

# Healthy Ageing & More Expo



Principal Shoalhaven can provide you with all your Aged Care needs in a warm and friendly environment.

Principal Shoalhaven 43 Brinawarr St, Bomaderry  
Ph: 4421 5911 E: shoalhaven@domainprincipal.com.au  
www.domainprincipal.com.au

Seniors Week

## Healthy Ageing & More Expo

Free event

18 March 2013 9:30am - 1pm

Services & Support to People with a Disability



4428 9000  
Fax: 4421 6880

Services Available Include:

- Information, Advocacy & referral to local community services
- Sport & Recreation
- Vacation & After School Care
- Respite & In-Home Care
- Open Employment Services

1/19 Nowra Ln, Nowra  
Email: info@disabilitytrust.org.au  
Web: www.disabilitytrust.org.au

## Sacred Funerals

Visit our stand at the expo & speak to our friendly, caring team.

4421 6009 24 Hours 7 Days  
45 Worrigeer St, Nowra



Australian Hearing is coming to the Healthy Ageing & More Expo

Visit us to discuss your hearing needs

9:30am to 1:30pm  
Monday 18 March 2013  
No appointment necessary, just come along on the day



4428 7900  
www.hearing.com.au

An invitation is extended to you to join us at the Healthy Ageing & More Expo to be held at Shoalhaven Entertainment Centre 18th March 2013.



Unique, innovative and high value, are some of the words that capture the essence of the Healthy Ageing & More Expo. With a diverse mix of exhibitors and educational activities, this is an opportunity that should not to be missed.

Home and Community Care Service provider will be exhibiting at the Healthy Ageing and More Expo.

Many local businesses will also have demonstration or displays for anyone who would like to know more about Healthy Ageing in our community. You may discover an activity or service that will suit your lifestyle in order to have fun, socialise or help keep fit and help with quality of life.

On display will be photographs of Active Seniors in the Community

A place to call home

Bupa Berry Aged Care

Ph: 02 4429 6100



Peppercorn Drive  
10 Victoria Street  
Berry NSW 2541

Visit us at the expo and go in the draw to win 2 x one month memberships. During Seniors Week from March 18 women can try out our gym - \$10 for ten days! Seniors fitness classes daily at 1pm. Talk to our friendly staff about our new pensioner memberships.

Contours Nowra  
Level 1, The Holt Centre  
29 Kinghorn St, Nowra 2541  
Ph: 44 22 8869  
E: nowra@contours.net.au



Do you have a disability or are you over 65 and having difficulty with community access and/or services?

or Do you care for someone who is frail aged and/or has a disability or dementia? Community Options Illawarra Inc can provide support and information for individuals and carers.

For more information about Community Options Illawarra Inc, visit our website www.coi.org.au or our Intake and Referral Officer on 1300 657 473.



Helping residents with transport to maintain their independence in the community

Call us today!  
Phone: 4423 6044

## WATCH THE FINALISTS IN THE 2013 YOUNG AT HEART SHORT FILM AWARDS

The Young at Heart Short Film Awards recognise the best Australian short films featuring actors aged 60 and over, as part of the Young at Heart Seniors Film Festival, a flagship event of NSW Seniors Week.

### Exhibitors:

IDEAS, The Disability Trust, Illawarra Commonwealth Respite and Carelink Centre, Baptist Community Services, Australian Red Cross, Hammond at Home, Meals on Wheels, Bay & Basin Community Resources, Nowra Neighbour Aid, Nowra Neighbourhood Centre, Home Care, Weja Home Care, Veterans Affairs, Illawarra Retirement Trust, Community Options Shoalhaven, Australian Hearing, Avon Cancer Crusade, Guide Dogs NSW, Contours Nowra, Bright Sky, Local Bus Companies, Railcorp, Nowra Taxi, Shoalhaven Community Transport, Nowra Adult Day Centre, Jervis Bay Hearing Centre, Walk on Wheels, Australian Diabetics, Curves Nowra, Hampshire property group, Domain Principal, Illawarra Medicare local, Just Better Care, Shoalhaven City Council: Waste, Water, Community Services, Multicultural Communities Illawarra, National Seniors, Community Health, Older women's network, St John's Ambulance, The Grange, Wholistic Health and Beauty, Sacred Funerals, BUPA, Shoalcoast Solicitors, Terry White Chemist, U3A, Travelworld.

For more information please contact Karen Baldwin Community Development Officer Aged & Disability on 4429 3411 for more information.

## Shoalhaven Seniors Week Calendar

Seniors Week Calendar of Events is now available.

Contact 4429 3411 for more information or go to www.shoalhaven.nsw.gov.au



Personal Care, Domestic Assistance, Home Modifications, Case Management, Meals on Wheels, Transport, Social Support, Respite & Dementia Support

Community members welcome to attend HACC forum meeting.  
Contact: 4429 3411 for more information



Meals on Wheels  
North Shoalhaven Meals Cooperative

More than just a meal

Visit us at the Expo or Contact: 4422 5111  
nsmeals@bigpond.com  
www.northshoalhavenmealsco-op.org

Meals on Wheels is supported by funding from the Australian Government under the Commonwealth HACC Program

Rest Point Village over 50's lifestyle village

Visit our stall at the expo

9 Browns Road, South Nowra

4421 6856

