



NSW
SENIORS
FESTIVAL

13 - 24 FEBRUARY 2019

Calendar of Events



Conditions:

- The information in this brochure is correct at the time of printing.
- Events are free during the Festival unless otherwise specified.
- Please confirm details with event organisers.



Events that have this symbol after the title of the events are events hosted specifically for the Seniors Festival. Many of the other events are regular events that you are also welcome to attend outside of the festival. Costs may apply.



Events with this symbol require bookings. Contact details are provided.

Welcome to Seniors Festival 2019



Shellharbour City will celebrate the 2019 Seniors Festival with a comprehensive and exciting program of activities and events.

I encourage all senior residents to be part of this special event and take advantage of the experiences on offer.

The event calendar is packed with activities including art and craft displays, film screenings, exclusive movie and swim deals, tai chi, multicultural fiesta and luncheon.

There is also a trivia challenge, fashion parade, dancing demonstrations, indoor bowls, travel tips, 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. Be sure to experience this special event which has been planned just for you!

Best wishes,

A handwritten signature in black ink that reads "Marianne Saliba".

Cr Marianne Saliba,
Mayor, Shellharbour City

Monday 4 February

DOWNTOWN BOUTIQUE FASHION PARADE

SF

Fashion from Downtown Boutique Warilla.

- Where:** Warrigal Warilla
1 Arcadia Street, Warilla
- Time:** 10:00am to 11:30am
- Cost:** \$6.00 includes Devonshire Tea
- RSVP:** Monday 28 January
- Contact:** Sandra 4296 2975

Wednesday 6 February

HEALTH AND WELLBEING EXPO and OFFICIAL LAUNCH

B SF

Be informed, be entertained, and be inspired. The expo will feature an exercise session, guest speakers and stallholders covering health, lifestyle, aged services and much more.

- Where:** Shellharbour Civic Centre Auditorium
76 Cygnet Ave,
Shellharbour City Centre
- Time:** 9:00am to 12:30pm
- RSVP:** Monday 4 February
- Contact:** Narelle 4221 6007

Additional information:

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

Be informed, be entertained and be inspired



SENIORS FESTIVAL

*Health &
Wellbeing*
EXPO

Wednesday 6 February 2019

9.30am - 12.30pm

(Registration from 9am)

Shellharbour Civic Centre

76 Cygnet Avenue,
Shellharbour City Centre

Over 20 stallholders covering
aspects of healthy ageing

Guest speakers and light
exercise session

Free morning tea provided

Free undercover parking available
- entry off Cygnet Avenue



**RSVP by Monday 4 February 2019
to Community Connections on 4221 6007**

 **Shellharbour**
CITY COUNCIL

Thursday 7, 14, 21, 28 February and 7 March

OAK FLATS LIBRARY KNITTERS

Do you love to knit and crochet? Would you like some help to learn the basics? Bring your wool and needles and come along to our weekly knitting group and come along and chat whilst you create.

Where: Oak Flats Library
Central Avenue, Oak Flats

Time: 10:00am to 1:00pm

Contact: Oak Flats Library 4256 3772

Friday 8 February

TOUR OF WARRIGAL SHELL COVE



Warrigal is about creating inspiring communities for older people. Experience how we do this at Warrigal Shell Cove with a tour of our flagship facility. Enjoy a complimentary coffee at Pippi's Café and see for yourself how we enable older people to have great lives!

Where: Warrigal Shell Cove
50 Harbour Boulevard, Shell Cove

Time: 10:30am

RSVP: Wednesday 6 February

Contact: communityrelations@warrigal.com.au
or call WARRIGAL 1800
(1800 927 744)

Numbers are limited to 20 so book early

Friday 8, 15, 22 February and 1 March

PLAIN AND PURL

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

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 10:00am to 12:00pm

Contact: City Library 4221 6222

Sunday 10 February

RAILWAYS OF YESTERYEAR

SF

Come along for a train ride and tour through the Illawarra Light Railway Museum Society. Our open days are steam or diesel train rides and miniature rides (fees apply). The Tramway Dining car will be opened for light refreshments. There is free entry into the museum grounds and free usage of the picnic grounds.

Where: Illawarra Light Railway Museum Society
48A Tongarra Road,
Albion Park Rail

Time: 10:00am to 3:00pm

Cost: Fees apply for Train Rides

Contact: The Illawarra Light Railway Museum
4256 5627. After hours 0401 753 555.

Monday 11 February

COMMUNITY BINGO AT WARRIGAL SHELL COVE



Join us for morning tea, bingo games and lunch!
A wonderful way to socialise with others in the community.

- Where:** Warrigal Shell Cove
50 Harbour Boulevard, Shell Cove
- Time:** 10:30am
- Cost:** Free morning tea and bingo.
Lunch will be available from \$6.00
- RSVP:** To Concierge desk on 4211 0200
Please order lunch on RSVP if you
will be staying for lunch. Lunch will be
available from 12:45pm

Tuesday 12 February

INTERGENERATIONAL SPEED TALKING



An interactive intergenerational chat between seniors and younger persons to get to know each other and provide a brief summary of their conversation.

- Where:** 1-5 Miller Street, Coniston
(at the back of ITEC Building)
- Time:** 10:00am to 12:00pm
- Contact:** Gordana 0411 086 482
gordana@mcci.org.au

Tuesday 12 February

HEALTHY SKIN



Your skin changes as you age and is less able to protect and heal itself. Learn how to improve and maintain your skin health.

Where: Warilla Library
Lake Entrance Road, Warilla

Time: 10:30am to 11:30am

RSVP: **Bookings essential**
Warilla Library 4297 2522
Book Online at
libraries.shellharbour.nsw.gov.au

Part of Bolton Clarke's Be Healthy and Active program.

Tuesday 12 February

CRAFTERNOON – MAKING FABRIC YO-YOs



Learn how easy it is to make pretty fabric yo-yos, then use these to decorate a handy library bag.

Where: Warilla Library
Lake Entrance Road, Warilla

Time: 1:00pm to 2:30pm

RSVP: **Bookings essential**
Warilla Library 4297 2522
Book Online at
libraries.shellharbour.nsw.gov.au

Wednesday 13 and 20 February

BUSH DANCE TASTER

Dancing is good for you mentally, physically and socially. Apart from that, we have a great time and lots of laughs every week.

Come at 7:00pm for a quick dance lesson, or join us at 7:30pm for the regular bush dance. All dances are walked through and called. No partner needed. Supper supplied.

Where: Wongawilli Community Hall
Wongawilli Road, Wongawilli
(just west of Dapto)

Time: 7:00pm to 9:30pm

Cost: \$4

Contact: Cris Terry 0404 667 614
happyeyes3333@gmail.com

Wear smart casual clothes and comfortable shoes that aren't too grippy.

Wednesday 13 – Sunday 24 February

CINEBUZZ REWARDS FOR SENIORS OVER 60

Earn free movies, discount movies, access to advance screenings, bonus points for booking online. Join today www.eventcinemas.com.au

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

Time: All movies

Cost: From \$10.00* (plus online booking fee)* Price is subject to change
Not valid after 5pm on Saturday

Contact: 4221 7222 or
Illawarra_bookings@evt.com

Wednesday 13 - Sunday 24 February

SENIORS SPLASH OAK FLATS

SF

Shellharbour pools will be free for people over the age of 60 during the Seniors Festival. Come along and have a paddle, a swim, wade, or just float on your back.

This includes Aqua Aerobics at Albion Park and Oak Flats pools. Contact 4256 0752 for details.

Albion Park Pool: Russell Street, Albion Park
4256 3744

Oak Flats Pool: Kingston Street, Oak Flats
4256 1362

Warilla Pool: Benaud Crescent, Warilla
4296 2141

Beverley Whitfield Pool: John Street,
Shellharbour

A chair lift and portable steps are available to assist with entry into Oak Flats pool. Speak to lifeguards on duty for more information.

Seniors Swim for free



Wednesday 13 February - Sunday 24 February 2019

Shellharbour City Council's pools will be open free for residents over the age of 50 during the official 2019 Seniors Festival period.



Shellharbour City Pools

Albion Park Pool	Russell Street Albion Park, 4256 3744	OPEN 6am - 6pm
Oak Flats Pool	Kingston Street Oak Flats, 4256 1362	OPEN 6am - 7pm
Warilla Pool	Benaud Crescent, Warilla, 4296 2141	OPEN 6am - 6pm
Beverley Whitfield Pool	John Street, Shellharbour (Patrolled 9.30am - 5pm on weekends)	

www.shellharbour.nsw.gov.au



Wednesday 13 February

50's STYLE ROCK AND ROLL SHOW



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: Oak Flats Library
Central Avenue, Oak Flats

Time: 11:00am to 12:00pm

Contact: **Bookings essential**
Oak Flats Library
4256 3772

Wednesday 13 February

OAK FLATS PAINTING DISPLAY

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

Time: 9:00am to 12:00pm

Contact: George 4296 1802

Visitors welcome at any time. Morning tea provided.

Wednesday 13 February

GETTING STARTED WITH YOUR DIGITAL LIBRARY



Join us for an introduction to eBooks, eAudiobooks, Movies and so much more!

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 11:00am to 12:00pm

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Wednesday 13 February

OAK FLATS LINE DANCING DISPLAY

Visitors welcome at any time. 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 14 - Monday 25 February

THE AUSTRALIAN HEARING BUS IS COMING TO TOWN

SF

The Australian Hearing Community Hearing Advisors will be on board the Hearing Bus to provide hearing checks and discuss any hearing concerns.

No bookings are required, just turn up on the day.

Date: Thursday 14 February
Where: Kiama Leisure Centre
1 Havilah Place, Kiama
Time: 8:00am to 2:00pm

Date: Thursday 21 February
Where: The Shellharbour Club
Cnr Wattle & Shellharbour Roads,
Shellharbour
Time: 10:00am to 3:00pm

Date: Friday 22 February
Where: Warilla Bowls and Recreation Club
Jason Avenue, Barrack Heights
Time: 9:00am to 2:00pm

Date: Monday 25 February
Where: Kevin Walsh Oval
Carpark off Churchill Street, Jamberoo
Time: 9:00am to 1:00pm

Contact: Tania Aleckson
on 0407 331 965 or 4260 0400
or tania.aleckson@hearing.com.au

Thursday 14 February

LIVING LIFE - OAK FLATS HANDICRAFT DISPLAY

Visitors welcome at any time. Morning tea provided.

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

Time: 9:30am to 12:00pm

Contact: Margaret 4256 0019

Thursday 14 February

LIBRARY LOVERS DAY



Celebrate Library Lovers Day with Author Lyn Behan, Author of *The Men and the Medium*. A dramatic historical romance based on a true story, the life of Lily Bancroft, a spiritualist medium and healer.

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 10:30am to 12:00pm

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Books available for purchase and signing.

Thursday 14 February

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
Lake Entrance Road, Warilla

Time: 1:00pm to 3:00pm

Contact: Warilla Library 4297 2522

Thursday 14 February

LIVING LIFE - OAK FLATS TAI CHI DISPLAY

Display by local seniors. Morning tea provided.

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

Time: 10:00am to 11:00am

Contact: Anne 4284 3017

Friday 15 and 22 February

AEROBICS WITH SYLVIA RICE

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

Where: Warilla Senior Citizens Centre
Benaud Crescent, Warilla

Time: 9:40am to 10:45am

Contact: 4296 8276

Friday 15 February

UNDERSTANDING CHRONIC PAIN



Get the facts and discover how to manage your pain with Maree from the Illawarra Shoalhaven Chronic Pain Service.

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 10:00am to 12:00pm

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Saturday 16 February

LIVING LIFE - OAK FLATS NEW VOGUE DANCING DISPLAY

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

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

Time: 10:00am to 2:00pm

Contact: Betty 4256 2771

Monday 18 - Thursday 21 February

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 or contact Joan on 4256 3800 or Margaret on 4261 8452.

Date: Monday 18 February

Where: Heining House Ribbonwood Centre
Princes Highway, Dapto

Time: 9:30am to 10:30am

- Date:** Tuesday 19 February
Where: Heininger House Ribbonwood Centre
Princes Highway, Dapto
Time: 6:00pm to 7:00pm
- Date:** Wednesday 20 February
Where: Pioneer Hall
84 Church Street, Wollongong
Time: 9:30am to 10:30am
- Date:** Thursday 21 February
Where: Albion Park Community Centre
Russell Street, Albion Park
Time: 1:00pm to 2:00pm
Contact: Fay 4284 1109

Monday 18 February and Monday 4 March

FAMILY HISTORY HELP!

We can help you with your family history searches using online and library resources. Our free interactive “hands on” sessions take place twice a month.

- Where:** City Library
Cygnet Ave, Shellharbour City Centre
Time: 10:00am to 12:00pm
Contact: City Library 4221 6222

Monday 18 February

STORYTIME FOR GRANDPARENTS and PARENTS

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

- Where:** Oak Flats Library
Central Avenue, Oak Flats
- Time:** 11:00am to 12:00pm
- Contact:** Oak Flats Library 4256 3772
-

Monday 18 February

OAK FLATS LINE DANCING DISPLAY

Visitors welcome at any time. A morning tea provided.

- Where:** Oak Flats Senior Citizens Club
43-45 Griffiths Street, Oak Flats
- Time:** 9:30am to 12.30pm
- Contact:** Coleen 4256 2771
-

Monday 18 February

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 18 and 25 February

AEROBICS WITH SYLVIA RICE

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

Where: Warilla Senior Citizens Centre
Benaud Crescent, Warilla
Time: 1:45pm to 2:45pm
Contact: 4296 8276

Monday 18 February

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 18 February

WOMEN'S HEALTH AND WELLNESS FORUM



Hear from guest speakers from NSW Health, Heart Health, and NSW Ambulance Service on what to do in an emergency. Also includes a heart and soul exercise session.

Where: Albion Park Rail Neighbourhood Centre

Ash Avenue, Albion Park Rail

Time: 10:00am to 12:00pm

Contact: Danna 4256 4404

Monday 18 February

FACEBOOK FOR BEGINNERS



Learn how to set up, create a profile and connect to family and friends.

Where: Warilla Library
Lake Entrance Road, Warilla

Time: 1:00pm to 3:00pm

Contact: **Bookings essential**
Warilla Library 4297 2522
Book Online at
libraries.shellharbour.nsw.gov.au

Monday 18 February

ART EXHIBITION

Showing of the art works painted by the art class members.

Where: Warilla Senior Citizens Centre
Benaud Crescent, Warilla

Time: 9:30am to 11:30am

Contact: 4296 8276

Tuesday 19 February

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

Visitors welcome at any time. Tea or coffee provided.

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

Time: 10:00am to 3:00pm

Contact: 4256 2771

Tuesday 19 February

AGED CARE PLANNING WITH IRT



Hear from experts in the aged care industry and get advice about planning for your future.

Where: The Shellharbour Club
Cnr Wattle & Shellharbour Roads,
Shellharbour

Time: 10:00am to 12:00pm

RSVP: Friday 15 February
Contact: 134 478

Tuesday 19 and 26 February

SHELLHARBOUR CITY U3A

We meet every Tuesday and have guest speakers 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

Tuesday 19 February

STORYTIME FOR GRANDPARENTS and PARENTS

Grandparents and parents are invited to a special Grandparent themed story time.

Where: Albion Park Library
Russell Street, Albion Park

Time: 11:00am

Contact: Albion Park Library 4256 2001

Tuesday 19 February

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
Central Avenue, Oak Flats

Time: 1:00pm to 2:00pm

Contact: **Bookings essential**
Oak Flats 4256 3772
Book Online at
libraries.shellharbour.nsw.gov.au

Tuesday 19 February

WALKING SOCCER



Easy, fun and relaxing activity led by a professional soccer trainer. Refreshments provided.

Where: Wollongong Indoor Sports Centre
69 Montague Street, North Wollongong

Time: 10:00am to 12:00pm

RSVP: Friday 15 February

Contact: Gordana 0411 086 482
gordana@mcci.org.au

Tuesday 19 February

IT's SHOWTIME MOVIE SCREENING



Join us for Morning “Tea with the Dames”. A unique celebration of the lives and careers of four special friends who are our most iconic actresses; Dame Eileen Atkins, Dame Judi Dench, Dame Joan Plowright and Dame Maggie Smith. Together, they’re 342 years old. They’re in their seventh decade, funny, smart, sharp, tearful, clever, gorgeous, old and unbelievably young!

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 10:00am to 12:00pm

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Wednesday 20 February

UNDERSTANDING DEMENTIA



Bolton Clarke provides insights to help you understand what dementia is and how to provide support to someone who has dementia.

Where: Oak Flats Library
Central Avenue, Oak Flats

Time: 10:00am to 12:00pm

Contact: **Bookings essential**
Oak Flats Library 4256 3772

Wednesday 20 February

STORYTIME FOR GRANDPARENTS AND PARENTS

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

Where: Warilla Library
Lake Entrance Road, Warilla

Time: 11:00am

Contact: Warilla Library 4297 2522

Wednesday 20 February

INFORMATION SESSION FOR CALD SENIORS



The session will include information on three topics:

- Planning ahead
- Elder abuse
- An active and healthy initiative.

The session will end with simple and easy trivia questions. Refreshments provided.

Where: Fairy Meadow Community Hall
Guest Park Princes Highway,
Fairy Meadow

Time: 2:00pm to 4:00pm

Contact: Gordana 0411 086 482
gordana@mcci.org.au

Thursday 21 February

UNDERSTANDING DEMENTIA



Bolton Clarke provides insights to help you understand what dementia is and how to provide support to someone who has dementia.

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 10:00am to 12:00pm

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Thursday 21 February

STORYTIME FOR GRANDPARENTS and PARENTS

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

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 11:00am

Contact: City Library 4221 6222

Thursday 21 February

2019 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 1:00pm,
Competition 1:30pm to 4.30pm

Cost: \$7.00 per person, includes afternoon tea

RSVP: Registrations close
Monday 18 February

Contact: Kiama teams to contact
Anne on 4232 0448
Shellharbour teams and U3A teams to
contact Narelle on 4221 6007



2019 SENIORS TRIVIA FESTIVAL

Shellharbour Vs Kiama

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

When: Thursday 21 February

Where: Shellharbour Civic Centre Auditorium
76 Cygnet Avenue, Shellharbour Civic Centre
Free undercover parking available - entry off Cygnet Avenue

Time: Registration from 1pm | Competition 1:30pm - 4:30pm

Cost: \$7.00 per person, afternoon tea provided

- Participants must be over 50 • Maximum 6 people per team
 - Limit of 6 teams per local government area
- Single nominations will be added to teams where numbers allow

Registrations close Monday 18 February 2019

Kiama teams - contact Anne on 4232 0448
Shellharbour teams - contact Narelle on 4221 6007

Friday 22 February

MULTICULTURAL LUNCH and EXPO



Seniors from all cultural backgrounds are welcome to attend the multicultural seniors gathering to enjoy interactive entertainment, music, food and traditional dancers. Information and resources for seniors' wellbeing will also be available on the day.

- Where:** The Shellharbour Club
Cnr Wattle & Shellharbour Roads,
Shellharbour
- Time:** 10:00am to 2:00pm
- Cost:** \$25 per person
- RSVP:** Friday 15 February
- Contact:** Gordana 0411 086 482
gordana@mcci.org.au

Friday 22 February

STORYTIME FOR GRANDPARENTS and PARENTS

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

- Where:** Shellharbour Village Exhibition Space
Wentworth Street, Shellharbour
- Time:** 11:00am
- Contact:** Shellharbour Library 4295 1178

Friday 22 February

CHAIR YOGA



Yoga is an excellent way for older adults to loosen and stretch painful muscles, reduce stress, and improve circulation. Join us for a chair yoga session and meditation with qualified Yoga Instructor Tracey.

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 10:00am to 10:45am

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Friday 22 February

IT'S SHOWTIME MOVIE SCREENING



Join us for an afternoon at the movies: A Star is Born – A musician helps a young singer and actress find fame, even as age and alcoholism send his career in a downward spiral with Lady Gaga and Bradley Cooper.

Where: Warilla Library
Lake Entrance Road, Warilla

Time: 1:00pm to 3:00pm

Contact: **Bookings essential**
Warilla Library 4297 2522
Book Online at
libraries.shellharbour.nsw.gov.au

Friday 22 February

BOOT SCOOTIN' LINE DANCING



Join us for some boot scootin' fun with a demonstration of line dancing and the opportunity to participate and learn some line dancing moves.

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 1:30pm to 2:30pm

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Saturday 23 February

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: 10:15am to 2:00pm

Cost: Gold coin donation for BBQ

RSVP: Wednesday 20 February

Contact: Helen Bent 0403 844 880
0417 066 945
bented@iprimus.com.au
illawarradragonboaters@7mail.com

Additional information:

Participants must:

- Be able to get in and out of the boat.
- Wear suitable clothing, rashies, board shorts, sun hat, sun screen, aqua shoes or old sneakers
- Bring a change of clothes
- Paddles, jackets and coaching are provided.

In the event of bad weather, the event will be cancelled but please call organisers to confirm.

Saturday 23 February

STORYTIME FOR GRANDPARENTS and PARENTS

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

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 11:00am

Contact: City Library 4221 6222

Monday 25 February

MY AGED CARE WITH BOLTON CLARKE

Find out about My Aged Care and how to access it. Case Managers from Bolton Clarke will be available after the session to answer individual enquiries.

Where: Shellharbour Civic Centre
Cygnet Ave, Shellharbour City Centre

Time: 10:00am to 11:00am (information session)
11:30am to 1:00pm (individual sessions with Case Managers)

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Tuesday 26 February

HEALTHY BRAIN: HEALTHY BODY



Happy people live longer, have stronger immune systems and have improved coping skills

Learn how to experience happiness and satisfaction at any age.

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 10:30am to 11:30am

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Tuesday 26 February

BRAIN TRAINING



Come along and enjoy some fun activities designed to keep your mind active and assist with mental health and wellbeing.

Master Join the Dots, Spot the Objects, Decode messages, Non-dominant hand activities, and Word and Number games. Come along to check out the Marble run.

What a great way to stay involved and be exposed to books, learning, and keep your brains active. We'd love to make this a regular event.

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 12:00pm to 1:00pm

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Wednesday 27 February

MACRAME MAKE IT ... TAKE IT



Get crafty and join us for a Macramé, make it... take it session. Have knots of fun!

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 10:00am to 11:30am

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Wednesday 27 February

AGED PENSION YOUR CHOICES



Presented by representatives from Human Services the seminar will cover income and assets tests, deeming investments, concession issues and tax issues and your retirement choices.

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 2:00pm to 3:30pm

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Wednesday 27 February

UNDERSTANDING SUPERANNUATION



Presented by representatives from Human Services the seminar will cover how superannuation works, who can contribute, accumulations and options within funds, access to superannuation.

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 5:30pm to 7:00pm

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Thursday 28 February

MAINTAINING YOUR INDEPENDENCE



Learn techniques to reduce your risk and fear of falls with Amy from the WildMANNgroup

Where: Shellharbour Civic Centre
Cygnet Ave, Shellharbour City Centre

Time: 10:00am to 11:00am

RSVP: Monday 25 February

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Saturday 2 March

AUTHOR TALKS SERIES...SANDIE DOCKER B SF

Join author of *The Kookaburra Creek Café*, Sandie Docker as she shares about her newly released novel *The Cottage at Rosella Cove*. Incredibly heart-warming, *The Cottage at Rosella Cove* is a poignant exploration of a touching friendship that crosses generations, of community and of finding your family.

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 1:00pm to 3:00pm

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Monday 4 March

STIR IT UP! B SF

Promoting good food and healthy eating for One. Join us for a recipe and cooking demonstration and re-energise your interest in cooking for one. Taste test some of the ideas and recipes.

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 1:30pm to 2:30pm

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Tuesday 5 March

BEHIND THE WHEEL : SENIOR DRIVERS



Find out what senior drivers need to know about the licensing system at 75 and 85 years. Learn about the practical driving test and how you can pass with flying colours.

Presented by qualified driving instructor Peter from Horsley Driving School.

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 10:00am to 12:00pm

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Wednesday 6 March

FEISTY, FABULOUS AND 50+



Author Talk Series ... Julie Ankers

Meet Julie Ankers, author of *Feisty, Fabulous and 50+* a collection of 21 “warts and all” autobiographical stories of women navigating their way through their 50s and beyond. Her latest book *Call me Frank* has 20 stories of men over 50, telling it like it is...

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 12:30pm to 2:00pm

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Wednesday 6 March

FUN WITH FEATHERS



Learn to strut your sassy stuff in a relaxed, fun atmosphere where the emphasis will be on expressing yourself with gloves and boas and feeling fabulous. Gloves and boas provided.

Author, Julie Ankers, will be joining us for some 50+ fun and confidence-building.

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 2:00pm to 2:30pm

Contact: **Bookings essential**
City Library 4221 6222
Book Online at
libraries.shellharbour.nsw.gov.au

Thursday 7 March

SENIORS BY THE SEA



Join us for a free BBQ. Enjoy the entertainment and be informed by a range of stallholders.

Where: Grassed area at Waterfront Town Centre
Harbour Boulevard, Shell Cove

Time: 10:30am to 1:00pm

RSVP: Wednesday 6 February

Contact: 1800 WARRIGAL (1800 927 744)

FEEDBACK FORM

Did you enjoy the 2019 Seniors Festival?

We hope that you have enjoyed the activities during the Seniors Festival 2019.

To help us plan for Seniors Festival 2020, please use this page to tell us what you particularly enjoyed about Seniors Festival 2019, 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

or email narelle.williams@shellharbour.nsw.gov.au

Things I liked about Seniors Festival 2019

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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 Festivals

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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

www.shellharbour.nsw.gov.au



Love your life!