



FOR  
55+

# CAFÉ CONNECT WOLLONDILLY

Come along, meet new people, have a free cuppa  
and try or learn something new in a location near you.



## SPRING SERIES // 2019



# YOU ARE INVITED TO JOIN OUR CAFÉ CONNECT WOLLONDILLY SPRING SERIES IN 2019!

Café Connect is a one stop shop for over 55's to come together, enjoy each other's company and learn new things. Café Connect will take place in various locations across Wollondilly and includes lunch and café quality tea and coffee.

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

- Health and wellbeing activities and services
- Aged care services
- Volunteering opportunities
- Opportunities to increase social connections

The program for the Café Connect Spring Series 2019 is jam packed. We hope you see something you like and come along!

This project was made possible with funding through Macarthur Disability Services (MDS) and Wollondilly Shire Council, to foster liveable and connected communities for people aged 55+. A special mention to Camden Council for sharing the Café Connect Model.

## CAFÉ CONNECT FOR PEOPLE WITH DEMENTIA AT THE AUSTRALIAN BOTANIC GARDENS TUES 3 SEP 2019 // 10AM-1PM

Come along for a gentle guided walk through the spring wildflower display in the connections garden, taking in the paper daisy display.

<b>Activity</b>	Paper Daisy Spring Gentle Walk	<b>When</b>	Tuesday 3rd September 2019
<b>Where</b>	Australian Botanic Gardens Mount Annan 362 Narellan Rd, Mount Annan, NSW, 2567 <i>Meet at Connection Garden, opposite the Cafe</i>	<b>Time</b>	10am-1pm
		<b>Cost</b>	Free
		<b>Booking</b>	Bookings Essential. Call Kye Wills on 4645 4110 <i>Max 25 participants plus carers</i>

## CAFÉ CONNECT AT WARRADALE MEN'S SHED, WARRAGAMBA

**FRI 20 SEP 2019 // 10AM-1PM**

Come along and learn how to build a native garden at the Men's Shed community garden. The blokes are opening their shed to the community (including Women) to learn a new skill and take home some native plants for your own garden.

**Activity** How to build a Native Garden at Home Workshop

**Time** 10am-1pm

**Cost** Free

**Where** Warradale Men's Shed  
10 Eighteenth Ave,  
Warragamba NSW 2752

**Booking** Bookings Essential.  
Call Vickie on 4677 9550  
at Wollondilly Council

**When** Friday 20 September  
2019

## CAFÉ CONNECT FOR PEOPLE WITH DEMENTIA AT THE AUSTRALIAN BOTANIC GARDENS

**TUES 24 SEP 2019 // 10AM-1PM**

Come along for a gentle guided walk and discover "Bees in the Garden" in springtime.

**Activity** Bees in the Garden  
Gentle Walk

**When** Tuesday 24th September  
2019

**Where** Australian Botanic  
Gardens Mount Annan  
362 Narellan Rd,  
Mount Annan, NSW, 2567

**Time** 10am-1pm

**Cost** Free

*Meet out the front of the  
Visitor Centre*

**Booking** Bookings Essential. Call  
Kye Wills on 4645 4110  
*Max 25 participants plus carers*

## CAFÉ CONNECT AT PROJECT GROW IN BARGO

**TUES 8 OCT 2019 // 10AM-1PM**

Come along to Project GROW's community garden and learn how to have your own compost and worm farm at home.

**Activity** Composting and  
Worm Farming

**When** Tuesday 8th October  
2019

**Where** Project GROW at  
Bonnie Cottage  
122 Hawthorne Rd,  
Bargo, NSW, 2574

**Time** 10am-1pm

**Cost** Free

**Booking** Bookings Essential.  
Call Vickie on 4677 9550  
at Wollondilly Council

## CAFÉ CONNECT AT WOLLONDILLY COMMUNITY NURSERY, PICTON

**WED 6 NOV 2019 // 10AM-1PM**

Come along to the Community Nursery to learn how to successfully propagate plants from seeds and cuttings, using a variety of techniques.

**Activity** Introduction to Plant  
Propagation

**When** Wednesday 6th November  
2019

**Where** Wollondilly Community  
Nursery  
Wonga Rd, Picton,  
NSW 2571

**Time** 10am-1pm

**Cost** Free

**Booking** Bookings Essential.  
Call Vickie on 4677 9550  
at Wollondilly Council