



2018 NSW  
**SENIORS  
FESTIVAL**

60TH ANNIVERSARY



events

April 3 - 29 2018

## Welcome to Seniors Festival 2018



The 2018 Seniors Festival will be celebrated in Shellharbour City with another excellent program of activities and events.

I encourage all senior residents to do more together, be part of the experience of this special event, and take advantage of what is on offer.

No matter what your age, it is never too late to grow – to learn, to laugh and to be inspired.

The events schedule is loaded with activities including arts and craft displays and activities, film screenings, exclusive movie and swim deals, tai chi, multicultural fiesta and luncheon.

There is also trivia challenge, fashion parade, dancing demonstrations, indoor bowls, travel tips and health and wellbeing expo and information sessions.

I look forward to meeting as many of you as possible during the coming months and wish you all the best.

This is your time to shine! Best wishes,

A handwritten signature in cursive script that reads "Marianne Saliba".

Marianne Saliba Mayor  
Shellharbour City Council

## Tuesday 3 April

### HEALTH AND WELLBEING EXPO / OFFICIAL LAUNCH

Be informed, be entertained, and be inspired. The expo will feature a number of guest speakers and stallholders covering a range of issues.

**Where:** Shellharbour Civic Centre Auditorium  
76 Cygnet Avenue,  
Shellharbour City Centre

**Time:** 9:30am to 2:30pm

**RSVP:** Monday 26 March

**Contact:** Erin or Narelle 4221 6007

#### **Additional information:**

Some parking available under building off Cygnet Avenue.  
Caution some parking is time restricted.

## Wednesday 4 April - Sunday 15 April

### CINE BUZZ REWARDS FOR SENIORS OVER 60

Earn free movies, discount movies, access to advance screening, bonus points for booking online.  
Join free today [www.eventcinemas.com.au](http://www.eventcinemas.com.au)

**Where:** Greater Union Cinema Shellharbour  
4 Memorial Drive, Shellharbour City

**Time:** All movies

**Cost:** \$9.00 (plus \$1.35 online booking fee)

**Contact:** For group bookings email Jay at  
[illawarra\\_bookings@evt.com](mailto:illawarra_bookings@evt.com)

## Wednesday 4 April - Sunday 15 April

### SENIORS SPLASH OAK FLATS

Shellharbour pools will be free for people over the age of 60 during Seniors Festival. Come along and have a paddle, a swim, wade, dive or just float on your back. Includes Aqua Aerobics. Pool steps for easy access.

**Where:** Oak Flats heated and 50m outdoor pool  
Kingston Street, Oak Flats

**Time:** 6:00am to 7:00pm daily

**Contact:** 4256 0752

## Wednesday 4 April - Sunday 15 April

### HARS

The Historical Aircraft Restoration Society is delighted to offer tours for seniors through its world-class museum. Discounted entry fee includes a guided tour of the main and upper deck of our Boeing 747, including viewing of the cockpit. Please allow 1-2 hours for a comprehensive tour. In addition Café Connie our award winning café, will prepare tea/coffee with fresh scones, jam and cream for \$6.00 person. There are of course many other menu choices as well.

**Where:** Corner Airport Road and  
Boomerang Avenue, Albion Park Rail

**Time:** 9:30am to 3:30pm daily

**Cost:** \$10.00 for all seniors

**Contact:** 4257 4333 or [www.hars.org.au](http://www.hars.org.au)

## Wednesday 4 & 11 April

### OAK FLATS PAINTING DISPLAY

Visitors welcome at any time. Morning tea provided.

**Where:** Oak Flats Seniors Citizens Centre  
43-45 Griffiths Street, Oak Flats

**Time:** 9:00am to 12:00pm

**Contact:** George 4296 1802

## Wednesday 4 April

### STORYTIME FOR GRANDPARENTS & PARENTS

Grandparents and parents are invited to a special Grandparents themed story time to celebrate Seniors Week.

**Where:** Warilla Library  
Corner Lake Entrance and Shellharbour Roads,  
Warilla

**Time:** 11:00am

**Contact:** Warilla Library 4297 2522

## Wednesday 4 & 11 April

### OAK FLATS LINE DANCING DISPLAY

Visitors welcome at any time. A morning tea is provided.

**Where:** Oak Flats Senior Citizens Club  
43-45 Griffiths Street, Oak Flats

**Time:** 12:30pm to 3:00pm

**Contact:** Janet 0439 431 912

## Thursday 5 & 12 April

### LIVING LIFE - OAK FLATS HANDICRAFT DISPLAY

Visitors welcome at any time. Morning tea provided.

**Where:** Oak Flats Seniors Citizens Centre  
43 - 45 Griffiths Street, Oak Flats

**Time:** 9.30am to 12pm

**Contact:** Margaret 4256 0019

## Thursday 5 April

### ON THE ROAD: 65PLUS – ALL ASPECTS OF ROAD SAFETY

Get advice and safety tips to help you make safer choices when driving, riding, walking, using a mobility scooter or catching public transport. Light refreshments provided.

**Where:** Warilla Library  
Corner Lake Entrance and Shellharbour Roads,  
Warilla

**Time:** 10:00am to 11:30am

**RSVP:** Tuesday 3 April

**Contact:** Warilla Library 4297 2522

## Thursday 5 April

### **KNIT & YARN**

Do you love to knit and crochet? Would you like some help to learn the basics? Bring your wool and needles come along to Warilla Library's regular knitting and crochet group and enjoy a chat while you create. Light refreshments provided.

**Where:** Warilla Library  
Corner Lake Entrance and Shellharbour Roads,  
Warilla

**Time:** 1:00pm to 3:00pm

**Contact:** Warilla Library 4297 2522

## Thursday 5 April

### **MOVIE SCREENING: "GOING IN STYLE" (PG. 2017)**

*Going in Style* is a warm and comical film on friendship and life post 60. Featuring Morgan Freeman, Michael Caine and Alan Arkin, the three friends decide to rob the bank that is going to restructure their pension funds and take back what is rightfully theirs. Chips and popcorn provided.

**Where:** City Library  
76 Cygnet Avenue, Shellharbour City Centre

**Time:** 12:30pm to 2:30pm

**RSVP:** Tuesday 3 April

**Contact:** City Library 4221 6222

## Friday 6 April

### HEALTHY BRAIN AGEING – INFORMATION SESSION

Join Antoinette, from NSW Health, who will be speaking about the Alzheimer's Australia's brain health program and how to reduce the risk of developing dementia. Light refreshments provided.

**Where:** City Library  
76 Cygnet Avenue,  
Shellharbour City Centre  
**Time:** 10:30am to 11:30am  
**RSVP:** Wednesday 4 April  
**Contact:** City Library 4221 6222

## Friday 6 & 13 April

### AEROBICS WITH SYLVIA RICE

Come along and enjoy some gentle exercise under Sylvia's guidance.

**Where:** Warilla Seniors Citizens Centre  
Benaud Crescent, Warilla  
**Time:** 9:30am to 10:30am  
**Contact:** 4296 8276

## Friday 6 & 13 April

### LIVING LIFE - OAK FLATS TAI CHI DISPLAY

Display by local seniors. Morning tea provided.

**Where:** Oak Flats Senior Citizens Centre  
43-45 Griffiths Street, Oak Flats  
**Time:** 10:00am to 11:00am  
**Contact:** Anne 4284 3017



## Saturday 7 & 14 April

### LIVING LIFE - OAK FLATS NEW VOGUE DANCING DISPLAY

Morning and afternoon tea is provided. Everyone is encouraged to come along and join in the fun!

**Where:** Oak Flats Senior Citizens Centre  
43-45 Griffiths Street, Oak Flats

**Time:** 10:00am to 2:00pm

**Contact:** Betty 4256 2771

## Saturday 7 April

### STORYTIME FOR GRANDPARENTS & PARENTS

Grandparents and parents are invited to a special Grandparents themed story time to celebrate Seniors Week.

**Where:** City Library  
76 Cygnet Avenue, Shellharbour City Centre

**Time:** 11:00am

**Contact:** City Library 4221 6222

## Monday 9 April

### OAK FLATS LINE DANCING DISPLAY

Visitors welcome at any time. A morning tea provided.

**Where:** Oak Flats Senior Citizens Centre  
43-45 Griffiths Street, Oak Flats

**Time:** 9.30am to 12.30pm

**Contact:** Coleen

## Monday 9 April

### SENIORS DAY CLUB - MACQUARIE CLUB

Feel like a cuppa and a chat? The senior's day club meet every Monday. Activities include gentle exercises, quizzes and games, entertainment and guest speakers. Morning tea and lunch provided.

**Where:** Albion Park RSL Memorial Club  
160 Tongarra Road, Albion Park

**Time:** 10:00am to 2:00pm

**Contact:** Dorothy 4257 6670

## Monday 9 April

### AEROBICS WITH SYLVIA RICE

Come along and enjoy some gentle exercise under Sylvia's guidance.

**Where:** Warilla Seniors Citizens Centre  
Benaud Crescent, Warilla

**Time:** 1:30pm to 2:30pm

**Contact:** 4296 8276

## Monday 9 April

### COME AND TRY BASS AND FLINDERS DAY CLUB

Join in the Day Club. Visitors welcome at any time. A morning tea is provided.

**Where:** Warilla RSL Branch Club  
Corner Booth and Queen Streets, Warilla

**Time:** 10:00am to 12.00pm

**Contact:** Neville 0404 059 925

## Monday 9 April - Thursday 12 April

### **BEGINNERS CLASS TAI CHI**

Tai Chi is a gentle exercise recommended by doctors for physical and mental relaxation. It also assists with arthritis, asthma, preventing falls and many other health problems. Please wear casual clothing and flat shoes for comfort. For further information, please visit the Australian Academy of Tai Chi [www.khorlivingchi.com.au](http://www.khorlivingchi.com.au) or contact Joan on 4256 3800 or Margaret on 4261 8452.

**When:** Monday 9 April  
**Where:** Heininger House  
Ribbonwood Centre, Princes Highway Dapto  
**Time:** 9:30am to 10:30am

**When:** Tuesday 10 April  
**Where:** Heininger House  
Ribbonwood Centre, Princes Highway Dapto  
**Time:** 6:00pm to 7:00pm

**When:** Wednesday 11 April  
**Where:** Pioneer Hall  
84 Church Street, Wollongong  
**Time:** 9:30am to 10:30am

**When:** Thursday 12 April  
**Where:** Albion Park Community Centre  
Russell Street, Albion Park  
**Time:** 1:00pm to 2:00pm  
**Contact:** Fay 4284 1109

## Monday 9 April

### STORYTIME FOR GRANDPARENTS & PARENTS

Grandparents and parents are invited to a special Grandparents themed story time to celebrate Seniors Week.

**Where:** Oak Flats Library  
61 Central Avenue, Oak Flats  
**Time:** 11:00am  
**Contact:** Oak Flats 4256 3772

## Monday 9 April

### TAI CHI FOR HEALTH

Join accredited Tai Chi instructor, Shirley Gould, as she guides you through a Tai Chi class, incorporating slow gentle movements for almost everybody.  
Wear loose, comfortable clothing, supportive shoes and a ready smile.

**Where:** Oak Flats Library  
61 Central Avenue, Oak Flats  
**Time:** 10:00am to 11:00am  
**RSVP:** Thursday 5 April  
**Contact:** Oak Flats 4256 3772

## Monday 9 April

### ART EXHIBITION

Drop in, watch the artists at work, and view their artwork.

**Where:** Warilla Seniors Citizens Centre  
Benaud Crescent, Warilla  
**Time:** 9.30am to 11:30am  
**Contact:** 4296 8276

## Tuesday 10 April

### LIVING LIFE - OAK FLATS INDOOR BOWLS (CARPET) OPEN DAY

Visitors welcome at any time. Tea or coffee provided.

**Where:** Oak Flats Seniors Citizens Centre  
43-45 Griffiths Street, Oak Flats

**Time:** 10:00am to 3:00pm

**Contact:** 4256 2771

## Tuesday 10 April

### SHELLHARBOUR CITY U3A

We meet every Tuesday and have guest speakers each Tuesday during school terms. We have courses available for all tastes.

**Where:** U3A Hall (old church hall)  
Corner Bradman and King Streets, Warilla

**Time:** 2:00pm

**Contact:** [sites.google.com/site/shellharbourcityu3asite/committee-1](https://sites.google.com/site/shellharbourcityu3asite/committee-1)

## Tuesday 10 April

### STORYTIME FOR GRANDPARENTS & PARENTS

Grandparents and parents are invited to a special grandparent's themed story time to celebrate Seniors Week.

**Where:** Albion Park Library  
Russell Street, Albion Park

**Time:** 11:00am

**Contact:** Albion Park 4256 2001

## Tuesday 10 April

### **THERE'S NO BUSINESS, LIKE SHOW BUSINESS**

The Roo Theatre Company brings Broadway to Shellharbour as a family of performers deliver the biggest and most well-known songs from musical theatre history.

**Where:** The Roo Theatre  
Corner Addison and Wentworth Street,  
Shellharbour Village

**Time:** 10:30am to 11:45am

**Cost:** Gold coin donation

**Contact:** 4297 2891

## Wednesday 11 April

### **MEDICATIONS & HEALTHY LIFESTYLE FOR SENIORS**

Learn how to manage your medications and tips to improve your lifestyle choices with a Health Education Officer from NSW Health. Light refreshments available.

**Where:** Warilla Library  
Corner Lake Entrance and Shellharbour Roads,  
Warilla

**Time:** 10:30am to 11:30am

**RSVP:** Monday 9 April

**Contact:** Warilla Library 4297 2522

## Wednesday 11 April

### ROCK 'N' ROLL DEMONSTRATION

Join dance group Dance-a-Rama as they demonstrate the 50's style Rock n Roll dance style. Audience participation is a must, as you will be sure to rock around the clock!

**Where:** City Library  
76 Cygnet Avenue, Shellharbour City Centre  
**Time:** 11:00am to 12:00pm  
**Contact:** City Library 4221 6222

## Thursday 12 April

### TRAVEL & CRUISING FOR SENIORS

Do you love to travel and cruise?

Join us for some travel tips and tricks from a highly experienced Flight Centre Shellharbour travel agent who will guide you on your next travel adventure and inspire you to cruise to your next destination.

**Where:** City Library  
76 Cygnet Avenue, Shellharbour City Centre  
**Time:** 11:00am to 12:00pm  
**RSVP:** Wednesday 11 April  
**Contact:** City Library 4221 6222

## Thursday 12 April

### **GOLDEN OLDIES FASHION PARADE**

Senior Ladies will parade clothing collection. Clothing available to purchase. Morning tea provided.

**Where:** Warilla Seniors Citizens Centre  
Benaud Crescent, Warilla  
**Time:** 10:00am to 12:00pm  
**RSVP:** Wednesday 11 April for catering purposes  
**Contact:** 4296 2617

## Thursday 12 April

### **2018 SENIORS TRIVIA CHALLENGE**

#### **Shellharbour Vs Kiama**

An annual trivia event for people over the age of 50 living in the Shellharbour and Kiama Local Government Areas.

- Participants must be over 50
- Maximum six people per team
- Limit of six teams per local government area
- Single nominations will be added to teams where numbers allow.

**Where:** Shellharbour Civic Centre Auditorium  
76 Cygnet Avenue, Shellharbour Civic Centre  
**Time:** Registration from 1pm, competition 1:30pm to 4.30pm  
**Cost:** \$7.00 per person, includes afternoon tea  
**RSVP:** Registrations close Thursday 5 April  
**Contact:** Kiama teams to contact Anne on 4232 0448  
Shellharbour teams and U3A teams to contact Narelle on 4221 6007



## Thursday 12 April

### TOUR WARRIGAL SHELL COVE

Warrigal Shell Cove will be offering four tours of our brand new home to the Community. We will provide morning tea and afternoon tea prior to and following tours.

**Where:** Warrigal Shell Cove  
50 Harbour Boulevard, Shell Cove  
**Time:** 9:30am, 11:30am, 1:30pm, 3:30pm  
**Contact:** 4257 4257

## Thursday 12 April

### SENIORS WEEK FUNDAY

Entertainment, two course luncheon and lucky door prizes. Tickets available at reception.

**Where:** The Showroom - Dapto Leagues Club  
Corner Bong Bong Road and Station Street,  
Dapto  
**Time:** 10:30am  
**Cost:** \$25 per person  
**RSVP:** Wednesday 11 April  
**Contact:** Amanda 4261 1333

## Friday 13 April

### MULTICULTURAL SENIORS FIESTA

The event will bring seniors of all cultural backgrounds to show their talents in dancing, singing, acting, storytelling and playing instruments.

- Where:** The Shellharbour Club  
Corner Wattle and Shellharbour Roads,  
Shellharbour
- Time:** 10:00am to 2:00pm
- Cost:** \$26 per person
- RSVP:** Wednesday 11 April
- Contact:** Gordana 4229 7566

## Friday 13 April

### FLORAL FELT FRIDAY: DIY FELT CRAFT

Make a beautiful flower brooch or felt embellishment. Learn how to felt your own beads with wool and explore this very colorful textile art.

- Where:** City Library  
76 Cygnet Avenue,  
Shellharbour City Centre
- Time:** 10:00am to 12:00pm
- Cost:** \$5 per person
- RSVP:** Wednesday 11 April
- Contact:** City Library 4221 6222

## Saturday 14 April

### DRAGON BOAT ENCOUNTER

Dragon Boating is a fun, water, team sport. Paddling on Lake Illawarra with 20 paddlers, a sweep and coach/drummer.

**Where:** Illawarra Rowing Centre  
Northcliffe Drive, Warrawong

**Time:** 10:30am to 2:00pm

**Cost:** Gold coin donation for BBQ

**RSVP:** Saturday 7 April

**Contact:** Helen Bent 0403 844 880  
bented@iprimus.com.au  
Gabrielle Frawley 0413 488 967  
illawarradragonboaters@7mail.com

#### **Additional information:**

Must be able to get in and out of the boat. We supply paddles and life jackets. Please bring a change of clothes, sunscreen, water and a hat. Footwear is essential e.g. aqua shoes or old sneakers and wear suitable clothing for going on the water e.g. rash vests and board shorts. Coaching is provided. In the event of wet weather, the event will be cancelled but ring organisers to confirm.

## Monday 16 April

### OSTEOPOROSIS AWARENESS INFORMATION SESSION

Find out about osteoporosis; how we get it; how it is diagnosed and what we can do to prevent it. Light refreshments provided.

**Where:** Albion Park Library  
Russell Street, Albion Park  
**Time:** 1:00pm to 2:00pm  
**RSVP:** Thursday 12 April  
**Contact:** Albion Park Library 4256 2001

## Tuesday 17 April

### BEHIND THE WHEEL: SENIOR DRIVERS

Find out what senior drivers need to know about the licensing system for 75 years, 85 years. Learn about the practical driving test and how you can pass with flying colours. Presented by a qualified driving instructor. Light refreshments included.

**Where:** City Library  
76 Cygnet Avenue,  
Shellharbour City Centre  
**Time:** 10:00am to 11:00am  
**RSVP:** Monday 16 April  
**Contact:** City Library 4221 6222

## Thursday 19 April

### YOUR FAMILY HISTORY

Join us for a free demonstration and practical of Ancestry Library Edition and Find My Past database resources to research your family tree. Bring along some names and dates to get you started. Light refreshments provided.

**Where:** City Library  
76 Cygnet Avenue,  
Shellharbour City Centre

**Time:** 10:30am

**RSVP:** Wednesday 18 April

**Contact:** City Library 4221 6222

## Sunday 29 April

### AFTERNOON DELIGHT

Afternoon Delight is a movie matinee and relaxed social afternoon for lesbian, gay, bisexual, transgender and intersex seniors and their friends. Enjoy the feature film *Political Animals*, and selection of short films followed by a delicious afternoon tea, networking and access to local health information.

Presented by ACON in association with Queer Screen and supported by NSW Seniors Festival.

**Where:** The Roo Theatre  
Corner Addison and Wentworth Street,  
Shellharbour Village

**Time:** 2:00pm to 5:00pm

**Cost:** Gold coin donation

**Contact:** John 9206 2113 [jcasey@acon.org.au](mailto:jcasey@acon.org.au)

# Did you enjoy the 2018 Seniors Festival?

## FEEDBACK FORM

We hope that you have enjoyed the activities during the Seniors Festival 2018.

To help us plan for Seniors Festival 2019, please use this page to tell us what you particularly enjoyed about Seniors Festival 2018, and any events that you would like to see featured in the future.

Please cut this page out, and return it to

**Seniors Festival Feedback Form**  
**Attention: Narelle Williams**  
**Shellharbour City Council**  
**Locked Bag 155**  
**Shellharbour City Centre 2529**

### Things I liked about Seniors Festival 2018

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**Things I would like to see in future Seniors Festivals**

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**Things that could be changed in future Seniors Festival**

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## Shellharbour City Council

Locked Bag 155

Shellharbour City Centre

NSW 2529

Ph: 02 4221 6111

Email: [council@shellharbour.nsw.gov.au](mailto:council@shellharbour.nsw.gov.au)