

MEDIA RELEASE

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Seniors' activities for October

October is Seniors' Month and the Huon Valley Council has a raft of activities to keep you entertained.

The month kicks off with the official launch with comedian Rachel Berger who will take a group of seniors through 'what it takes to present a comedy spot' and then have them perform their stories for you.

There are art groups on through the month with sewing groups with Stitch and Giggle at GeCo, painting at Wayraparattee, Plain English workshops and history groups that can help you research your family tree.

The Council's Afternoon Tea is on Wednesday October 18 at the RSL Club in Huonville. Huon Regional Care have an afternoon tea and dance on the following Tuesday, the 24th at their site in Franklin, kicking off at 1.30pm.

You can learn The Fibs about Scotland, play Scrabble or practice your French at the Huon LINC or watch the movies "Mary meets Mohammad" or "Young@Heart."

Huon Valley Council Commissioner Adriana Taylor says the program looks exciting.

"There's something for everyone during Seniors' Month. We've got activities that focus on fun, and others that focus on craft and education. It's a great time to be out and about, try new things and meet new people.

"I'd like to thank the Council staff for providing such a full program. I'd also like to thank GeCo, the Huon LINC, the Port Cygnet Men's Shed, Huon Regional Care and Wayraparattee for partnering with us to ensure seniors in the Valley have a wide range of activities to choose from this Seniors' month," Commissioner Taylor said.



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