroll around the Community Hub and pick up some items found in nature. Make and take a nature delightful frame with the items we collect.

**Where:** Lalor Park Community Hub Hall, 38 Heffron St, Lalor Park (Parking at the venue)

**When:** Thursday 8th May 10:00am till 12.30pm

**Cost:** \$15.00 includes a light lunch and materials.

**RSVP Essential: call us on 8677 8885**



### 'Hills area excursion' - The Winston for HILLS clients

Join us for lunch, meet some new friends, bring a friend with you! **The Winston** is a bright and airy venue with a great selection on the menu including senior specials. Located an easy 12 mins from Castle Hill, Seven Hills, Pendle Hill and only 6 mins from Baulkham Hills. (Don't forget we can assist with transport if you have a code).

**Where:** 170 Caroline Chisholm Dr, Winston Hills

**When:** Tuesday 13th May, 2025 - 12.00 - 2pm

**Cost:** Seniors meals start from \$20 or order from the menu

**RSVP Essential: call us on 8677 8885**



### 'Jar decorating with pretty serviettes'

We all have those jars lying around and here is a simple but effective craft to brighten a jar for your home or make a vase using pretty serviettes. With a lovely patterned serviette and some glue you will be pleased with your masterpiece!

**Where:** Lalor Park Community Hub Hall, 38 Heffron St, Lalor Park (Parking at the venue)

**When:** Thursday 15th May 2025 - 10:00am till 12.30pm

**Cost:** \$15.00 incl. light lunch and materials

**RSVP Essential: call us on 8677 8885**



### 'Leo Kelly Blacktown Arts Centre and lunch at Blacktown Workers Club'

An innovative multi-arts hub in the heart of Blacktown City. Explore innovative, culturally-diverse art that reflects Blacktown and Western Sydney. Entry to the gallery is free and it is all on one level and accessible amenities with parking onsite. Enjoy a walk around the gallery followed by lunch at the Blacktown Workers which is conveniently located next door to the gallery. Free Parking also available at the club, entry via Colo Lane.

**Where:** The Leo Kelly Blacktown Arts Centre followed by lunch at The Blacktown Workers Club 'Lusso Bistro'

**When:** Tuesday 20th May 11am till 1.30pm

**Cost:** Gallery is FREE. Lunch: Members specials or order from the menu

**RSVP Essential: call us on 8677 8885**



## 'The joy of sound and song' - With special guest artists

A sing-a-long with the group, no matter if you are a shower singer or a soprano! Using percussion instruments and items we will be having a ball. We will be having a special guest performer! So don't miss out on this exciting day.

**Where:** Lalor Park Community Hub, 38 Heffron Road, Lalor Park

**When:** Thursday 22nd May, 2025 - 10am-12.30pm

**Cost:** \$15 Includes light lunch and materials

**RSVP Essential: call us on 8677 8885**



**SPECIAL GUEST**

**SPECIAL GUEST**

## Penrith area - 'Gaels Club Lunch'

Enjoy a bit of Irish culture and hospitality in Western Sydney. With a great selection of specials from 'The Shamrock' bistro, you can enjoy a great meal in a warm and friendly atmosphere. Meet a new friend or bring one along!

**Where:** Gaels Club, 75 Richmond Road, Kingswood

**When:** Monday 26th May, 2025 - 11.30am - 1pm

**Cost:** Lunch specials \$15.00 or order from the menu

**RSVP Essential: call us on 8677 8885**



### \$15 LUNCH SPECIALS

MONDAY TO FRIDAY | 11:30AM TO 2:30PM

#### 200gm SCHNITZEL

Golden Fried Panko Chicken Breast w/ Chips, Salad & Gravy

#### FISH & CHIPS

Battered Flathead w/ Chips & Tartare Sauce.

#### 200gm RUMP FILLET (GF)

Cooked to your liking w/ Chips, Salad & Gravy

#### CHEESEBURGER & CHIPS

Beef Pattie w/ Mustard, Tomato Sauce, Cheese, Pickles & Small Chips

#### SPAGHETTI BOLOGNAISE

Spaghetti cooked in rich Slow-Cooked Beef, Tomato & Red Wine Sauce

## 'Movies and Morning Tea'

Join your friends in our group for a screening of a latest release movie. Enjoy a light Morning Tea followed by a latest release movie and a **little surprise bag** for the show!

**Where:** Hoyts Cinemas Blacktown - Westpoint, Patrick Street, Blacktown

**When:** Tuesday 27th May, 2025 - 10am-12.30pm

**Cost:** \$12 Includes Morning Tea and ticket!

**RSVP Essential: call us on 8677 8885**



## 'Upcycle a Gift Bag'

Are you always looking for a gift bag for a present or item? Join us, have a bit of fun and hand make some simple gift bags recycling cards and pictures to delight the gift receiver. Chat away with the group whilst enjoying making some gorgeous gift bags.

**Where:** Lalor Park Community Hub, 38 Heffron Road, Lalor Park

**When:** Thursday 29th May, 2025 - 10am-12.30pm

**Cost:** \$15 Includes light lunch and materials

**RSVP Essential: call us on 8677 8885**



## Special Notes

Would you like to come to an event but cannot get there?

If you live in Blacktown, Hills or Cumberland LGA and have a Social Support Individual Referral Code from My Aged Care, we can pick you up from your house, take you to the event and return you home.

Social Support Individual can also include taking you shopping, appointments etc.

The cost of this service is generally \$19.50 for up to 1.5 hours, \$39 for up to 3 hours. (Except for Lalor Park events which are capped at \$19.50 + cost of event)

\*Places are limited ask us now\*

*If you need help to get a Social Support Individual Code, call us on 8677 8885*

**FOOD ALLERGIES – MAKE SURE YOU TELL US WHEN BOOKING IN**

**CANCELLATION POLICY:** Due to purchasing of resources and food we require TWO FULL BUSINESS DAYS notice prior for cancellations or full fee applies.

**For TICKETED EVENTS no refunds possible**

*We appreciate your understanding on this matter*



Peter Fowler artwork reproduced with permission

We acknowledge the Traditional Owners, Custodians and Elders past, present and emerging of the First Nations People on whose lands we work

AWABAKAL, DARKINUNG, DHARUG, EORA, GUNDUNGURRA, WONNARUA, WORIMI