

Telstra *Staying Connected* Seminar Series

at the Melbourne Town Hall

It's never too late to learn. Telstra in conjunction with www.aboutseniors.com.au is offering a series of fun seminars to show you a number of exciting ways to enhance the way you connect with your family, friends and the world around you.

The new Telstra Seminar Series is taking place at the Melbourne Town Hall. You'll come away inspired by exciting speakers, showbags full of useful information, and the chance to participate in interesting activities and discussions.

Building better relationships

MON 8 OCT - 11AM TO 12PM

Seminar 1 - Main Hall

Relationships are the cornerstone of life and it's never too late to learn how to make new friends and better cherish those we love. Improve communication and learn how to keep or rekindle the flame in long-term relationships.

Telling stories

WED 10 OCT - 2PM TO 3PM

Seminar 2 - Main Hall

Exploring your family history and sharing your life story. This session is about recording family history and then sharing it with others. Learn how you can discover more about your ancestors. Also look at documenting your life - how to keep a journal and then how to get it published - on the internet, in a book or as a blog.

Celebrating singles

WED 10 OCT - 4PM TO 5PM

Seminar 3 - Main Hall

Let's celebrate being single. Look at the benefits of widening your circle of friends to get more from life. We'll demonstrate

technology to connect with new people - and the importance of staying safe.

My computer hates me

**THURS 11 OCT - 2PM TO 3PM,
SAT 13 OCT - 11AM TO 12PM**

Seminar 4 - Main Hall

Rule Number One - don't panic! Most technology-based frustration can be eased by learning a few simple tips. Find out five easy things to make using your mobile, internet and email a breeze. Or ask our computer experts your niggling questions. No question is silly when it comes to technology.

Connecting with your community

FRI 12 OCT - 11AM TO 12PM

Seminar 5 - Supper Room

It's a friendly world out there and you can enrich your life right in your own community. Our local neighbourhoods and communities are a great source of group activities and projects. From computer courses to volunteer work, we can get you started in uncovering these rich resources on your doorstep.

SpeedMeeting event

SAT 13 OCT - 2PM TO 3PM

Seminar 6 - Supper Room

It can be hard to meet new people and make new friends, so we have created this special SpeedMeeting event. We'll hold five-minute chat-sessions for those who want to meet new friends in a safe environment. Not just about dating, this event is for anyone who wants to widen their friendship circles safely.

Tickets are only \$5 for one seminar or \$15 for all seven, on sale from 10 September by contacting Information Victoria on **1800 136 762** (a free call from most fixed lines).

Please visit www.aboutseniors.com.au/meetingplace before the festival to find out more.



Want to have a slice of the fun, too?

At Telstra, we believe technology is fun and exciting, not just for the younger generations. So we want to make learning about technology fun and exciting for you.

The *Telstra Connected Seniors* program is new and provides community groups with grants and resources to educate seniors about how to use technology for themselves. From just turning on a phone, to connecting across the world on the internet, we want to make technology easy and fun.

Get more information about Telstra Connected Seniors by visiting

www.telstraseniors.com.au

Or call 1800 729 254

