



**St Ives**  
Shopping Village

**Turn over  
for scheduled  
events**



CELEBRATE  
**SENIOR'S WEEK**  
WEDNESDAY 13TH TO SUNDAY 24TH FEBRUARY

In support of Senior's Week, we are proud to host a series of **FREE** workshops, seminars and health checks.



*Book now!*

FREE  
**SENIOR'S  
WEEK**

**WORKSHOPS & SEMINARS**

**Workshops have limited places available.  
Bookings essential via Village Concierge.**

Call 8422 4009 or email  
concierge1@stivesvillage.com.au

\*\* Check Cafes and stores for discount offers and  
meal deals during Senior's Week \*\*

**WEDNESDAY 13/2**

**INTRODUCTION TO YOGA**

Join Ku-ring-gai Neighbourhood Centre for an  
introduction to seated yoga and stretching.

**Level 1, near Priceline, 11am**

**THURSDAY 14/2**

**CREATE A WATERCOLOUR**

Create your own watercolour for beginners.

**Level 2, The Market Room, 10am**

**FRIDAY 15/2**

**CHARCOAL DRAWING CLASS**

Learn the basics of charcoal drawing in this hands on  
class hosted by Carol Neville.

**Level 2, The Market Room, 10am and 11.30am**

**FACTS ABOUT DEMENTIA  
FREE SEMINAR**

Hosted by industry expert, Tim England, ideal for  
carers and families to gain a practical knowledge and  
understanding of dealing with dementia. Michelle  
Bell from Ku-ring-gai Neighbourhood Centre will also  
provide Service Access Information.

**Level 1, near Priceline, 10am - 11.15am**

**MONDAY 18/2**

**BEADED EARRING WORKSHOP**

Make your own customised beaded earrings, hosted  
by Etelage Jewellery

**Level 2, The Market Room, 10-10.45am & 11-11.45am**

**TUESDAY 19/2**

**FERMENTING FOR BETTER HEALTH:  
CULTURED ARTISANS**

Discover the amazing benefits of fermenting:  
with anti-inflammatory properties increase longevity,  
improve gut health and wellbeing.

**Level 1, near Priceline, 10am - 11.30am**

**EVERYTHING FOR SENIOR'S:  
VOLUNTEERING & SERVICES**

A showcase of community organisations providing  
services, activities & volunteering opportunities for  
seniors in Ku-ring-gai.

**Village Green Community Hall 10am - 3pm**

**WEDNESDAY 20/2**

**RETAILERS HEALTH EXPO**

**Visit Level 1, and listen to our expert retailers cover a  
range of health topics for Senior's.**

10 - 10.30: Epstein Chiropractors

10.30 - 11.00: Foot Health and podiatry for Seniors

11.00 - 11.30: 'Active Seniors' Workshop - hosted by  
Hillary at St Ives Physio and John at Athlete's Foot

**FREE BLOOD &  
CHOLESTEROL CHECKS**

O'Loughlins Medical Pharmacy and

Niagra Aging **Level 1, near Priceline, All Day**

Blooms The Chemist also conducting blood checks  
outside their store **Level 1, opposite Deli Hub**

**TAI CHI CLASS**

Free introductory class hosted by Hillary Simon  
from St Ives Physiotherapy in the yoga studio.

**Suite 1, First Floor 196 Mona Vale Road  
1.30pm - 2.30pm**

**THURSDAY 21/2**

**THE ART OF FLORAL ARRANGING**

Create your own floral arrangement and learn some  
simple styling tips you can use at home.

**Level 2, The Market Room, 10am - 12.00pm**

**FRIDAY 22/2**

**MACRAME KEY RING OR NECKLACE**

Create your own unique macramé  
necklace or key ring in this class

**Level 2, The Market Room, 10am - 11.30am**

**TO BOOK A SESSION OR FOR MORE INFORMATION, CALL VILLAGE CONCIERGE ON 8422 4009  
OR VISIT WWW.STIVESVILLAGE.COM.AU**