

your guide to
Leisure & Recreational Activities
for over 55's



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Introduction

The Hornsby Shire Local Government Area has many activities and groups operating for people over the age of 55.

To assist families and seniors in finding information regarding leisure and recreational activities in the Shire, Council has developed this directory which provides contact details for a variety of groups and services.

Whilst every effort has been made to ensure the information in this directly was correct at the time of printing, this information is subject to change. Please contact the groups directly to find out more information.

Art and Craft

Arcadia Quilters	9653 2235
Asquith Helping Hands Across Ages	9456 1259
Beecroft Embroidery Group	9484 7370
Berowra Quilters	9456 3344
Cherrybrook Embroidery group	9875 3753
Eastwood Patchwork Quilts	9874 6749
Embroiderer's Guild of NSW Mt Colah Group	9987 4438
Epping Life Drawing Group	0403 450 330
Epping Portraiture Group	9908 2106
Epping Weavers, Embroiderers and Spinners	9872 1599
Galston Quilters	9653 2235
Hornsby Art Society	9476 8869
Hornsby Heights Camera Club	0410 331 013
Hornsby Woodworking Men's Shed	9634 6037
Hornsby Berowra Men's Shed	0490 149 262
Pennant Hills Drawing Group	0412 354 980
Pennant Hills Photographic Club	9875 2665
St John's Art Group Wahroonga	9487 6778

Education

Castle Hill Computer Pals	9899 9131
Hornsby Computer Pals for Seniors	4344 6584
Hornsby RSL Computer Club	0403 914 940
Hornsby Northern Institute TAFE	9472 1208
Hornsby Ku-ring-gai Community College	9482 1189
North West Community College	8814 5711
University of the Third Age (U3A)	9262 2702

Excercise

Asquith / Hornsby Tai Chi	9847 6531
Asquith Dancing & Yoga	9482 1189
Asquith Bowling and Recreation Club	9477 1364
Asquith Heart Moves	9753 1216
Cheltenham Croquet Club	9876 4602
Cherrybrook Aquatic Centre	9980 7822
Brooklyn Anglers Rest Fishing Club	9985 7305
Bushwalking, Hornsby Council	9847 6832
Bushwalks for Fun & Fitness	0400 873 532
Bushwalking for Seniors	9484 6846
Eastwood-Epping Swimming Club Inc.	0437 282 484
Epping Aquatic and Leisure Centre	9876 5945
Epping District Athletics Club	9876 6457
Epping Tai Chi	0419 231 098
Epping YMCA	9869 8966
Galston Aquatic Centre	9651 2393
Galston Yoga	9894 1956

Heart Moves	1300 362 787
Healthy Life Physical Activity	8877 5300
Hornsby Aquatic and Leisure Centre	9847 6300
Hornsby Council Bushwalking	9847 6832
Hornsby Ku-ring-gai District Tennis Assoc.	9482 1370
Hornsby Stepping On Program	1800 225 479
Hornsby Table Tennis Assoc. SUNS	9456 3728
Hornsby Ten Pin Bowling	9477 3914
Hornsby Yoga	9482 1741
Hornsby Walk 'n' Talk	0419 741 435
Ku-ring-gai Hornsby Angling & Casting Club	9875 2128
Local Women's Bowling Clubs	9267 7155
Local Bowling Clubs	9283 4555
Northern Sydney Cycling Club	0413 009 565
Pennant Hills Yoga Spirit of India	0408 973 288
Pennant Hills Tai Chi and Qigong	9686 2282
Pennant Hills Free Yoga	0424 075 364
Sydney Northern Volleyball	1300 768 655
Thornleigh Brickpit Sports Stadium	9481 9844
Waitara Heart Moves	0412 611 727

Garden and Environment Groups

Australian Plants Society	9875 2262
Beecroft & District Garden Club	9980 6781
Berowra Gardening Club	9456 2070
Brooklyn & District Garden Club	9985 7399
Eastwood Evening Garden Club	9807 2306

Friends of Lisgar Gardens	9847 6934
Galston & District Garden Club	9653 2202
Pennant Hills Garden Club	9875 4140
Roselea Bushcare Group	9871 1360
Sustainable Action Committee	9847 6541

General Interest Groups

Australian Red Cross Hornsby	1800 811 700
Brooklyn & District Pensioner Assoc.	9985 7534
Combined Pensions & Super Assoc.	9456 2417
Dural & District Historical Society	9653 3053
Hornsby Shire Historical Society	9489 7543
Living Writers Society	9989 8388

Library Services

There are a number of daytime and evening book clubs, run by the members, meeting regularly at Hornsby, Epping, Pennant Hills, Galston and Berowra Libraries. For more information about Book Clubs contact;

- Cynthia at Hornsby Library 9847 6847
- Mani at Epping Library 9847 6120
- Penny at Pennant Hills Library 9847 6100
- Mike at Berowra Library 9847 6140
- Christina at Galston Library 9847 6160
- Email: library@hornsby.nsw.gov.au

Home Library Service	9847 6806
Family History Volunteers	9847 6614

Weekly Knitting groups

Friendly and informal groups knit squares and make wraps which are sent by "Wrap with love" wherever there is humanitarian need.

Hornsby Library contact Sue	9847 6804
Fridays 10am-12pm	
Pennant Hills Library contact Penny	9847 6100
Thursdays 10am-12pm	
Berowra Library contact Mike	9847 6140
Mondays 2pm-4pm (April-September)	
Epping Library contact Mani	9847 6120
Thursdays 10am-12pm	

Lunching out in Hornsby and Ku-ring-gai

Epping Granny Smith Club	9876 4443
Fabulous Friday Morning Tea	9144 2044
Galston Centre Based Meals	9653 2235
Ku-ring-gai Luncheon Club	9144 2044
Pennant Hills Luncheon Club	9477 9214

Music and Theatre Groups

Beecroft Orchestra	9908 7405
Epping & District Scottish Society	0423 175 636
Hornsby/Berowra Ukulele Group BUGS	9456 3028
Hornsby Musical Society	0411 033 158
Hornsby RSL Pipe Band	9477 6206
The Theatre on Chester	9816 1618

Seniors Groups

Seniors Groups can provide a range of activities for people over 55. Social, leisure and learning activities, for example, luncheons, outings, exercise programs, arts and craft, information sessions and much more, can assist people to stay healthy, busy and involved with their community.

Many local churches, community organisations and Home & Community Care Services have seniors groups. For more information, refer to the Home and Community Care (HACC) Hornsby Ku-ring-gai flyer or the Seniors & Care Guide available from the Hornsby Shire Council Community Development Team.

Asquith Seniors Citizens	9477 1552
Berowra Over 55's Club	9457 0627
Berowra Monday Games	9456 3344
Berowra Tuesday Shopping Bus	9456 3344
Berowra Wednesday Lunch	9456 3344
Berowra Friday Bingo Club	9456 3344
Berowra St. Marks Seniors	9456 4498
Berowra Uniting Church	9456 3116
Brooklyn Community Health Centre	9985 7717
Brooklyn Seniors Citizens Club	9985 7534
Catholic Parish of Carlingford & Epping	9876 2853
Dural District Anglican Churches	9651 1119
Epping Anglicans	9876 3362
Epping Baptist Church	9869 1000
Epping RSL Granny Smith Day Club	9876 4443
Galston Uniting Church	9653 2039
Galston Community Centre	9653 2235
Galston Monday Multicultural Club	9653 2235

Galston Tuesday Club	9653 2235
Galston Friday Lunch	9653 2235
Hornsby Baptist Church	9476 1471
Hornsby Chinese Seniors Group	0420 954 188
Hornsby Indian Seniors Group	0413 760 300
Hornsby Heights Baptist Church TOFS	9476 5819
Hornsby St Peter's Anglican Church	9482 7250
Hornsby Tuesday Activity Group	9477 9514
Hornsby LINC Services	9476 3134
Hornsby Uniting Church	9477 1370
Hornsby Iranian Seniors	0418 117 914
Hornsby Italian Seniors	9489 6741
Pennant Hills Italian Seniors	9483 7999
Pennant Hills Spanish Seniors	9483 7999
Pennant Hills Chinese Seniors	9483 7999
Pennant Hills Neighbour Aid	9484 7777
Pennant Hills Baptist Church	9045 0162
Pennant Hills Iranian Seniors	0418 117 914
Pennant Hills Stroke Recovery Group	9483 7999
Normanhurst Our Lady of the Rosary	9483 2300
Thornleigh Chinese/ Australian Baptist Church Leisure Centre	9484 3920
Thornleigh Uniting Church	9875 1844
Wahroonga St John's Uniting Church	9489 1762

Social Groups

Asquith Mixed Probus	9477 6531
Asquith VIEW Club	9487 2578
Beecroft Men's Probus	9869 8021
Berowra Community Health Centre:	9456 3344
Monday Games	
Tuesday Shopping Bus	
Wednesday Lunch Club	
Friday Bingo	
Berowra Dementia Carers Support Group	9456 3344
Berowra Men's Carers Cooking Club	9456 3344
Berowra Mixed Probus	0447 474 373
Berowra Over 55's Club	9457 0627
Berowra Waters VIEW Club	9456 2680
Brooklyn & District Combined	
Senior Citizens & Pensioners Association	9985 7534
Chatswood Older Women's Network	9247 7046
Cheltenham Probus Club	9484 5060
Cherrybrook Men's Probus Club	9484 6651
Cherrybrook Chinese Community Association	9894 0336
Dural/Galston Mixed Probus	9653 2181
Eastwood/Epping CWA	9871 2702
Eastwood Ladies Probus	9808 1016
Epping & Districts Men's Probus	9639 8855
Epping West Ladies Probus	9871 4809
Epping West Men's Probus	9871 1691
Galston Community Centre	9653 2235

Galston VIEW Club	9894 1189
Galston CWA	9653 1774
Hornsby Ladies Probus	0409 034 754
Hornsby Laughter Club	9482 2488
Hornsby Mixed Probus	9489 0795
Hornsby National Seniors	9477 3243
Hornsby VIEW Club	9476 0510
Hornsby CWA	0447 691 432
Hornsby Older Men's Network (OMNI)	9484 7041
Hornsby Ladies Probus Club	0409 034 754
Mt Colah Men's Probus	9489 6849
Mt Colah Mixed Probus	9482 4041
Northern Districts CWA	9484 5289
Pennant Hills Good Companions	9484 6651
Pennant Hills Lantern Group	9987 4964
Pennant Hills VIEW Club	8094 1600
Pennant Hills Ladies Probus	9651 3471
Sri Lanka Association of NSW	9454 9125
St Agatha's Gathering Point	9484 1427
Thornleigh Mixed Probus	9980 7839
Thornleigh A Time for Friendship	9489 0574
Westleigh VIEW Club	9481 0061
West Pennant Hills Probus Club	9484 4707
Head Office Probus Groups	9806 0100
Other VIEW Clubs	9085 7178

Useful contacts

Local Medical Services – after hours

Get the right care at night, on weekends or public holidays. In an emergency call 000.

For Home Doctor Service call 13 SICK (7425) or visit homedoctor.com.au.
For the after hours GP helpline call 1800 022 222.

Health Direct Australia 1800 022 222

Pharmacies – after hours

Berowra 9456 0005

Dural 9651 3547

Galston 9653 1146

Hornsby 9477 1049

Thornleigh 9484 1704

Pennant Hills 9484 4576

Other services

Aged Care Assessment Team 9477 9711

Australian Unity Home Care 1300 722 250

Catholic Healthcare 1800 225 474

Carers Support Northern Sydney 8877 5349

Centrelink 132 213

Carers/people with a disability 132 717

Older Australians 132 300

Crime Stoppers 1800 333 000

Diverse Community Care 9898 0000

Emergency Respite Support 1800 059 059

Health & Aged Assist 1300 784 781

Talk directly to a Registered Nurse 24 hours a day, 7 days a week

Hornsby Hospital	9477 9123
Hornsby Ku-ring-gai Community Transport	9983 1611
Hornsby Ku-ring-gai	
Home Modification & Maintenance Services	9847 6503
Lifeline	13 11 14
Medicare	132 011
My Aged Care Gateway myagedcare.gov.au	1800 200 422
Opal seniors travel card	13 67 25
Police Assistance Line	131 444
Public transport information transportnsw.info	131 500
Roads and Maritime Services	132 213
State Emergency Service	132 500
Telephone Interpreter	131 450

For information on a range of services in your area including Meals on Wheels, home modifications and maintenance, home nursing and volunteering, contact 9847 6666 for a free copy of the Seniors & Care Guide.

Volunteering

Volunteer with Hornsby Council

Bushland 9847 6666 or email bushcare@hornsby.nsw.gov.au

Eco garden Fagan Park 9847 4856 or email waste@hornsby.nsw.gov.au.

Ku-ring-gai/Hornsby Volunteer Referral Service 9424 0970 or email volunteers@kmc.nsw.gov.au.

Or visit councils website for a full list of local organisations that utilise volunteers or call for details 9847 6531.

Community Development

Hornsby Shire Council

Wallarobba, 25 Edgeworth David Ave Hornsby

PO Box 37 Hornsby NSW 1630

Telephone 9847 6531

Hornsby.nsw.gov.au

