



# Wollongong Seniors Festival

4-15 APRIL 2018

*"Let's do more together"*



**Wollongong Seniors Festival**  
**4 - 15 April 2018**

***“Let’s Do More Together”***

**Enquiries**

**Telephone Wollongong City Council  
on 4227 7111**

## MESSAGE FROM THE LORD MAYOR GORDON BRADBERRY OAM



Each year the Wollongong City Seniors Festival program of events encourages our City's seniors to get out and have fun with others in their communities. The Festival celebrates the valuable contribution our older residents make to our community.

This year's program is jam packed with events across our City for you to get involved in and connect with others.

This Festival is made possible by a variety of local community organisations working together to deliver the events. I would like to thank and congratulate the volunteers and event organisations who give their time to ensure the success of what is one of the largest seniors celebrations in New South Wales.

Council's Ageing Plan details how Council is committed to making Wollongong a place where our City's older residents are supported to remain involved, connected and valued in their communities. The Seniors Festival is one way we work towards this goal.

Get out and try something new. There is a lot to choose from in the program.

Enjoy! Gordon Bradbery AM  
Lord Mayor

# SENIORS FESTIVAL COMMITTEE

Joni Brahm  
Community Member

Judith Flis  
Community Member

Gordana Spirovska  
Multicultural Communities Council of Illawarra

Benetta Tambakis  
GWC Community Services

Marzia Bonacina Zochil  
Community Member

This symbol indicates the event is wheelchair accessible.



# GENERAL INFORMATION

## *A Message from the Committee*

There's always room in life for new experiences and they're even better when shared with friends, family and others. So let's do more together!

There's something for everyone this Seniors Festival, held from 4 to 15 April 2018 (now an action packed 12 day Festival!) with many fun, friendly and inclusive events and offers available across our city!








We'd like to thank our past and present committee members for volunteering their time, experience and energy to help make Wollongong Seniors Festival such a success!

## **Tickets**

Tickets go on sale from **Monday 5 March 2018**.









All tickets/bookings/enquiries are to be directed to the relevant event organiser. See individual event page for more information. (Index pages 6 - 9).

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\*\*\* Call to discuss your accessibility needs.

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\*\*\* Call to discuss your accessibility needs.






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\*\*\* Call to discuss your accessibility needs.



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# SHOP & EAT RIGHT LECTURE/WORKSHOP

Come and learn how to shop right to eat right. A Masterclass with Renne Lintescu APD BNutrDiet (1st Class Honors) followed by a free morning tea.

**Date :** Friday 13 April

**Time:** 10am

**Cost:** Free

**Venue:** The Builders Club (Stardust Room)  
61 Church Street, Wollongong

**Capacity:** 100

**Contact:** Brian Healy: 0417 296 983

**Event by:** Association of Independent Retirees Ltd (A.I.R.)  
Illawarra Branch



# DRAGON BOAT ENCOUNTER

Paddle Lake Illawarra in the company of 20 paddlers, a drummer (coach) and sweep (steer person). Dragon boating is an enjoyable, water, team sport that's "oarsome" fun.

**Date:** Saturday 14 April

**Time:** 10am - 2pm

**Cost:** Gold coin donation for BBQ lunch

**Venue:** Illawarra Rowing Centre  
Northcliffe Drive, Warrawong  
(Just past the speed camera)

**Capacity:** 60

**RSVP:** 10 April

**Contact:** Gabrielle Frawley: 0413 488 957  
Helen Bent: 02 4296 9760 or 0403 844 880

**Details:** To participate you must be able to get in and out of a boat. Paddles are supplied and there are life jackets for those who can't swim 50 metres. Bring a change of clothes, sunscreen, water and a hat. Footwear like aqua shoes or old sneakers are essential. Wear a rash vest or shorts - you may get splashed! If the weather is wet, this event will be cancelled. Call event organisers to confirm.

**Event by:** Illawarra Dragon Boat Club



# CITY OF WOLLONGONG WIND BAND

Songs of the Sea - a Wind Band Concert playing music with the Song and Seas flavour played by community members from ages 8 to 80.

**Date:** Saturday 7 April

**Time:** 2pm

**Cost:** \$20 (Concession)  
\$25 (Adult)

**Venue:** Figtree Anglican Church  
Gibson Road, Figtree

**Capacity:** 600

**RSVP:** 7 April 2018

**Contact:** Lindsay Dunston: 0420 934 868

**Details:** Special parking including mobility is provided on site. The venue is also accessible to all. This event will run regardless of wet weather.

**Event by:** City of Wollongong Wind Band



# HISTORICAL AIRCRAFT RESTORATION TOURS

Guided tours of all the aircraft in the HARS collection, including Connie, Boeing 747-400, F111, our recently acquired AP-3C Orion maritime surveillance aircraft, Caribous, DC3s, Convair, Neptune anti-submarine aircraft, Southern Cross 2, Gruman Tracker and Tiger Moth!

**Date:** Daily throughout Seniors Festival

**Time:** 9.30am - 3.30pm (*allow 90 mins for tour*)

**Cost:** \$10 (*instead of the normal \$15*)

**Venue:** Illawarra Regional Airport  
Cnr Airport Rd & Boomerang Ave, Albion Park

**Contact:** HARS Reception: 02 4257 4333

**Details:** The HARS facilities are friendly to visitors with walkers or other mobility aides. Our facilities also now include Café Connie where visitors can purchase tea, coffee, soft drinks, hot and cold food.

**Event by:** Historical Aircraft Restoration Society (HARS)



# LADY MAYORESS AFTERNOON TEA DANCE

**Lady Mayoress Afternoon Tea Dance.** Dig out the glad rags and enjoy an afternoon of dance to the sound of 'The Edmund Rice Jazz Band' and be entertained by 'The Silver Belles' dance troop. Afternoon tea will be prepared and served by the students of St Mary Star of the Sea College and Edmund Rice College.

**Date :** Tuesday 10 April

**Time:** 1pm - 3pm  
Doors open from 12.45pm

**Cost:** Free (Tickets required)

**Venue:** Wollongong City Town Hall  
Cnr Crown & Kembla Streets, Wollongong

**Capacity:** 200

**Details:** Tickets will be available from Monday 5 March during office hours 8.30am to 5pm from the cashiers in the Customer Service Centre Wollongong City Council (Ground Floor) or by calling 02 4227 7238. Limit of 6 per person.



# TAI CHI FOR BEGINNERS

Discover for yourself why Tai Chi is a popular pastime for relaxation, health and longevity. Plus, it's also said to help in the prevention of falls.

## **Heininger House, Dapto Ribbonwood Centre**

Monday 9 April at 9.30am - 10.30am

Tuesday 10 April at 6pm - 7pm

## **Community Centre, Russell Street, Albion Park**

Thursday 12 April at 1pm - 2pm

## **Pioneer Hall, 8 Church Street, Wollongong**

Wednesday 11 April at 9.30am - 10.30am

Thursday 12 April at 5.30pm - 6.30pm (*Beginners Class*)

**Cost:** Free

**Capacity:** 20 per class

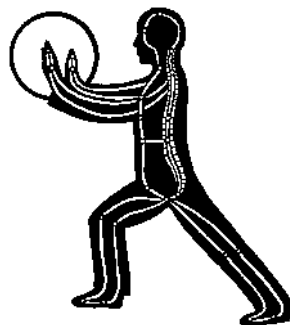
**Contact:** Margaret: 02 4261 8452

Joan: 02 4256 3800

Fay: 02 4284 1109

**Details:** Wear flat shoes and comfortable clothes and arrive 10 minutes early for registration.

**Event by:** Australian Academy of Tai Chi



# NIU3A OPEN DAY

Come along and meet us and listen to our guest speakers talk about issues relevant to seniors and not-so-seniors. We will provide you with a delicious morning tea and a friendly welcome by the Northern Illawarra U3A. You will be inspired and enthused!

**Date:** Wednesday 4 April

**Time:** 9.15am - 12noon

**Cost:** Free

**Venue:** Thirroul Community Centre  
352-358 Lawrence Hargrave Drive, Thirroul

**Contact:** Moira: 0415 673 124

**Event by:** Northern Illawarra University of 3rd Age





## U3A GENERAL INTEREST TALKS

Come along and join U3A Wollongong for some general interest talks.

### Monday 30 April

9.30am - 10.30am ***Déjà Vu: Traces of Me as I Imagine Them to Be***

Rev Robert (Bob) Smith

11am - 12noon ***Coal Faces - Mount Kembla***  
Darian Zam

### Thursday 3 May

9.30am - 10.30am ***Rebels in Art: Challenging the Established Order***

Aileen Harland

11am - 12noon ***Culture, History & Mystery: Welcome to Egypt***

Martin Arrowsmith

**Cost:** Free

**Venue:** U3A Wollongong Salvation Army Centre  
11 - 13 Burelli Street, Wollongong

**Contact:** Aileen Harland: 02 4229 3549

**Event by:** University of 3rd Age, Wollongong



# LAKESIDE LEISURE CENTRE

## Aerobics & Circuit

Whether a seasoned exerciser or just starting out, come and join in the fun and feel the benefits enjoyed by many.

### Monday 9 April

8am - Over 50s Circuit



### Tuesday 10 April

8am - Over 50s Aerobics

11am - Over 50s Aerobics

### Wednesday 4 and 11 April

8am - Over 50s Circuit

**Cost:** \$2 entry on all seniors programs

**Venue:** Lakeside Leisure Centre  
192 Kanahooka Road, Kanahooka

**Contact:** Anne Johnstone: 02 4227 7793



# BEATON PARK LEISURE CENTRE

Whether a seasoned exerciser or just starting out, come and join in the fun and feel the benefits enjoyed by many.

## Monday 9 April

8am - Active Seniors Aerobics



## Tuesday 10 April

8am - Active Seniors Circuit

10.15am - Exerheartbeat

1pm - Walking in Water

2pm - Active Seniors Aerobics

## Wednesday 4 and 11 April

8am - Active Seniors Aquarobics

- Shower Cap / Swim Cap Parade! (11 April only)  
*(Prizes for best dressed)*

## Thursday 5 and 12 April

8am - Active Seniors Circuit

2pm - Active Seniors Aquarobics

## Friday 6 and 13 April

8am - Seniors BodyBar

10.15am - Exerheartbeat

**Cost:** \$2 entry on all seniors programs

**Venue:** Beaton Park Leisure Centre  
47 Foley Street, Gwynneville

**Contact:** Anne Johnstone: 02 4227 7793



# LIBRARY ACTIVITIES

## **Get Skilled - Tech Savvy Training Workshops**

10am - 12noon daily throughout Seniors Festival  
(*Bookings essential*)

### **Wednesday 4 April**

Introduction to Smart Phones

### **Friday 6 April**

Basic computer and Internet

### **Tuesday 10 April**

Introduction to tablet computers (ie iPad and Android)

### **Thursday 12 April**

Cyber safety and shopping / banking online

**Venue:** Wollongong Central Library: 02 4227 7414



## **Movie Night**

### ***An Evening in Classic Hollywood*** (*Bookings essential*)

Join us for an evening of fun, laughter and a light supper. We will be screening a 1959 classic starring Rock Hudson and Doris Day.

**Date:** Thursday 5 April

**Time:** 5.30pm - 8.30pm

**Venue:** Corrimal District Library: 02 4227 8179



# LIBRARY ACTIVITIES

## Terrariums Workshop

***Bring a little piece of the outdoors into your home***

Get creative and learn how to design a mini and eye-catching terrarium. No experience necessary. (*Bookings essential*).

**Date:** Thursday 12 April

**Time:** 10am - 12noon

**Venue:** Warrawong District Library: 02 4227 8133



## Adult Colouring In

*(Booking not required)*

**Date:** Monday 9 to Friday 13 April

**Time:** 10am - 12noon

**Venue:** Corrimal District Library: 02 4227 8133



# LIBRARY ACTIVITIES

## Special Grandparents Storytime

Followed by morning tea. *(No booking required).*

- \*\*Friday 6 April** - 10.30am - Thirroul District Library
- \*\*Tuesday 10 April** - 10am - Warrawong District Library
- \*\*Wednesday 11 April** - 11am - Helensburgh Library

*(\*\*With Assistance Dog Australia)*

- Tuesday 10 April** - 11am - Wollongong Central Library
- Wednesday 11 April** - 10.30am - Unanderra Library
- Thursday 12 April** - 11am - Corrimal District Library
- Friday 13 April** - 10.30am - Dapto District Library

## Family History

Introduction to family history. Discover online resources.  
*(Bookings essential).*

### **Wednesday 4 April**

10.30am - 12noon - Helensburgh Library: 02 4294 2185

### **Monday 9 April**

10am - 12noon - Thirroul District Library: 02 4227 8191

### **Tuesday 10**

2pm - 4pm - Corrimal District Library: 02 4227 8279

All events are free.

Visit: [www.wollongong.nsw.gov.au/library](http://www.wollongong.nsw.gov.au/library) for more details.



## STEP BACK IN TIME WITH THE HOSKINS

A heritage tour of Glennifer Brae. This splendid house and garden is now part of Wollongong Botanic Garden. Mr Sid Hoskins invites you to walk through his Tudor revival home in Keiraville. Meet the Hoskins family and join them in a lovely morning tea. (*Bookings essential*)

**Date:** Thursday 5 April

**Time:** 10am - 12noon

**Cost:** Free. Book at eventbrite link below:  
<http://wollongongbotanicgarden.eventbrite.com.au>

**Venue:** Wollongong Botanic Garden's Discovery Centre  
Madoline Street, Keiraville

**Capacity:** 30

**RSVP:** 29 March

**Contact:** Botanic Garden: 02 4227 7667  
Michael Connor: 02 4227 8565



# PULL OUT CALENDAR ACTIVITIES AT A GLANCE

## SENIORS FESTIVAL 2018

Day/Date	Time	Activity	Pg
Tue 3 Apr	9.45am–12.30pm	Community Campus Tours	38
Wed 4 Apr	8am	Active Seniors Aquarobics	18
	9.15am-12pm	NIU3A Open Day	15
	9.30am	Historical Aircraft Restoration Tours	12
	10am-12pm	Tech Savvy Workshops <i>Introduction To Smart Phones</i>	19
	10.30am-12pm	Introduction To Family History <i>Discover Online Resources</i>	21
Thur 5 Apr	8am	Active Seniors Circuit	18
	9.30am	Historical Aircraft Restoration Tours	12
	10am-12pm	Step Back In Time With The Hoskins <i>Tour of Glennifer Brae</i>	22
	10am-12.30pm	Watercolour Workshop for Beginners	37
	2pm	Active Seniors Aquarobics	18
	5.30-8.30pm	Movie Night <i>An Evening In Classic Hollywood</i>	19
Fri 6 Apr	8am	Seniors Bodybar	18
	9.30am	Historical Aircraft Restoration Tours	12
	10am-12pm	Tech Savvy Workshops <i>Basic Computer And Internet</i>	19
	10.15am	Exerheartbeat	18
	10.30am	Special Grandparents Storytime <i>With Assistance Dogs Australia</i>	21
Sat 7 Apr	9.30am	Historical Aircraft Restoration Tours	12
	2pm	City Of Wollongong Wind Band	11
Sun 8 Apr	9.30am	Historical Aircraft Restoration Tours	12
	1-4pm	Did You Ever Go To Sherbrooke? <i>Black Diamond Heritage Centre, Bulli</i>	39



# PULL OUT CALENDAR ACTIVITIES AT A GLANCE

## SENIORS FESTIVAL 2018

Day/Date	Time	Activity	Pg
Mon 9 Apr	8am	Over 50s Circuit	17
	8am	Active Seniors Aerobics	18
	8.45am-4pm	Plastic Not-So-Fantastic Bus	36
	9.30am	Historical Aircraft Restoration Tours	12
	9.30-10.30am	Tai Chi for Beginners	14
	10am-12pm	Adult Colouring In	20
	10am-12pm	Introduction To Family History <i>Discover Online Resources</i>	21
Tue 10 Apr	8am	Active Seniors Circuit	18
	8am	Over 50s Aerobics	17
	9am-3pm	Living Life And Growing Young	33
	9.30am	Historical Aircraft Restoration Tours	12
	10am-12pm	Tech Savvy Workshops <i>Introduction to Tablets (ie iPad &amp; Android)</i>	19
	10am-12pm	Adult Colouring In	20
	10am	Special Grandparents Storytime <i>With Assistance Dogs Australia</i>	21
	10.15am	Exerheartbeat	18
	11am	Special Grandparents Storytime	21
	11am	Over 50s Aerobics	17
	11am-2pm	Traditional Greek Luncheon	41
	12-4pm	Italian Music Extravaganza	30
	1-3pm	Lady Mayoress Afternoon Tea Dance	13
	1pm	Walking In Water	18
	2pm	Active Seniors Aerobics	18
	2-4pm	Introduction To Family History <i>Discover Online Resources</i>	21
	6-7pm	Tai Chi for Beginners	14

# PULL OUT CALENDAR ACTIVITIES AT A GLANCE

## SENIORS FESTIVAL 2018

Day/Date	Time	Activity	Pg
Wed 11 Apr	8am	Over 50s Circuit	17
	8am	Active Seniors Aquarobics <i>Shower Cap / Swim Cap Parade</i>	18
	9.30am	Historical Aircraft Restoration Tours	12
	9.30-10.30am	Tai Chi for Beginners	14
	10am-12pm	Adult Colouring In	20
	10.30am	Special Grandparents Storytime	21
	11am	Special Grandparents Storytime <i>With Assistance Dogs Australia</i>	21
	11.30am-2pm	Writing Your Family History	31
	12pm	Celebrating Seniors Lunch	28
	2pm	Food Co-Op Tea and Tour	27
	4-5.15pm	2018 Illawarra Socratic Lecture	32
	6-7pm	Belly Dance for Seniors Fun and Fitness	43
Thur 12 Apr	8am	Active Seniors Circuit	18
	9.30am	Historical Aircraft Restoration Tours	12
	10am-12pm	Tech Savvy Workshops <i>Cyber Safety &amp; Shopping/Banking Online</i>	19
	10am-12pm	Terrariums Workshop	20
	10am-12pm	Adult Colouring In	20
	10am-2pm	Macedonian Merry Seniors	44
	10.30am	Seniors Festival Fun Day	34
	11am	Special Grandparents Storytime	21
	1-2pm	Tai Chi for Beginners	14
	2pm	Active Seniors Aquarobics	18
	5.30-6.30pm	Tai Chi for Beginners	14

# PULL OUT CALENDAR ACTIVITIES AT A GLANCE

## SENIORS FESTIVAL 2018

Day/Date	Time	Activity	Pg
Fri 13 Apr	8am	Seniors Bodybar	18
	9.30am	Historical Aircraft Restoration Tours	12
	10am	Shop & Eat Right Lecture/Workshop	9
	10am-12pm	Adult Colouring In	20
	10am-2pm	Multicultural Seniors Fiesta	40
	10.15am	Exerheartbeat	18
	10.30am	Special Grandparents Storytime	21
	11am	Live Life With Music	35
Sat 14 Apr	9.30am	Historical Aircraft Restoration Tours	12
	10am-2pm	Dragon Boat Encounter	10
Sun 15 Apr	9.30am	Historical Aircraft Restoration Tours	12
	1-4pm	Did You Ever Go To Sherbrooke? <i>Black Diamond Heritage Centre, Bulli</i>	39
Sat 29 Apr	2pm-4.30pm	Afternoon Delight (ACON)	42
Mon 30 Apr	9.30-10.30am	U3a Talk - <i>Déjà Vu: Traces of Me as I Imagine Them to Be</i>	16
	11am-12pm	U3a Talk - <i>Coal Faces: Mount Kembla</i>	16
Thur 3 May	9.30-10.30am	U3a Talk - <i>Rebels In Art: Challenging the Established Order</i>	16
	11am-12pm	U3a Talk - <i>Culture, History &amp; Mystery: Welcome To Egypt</i>	16

# FOOD CO-OP TEA AND TOUR

Everything you have wanted to know about whole, organic food but been afraid to ask. This behind the scenes tour will be conducted by the senior citizens that volunteer at the Flame Tree Community Food Co-operative. The Co-op is a community owned and run shop that trades locally grown and organic food with minimal packaging. Plus you'll have the opportunity to shop at discounted members prices (10%) and enjoy a cuppa and afternoon tea.

**Date:** Wednesday 11 April

**Time:** 2pm

**Cost:** Gold coin donation

**Venue:** Flame Tree Food Co-operative  
355 Lawrence Hargrave Drive, Thirroul

**Capacity:** 20

**RSVP:** 6 April

**Contact:** Gini: 02 4267 5792

**Event by:** Flame Tree Food Co-operative



# CELEBRATING SENIORS LUNCH

Free lunch will be provided to seniors and showcase volunteer and program activities available through Community Gateway.

**Date:** Wednesday 11 April

**Time:** 12noon

**Cost:** Free

**Venue:** Community Gateway Hub  
26 Atchison Street, Wollongong

**Capacity:** 100

**RSVP:** 6 April

**Contact:** Kate Troy: 02 4224 8626

**Event by:** Community Gateway



**Baruk' a' mudong**  
D'harawal

**živjeti život**  
Croatian

**vivere la vita**  
Italian

**να ζω τη ζωή**  
Greek

**人生を送る**  
Japanese



## **“Let’s Live Life”**

**viver a vida**  
Portuguese

**Ciesz się życiem**  
Polish

**ش الحياة ويعي**  
Arabic

**Живей го**  
**ЖИВОТОТ**

**vivir la vida**  
Spanish

# ITALIAN MUSIC EXTRAVAGANZA

Live music and entertainment by a highly respected artist. Dancing and an Italian inspired lunch. (*Bookings essential*).

**Date:** Tuesday 10 April

**Time:** 12noon - 4pm

**Cost:** \$25

**Venue:** Centro CBD  
28 Stewart Street, Wollongong

**Capacity:** 120

**RSVP:** 3 April

**Contact:** Giovanna Cardamone: 4228 8222 or 0407 552 575

**Event by:** ITSOWEL



Italian  
cuisine

# WRITING YOUR FAMILY HISTORY

Learn how to write your family history! This is not a workshop about how to research, but of how to write a narrative story from the results of that research. Bring along a family history photo or anecdote to share.

**Date:** Wednesday 11 April

**Time:** 11.30am - 2pm

**Cost:** \$15 (SCWC members)  
\$20 (Non-members)



**Venue:** Wollongong Central (Library Theatre)  
41 Burelli Street, Wollongong

**Capacity:** 25

**RSVP:** 9 April

**Contact:** Rike Krishnabhakdi-Vasilakis: 02 4228 0151

**Details:** Laptops (preferred), pen and paper and family history reference info.

**Event by:** South Coast Writers Centre





# 2018 ILLAWARRA SOCRATIC LECTURE

A prominent speaker will deliver the 2018 lecture with a philosophical or psychological theme.

**Date:** Wednesday 11 April

**Time:** 4pm - 5.15pm

**Cost:** Free. Reserve seating contact  
Thirroul Library 02 4227 8191

**Venue:** Thirroul Community Centre (Excelsior Hall)  
352-358 Lawrence Hargrave Drive, Thirroul

**Capacity:** 200

**RSVP:** 10 April

**Contact:** Eric Weddell: 0416 219 676

**Event by:** Illawarra Socratic Society



# LIVING LIFE AND GROWING YOUNG

Join us for morning tea, hot lunch and entertainment.

**Date:** Tuesday 10 April

**Time:** 9am - 3pm

**Cost:** \$15 per person

**Venue:** Church Hall  
39 Atchison Street, Wollongong  
(*Mobility lift available*)

**Capacity:** 100

**RSVP:** 4 April

**Contact:** Joanna Christodoulou: 02 4271 6987

**Event by:** Greek Independent Day Care



# SENIORS FESTIVAL FUN DAY

This popular luncheon and concert is always a Seniors Festival highlight. Don't leave it too late to book your spot. Variety show with two course luncheon plus lucky door prizes.

- Date:** Thursday 12 April
- Time:** Doors open 10.30am
- Cost:** \$25 (*Purchase at Dapto Leagues Club reception*)
- Venue:** Dapto Leagues Club  
Cnr Station Street & Bong Bong Road, Dapto
- Capacity:** 500
- RSVP:** 5 April
- Contact:** Dapto Leagues Club Reception: 02 4261 1333
- Event by:** Dapto Leagues Club



# LIVE LIFE WITH MUSIC

Organ recital featuring favourite modern classical film themes, musicals and much more.

**Date:** Friday 13 April

**Time:** 11am

**Cost:** Free

**Venue:** Wesley Church On The Mall  
116 Crown Street, Wollongong

**Capacity:** 200

**Contact:** Lorraine Jones: 02 4261 5328



# PLASTIC NOT-SO-FANTASTIC BUS

Join us on a guided tour and experience the endless possibilities for recycling, repurposing and upcycling of a truly sustainable house. Learn about the new house concept call The House For Life. We'll visit op shops, Wollongong foreshore and Flagstaff Group plus much more. Bring your walking shoes. (*Bookings essential*).

**Date:** Monday 9 April

**Time:** 9am - 4pm (8.45am for a 9am departure)  
Bus will leave Council at 9.05am sharp, 9.15am pickup at Wollongong Train Station (for people taking the train). Drop back at 3.50pm at Wollongong Train Station and 4pm back at Wollongong Council.

**Cost:** Free

**Venue:** Wollongong City Council  
41 Burelli Street, Wollongong

**Capacity:** 57

**RSVP:** 2 April

**Contact:** Green Team - Fiona Netting: 02 4227 7111

**Email:** [GT@wollongong.nsw.gov.au](mailto:GT@wollongong.nsw.gov.au)

**Details:** Bring a packed lunch, water bottle, enclosed shoes, a hat and reusable bag for purchases on the day. Please bring a raincoat or umbrella in wet weather. Please let us know when booking of any dietary or accessibility requirements.



# WATERCOLOUR WORKSHOP FOR BEGINNERS

Join local artist Elspeth McCombe for an Introduction to Water Colour Painting workshop and viewing of watercolours from the Gallery's collection followed by afternoon tea. (*Bookings essential*).

**Date:** Thursday 5 April

**Time:** 10am - 12.30pm  
*(If there are sufficient numbers an extra class will be offered in the afternoon)*

1.30pm - 4pm

**Cost:** Free. All materials supplied

**Venue:** Wollongong City Gallery  
Cnr Kembla & Burelli Streets, Wollongong

**Capacity:** 12

**Contact:** 02 4227 8507



# COMMUNITY CAMPUS TOURS

The Community Campus Tour Program is designed for community members to learn, explore and discover the University campus as well as the cultural, social and academic environment. All community members welcome. (*Bookings essential*).

**Date:** Tuesday 3 April

**Time:** 9.45am - 12.30pm. See website on the UOW Calendar and in the UOW Community Connections Newsletter, both found at:  
<http://www.uow.edu.au/about/community/calendar/index.html>

**Contact:** Justine Fox: 02 4239 2518  
Email: [community@uow.edu.au](mailto:community@uow.edu.au)

**Details:** Please wear comfortable walking shoes and sun protection. In wet weather this event will be rescheduled. We look forward to welcoming you on campus soon.

**Event by:** University of Wollongong



# DID YOU EVER GO TO SHERBROOKE?

The Lost Village on Bulli Mountain is sometimes spoken of, but many people don't know of its existence at all. Many of her descendants served in WW1, WW2 and Vietnam - some were never to return home. We will provide information, photographs, displays and artefacts of this almost lost part of our local area. We will also offer an opportunity for older people to share their unique knowledge of this area.

**Date:** Sunday 8 April & Sunday 15 April

**Time:** 1pm - 4pm

**Cost:** \$4 (Seniors)

**Venue:** Black Diamond Heritage Centre  
Bulli Railway Station East  
Franklin Avenue, Bulli

**Capacity:** 45

**Contact:** Kerrie Anne Christian: 02 4267 1488

**Details:** Two small steps at door. Toilets accommodate small wheelchairs. Call to discuss your accessibility needs.





# MULTICULTURAL SENIORS FIESTA

The event will bring seniors of all cultural backgrounds together to show their talents in singing, dancing, acting and storytelling. In addition the event will include multicultural music, lunch and mini expo.

**Date:** Friday 13 April

**Time:** 10am - 2pm

**Cost:** \$26

**Venue:** The Shellharbour Club  
Cnr Wattle & Shellharbour Roads, Shellharbour

**Capacity:** 300

**RSVP:** 30 March

**Contact:** Gordana Spirovska: 02 4229 7566

**Event by:** Multicultural Communities Council of Illawarra



# TRADITIONAL GREEK LUNCHEON

## ΚΑΛΟΣΩΡΙΣΑΤΕ - WELCOME

Bring your appetite and sense of fun to this luncheon. There will be delicious Greek food and entertainment.

**Date:** Tuesday 10 April

**Time:** 11am - 2pm

**Cost:** \$20

**Venue:** Wollongong Hellenic Club  
57 Princes Highway, West Wollongong

**Capacity:** 150

**RSVP:** Tuesday 3 April

**Contact:** Benetta Tambakis: 02 4228 1609 or 0419 617 403

**Event by:** GWC Community Services



## AFTERNOON DELIGHT

A wonderful afternoon event for lesbian, gay, bisexual, transgender and intersex seniors and their friends. Enjoy a screening of a feature film and selection of short films followed by a delicious afternoon tea, networking and access to local community health information.

**Date:** Saturday 29 April

**Time:** 2pm - 4.30pm

**Cost:** Free (Gold coin donation appreciated)

**Venue:** The Roo Theatre Company  
Cnr Addison & Wentworth Streets, Shellharbour

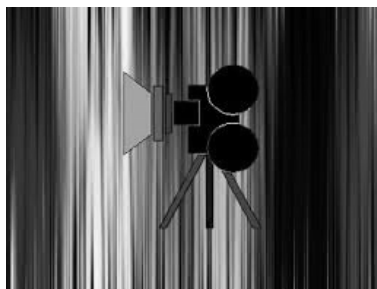
**Capacity:** 100

**RSVP:** 13 April

**Contact:** John Casey: 02 9206 2113

**Details:** Indoors - no wet weather alternative required.

**Event by:** ACON



# BELLY DANCE FOR SENIORS FUN AND FITNESS

Be creative, be inspired, be active. Cinnamon Twist Belly Dance is holding a belly dance class for women. Wondering what to expect? A low-impact informative beginner dance class with Virginia in a warm and friendly atmosphere, with the great company of other women and a good dose of laughter!

- Date:** Wednesday 11 April
- Time:** 6pm - 7pm
- Cost:** \$6
- Venue:** 3/6 Kenny Street, Wollongong
- Capacity:** 20
- RSVP:** 10 April (*Walk-ins welcome*)
- Contact:** Virginia: 02 4226 1861
- Details:** Wear comfortable loose clothing
- Event by:** Cinnamon Twist Belly Dance



# MACEDONIAN MERRY SENIORS

Celebration of Seniors Festival with Macedonian music, dance and a traditional meal.

**Date:** Thursday 12 April

**Time:** 10am - 2pm

**Cost:** \$20

**Venue:** Port Kembla Senior Citizens Centre  
Allan Street, Port Kembla

**Capacity:** 120

**RSVP:** 5 April

**Contact:** 02 4275 2266

**Event by:** Macedonian Welfare Association of NSW Inc



## Would you like to hold an event in 2019?

An invitation is extended to any person, group or organisation wishing to promote a Seniors Festival activity/event in the Seniors Festival Program of Events in 2019.

To register your interest please email  
[seniorsweek@wollongong.nsw.gov.au](mailto:seniorsweek@wollongong.nsw.gov.au)

## FEEDBACK

We are keen to hear from you about your experience of the Seniors Festival.

If you would like to provide your thoughts please complete the feedback form or phone 02 4227 7238 or email  
[seniorsweek@wollongong.nsw.gov.au](mailto:seniorsweek@wollongong.nsw.gov.au)

## FEEDBACK FORM

How did you hear about the Seniors Festival?

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Name of event/activity attended?

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What did you like about this event/activity?

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Why did you choose to participate in this event/activity?

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What would you like to see improved?

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## FEEDBACK FORM

What other events would you like to see at the Seniors Festival?

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Your Age:                       Male     Female    Postcode

Do you identify as Aboriginal or Torres Strait Islander?

Yes     No

Are you from a culturally or linguistically diverse background?

Yes     No

Do you have a disability?

Difficulty seeing       Difficulty hearing       Difficulty walking

Other - Please specify \_\_\_\_\_

Thank you for taking the time to complete this feedback form.

Please post or email form to:

Seniors Festival Project Officer  
Community, Cultural & Economic Development  
Wollongong City Council  
Locked Bag 8821  
WOLLONGONG NSW 2500

Email: [seniorsweek@wollongong.nsw.gov.au](mailto:seniorsweek@wollongong.nsw.gov.au)



## **Acknowledgements & Disclaimer**

Wollongong City Council would like to thank all who contributed to the production of the booklet. Every effort has been taken in the preparation of this booklet, however no responsibility is accepted for loss, damage or inconvenience that may result from its use.

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*“Let’s do more together”*

[www.wollongong.nsw.gov.au/seniorsfestival](http://www.wollongong.nsw.gov.au/seniorsfestival)

Image:

**John Parker.**

**John is a member of the Illawarra Woodworkers Group.  
The group’s aim is to promote fine craftsmanship and maintain  
the traditional skills of working with timber.**

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