



Morning Tea & *Movement*



Connection • Conversation • Healthy Ageing • Community

A simple community morning tea with a bigger purpose...

Each year, older members of the community come together for a relaxed morning of conversation, connection, laughter, and practical information around healthy ageing.

The event aims to create a welcoming space where older adults can socialise, learn, ask questions, and enjoy a sense of community, while also raising funds for The Dish of St John's.

Over the years, the morning tea has grown into a warm and well-supported local event involving community members, allied health professionals, volunteers, and local representatives.



Wednesday 30th September



10:00am – 12:30pm



**St Peter's Anglican Church,
207 Peats Ferry Road, Hornsby**



**Entry: Gold coin donation
supporting The Dish of St John's**

What the morning includes:

- Morning tea and social connection
- Practical discussions around staying active and ageing well
- Friendly conversation in a relaxed environment
- Free advice and information from local physiotherapists
- Community involvement and local support
- Fundraising for The Dish of St John's

This year, local physiotherapy group MoveImprove will be attending to provide free advice and support for attendees as well as giving a short talk and a Q&A session.

Deputy Mayor Sallianne McClelland has also kindly supported the event over previous years and will again be attending this year.



Why this event matters

As people age, maintaining social connection can become just as important as maintaining physical health.

This annual event was created to help older people feel connected, welcomed, informed, and part of the wider community.

The atmosphere is intentionally relaxed and informal — more community gathering than formal presentation.



Hosted by Strength With Purpose

Morning Tea & Movement is organised by Felicity Neale from Strength With Purpose, which provides movement and strength classes for older adults across Sydney.

The event grew from a desire to create a welcoming space where older people could connect socially, enjoy conversation, and learn practical ways to stay active and independent as they age.



Community support and involvement

We welcome community support, local involvement, and attendance from organisations that share an interest in:

- Healthy ageing
- Community wellbeing
- Social connection
- Falls prevention and movement confidence
- Supporting older adults to remain active and independent

Contact

For attendance enquiries or community involvement:

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