

Media Release



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For immediate release

SAMARITANS TO CELEBRATE SENIORS WEEK WITH COMMUNITY EVENT

On Tuesday 14th March, Samaritans is set to host a Seniors Week event in Hamilton South to celebrate healthy living and ageing with live entertainment, activities and a free barbeque.

Guests will also enjoy bingo, a trash and treasure stall organised by the local Hamilton South art and craft group, music and more!

The Heart Foundation will host Heart Moves, a low-to-moderate intensity exercise program designed for people who are living with a health condition and will also run a workshop to promote healthy living and ageing.

Piggotts Pharmacy will host free health checks for seniors in the community.

Event organiser and Samaritans Senior Worker, Rachelle Wills, said this event provides a valuable opportunity for seniors to learn about events in the community and have their say about future events.

“We have worked with residents from Hamilton South to plan this event and so we are responding to local needs and interests,” Ms Wills said.

“It provides an opportunity for seniors within the community to come out and connect with their neighbours and local services,” she said.

The 2017 NSW Seniors Festival theme is ‘Let’s do more Together’.

“It’s about celebrating our seniors for their energy, experience and unique ability to know who they are, and what makes them happy.

“No matter what your age, it’s never too late to connect, build relationships and a sense of community,” Ms Wills said.

The event will be held at Hamilton South Community Hall, Fowler Street on Tuesday from 11am – 2pm. Entry is free and all welcome. For more information on the Hamilton South Seniors Week Celebration please phone Samaritans on 1800 786 466.

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Media Contact: To arrange a photo opportunity and/or interview, contact Samaritans Communication Samaritans Communication team on 4960 7157 or 0438 475 772.