

# swell

Ageing well in Selwyn

10 – 23 October 2022



Over 65? Join us for two-weeks of fun activities around Selwyn!

SWELL Expo  
Monday 17 October, 9am–2.30pm  
Lincoln Event Centre

Connect with over 70 community clubs, organisations and wellbeing providers, plus enjoy live entertainment, guest speakers, activities, food vendors and market stalls.



Garden Tours



Astronomy Course



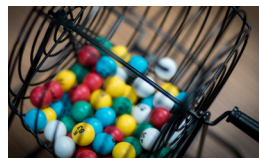
Online Safety



Puzzle-a-thon



Fitness Classes



Bingo



Scrapbooking



Cross Stitch



Malvern Club Day



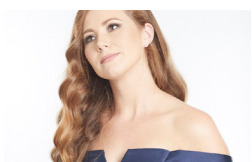
Painted Greeting Cards



Liffey Walk



High Tea



An Afternoon With  
Rebecca Nelson



Harts Creek Walk



Table Tennis, Pickleball  
& Bowls Have-a-Go!



Superannuation  
Support

Pick up a copy of the What's on in Selwyn brochure from your local library or Council Community Centre to find out more.

[selwyn.govt.nz/swell](http://selwyn.govt.nz/swell)