

FOR
55+

WOLLONDILLY
SENIORS'
FESTIVAL
2024

1 - 31 MARCH

**JOIN THE LARGEST
CELEBRATION FOR SENIORS IN
THE SOUTHERN HEMISPHERE!**

Try something new, meet new people
and have a great time at loads of free and
discounted activities across the Shire.



Wollondilly
Shire Council

HOME DELIVERY SERVICE

Wollondilly Library offers a free Home Delivery Service for Wollondilly residents who are unable to visit the Library due to age, illness or disability. A fortnightly selection of books is hand curated to suit your reading preferences.

Where: Home Delivery Service

When: Fortnightly

Cost: Free

Organisation: Wollondilly Library

Booking & Info: call 02 4677 8300 or email Library@wollondilly.nsw.gov.au

ENTRY TO MARY WALKER MEMORIAL POOL - WARRAGAMBA

Come along to Mary Walker Memorial Pool – Warragamba during Seniors' Week and enjoy free entry to the pool. No need to book.

Where: Farnsworth Ave & Warradale Road, Warragamba

When: Monday, 11 - Sunday, 24 March

Time: Monday to Friday 6am - 8pm

Sat 8am - 7pm & Sun 10am - 7pm

Cost: Free

Organisation: Warragamba Swimming Pool - Mary Walker Memorial Swimming Pool

Booking & Info: call 02 4774 1775 or email wollondillyclc@belgravialeisure.com.au

TECH SAVVY SENIORS - INTRODUCTION TO COMPUTERS

Grow your skills and confidence with technology with our tech experts. These classes are perfect for anyone wanting to learn the absolute basics of using computers and the internet safely.

Bookings are required.

Where: The View Room, Wollondilly Library, 42 Menangle Street, Picton

When: Wednesday, 6 March

Time: 9am - 11am

Cost: Free

Organisation: Wollondilly Library

Booking & Info: call 02 4677 8300 or email Library@wollondilly.nsw.gov.au

WOLLONDILLY COUNTRY MUSIC CLUB

Join the Wollondilly Country Music Club at Picton Bowling Club for a night of fantastic music! Enjoy country tunes and 60s & 70s pop hits, or take the stage for some sing along fun. Don't miss out on an evening of great entertainment!

Where: Picton Bowling Club, 10 Cliffe St, Picton

When: Thursday, 7, 14, 21 & 28 March

Time: 6pm - 9pm

Cost: Free

Organisation: Wollondilly Country Music Club

Booking & Info: call 0430 327 535 or email ray.fivestar@gmail.com

VABY'S SENIORS DISCOUNTED LUNCH WITH FREE SOFT DRINKS

Seniors, join us at Vaby's Restaurant for a delightful experience! Enjoy our discounted lunch menu with complimentary soft drinks. Immerse yourself in the vibrant community atmosphere, and meet locals during our entertaining meet-and-greet sessions.

Where: Vaby's Restaurant, 2 Station Street, Picton

When: Every day during March

Time: 12pm - 3pm

Cost: \$20

Organisation: Vaby's Restaurant Picton

Booking & Info: call 0432 251 640 or email picton@vabys.com

BE CONNECTED

Increase your confidence, skills and safety when using the internet and everyday technology. In March these classes are available for a small number of older Australians aged 50+ living with a disability and cover connecting safely with others online, using emails and video calling. **Bookings are required.** This initiative is funded by the Be Connected grant program and the Australian Government and will run until May 2024.

Where: Wollondilly Library, 42 Menangle Street, Picton

When: Monday, 4 March – **Welcome Session & Getting Started**

Wednesday, 6 March – **Connecting Safely with Others Online**

Monday, 11 March – **Using Emails**

Wednesday, 13 March – **Video Calling**

Time: 2pm - 4pm

Cost: Free

Organisation: Wollondilly Library

Booking & Info: call 02 4677 8300 or email Library@wollondilly.nsw.gov.au

COUNTRY WOMENS ASSOCIATION (CWA) CRAFT CIRCLE

Join us for a special edition of our monthly CWA Craft Circle. Join the Picton District Branch Country Women's Association at the Library to get crafty and make new friends. Bring a craft of your own or pick up a new skill with the materials provided. No bookings are required.

Where: The View Room, Wollondilly Library, 42 Menangle Street, Picton

When: Monday, 11 March

Time: 10am - 12pm

Cost: Free

Organisation: Wollondilly Library

Booking & Info: call 02 4677 8300 or email Library@wollondilly.nsw.gov.au

GRANDPARENTS STORYTIME

Join us for this special edition of our weekly Storytimes. Enjoy stories, activities, songs and a hands-on activity with the grandchildren. For children aged 2 years and above. No bookings are required.

Where: The View Room, Wollondilly Library, 42 Menangle Street, Picton

When: Tuesday, 12 March &

Thursday, 14 March

Time: 10.45am - 11.30am

Cost: Free

Organisation: Wollondilly Library

Booking & Info: call 02 4677 8300 or email Library@wollondilly.nsw.gov.au

TECH SAVVY SENIORS - INTRODUCTION TO THE INTERNET

Grow your skills and confidence with technology with our tech experts. These classes are perfect for anyone wanting to learn the absolute basics of using computers and the internet safely. **Bookings are required.**

Where: Tahmoor District Sport Complex Meeting Rooms, 140 Thirlmere Way, Tahmoor

When: Wednesday, 13 March

Time: 9am - 11am

Cost: Free

Organisation: Wollondilly Library

Booking & Info: call 02 4677 8300 or email Library@wollondilly.nsw.gov.au

DOWNSIZING DECODED: THE FREEDOM OF LIVING WITH LESS

Discover the skill of decluttering and downsizing with expert Edel from The Happy Organiser. Get practical tips to downsize with ease and unlock a lighter, brighter future. **Bookings are required.**

Where: The View Room, Wollondilly Library, 42 Menangle Street, Picton

When: Thursday, 14 March

Time: 1pm - 2.30pm

Cost: Free

Organisation: Wollondilly Library

Booking & Info: call 02 4677 8300 or email Library@wollondilly.nsw.gov.au

TECH SAVVY SENIORS - STAYING SAFE ONLINE

Grow your skills and confidence with technology with our tech experts. These classes are perfect for anyone wanting to learn the absolute basics of using computers and the internet safely. **Bookings are required.**

Where: The View Room, Wollondilly Library, 42 Menangle Street, Picton

When: Wednesday, 20 March

Time: 9am - 11am

Cost: Free

Organisation: Wollondilly Library

Booking & Info: call 02 4677 8300 or email Library@wollondilly.nsw.gov.au

ST MARK'S OPEN DAY

Explore the charm of St Mark's Anglican Church at our Open Morning! Take a guided history tour of the church and cemetery, enjoy an organ recital, and top it off with a delightful morning tea.

Where: St Mark's Anglican Church, 7 Menangle Street, Picton

When: Thursday, 21 March

Time: 9.30am - 11.30am

Cost: Free

Organisation: St Mark's Anglican Church, Picton

Booking & Info: call Ben on 02 4630 8888 or email ben@pwac.org.au

BARGO MEN'S SHED OPEN DAY

Join us for an exciting open day at the Bargo Men's Shed! Discover the incredible work we do both in our shed and within the community. Experience firsthand our projects, craftsmanship, and contributions. Plus, indulge in a delicious sausage sizzle on the day.

Where: Bargo Men's Shed 237 Great Southern Road, Bargo

When: Tuesday, 19 March

Time: 9am - 12pm

Cost: Free

Organisation: Bargo Men's Shed

Booking & Info: call John on 0429 699 869 or email johnwootton@bigpond.com

MUSIC THERAPY SESSION WITH RIVER ROAD

Discover the therapeutic power of music with our Registered Music Therapist, Pat Nellestein. Join us for a fun and engaging session exploring instruments, songs, and sounds within a Music Therapy context. Held at our Tahmoor studio, open to all levels and beginners. Experience the healing impact of music in a purpose-built space at River Road Creative Academy.

Where: River Road Creative Academy, 2/143 Remembrance Driveway Tahmoor

When: Wednesday, 20 March

Time: 11am - 12pm

Cost: Free

Organisation: River Road Creative Academy

Booking & Info: call Pat on 0408 617 143 or email patrick@riverroad.edu.au

AQUA AEROBICS

Dive into fitness with water aerobics! Led by an instructor, this class, in the shallow pool, engages participants in movements that boost strength and cardiovascular fitness. The water's resistance builds muscle while being gentle on joints, making it a low-impact exercise. Join us for a refreshing and effective workout!

Where: Wollondilly Community Leisure Centre, 434 Argyle Street, Picton

When: Thursday, 21 March

Time: 9.30am - 11.30am

Cost: Free

Organisation: Wollondilly Community Leisure Centre

Booking & Info: call 02 4677 1251 or email wollondillyclc@belgravialeisure.com.au

MEN'S MENTAL HEALTH DAY

Join us for Men's Mental Health Day, presented by the Bargo Men's Shed in conjunction with Community Links and Bargo Sports Club. Engage with insightful guest speakers shedding light on men's mental health, participate in enriching activities, and enjoy a light lunch.

Where: Bargo Sport Club 3580 Remembrance Drive, Bargo

When: Friday, 22 March

Time: 10.30am - 1.00pm

Cost: Free

Organisation: Bargo Men's Shed

Booking & Info: call John on 0429 699 869 or email johnwootton@bigpond.com

SENIORS WEEK HIGH TEA

Celebrate Seniors Week with a touch of elegance at Warragamba Town Hall's High Tea event. Join us for a delightful afternoon of tea, treats, and great company.

Where: Warragamba Town Hall, 1 Civic Centre Cir, Warragamba

When: Friday, 22 March

Time: 11.15am - 12.30pm

Cost: Free

Organisation: Nepean Food Services

Booking & Info: call Tanya on 02 4733 7200 or email tanya@nepeanfoodsolutions.org.au

KNIT & YARN

Calling all knitters and crocheters! Join us for a special edition of Knit & Yarn to create and have a chat over tea & coffee. Bring a project you're working on or start something new. Beginners are welcome and we're happy to teach you how. Bring needles & yarn or some can be provided. No bookings are required.

Where: The View Room, Wollondilly Library, 42 Menangle Street, Picton

When: Friday, 22 March

Time: 11.15am - 12.30pm

Cost: Free

Organisation: Wollondilly Library

Booking & Info: call 02 4677 8300 or email Library@wollondilly.nsw.gov.au

TECH SAVVY SENIORS - EMAIL BASICS

Grow your skills and confidence with technology with our tech experts. These classes are perfect for anyone wanting to learn the absolute basics of using computers and the internet safely.

Bookings are required.

Where: The Oaks Community Hall, 3 Russell St, The Oaks

When: Wednesday, 27 March

Time: 9am - 11am

Cost: Free

Organisation: Wollondilly Library

Booking & Info: call 02 4677 8300 or email Library@wollondilly.nsw.gov.au

CAFÉ CONNECT - COFFEE WITH A COP

Come along to Wollondilly Shire Hall and meet Senior Constable Greg Loudon to chat about senior's safety at home and out in the community. Café Connect will take place after the workshop with some light refreshments and an opportunity to meet new people. Local services who support our ageing community will be present with important information.

Bookings essential.

Where: Wollondilly Shire Hall, 52 Menangle St, Picton

When: Thursday, 28 March

Time: 10am - 1pm

Cost: Free

Organisation: Wollondilly Shire Council

Booking & Info: call 02 4677 9693 or email events@wollondilly.nsw.gov.au

TAHMOOR UNITING COMMUNITY GARDEN LUNCH & GARDEN TOUR

Join us for lunch including pizza from our wood fired pizza oven (weather permitting) and freshly grown produce from our Community garden. Garden tours, fresh produce available for purchase and cheap pot plants for sale.

Where: Rear 110 Thirlmere Way (*behind Uniting Church*), Tahmoor

When: Friday, 22 March

Time: 11.30am - 1.30pm

Cost: Free

Organisation: Tahmoor Uniting Community Garden

Booking & Info: call Judith on 0413 008 205 or email judithw565@gmail.com

CHAIR YOGA

Experience the rejuvenating benefits of yoga with chair yoga - an adapted practice where you can stay comfortably seated while engaging in yoga poses. Suitable for everyone, with or without mobility limitations, this practice invites all to enjoy the wellness benefits of yoga in a relaxed and accessible way. Join us for a seated journey to well-being!

Where: Wollondilly Community Leisure Centre, 434 Argyle Street, Picton

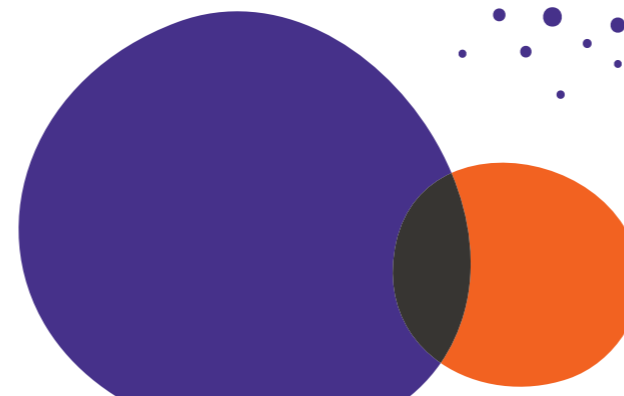
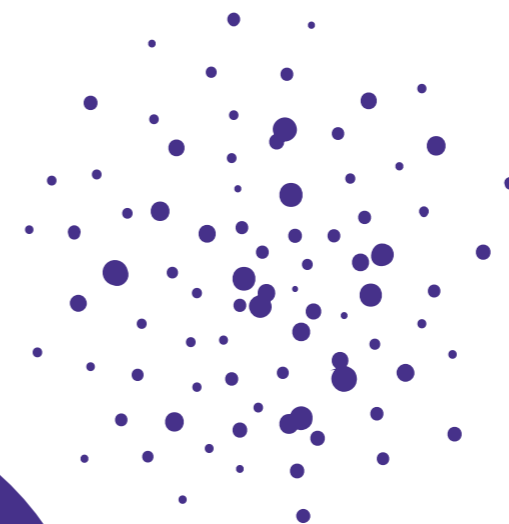
When: Friday, 22 March

Time: 11.30am - 1.30pm

Cost: Free

Organisation: Wollondilly Community Leisure Centre

Booking & Info: call 02 4677 1251 or email wollondillyclc@belgravialeisure.com.au





THANK YOU

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

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.

*If you would like to receive ongoing information about seniors activities and events in Wollondilly contact Council on **4677 1100**.*