



**Central Coast Council**  
**Seniors Festival**

*Celebrate Together!*



Event Calendar

1 – 12 February 2023



# Central Coast Council Seniors Expo

*Celebrate Together*

**Thursday 9 February at Wyong Race Club**

Meet your local aged care and in-home care services providers, community groups and much, much more.

Download your calendar of Seniors Festival events at [centralcoast.nsw.gov.au/seniorsfestival](http://centralcoast.nsw.gov.au/seniorsfestival) or pick up your free copy at your local library or 50+ Leisure and Learning Centre.



Central  
Coast  
Council

# Administrator's message



Seniors Festival 2023 celebrations are set to get your toes tapping and body moving, with an exciting array of activities to keep you entertained over the 12-day festival. Take your pick from a range of activities and events which includes entertainment, day trips, health and fitness. There is definitely something for everyone.

We have incredible seniors in our region, 89,000 of them who achieve amazing things and generously donate their time to a number of community and sporting groups, organisations and charities. This Festival is all about celebrating our Seniors and also provides opportunities to get together and promote and celebrate the diversity of older people on the Central Coast.

Council's commitment to strengthening our diverse population by creating new opportunities for connection, creativity, inclusion and opening the door to local sporting, community and cultural initiatives that strengthen our collective sense of self is at the heart of the belonging theme of our Community Strategic Plan. This fantastic Seniors Festival certainly delivers that. Enjoy.

Rik Hart

**Please see the calendar for a full list of events**

## Monday 30 January

1:30pm to 3:30pm <i>Toukley Library</i>	<b>Services Australia: Age Pension - Your Choices Seminar</b> Learn about qualifications for age pension, how the work bonus is applied, claiming your pension, income and assets testing, available concessions, your rights and obligations. Booking required: <b>4350 1540</b> . Visit: <a href="https://centralcoast.nsw.gov.au/libraries/whats-on">centralcoast.nsw.gov.au/libraries/whats-on</a>	Free
--	---	------

## Wednesday 1 – Sunday 12 February

By appointment <i>Peninsula Leisure Centre</i>	<b>Join our Senior Strength Training Program</b> Join our Senior Strength Training gym-based over 50s program with a free fitness assessment. Appointments required: <b>4325 8123</b> or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a>	Free
---	--	------

## Wednesday 1 – Friday 10 February (weekdays only)

7:30am-1:30pm <i>Terrigal 50+ Leisure &amp; Learning Centre</i>	<b>Terrigal 50+ Leisure and Learning Centre Open Days</b> Non-members are welcome to come, see and participate in all activities during Seniors Festival (excluding Concert). Come and try something new or find your new passion. Enquiries: <b>4384 5152</b>	Free <i>(excl. Concert)</i>
--	---	--------------------------------

8:30am-9:30am <i>Lake Haven Recreational Centre</i>	<b>Active Over 50</b> A low impact, low-moderate intensity fitness class specifically designed for over 50s. Classes vary with cardio, conditioning, strength, core training and balance components. Enquires: <b>4304 8020</b> or <a href="mailto:lhrc@centralcoast.nsw.gov.au">lhrc@centralcoast.nsw.gov.au</a>	Free
--	--	------

## Wednesday 1 February

10am 11am 12pm <i>(45 min duration)</i> <i>Laycock Street Community Theatre</i>	<b>Laycock Theatre Tour for Seniors</b> Celebrate the 2023 NSW Seniors Festival this February with a sneak peek 'Behind the Curtains' tour at Laycock Street Community Theatre. We're thrilled to pull back the stage curtains and give you a FREE behind the scenes glimpse of our theatre with exclusive access to the mainstage, backstage, dressing rooms and bio box. Tours commence at 10am, 11am and 12pm and run for approx. 45 minutes each. Groups are limited to 20 people max per tour time. Bookings required: <b>4323 3233</b> or <a href="https://centralcoast.nsw.gov.au/theatres/whats-on">centralcoast.nsw.gov.au/theatres/whats-on</a>	Free
---	--	------

10:30-11:30am <i>Lake Haven Library</i>	<b>Author Talk: Sara Pewter – 'Jonty's Journey'</b> Sara Powter presents the latest addition to her historical fiction series 'The Lockleys of Paramatta'. Join Sara as she shares her memories of growing up on the Central Coast, and how she came to be a writer. <b>Booking required: 4350 1570</b> or <a href="https://centralcoast.nsw.gov.au/libraries/whats-on">centralcoast.nsw.gov.au/libraries/whats-on</a>	Free
--	---	------



## Thursday 2 February

10am–12pm <i>Terrigal 50+ Leisure and Learning Centre</i>	<b>Terrigal 50+ Seniors Festival Entertainment Concert</b> Come along to our Seniors Festival Concert. Two Left Feet will have your toes tapping and hands clapping! Bookings required: <b>4384 5152</b>	\$10 <i>incl. morning tea</i>
--	--	----------------------------------

## Thursday 2 and 9 February

7pm–8pm <i>Toukley Aquatic Centre</i>	<b>Aqua Deep</b> This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole body workout. Enquires: <b>4304 8060</b> or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a>	Free
--	---	------

7:30am–8:30am <i>Peninsula Leisure Centre</i>	<b>Lite and Easy Aqua Fitness</b> A low-moderate intensity aqua fitness class in the indoor heated pool, suitable for beginners, seniors or those managing injury or illness. Enquires: <b>4325 8123</b> or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a>	Free
--	--	------

7:45am–8:45am <i>Toukley Aquatic Centre</i>	<b>Hydro Aqua Fitness</b> This low intensity aqua fitness class focuses on increasing functional mobility and strengthening of joints and muscles, using the warmth and buoyancy of the indoor heated pool to lower impact and strain on the body. Enquiries: <b>4304 8060</b> or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a>	Free
--	--	------

10:30am–11:30am <i>Peninsula Leisure Centre</i>	<b>Active Over 50</b> A low impact, low-moderate intensity fitness class specifically designed for over 50s. Classes vary with cardio, conditioning, strength, core training and balance components. Enquiries: <b>4325 8123</b> or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a>	Free
--	--	------

## Friday 3 and 10 February

8:30am–9:30am  
*Gosford Olympic Pool*

**Active Over 50 Aqua Fitness** Free

This low intensity aqua fitness class focuses on increasing functional mobility and strengthening of joints and muscles as well as improving cardiovascular fitness.

Enquiries: **4304 7250** or [gop@centralcoast.nsw.gov.au](mailto:gop@centralcoast.nsw.gov.au)

8:45am–9:45am  
*Toukley Aquatic Centre*

**Aqua Deep** Free

This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole body workout.

Enquires: **4304 8060** or [tac@centralcoast.nsw.gov.au](mailto:tac@centralcoast.nsw.gov.au)

11:15am–12pm  
*Peninsula Leisure Centre*

**Tai Chi**

A gentle martial art well known for its health benefits, promoting serenity, balance, coordination and wellbeing.

Enquiries: **4325 8123** or [plc@centralcoast.nsw.gov.au](mailto:plc@centralcoast.nsw.gov.au)

## Friday 3 February

10:30am–11:30am  
*Lake Haven Library*

**Service NSW: Savings Finder Program** Free

Find out about the NSW Government's Savings Finder Program which brings more than 70 rebates and savings together in one convenient location. Service NSW staff will go over some of the top rebates, what they are, how to apply and who may be eligible for these.

Booking required: **4350 1570** or [centralcoast.nsw.gov.au/libraries/whats-on](https://centralcoast.nsw.gov.au/libraries/whats-on)

10am–12pm  
*Woy Woy Library*

**Service Australia: Age Pension—Your Choices Seminar**

Learn about qualifications for age pension, how the work bonus is applied, claiming your pension, income and assets testing, available concessions, your rights and obligations.

Booking required: **4304 7555** or [centralcoast.nsw.gov.au/libraries/whats-on](https://centralcoast.nsw.gov.au/libraries/whats-on)

1:30pm–3:30pm  
*Woy Woy Library*

**Services Australia: Aged Care Fees and Charges** Free

Find out about Aged Care options, including information on Home Care and Respite Care, assessment of the family home, Residential Care fees and charges, as well as pension considerations.

**Booking required: 4304 7555** or [centralcoast.nsw.gov.au/libraries/whats-on](https://centralcoast.nsw.gov.au/libraries/whats-on)

## Saturday 4 and 11 February

8am–9am  
*Peninsula Leisure Centre*

**Aqua Deep** Free

This aqua fitness class is conducted in the deep end of the indoor 50m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole body workout. Enquires: **4325 8123** or [plc@centralcoast.nsw.gov.au](mailto:plc@centralcoast.nsw.gov.au)

## Monday 6 February

7:45am–8:45am  
*Toukley Aquatic Centre*

**Hydro Aqua Fitness**  
This low intensity aqua fitness class focuses on increasing functional mobility and strengthening of joints and muscles, using the warmth and buoyancy of the indoor heated pool to lower impact and strain on the body.  
Enquiries: **4304 8060** or [tac@centralcoast.nsw.gov.au](mailto:tac@centralcoast.nsw.gov.au)

Free

9am–10am  
*Toukley Aquatic Centre*

**Aqua Deep**  
This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole body workout.  
Enquiries: **4304 8060** or [tac@centralcoast.nsw.gov.au](mailto:tac@centralcoast.nsw.gov.au)

Free

## Monday 6 – Friday 10 February

7:30am–2pm  
*Terrigal 50+ Leisure and Learning Centre*

**Terrigal 50+ Seniors Festival Craft Sale**  
Come and see the many wonderful craft items on sale during Seniors Festival. Handmade by members of Terrigal 50+ Handicraft Group.  
Enquiries: **4384 5152**

Free to attend  
*Items as priced*

9am–3pm  
*Gosford 50+ Leisure and Learning Centre*

**Gosford 50+ Leisure and Learning Centre Open Week**  
Have you ever wanted to try your hand at indoor bowls, darts or table tennis? Perhaps you want to finish your art and craft projects like that scrapbook album or that painting you started last year. Why not learn to draw or try your hand at some mindful art? At the Gosford 50+ Centre there are many activities you can try and events to attend. Why not come along to our Seniors Festival Open Week and meet new people, develop new friendships and find ways to stay active and healthy.  
Enquiries: **4304 7065** or [centralcoast.nsw.gov.au/seniors](http://centralcoast.nsw.gov.au/seniors)

Free  
*incl. morning / afternoon tea*

9am–3pm  
*Ettalong 50+ Leisure and Learning Centre*

**Ettalong 50+ Leisure and Learning Centre Open Week**  
Have you ever wanted to try your hand at indoor bowls, darts or table tennis? Perhaps you want to finish your art and craft projects like that painting you started last year. Looking for someone to play cards or scrabble with? At the Ettalong 50+ Centre there are many activities you can try and events to attend. Why not come along to our Seniors Festival Open Week and meet new people, develop new friendships and find ways to stay active and healthy.  
Enquiries: **4304 7222** or [centralcoast.nsw.gov.au/seniors](http://centralcoast.nsw.gov.au/seniors)

Free  
*incl. morning / afternoon tea*



## Monday 6 February

10:30–11:30am <i>Gosford Library</i>	<b>Service NSW: Savings Finder Program</b> Find out about the NSW Government's Savings Finder Program which brings more than 70 rebates and savings together in one convenient location. Service NSW staff will go over some of the top rebates, what they are, how to apply and who may be eligible for these. Booking required: <b>4350 1560</b> or <a href="https://centralcoast.nsw.gov.au/libraries/whats-on">centralcoast.nsw.gov.au/libraries/whats-on</a>	Free
---	---	------

## Tuesday 7 February

10am–12pm <i>Tuggerah Library</i>	<b>Services Australia: Aged Care Fees and Charges</b> Find out about Aged Care options, including information on Home Care and Respite Care, assessment of the family home, Residential Care fees and charges, as well as pension considerations. Booking required <b>4350 1560</b> or <a href="https://centralcoast.nsw.gov.au/libraries/whats-on">centralcoast.nsw.gov.au/libraries/whats-on</a>	Free
2pm–4pm <i>Tuggerah Library</i>	<b>Service Australia: Age Pension—Your Choices Seminar</b> Learn about qualifications for age pension, how the work bonus is applied, claiming your pension, income and assets testing, available concessions, your rights and obligations. Booking required: <b>4350 1560</b> or <a href="https://centralcoast.nsw.gov.au/libraries/whats-on">centralcoast.nsw.gov.au/libraries/whats-on</a>	Free
7pm–8pm <i>Toukley Aquatic Centre</i>	<b>Aqua Deep</b> This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole body workout. Enquiries: <b>4304 8060</b> or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a>	Free
8am–9am <i>Toukley Aquatic Centre</i>	<b>Shallow Water Aqua Fitness</b> This aqua fitness class is designed with a higher focus on cardiovascular fitness, movement, strength and core stability. Enquiries: <b>4304 8060</b> or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a>	Free
8:30am–9:30am <i>Gosford Olympic Pool</i>	<b>Active Over 50 Aqua Fitness</b> This low intensity aqua fitness class focuses on increasing functional mobility and strengthening of joints and muscles as well as improving cardiovascular fitness. Enquiries: <b>4304 7250</b> or <a href="mailto:gop@centralcoast.nsw.gov.au">gop@centralcoast.nsw.gov.au</a>	Free
8:30am–9:30am <i>Peninsula Leisure Centre</i>	<b>Active Over 50</b> A low impact, low-moderate intensity fitness class specifically designed for over 50s. Classes vary with cardio, conditioning, strength, core training and balance components. Enquiries: <b>4325 8123</b> or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a>	Free

## Tuesday 7 February

10am  
*Kincumber Library*

### **Origami Workshop for Seniors**

Get creative and learn the art of paper folding during NSW Senior's Festival in this origami workshop. Bookings required: **4304 7641** or [centralcoast.nsw.gov.au/libraries/whats-on](http://centralcoast.nsw.gov.au/libraries/whats-on)

Free

11am–12pm  
*Toukley Library*

### **Grandparents Storytime**

Pre-schoolers and their families are invited to join in Storytime and share stories, songs and craft with a grandparent or a favourite older person.

Enquires: **4350 1540** or [centralcoast.nsw.gov.au/libraries/whats-on](http://centralcoast.nsw.gov.au/libraries/whats-on)

Free

## Wednesday 8 February

10am–12pm  
*Tuggerah Library*

### **Tech Savvy Seniors – Cybersafety: How to stay safe online**

This workshop covers the basics of internet security, the things that can potentially go wrong and the simple steps you can take to avoid them. Bookings required: **4350 1560** or [centralcoast.nsw.gov.au/libraries/whats-on](http://centralcoast.nsw.gov.au/libraries/whats-on)

Free

10:30am–11:30am  
*Peninsula Leisure Centre*

### **Yoga**

A traditional practice involving a series of poses and stretches, floor and standing exercises with balance work and relaxation.

Enquires: **4325 8123** or [plc@centralcoast.nsw.gov.au](mailto:plc@centralcoast.nsw.gov.au)

Free

10:30am  
*Kincumber Library*

### **VIP Seniors Pre-school Storytime**

Pre-schoolers and their families are invited to join in Storytime and share stories, songs and craft with a grandparent or a favourite older person.

Enquires: **4304 7641** or [centralcoast.nsw.gov.au/libraries/whats-on](http://centralcoast.nsw.gov.au/libraries/whats-on)

Free

10:30am–12:30pm  
*Terrigal 50+ Leisure and Learning Centre*

### **Healthy Active Ageing—Falls Prevention**

This free seminar talks about how healthy ageing is important to preventing falls and frailty, as well as providing information on NSW Health and local programs and services that can help you stay strong to live independently for as long as possible by helping to prevent falls and frailty.

Enquiries: **4384 5152**

Free

10:30–11:30am  
*Umina Beach Library*

### **Service NSW: Savings Finder Program**

Find out about the NSW Government's Savings Finder Program which brings more than 70 rebates and savings together in one convenient location. Service NSW staff will go over some of the top rebates, what they are, how to apply and who may be eligible for these.

Booking required: **4304 7333** or [centralcoast.nsw.gov.au/libraries/whats-on](http://centralcoast.nsw.gov.au/libraries/whats-on)

Free

## Wednesday 8 February

11am–12:15pm  
*Laycock Street  
Community Theatre*

### **Morning Melodies: Delphi Goes Bassooning**

Delphi—the accomplished musician and cabaret star—and her bassoon. A story that explores mother and daughters, a woman's struggle for a creative life, expectations, disappointments, and the relentless wheel of generational patterns. Bookings required: **4323 3233** or [centralcoast.nsw.gov.au/theatres/whats-on](http://centralcoast.nsw.gov.au/theatres/whats-on)

Tickets \$22.00

12:30pm–1:30pm  
*Terrigal 50+ Leisure  
and Learning Centre*

### **Tai Chi Demonstration**

Practising the art of Tai Chi allows the body's energy known as 'Chi' to circulate freely. This free demonstration on Bo Tai Chi for Seniors will focus on conscious breathing, meditation, Lotus form participation, body maintenance, movement of Clouding Hands, White Crane and Sung Gong. Enquiries: **4384 5152**

Free

2pm–3pm  
*Terrigal 50+ Leisure  
and Learning Centre*

### **Self Defence and Safety Awareness for Seniors Workshops**

An introduction to situational awareness and the psychology of self-defence, with simple and safe exercises to improve blood circulation which increase physical strength and gently train joints to maintain optimal condition. Learn easy techniques to protect oneself from violence and gain increased confidence to lead a better life. Enquiries: **4384 5152**

Free



## Thursday 9 February

9:30am–12:30pm  
*Wyong Race Club*

### **Central Coast Council's Seniors Festival Expo**

Council will shine the spotlight on a range of services and resources available to seniors by bringing them together under one roof at the Seniors Expo on 31 March. The event will feature a variety of stallholders from businesses, services and community groups around the Central Coast. Visitors will have the opportunity to speak to the organisations first-hand, ask questions and gather resources as required. For more information visit [centralcoast.nsw.gov.au/seniorexpo](http://centralcoast.nsw.gov.au/seniorexpo)

Free  
*Incl. Morning Tea and a calico bag for the first 150 attendees only*

10am  
*Bateau Bay Library*

### **ID Support NSW—Let's Talk About Identity Theft**

Increase your cyber resilience and stay safe online. Learn how to spot a scam, run a credit-check, the benefits of creating strong passwords and spend one-on-one time with the ID Support NSW team. An information pack will be provided to all participants. Bookings required: **4350 1580** or [centralcoast.nsw.gov.au/libraries/whats-on](http://centralcoast.nsw.gov.au/libraries/whats-on)

Free

10am–11am  
*Erina Library*

### **Author Talk: Sharyn Munro Presents 'Peeping Through My Fingers'**

Author, Sharyn Munro shares her fictional short stories based on 'glimpses of childhood, old age—and the dangerous bits in between'.

Bookings required: **4304 7650** or [centralcoast.nsw.gov.au/libraries/whats-on](http://centralcoast.nsw.gov.au/libraries/whats-on)

Free

10:30am  
*Kincumber Library*

### **VIP Seniors Pre-school Storytime**

Pre-schoolers and their families are invited to join in Storytime and share stories, songs and craft with a grandparent or a favourite older person.

Enquiries: **4304 7641** or [centralcoast.nsw.gov.au/libraries/whats-on](http://centralcoast.nsw.gov.au/libraries/whats-on)

Free

3:15pm  
*Kariong Library*

### **Seniors and Juniors Rock Painting Craft**

Bring along a grandchild to decorate rocks as ladybirds, flowers or as any pattern you like. Use the rocks to decorate gardens, gift to others or as a treasure hunt. For children aged 8-12 years and a VIP Senior.

Bookings required: **4325 8155** or [centralcoast.nsw.gov.au/libraries/whats-on](http://centralcoast.nsw.gov.au/libraries/whats-on)

Free

## Friday 10 February

10am–11am  
*Toukley Library*

### **Author Talk: Christine Sykes—Embracing retirement**

From tap dancing to volunteering to writing—author Christine Sykes shares how she maintains a healthy outlook in retirement.

Bookings required: **4350 1540** or [centralcoast.nsw.gov.au/libraries/whats-on](http://centralcoast.nsw.gov.au/libraries/whats-on)

Free

## Friday 10 February

10am–2pm  
*The Cottage, Wyong  
Family History  
Group*

**Family History Beginners Course**  
The Wyong Family History Group is holding a 4-week Family History Beginners Course every Friday from 10 February. Learn how to trace your family history and where to find vital records to help tell your family story. Bookings required: **4351 2211**

\$60 *full course (4 days), or \$20 for one day course*

2pm–4pm  
*Lake Haven Library*

**Services Australia—Accommodation Options in Retirement**

Free

Considering options for accommodation when you retire? Join us for an overview of residential aged care and find out about retirement and lifestyle villages, granny flat options, and renting, as well as the Home Equity Access Scheme and reverse mortgages. Bookings required: **4350 1570** or [centralcoast.nsw.gov.au/libraries/whats-on](http://centralcoast.nsw.gov.au/libraries/whats-on)

7.30pm–9.35pm  
*Laycock Street  
Community Theatre*

**The Sunset Sessions**

Tickets \$49.00

With catchy one-hit wonders and some of the biggest hits of our generation, The Sunset Sessions celebrates the music of Los Angeles that took over the world; now played live in this new, exciting, high-energy show by Punwin Productions. Bookings required: **4323 3233** or [centralcoast.nsw.gov.au/theatres/whats-on](http://centralcoast.nsw.gov.au/theatres/whats-on)

## Saturday 11 February

Doors open  
4:30pm  
Show Time  
5:30pm–7:30pm  
*Ettalong 50+  
Leisure and  
Learning Centre*

**Silver Soiree II Cabaret**  
Moving beyond the stereotypes and bending those ageist views, this Seniors Festival we join Naughty Noodle Fun Haus in celebrating and honouring seniors on the Central Coast with the star-studded contemporary cabaret “Silver Soiree”. It was the largest senior’s event on the Central Coast in 2022 and we welcome you all again with contemporary entertainment that’s fun, vibrant and meaningful. Come and connect, make new friends and have some fun. Bookings required: Although free but you must be registered to attend **4314 6004** or [naughtynoodle.com.au/whats-on/silver-soiree-ii-cabaret](http://naughtynoodle.com.au/whats-on/silver-soiree-ii-cabaret)

Free  
*for 60+  
or 50+  
if your  
Aboriginal  
Torres Strait  
Islander  
Concession*

\$30  
*all other ages*

## 2022 Senior Festival Event and Activities Locations

Location	Address	Phone
Bateau Bay Library	Bateau Bay Square, 10 Bay Village Road, Bateau Bay	4350 1580
Erina Library	The Hive, Erina Fair, Erina	4304 7650
Ettalong 50+ Leisure and Learning Centre	Corner of Broken Bay Road and Karingi Street, Ettalong	4304 7222
Gosford 50+ Leisure and Learning Centre	Corner of Albany Street North and Henry Wheeler Place, Gosford	4304 7065
Gosford Olympic Pool	42 Masons Parade, Point Frederick	4304 7250
Kariong Library	98 Mitchell Drive, Kariong	4325 8155
Kincumber Library	3 Bungoona Road, Kincumber	4304 7641
Lake Haven Library	Lake Haven Shopping Centre, Goobarabah Avenue, Lake Haven	4350 1570
Lake Haven Recreational Centre	Goobarabah Ave, Gorokan	43048020
Laycock Street Community Theatre	5 Laycock Street, North Gosford	4323 3233
Peninsular Leisure Centre	243 Blackwall Road, Woy Woy	4325 8123
Terrigal 50+ Leisure and Learning Centre	Corner of Duffys Road and Terrigal Drive, Terrigal	4384 5152
The Cottage, Wyong Family History Group	The Cottage, 9 Rankin Court, Wyong	4351 2211
Toukley Aquatic Centre	Heador Street, Toukley NSW	4304 8060
Toukley Library	Corner of Main Rd and Victoria Avenue, Toukley	4350 1540
Tuggerah Library	Westfield Tuggerah, 50 Wyong Road, Tuggerah	4350 1560
Umina Beach Library	Corner of West Street and Bullion Street, Umina	4304 7333
Woy Woy Library	Corner of Blackwall Road and Oval Avenue, Woy Woy	4304 7555
Wyong Race Club	71-73 Howarth Street, Wyong	4352 1083





Central  
Coast  
Council

For more information visit  
[centralcoast.nsw.gov.au/seniors](http://centralcoast.nsw.gov.au/seniors)  
or phone 4304 7495