

### Did you know?

Exciting and fun day trips are organised by the City of Canada Bay for seniors to places of interest around Sydney and beyond.

### Frequently Asked Questions

#### Who can participate?

Young at heart, active, mobile adults over 55 years of age who live in Canada Bay and enjoy social outings. Active Adults trips provide a wonderful opportunity to meet new friends and visit exciting venues. Participants must meet eligibility criteria, which is partly based on their level of mobility.

#### Where do the trips go?

Some examples of previous trips include:

- Mangrove Mountain;
- Chapel Hill Retreat, Richmond;
- Maitland Gaol tour;
- Tulip Festival, Bowral;
- Scenic drive to Wollongong; and
- Norman Lindsay Gallery, Blue Mountains.

#### Where does the bus depart from?

- Concord Senior Citizens Centre, Cnr Bent and Wellbank St., Concord
- 7-11 Carpark, Great North Road, Five Dock
- Canada Bay Civic Centre, Marlborough St., Drummoyne

Departure times vary according to the program.

#### How often do the trips occur?

On the fourth Thursday of each month.

#### How do I book?

1. Complete an Active Adults application form. The form will assist Council to determine if you are suitably fit to attend the program.
2. If you are eligible, you will receive:
  - The current Active Adults Program (which outlines venues, dates, costs and pick up times);
  - Active Adults Trip Preference Form.
3. When Council receives the completed Active Adults Trip Preference Form, you will receive written notification confirming your placement on the trips.
4. Payments must then be made to Council, by the date specified in the Active Adults Program.



Please note: If the bus trip is fully booked, you will be placed on a wait list and will be contacted if a place becomes available.

#### How do I find out more?

For more information, please phone Council on 9911 6555 or visit [www.canadabay.nsw.gov.au](http://www.canadabay.nsw.gov.au)