

# CAMDEN COUNCIL

## Media Release

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5 March 2014

### Seniors' Week in Camden

The Camden Council Library Service will again host a range of events to celebrate Seniors Week, Saturday 15 to Sunday 23 March 2014.

Seniors Week is the largest celebration for people over 60, or people over 50 who have a lifelong disability or people of Aboriginal or Torres Strait Islander descent. The event provides an opportunity for seniors to be active, healthy, and independent, and be recognised for their community involvement.

This year's theme is Live Life! and reflects the celebration of life, achievements and community engagement.

This year's Seniors Week program will include:

- Age-related Macular Degeneration Talk
- Safety Awareness Talk
- Senior's Movie Night
- Tech (technology) Taster

Mayor of Camden, Councillor Lara Symkowiak said Senior's Week is a great way to recognise the valuable contributions seniors make to our community

"Camden's senior citizens play a valuable role in our community - many work, raise families, volunteer and participate in social and community groups, so Senior's Week is the perfect opportunity to acknowledge their commitment and to say thank you".

"I encourage Senior's in our Local Government Area to have a look at the event program and participate in one or all of the events on offer" she said.

Places for each event are limited and bookings are essential. All sessions are free and refreshments will be provided. For more information or to book phone 4654 7951 or 4645 5039

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**Words: 229**

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