

A photograph of an elderly couple smiling and holding a black tray filled with several green seedlings. The man, on the right, has a mustache and glasses, wearing a white t-shirt. The woman, on the left, wears a floral bucket hat and glasses. The background is a blurred outdoor setting. The image is framed by decorative green and blue wavy borders with patterns of dots and dashes.

# **WOLLONDILLY SENIORS' FESTIVAL 2021**

**14 APRIL - 28 MAY**

# Message FROM THE MAYOR

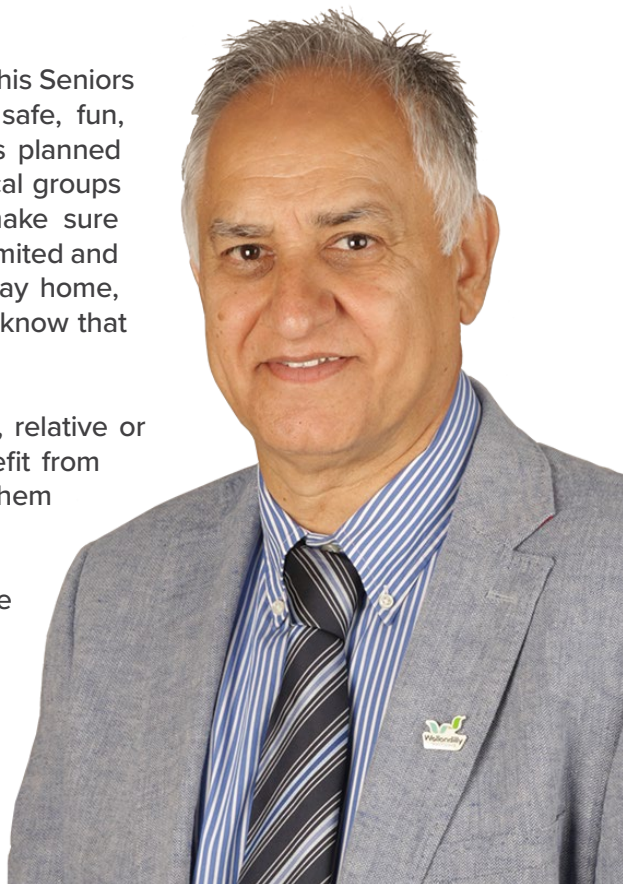
Council understands that 2020 and early 2021 has been a difficult and isolating time for seniors in the Wollondilly. We are pleased to invite our seniors back out into the community to celebrate Seniors Festival Wollondilly 2021. We are encouraging our local seniors to enjoy some new experiences, continue learning, share your many skills, get active and have fun with what is on offer across the Shire.

There is something for everyone this Seniors Festival with a variety of covid safe, fun, accessible and inclusive activities planned across the Shire from Council, local groups and service providers. Please make sure you book in fast as numbers are limited and if at all you feel unwell please stay home, get tested and let the organisers know that you cannot make it.

If you have an elderly neighbour, relative or friend who you think would benefit from one of these events please invite them along!

I hope everyone can join in the celebrations!

Cr Robert Khan



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# MY AGED CARE STEP BY STEP GUIDE:

## *How to get in-home support*

**My Aged Care is the Australian Government's starting point on your aged care journey. Find and access the government-funded services you need.**

### COMMONWEALTH HOME SUPPORT PROGRAMME

Funded by the Australian Government, Commonwealth Home Support Programme provides a range of entry-level Aged Care Services for Older people who need assistance to enable them to continue to live independently in their home and community. The program is for people aged 65 years and over and for Aboriginal and Torres Strait Islander people aged 50 years and over.

#### STEP 1 // CONTACT MY AGED CARE AND REGISTER

- You can contact My Aged Care on 1800 200 422
- Your partner, carer, family member or friend can also contact My Aged Care on your behalf.
- Your Doctor can contact My Aged Care on your behalf
- You can also contact My Aged Care on their website [www.myagedcare.org.au](http://www.myagedcare.org.au)
- You will need to have your Medicare card number and answer some screening questions during the phone call

#### STEP 2 // GETTING YOUR NEEDS ASSESSED BY HAVING A HOME SUPPORT ASSESSMENT

- After your call to My Aged Care, if eligible you will be referred for a face-to-face assessment, which will take place in your own home
  - The assessor will contact you to make a time that suits and inform you what to expect in the assessment
  - To prepare for your assessment it is important to think about what services you might need so you can discuss with your assessor such as domestic help, personal care, transport to appointments and activities, home modifications and social support activities.
  - Think about what is most important to you in life, those things that you might have once enjoyed and now might be easier if you had some support. This could be anything that gives you a sense of joy or satisfaction.
  - You are welcome to have someone with you during this assessment
  - The Assessor will leave some information for you and your family to read and then will
- 4 send more information to you about the services



#### STEP 3 // AGREE ON A HOME SUPPORT PLAN

- At the visit you will be able to agree on a Home Support Plan
- You will still be able to choose what services you wish to have
- The assessor will send you details of the services and service providers available in your local area
- My Aged Care will also send your details to service providers in your local area.

#### STEP 4 // SELECT SERVICE PROVIDERS AND WORK OUT ANY FEES

- Once your Home Support Plan has been approved, you will be sent details of Local services that you can contact to get your assistance
- You or your family can also use the My Aged Care website to find lists of service providers in the area
- Services providers will also give you written information about their costs
- They will give you a written service agreement and then begin your services for you

#### STEP 5 // MANAGE YOUR SERVICES

- Your In-home CHSP services are chosen and managed by you.
- The agency that you choose will appoint a service coordinator who will look after your support services and that person will be able to assist you with any changes that you may need for the future
- You are able to change service providers if you wish to and My Aged Care staff can usually answer any questions that you have

**This step by step guide has been funded by Macarthur Disability Services CHSP Sector Support, Training and Development.**

**MDS**  
Sector Support,  
Development &  
Training

## A STEP BACK IN TIME AT THE WOLLONDILLY HERITAGE CENTRE & MUSEUM TUESDAY 13 APRIL // 10AM - 2PM

We have a range of activities planned including card making, apple grading and peeling in our Machinery Shed and butter making as well as bean slicing in the Burragorang Cottage. Seniors come along and enjoy great company and an old world experience from yesteryear. Includes morning tea & lunch. Everyone Welcome! Funded by the NSW Seniors Festival Grants Program/ The Department of Communities and Justice.

<b>Activity</b>	A step back in time at the Wollondilly Heritage Centre & Museum	<b>Cost</b>	Free
<b>Where</b>	Wollondilly Heritage Centre & Museum, 43 Edward Street, The Oaks NSW 2570	<b>Organisation</b>	The Oaks Historical Society Inc
<b>When</b>	Tuesday 13 April	<b>Booking</b>	Bookings Essential. Please contact Wollondilly Heritage Centre before 11 April on <a href="tel:0432689034">0432 689 034</a> or <a href="mailto:trish.hill17@bigpond.com">trish.hill17@bigpond.com</a>
<b>Time</b>	10am - 2pm		

## WARRAGAMBA SILVERDALE COMMUNITY GARDEN OPENING DAY AND WORKSHOP TUESDAY 13 APRIL // 9AM - 11AM

Join us for the opening for the Silverdale Community Garden. Get outdoors and meet new people and find out about this great new community garden and volunteering opportunities. Light Morning Tea provided.

<b>Activity</b>	Community Garden Opening & Workshop	<b>Cost</b>	Free
<b>Where</b>	Silverdale Progress Hall (behind). 1984 Silverdale Rd, Silverdale NSW 2752	<b>Organisation</b>	Warragamba Silverdale Neighbourhood Centre & The Dilly Wanderer
<b>When</b>	Tuesday 13 April	<b>Booking</b>	Bookings Essential. Please contact Warragamba Silverdale Neighbourhood Centre on <a href="tel:0247741273">(02) 4774 1273</a>
<b>Time</b>	9am - 11am		

## INTERGENERATIONAL POP UP STORYTIME WITH THE DILLY WANDERER VARIOUS DATES // 10AM - 11AM

Grandparents and carers along with their grandchildren are invited to join Children's Librarian, Renee for a very special intergenerational POP up Storytime at The Dilly Wanderer.

**Activity** Intergenerational POP Up Storytime with The Dilly Wanderer

**Time** 10am - 11am

**Cost** Free

### When & Where

**Wednesday 14 April**  
Buxton Park

**Thursday 22 April**  
Civic Park Warragamba

**Thursday 6 May**  
(Wilton) Bingara Gorge

**Wednesday 12 May**  
Buxton Park

**Thursday 27 May**  
Civic Park Warragamba

**Organisation** The Dilly Wanderer & Wollondilly Library Services

**Booking** No need to book just come meet us at one of our various locations. For more info contact Candice [0408 219 393](tel:0408219393) or [candice.muzevic@wollondilly.nsw.gov.au](mailto:candice.muzevic@wollondilly.nsw.gov.au)



## EASY MOVES FOR ACTIVE AGEING

### THURSDAY 15 APRIL // 10AM - 1PM

Easy Moves for Active Ageing (EMAA) has been designed for Australian Seniors, with strength, flexibility, and balance in mind. Many of the exercises can be done in a seated position and can easily be replicated at home. All the moves are modified to suit YOUR ability level. A BBQ Lunch and Transport will be provided.

<b>Activity</b>	Easy Moves for Active Ageing	<b>Organisation</b>	South West Community Transport
<b>Where</b>	Avon Dam Picnic Area Avon Dam Road, Bargo NSW 2574	<b>Booking</b>	Bookings Essential Please Contact South West Sydney Community Transport (02) 9426 8999
<b>When</b>	Thursday 15 April	<i>This event is open to existing clients and Wollondilly residents looking to find out more about our service.</i>	
<b>Time</b>	10am - 1pm		
<b>Cost</b>	\$10 (bring a friend for free)		

## NATURE PICNIC AT NEPEAN DAM

### FRIDAY 16 APRIL // 11AM - 2PM

We invite seniors in our community to join us in the great outdoors, for a nature themed fun filled day. Enjoy a relaxed atmosphere, become one with mother nature, yummy food and refreshments will be provided and engaging activities. If this sounds like your cup-o-tea we would love to hear from you.

<b>Activity</b>	Nature Picnic at Nepean Dam	<b>Cost</b>	Free
<b>Where</b>	Nepean Dam Picnic Area Avon Dam Road, Bargo, NSW 2574	<b>Organisation</b>	Community Links Wellbeing
<b>When</b>	Friday 16 April	<b>Booking</b>	Bookings Essential Please contact Community Links Wellbeing before 9 April on (02) 4683 2776 or <a href="mailto:tegan@communitylinks.org.au">tegan@communitylinks.org.au</a>
<b>Time</b>	11am - 2pm		



## ON THE ROAD 65+

### THURSDAY 22 APRIL // 10AM - 12PM

Join Leanne, Road Safety Officer at Wollondilly Shire Council for an interactive workshop about health, walking, driving and general road rules for seniors.

<b>Activity</b>	On the Road 65+	<b>Organisation</b>	Wollondilly Shire Council Road Safety
<b>Where</b>	Wollondilly Shire Council Administration Building (Gallery Room) 62-64 Menangle St Picton NSW 2571	<b>Booking</b>	Bookings Essential. RSVP by 21st April on <a href="mailto:roadsafety@wollondilly.nsw.gov.au">roadsafety@wollondilly.nsw.gov.au</a> or <a href="https://on-the-road-65plus-tickets.eventbrite.com.au">https://on-the-road-65plus-tickets.eventbrite.com.au</a>
<b>When</b>	Thursday 22 April		
<b>Time</b>	10am - 12pm		
<b>Cost</b>	Free		

## DEMENTIA IS NOT A NORMAL PART OF AGEING – DEMENTIA EDUCATION SESSION

### MONDAY 3 MAY // 10AM - 12PM OR 1PM - 3PM

South Western Sydney Primary Health Network invites you to a free morning tea and dementia education session. Come along and join the discussion about dementia, dementia prevention, decision making and planning ahead, including palliative care. 2 sessions will be hosted to allow for more community members to attend supported by SWSPHN and Wollondilly Shire Council.

<b>Activity</b>	Dementia Education Sessions	<b>Organisation</b>	South Western Sydney Primary Health Network & Wollondilly Shire Council
<b>Where</b>	Wollondilly Library The View Room 42 Menangle St, Picton, NSW, 2571	<b>Booking</b>	Bookings Essential RSVP by 29 April on (02) 4632 3000 or register here: <a href="https://www.eventbrite.com.au/e/dementia-is-not-a-normal-part-of-ageing-wollondilly-tickets-143021245395">https://www.eventbrite.com.au/e/dementia-is-not-a-normal-part-of-ageing-wollondilly-tickets-143021245395</a>
<b>When</b>	Monday 3 May		
<b>Time</b>	10am - 12pm or 1pm-3pm		
<b>Cost</b>	Free		



## 'KEEP UP' WORKSHOPS WITH TAFE NSW

### VARIOUS DATES // 9.30AM - 2.30PM

Workshops to help parents, grandparents and carers keep up with the latest digital tools, learning practices and ways to support kids at school.

**Activity** 'Keep Up' Workshops with TAFE NSW

**Where** Wollondilly Library  
The View Room  
42 Menangle St,  
Picton, NSW, 2571

#### Workshops

**Technology & School Apps**  
Friday 7th May

**Children Who Need Extra Help**  
Friday 21st May

**Time** 9.30am - 2.30pm

**Cost** Free

*These workshops are subsidised by the NSW Government and there is no charge.*

**Organisation** TAFE NSW &  
Wollondilly Shire  
Council

**Booking** Bookings Essential.

Book online at <https://bit.ly/3bU8sgl>  
if you don't own a computer you can  
contact **Vickie Tierney** on **02 4677  
9550** to register your details.

# MAKE new friends





# SENIORS'

## get active

### SENIORS GETTING ACTIVE AT WOLLONDILLY LEISURE CENTRE VARIOUS DATES & TIMES ACROSS APRIL //

Come and try out some gentle fitness classes at Wollondilly Leisure Centre during Seniors Festival. Try your hand at water safety, fit & fabulous, yoga, gentle aqua or even a supervised gym session. Stick around after your class for a chat and free cuppa.

Wollondilly Shire Council will be supporting some of these classes with a Free return transport option available from 1 pick-up location in Warragamba.

<b>Activity</b>	Seniors Getting active at Wollondilly Leisure Centre	<b>Organisation</b>	Wollondilly Leisure Centre
<b>Where</b>	Wollondilly Leisure Centre 434 Argyle Street, Picton NSW 2571	<b>Booking</b>	Bookings Essential. To book classes you can visit WLC in person or call/email (02) 4677 1251 or <a href="mailto:fitness@wclc.com.au">fitness@wclc.com.au</a>
<b>Cost</b>	Free		

#### WEEK 1

Monday - Friday	12th - 16th April	Free Lap Swimming	Between 12pm - 3pm	
Monday	12th April	Seniors Water Safety	12pm - 12.30pm	
Tuesday	13th April	Fit & Fabulous	11am - 11.45am	Return transport available from Warragamba Town Hall
Wednesday	14th April	Gentle Aqua	12pm - 12.45pm	Return Transport available from Warragamba Town Hall
Thursday	15th April	Yoga	11am - 11.45am	
Friday	16th April	Supervised Free Gym Use	12pm - 1pm	

#### WEEK 2

Monday - Friday	19th - 23rd April	Free Lap Swimming	Between 12pm - 3pm	
Monday	19th April	Seniors Water Safety	12pm - 12.30pm	
Tuesday	20th April	Fit & Fabulous	11am - 11.45am	Return transport available from Warragamba Town Hall
Wednesday	21st April	Gentle Aqua	12pm - 12.45pm	Return Transport available from Warragamba Town Hall
Thursday	22nd April	Yoga	11am - 11.45am	
Friday	23rd April	Supervised Free Gym Use	12pm - 1pm	





FOR  
55+

# CAFÉ CONNECT WOLLONDILLY

## 2021 SERIES

**Come along, meet new people, have a free cuppa and learn something new at Wollondilly Library in 2021.**

At Café Connect you will have the opportunity to meet new people and learn new things, all while enjoying a cuppa and light refreshments. We will have information and activities on a variety of things including:

- Health and wellbeing activities and services
- Aged care services
- Volunteering opportunities
- Opportunities to increase social connections
- Opportunities to connect by using technology
- Much much more!

Visit [library.wollondilly.nsw.gov.au](http://library.wollondilly.nsw.gov.au) for all the details



Do you need assistance?

# Wollondilly Aged Care Connect

Helping residents in the Wollondilly area  
navigate the Aged Care System.

*Make your personalised appointment today.*

Phone: (02) 4677 2524 • Email: [agedcareconnect@wsacci.org.au](mailto:agedcareconnect@wsacci.org.au)







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We would like to thank our activity hosts for holding friendly and inclusive events for our older community.

Every effort has been taken to ensure that all content is correct at time of printing. You are encouraged to confirm details with the event organiser before attending.

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*If you would like to receive ongoing information about seniors activities and events in Wollondilly contact Council on 4677 9550*