



FREE!

FOR
55+

CAFÉ CONNECT WOLLONDILLY 2023

Come along, meet new people, have a chat
with services over a cuppa & learn something
new at Café Connect in 2023!

Discover Café Connect, the ultimate hub for anyone aged
55 and above. Explore free workshops and resources
focused on health, well-being, social opportunities, and
community support. We hope you find something you like
and come along!

BOOKINGS ARE REQUIRED

CAFÉ CONNECT AT WOLLONDILLY SHIRE HALL

Engage in a variety of workshops and activities designed to promote a safe and healthy lifestyle for seniors. All our Café Connect workshops are **completely FREE**. We kindly request that you book in advance and inform us if you are unable to attend.

MAKE YOUR OWN TERRARIUM WITH THE ROYAL BOTANIC GARDENS

Learn how to make a DIY terrarium (yours to keep) in a fun and easy workshop hosted by Darren from the Royal Botanic Gardens. This interactive and relaxing workshop offers plenty of time to ask questions, reconnect with nature, and get lost in the moment.

Wednesday 26 July 2023

YOU ONLY DIE ONCE! END OF LIFE PLANNING WORKSHOP

Come along for a friendly chat and learn how to document your future healthcare wishes and desires with Patsy from End-of-Life Angels and South Western Sydney Primary Health Network. Empower yourself through Advance Care Planning and ensure your preferences are understood and respected.

Tuesday 22 Aug 2023

UNDERSTANDING THE BRAIN AND MEMORY

A two-hour interactive workshop, hosted by Western Sydney University and Maridulu Budyari Gamal (SPHERE). This workshop will help you understand the causes of memory loss and ways to practically manage it. Don't miss out on this opportunity to enhance your memory skills!

Wednesday 27 Sept 2023

ACCESSIBILITY AND ENABLEMENT

A two-hour interactive workshop, hosted by Western Sydney University and Maridulu Budyari Gamal (SPHERE). Get help in creating safer and more enabling places and spaces within our community. The workshop aims to enhance your understanding of how we can support our loved ones experiencing dementia.

Wednesday 25 Oct 2023

ACCEPTANCE AND BELONGING

A two-hour interactive workshop, hosted by Western Sydney University and Maridulu Budyari Gamal (SPHERE), to gain the skills needed to embrace and support individuals living with dementia. Understand their diverse needs and learn practical strategies to provide them with the care and understanding they require. Don't miss out!

Wednesday 22 Nov 2023

CHRISTMAS WREATH MAKING WITH THE ROYAL BOTANIC GARDENS

Embrace the Christmas spirit in a festive wreath making workshop with Darren from the Royal Botanic Gardens. Discover the joy of creating with natural materials as Darren guides you through how to make stunning holiday wreaths. Join us for a merry and memorable workshop! Come along and create something spectacular.

Wednesday 6 Dec 2023

BOOKINGS REQUIRED



To book scan the QR code or call 4677 9693

LOCATION

Wollondilly Shire Hall,
44-60 Menangle St, Picton 2571
(All workshops)

WORKSHOP TIME

10am - 1pm
(All workshops)

FOOD & DRINK

Tea/coffee & light lunch will be provided at all workshops

