

# North Ryde Community Aid – Presbyterian Aged Care



Presbyterian Aged Care  
North Ryde Community Aid

## Social Activities

<p><b>Mixed Lunch Group – Silver Tops</b></p> <p>Tuesday 12 – 2pm North Ryde Come for a chat, some laughs and a delicious lunch</p>	<p><b>Men’s Lunch Group – Old n Bold</b></p> <p>Wednesday 12 – 2pm North Ryde 3 course lunch, make new friends and share a laugh</p>	<p><b>Morning Tea – Mix n Mingle</b></p> <p>Thursday 10am – 12 North Ryde Enjoy morning tea, games and activities</p>
<p><b>Armenian Senior Citizens Social Group</b></p> <p>Mondays 9.30am - 11.30am Monthly outings on Thursdays</p>	<p><b>Outings</b></p> <p>Monthly outings to interesting places around Sydney. Meet new people and explore new places. We are always open to new idea of where you would like to go!</p>	<p><b>IT Troubleshooters Class</b></p> <p>9.45am - 11.30am North Ryde Bring your own phone or tablet and become an expert in how to use it!</p>
<p><b>Qigong Classes</b></p> <p>Monday &amp; Friday 10.30am Currently held online</p>	<p><b>Multicultural Mothers Group</b></p> <p>10am – 12 Friday North Ryde</p>	<p><b>Knitting and Crochet Group</b></p> <p>Monday 1pm – 3pm North Ryde</p>

To book into any of our activities or for more information call 02 9888 3380,

drop in to 4 Cutler Parade North Ryde or email [nrca@pacnsw.org.au](mailto:nrca@pacnsw.org.au)

Transport available to activities when required.