

CHAT 2025 LINK

FOR
55+



Come along and meet new people, have a chat with services and try something new in a location near you.



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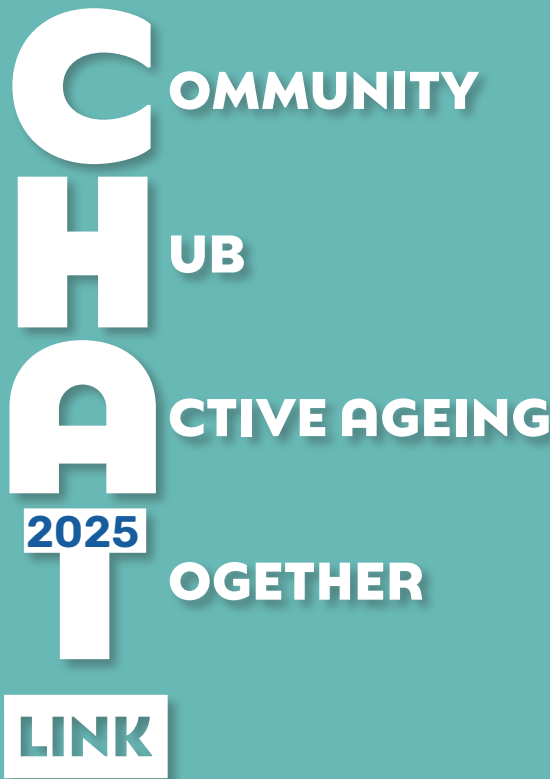
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Stay Secure Online

For more information contact 02 4645 5009
or visit <https://bit.ly/CHATlinkCamden>



SECTION 1: CHAT LINK PROGRAM

CHAT Link (formerly Café Connect) is hosted at various locations throughout the Camden local government area (LGA). This program invites individuals to take part in a range of social activities, including arts, culture, technology workshops, health and wellbeing initiatives, and community events.

CHAT Link serves as a comprehensive resource hub, offering information about health, social programs, and available services in a variety of formats. It provides guidance on how to access and connect with these services.

In addition, we will feature services offering information at our larger events, as well as hosting regular pop-up service information sessions at our three libraries.

Lisa Grimson, Community Project Officer (Ageing and Disability)
access.mailbox@camden.nsw.gov.au or contact 4645 5009 for further information.

STEPPING ON PROGRAM

A 7-week face to face program to help you stay independent as you learn how to reduce the risk of falling. Offering weekly 2-hour sessions delivered across the Camden LGA. This program includes talks from experts on falls prevention topics and gentle group exercise to improve balance. For further information or to book please call 1300 978 264 or scan the QR code to register.



31 January to 14 March



10am to 12pm



Narellan Library
Iron Bark Room
Cnr Elyard and Queen Streets, Narellan



24 February to 7 April



10am to 12pm



Oran Park Library
Sandown Room
72 Central Ave, Oran Park



18 March to 29 April



10am to 12pm



Spring Farm Community Centre
Richardson Road, Spring Farm



GENTLE YOGA AND MINDFUL MOMENT SESSION

Move your body gently to relax your mind. This session is a great way to learn relaxation techniques you can use at home. You are welcome to bring a mat, towel or use a chair provided.

 Wednesday 5 March

 11-11.45am

 Spring Farm Community Centre
Richardson Road, Spring Farm

 Free

 Bookings: <https://bit.ly/CHAT-Link-Gentle-Yoga-and-Mindful-Moment-Session>



Book your
spot from
5 February




LINE DANCING

It's your time to shine!

Grab some boots and kick up your heels by learning how to hop, skip and shuffle your way through fun line dances.

 Thursday 6 March

 11am-12pm

 Oran Park Library
Sandown Room
72 Central Ave, Oran Park

 Booking: <https://library.camden.nsw.gov.au/events/>
or call 4653 3102

 Free

FREE
REGISTRATION
BOOKINGS
REQUIRED



"TOGETHER WE SHINE" HEALTH & WELLBEING EXPO AND ACTIVITIES

Offers a great range of health and wellbeing information from local services and community groups featuring great activities to participate in, including:

- Pamper products & heathy blends workshops
- Personal styling and colour matching sessions
- Massage sessions
- Gentle exercise and breathing activities
- Catering and refreshments will be offered throughout the day.



Thursday 13 March



11am to 2pm



Julia Reserve Community Centre,
Peter Brock Drive, Oran Park



Bookings: <https://bit.ly/CHAT-Link-Together-we-Shine-Expo>



**FREE
EVENT**



CAMDEN MULTICULTURAL MARKETS: Food & Music Edition

Experience different cultures from around the world with a range of food and drink options and cultural performances.



Friday 14 March



6-9pm



Narellan Library Forecourt,
Cnr Elyard and Queen Streets, Narellan



Free



FORGET-ME-NOT CONCERT

This concert is designed for people living with dementia who would benefit from a more relaxed concert environment. Music is a great way to kick start the brain and unlock memories. Carers and family members of people living with dementia are also invited to attend. Enjoy a great Café Connect lunch, have a chat with services and find out what is on offer Camden! Group bookings are welcome.

 Wednesday 19 March

 11am-1pm

 Julia Reserve Community Centre,
Peter Brock Drive, Oran Park

 Free

 Bookings: <https://bit.ly/CHAT-Link-Forget-Me-Not-Concert>




COPING WITH RISING ENERGY BILLS WORKSHOP

Electricity bill basics and using energy comparison made easy.

- Understanding the biggest energy users in your home and how to improve the efficiency of your appliances.
- An introduction to the 'One-Room Strategy', an approach to keeping one room comfortable in very cold or hot winter or summer days.
- Budget-friendly tips for a comfortable home.

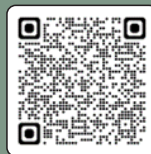
Participants are encouraged to bring an energy bill with them to the session.

 Friday 21 March

 10.30am-12pm

 Narellan Library Digital Space
Cnr Elyard and Queen Streets, Narellan
Followed by Lunch in the Iron Bark Room

 Bookings: <https://bit.ly/CHAT-Link-Coping-with-rising-energy-bills-workshop>



**Book your
spot from
21 Feb**

HARMONY DAY COMMUNITY BBQ

Come along to our FREE Community BBQ to connect with your neighbours and celebrate Harmony Day.



Friday 21 March



3-5.30pm



Curry Reserve,
Camden Valley Way, Elderslie



Free



TRIVIA TIME

Get those thinking caps on and join us for some fun games of trivia. There are great prizes to be won. Come along and join a table or bring a friend. Group bookings are also welcome.

Following trivia, there will be food, refreshments and services to have a chat to and find out what is on offer in Camden.



Thursday 10 April



10-11.30am

11.45am to 12.30pm lunch and service information



Oran Park Library
Sandown Rooms
72 Central Avenue, Oran Park



Cost: Free



Bookings: <https://bit.ly/CHAT-Link-Trivia-Time-10-Apr>



**Book your
spot from
10 March**


ROAD SAFETY WORKSHOP

Do you find the road rules confusing? Are you concerned about your safety? In partnership with NSW Police, this workshop will look at aspects of road, pedestrian, and personal safety, as well as licencing conditions when ageing. Come along and gain more information on keeping yourself safe.

Lunch provided following workshop.

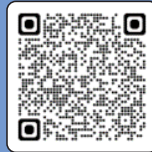
 Tuesday 6 May

 10-11.30am

 Oran Park Library
Sandown Rooms
72 Central Avenue, Oran Park

 Free

 Bookings: <https://bit.ly/CHAT-Link-Road-Safety-Workshop>



**Book your
spot from
7 April**

CPR TRAINING

This 2-hour session will provide you with information and step by step guidance in CPR training including:

- Reasons someone collapses
- Assessing danger at the scene
- Checking for responsiveness
- How to read the signs of life
- Providing rescue breaths
- Caring for someone after CPR
- Administering cardiopulmonary resuscitation (CPR)
- An introduction to defibrillation

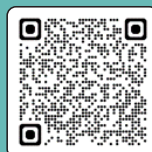
 Wednesday 18 June

 10.30am-12pm

 Narellan Library Digital Space
Cnr Ellyard and Queen Street, Narellan

 Free

 Bookings: <https://bit.ly/CHAT-Link-CPR-Training-Session-18-June>



**Book your
spot from
19 May**

ABORIGINAL ART WORKSHOP

Join our local resident Aboriginal artist, who runs this informative and inspiring First Nation dot art painting class. Learn all about the meaning of Indigenous art and the stories behind each component and compose your own work of art by the end of your class. Take home your very own unique dot art masterpiece and deepen your knowledge and understanding of Indigenous art and culture. No art experience is required. Café lunch provided following workshop.

 Friday 11 July

 10.30 -12pm

 Spring Farm Community Centre,
Richarson Road, Spring Farm

 Free

 Bookings: [https://bit.ly/](https://bit.ly/CHAT-Link-Aboriginal-Art-Workshop)
CHAT-Link-Aboriginal-Art-Workshop



**Book your
spot from
11 June**

CPR TRAINING

This 2-hour session will provide you with information and step by step guidance in CPR training including:

- Reasons someone collapses
- Assessing danger at the scene
- Checking for responsiveness
- How to read the signs of life
- Providing rescue breaths
- Caring for someone after CPR
- Administering cardiopulmonary resuscitation (CPR)
- An introduction to defibrillation

 Wednesday 13 August

 10.30am-12pm

 Narellan Library Digital Space
Cnr Ellyard and Queen Street, Narellan

 Free

 Bookings: [https://bit.ly/CHAT-Link-](https://bit.ly/CHAT-Link-CPR-Training-Session-13-Aug)
CPR-Training-Session-13-Aug




**Book your
spot from
14 July**

TERRARIUM WORKSHOP

Join us for this workshop where participants will get step by step guidance as they learn to create their terrarium to take home.

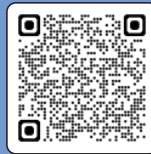
 Tuesday 9 September

 10am-12pm

 Narellan Library - Digital Space,
Cnr Ellyard and Queen Street Narellan

 Free

 Bookings: <https://bit.ly/CHAT-Link-Terrarium-Workshop>



Book your
spot from
11 August


CARERS PAMPER DAY

Come along and join in celebrating Carers Week! This Pamper Day will include massage, relaxation techniques and demonstrations, pamper product workshops and much more.

Enjoy a great lunch, have a chat with services and find out what is on offer in Camden.

 Wednesday 15 October

 11am-2pm

 Camden Civic Centre,
Oxley Street, Camden

 Free

 Bookings: <https://bit.ly/CHAT-Link-Carers-Pamper-Day>



Book your
spot from
15 Sept

GRANDPARENTS DAY

Come along and celebrate Grandparents Day featuring Story Time Theatre and sensory play group for all abilities. There will also be great intergenerational activities, and some exciting and fun giveaways for the kids!

From 11.30 lunch and refreshments offered and services providing the latest information about what is on offer in Camden.



Thursday 23 October



10.30am-1pm



Oran Park Library - Sandown Rooms
72 Central Avenue, Oran Park



Free



Bookings: <https://bit.ly/CHAT-Link-Grandparents-Day>



Book your
spot from
23 Sept

TRIVIA TIME

Get those thinking caps on and join us for some fun games of trivia. There are great prizes to be won. Come along and join a table or bring a friend. Group bookings are also welcome.

Following Trivia there's great food, refreshments and services to have a chat with and find out what is on offer in Camden.



Thursday 13 November



10-11.30am

11.45am to 12.30pm lunch and service information



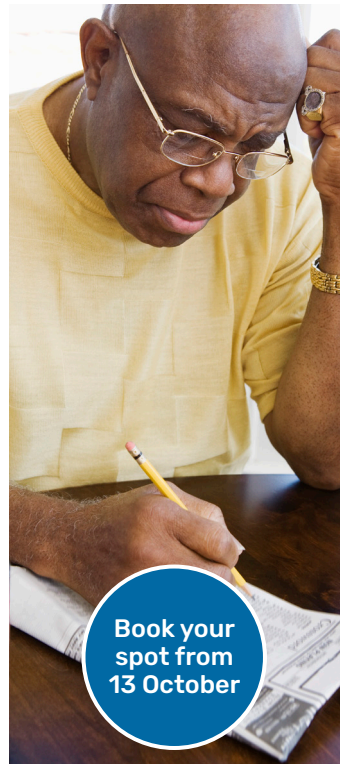
Oran Park Library - Sandown Rooms
72 Central Avenue, Oran Park



Free



Bookings: <https://bit.ly/CHAT-Link-Trivia-Time-13-Nov>



Book your
spot from
13 October

CREATIVE CHRISTMAS WORKSHOP

Join us for this workshop where participants will get step by step guidance as they learn to create their festive feature from natural materials to take home.



Wednesday 3 December



10.30-12.30pm



Narellan Library – Digital Space
Cnr Ellyard and Queen Street, Narellan



Free



Bookings: <https://bit.ly/CHAT-Link-Christmas-Wreath-Workshop>



Book your
spot from
3 November



SECTION 2: HEALTH EDUCATION SESSIONS

Health Promotion, in partnership with Camden Council, are offering Health Education Sessions on various topics and across various locations in Camden.

Light refreshments will be offered after each session.

- 10.30am to 12pm
- Narellan Library Digital Space,
Cnr Elyard and Queen Streets, Narellan

For further information or booking support please contact 4645 5009

ARTHRITIS MANAGEMENT



Monday 17 February

Bookings open: 17 January



Booking: <https://bit.ly/CHAT-Link-Arthritis-Management-Sessions>



DIABETES AWARENESS



Monday 17 March

Bookings open:
Monday 17 February



Booking: <https://bit.ly/CHAT-Link-Diabetes-Awareness-Session>



FALL INJURY



Wednesday 21 May

Bookings open: 21 April



<https://bit.ly/CHAT-Link-Fall-Injury>



MEDICINE MANAGEMENT



Wednesday 23 July

Bookings open:
Monday 23 June



Booking: <https://bit.ly/CHAT-Link-Medicine-Management>



ORAL HEALTH CARE



Wednesday 20 August

Bookings open:
Sunday 20 July



Booking: <https://bit.ly/CHAT-Link-Oral-Health-Session>



HEALTHY BONES & OSTEOPOROSIS



Wednesday 24 September

Bookings open: Sunday 24 August



Booking: <https://bit.ly/CHAT-Link-Healthy-Bone-and-Osteoporosis>



HEALTHY BLADDER AND BOWEL HABITS



Thursday 16 October

Bookings open:
Tuesday 16 September



Booking: <https://bit.ly/CHAT-Link-Healthy-Bladder-and-Bowel-Movements>



STROKE SAFETY



Wednesday 5 November

Bookings open:
Sunday 5 October



Booking: <https://bit.ly/Stroke-Safety-Session>



SECTION 3: SENIORS REFERENCE GROUP EVENT CALENDAR

SENIORS FESTIVAL CELEBRATIONS: SHINE ON 70'S DISCO

Council's Seniors Reference Group invite you to come along and boogie the day away at our retro disco! Our DJ provides an amazing show of retro themed music and plays requests. Dress up in your favourite 70's outfit for a chance to win some great prizes.

Recharge and enjoy grazing platters throughout the day.



Thursday 27 March



11am-2pm



Julia Reserve Community Centre,
Peter Brock Drive, Oran Park



Bookings: <https://bit.ly/CHAT-Link-Time-to-Shine-70s-Disco>



BADGERYS CREEK AIRPORT TRIP

Western Sydney Airport Experience Centre take visitors on a journey to learn about the Airport. The tour provides access to project information, digital engagement and learning opportunities. Located at Luddenham, a stunning backdrop of the airport site provides clear views of the future airfield developing.



Wednesday 25 June



9am-12pm



Pickup 9am from Narellan Library Queen St bus stop outside the medical centre at 9am. The same locations will be the drop off point approximately 12pm.



Bus ticket \$10 per person. A maximum of two tickets per booking.








Bookings: <https://bit.ly/CHAT-Link-Badgerys-Creek-Airport-Tour>



CHRISTMAS IN JULY BUSH DANCE


Dance the day away with the Southern Cross Bush Band. Recharge and enjoy grazing platters throughout the day.

-  Wednesday 2 July
-  11am-2pm
-  Julia Reserve Community Centre,
Peter Brock Drive, Oran Park
-  \$15 Group bookings welcome
-  Bookings: <https://bit.ly/CHAT-Link-Christmas-in-July-Bush-Dance>



BLUE MOUNTAINS BUS TRIP

Let's go on a trip up the mountains, stopping for morning tea along the way! Then head over to Leura to enjoy the gardens and wander through the town at own pace, and a scenic drive back to Camden.

-  Monday 22 September
-  8.30am-5.30pm
-  Pickups are from Camden Sports Club, Cawdor Rd Camden at 8.30am or Narellan Library Queen St bus stop outside the medical centre at 9am. The same locations will be drop off points between 5pm & 5.30pm.
-  Bus ticket \$10 per person. A maximum of two tickets per booking.
-  Bookings: <https://bit.ly/CHAT-Link-Blue-Mountains-Seniors-Bus-Trip>



GLEDSWOOD SPRING HIGH TEA

Come along to the beautiful High Tea at Gledswood Homestead & Winery. Enjoy some great entertainment, a four-course high tea setting with tea and coffee. Other drinks available for purchase at the bar.

 Wednesday 29 October

 11am-2pm

 Gledswood Homestead & Winery
900 Camden Valley Wy, Catherine Field

 \$25 Group bookings welcome

 Bookings: <https://bit.ly/CHAT-Link-Gledswood-Homestead-and-Winery-Spring-High-Tea>





NORTHERN BEACHES BUS TRIP

Let's head off to the Northern Beaches, stopping for morning tea along the way and a great day of sighting to explore what on offer.

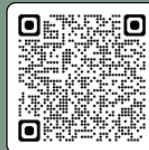
 Wednesday 12 November

 8.30am-5.30pm

 Pickups are from Camden Sports Club, Cawdor Rd Camden at 8.30am or Narellan Library Queen St bus stop outside the medical centre at 9am. The same locations will be drop off points between 5pm & 5.30pm.

 Bus ticket \$10 per person. A maximum of two tickets per booking.

 Bookings: <https://bit.ly/CHAT-Link-Northern-Beaches-Bus-Trip>



CHRISTMAS LUNCH

Enjoy some great entertainment, a two-course meal, tea, coffee and cold drinks.

 Thursday 27 November

 11am-2pm

 Camden Civic Centre,
Oxley Street, Camden

 \$25 Group bookings welcome

 Bookings: <https://bit.ly/CHAT-Link-Christmas-Luncheon>



Book your
spot from
27 Oct



SECTION 4: LIBRARY PROGRAMS

GET TECH HELP FROM THE NEXT GENERATION

Join us for free and personalised assistance with technology.


Our student volunteers can assist with:

- General use of a smartphone or tablet;
- Downloading apps; and
- Organising and sharing files or photos.


No need to book – just drop in.

Bring your own device.

 Tuesdays, 1.30 – 2.30pm

 Narellan Library
Cnr Ellyard and Queen Street
Narellan

 Thursdays, 1.30-2.30pm

 Oran Park Library
72 Central Ave,
Oran Park

For further information, contact
Library staff on 4653 3101.

**During school terms only.*

TECH SAVVY SENIORS



Tech Savvy Seniors is a learning initiative provided as a partnership with Telstra, the NSW Government and State Library of NSW. This program will assist seniors who have limited or no experience in using technology to learn new skills, access information online and stay connected with their family, friends and community.

MODULE	DATE	TIME	LOCATION
Introduction to Computers	4 February 2025	10am-12pm	Narellan Library
Introduction to the Internet - Part 1	11 February 2025	10am-12pm	Narellan Library
Introduction to the Internet - Part 2	18 February 2025	10am-12pm	Narellan Library
Introduction to the Internet - Part 3	25 February 2025	10am-12pm	Narellan Library
Introduction to the Email - Part 1	4 March 2025	10am-12pm	Narellan Library
Introduction to the Email - Part 2	11 March 2025	10am-12pm	Narellan Library
Social Media - Part 1	18 March 2025	10am-12pm	Narellan Library
Social Media - Part 2	18 March 2025	10am-12pm	Narellan Library
Introduction to Cyber Security	1 April 2025	10am-12pm	Narellan Library

For more information, please call **02 4653 3101** or visit www.library.camden.nsw.gov.au/events. Online bookings required for each session. Library staff can assist in person or over the phone.



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TECH SAVVY SENIORS



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MODULE	DATE	TIME	LOCATION
Introduction to Seniors Cards and Transport Apps	8 April 2025	10am-12pm	Narellan Library
Introduction to Smart Phones	29 April 2025	10am-12pm	Narellan Library
Introduction to Tablets	6 May 2025	10am-12pm	Narellan Library
Introduction to Online Shopping and Banking - Part 1	13 May 2025	10am-12pm	Narellan Library
Introduction to Online Shopping and Banking - Part 1	20 May 2025	10am-12pm	Narellan Library
Introduction to Computers	27 May 2025	10am-12pm	Narellan Library
Introduction to Email - Part 1	3 June 2025	10am-12pm	Narellan Library
Introduction to Email - Part 1	10 June 2025	10am-12pm	Narellan Library

For more information, please call **02 4653 3101** or visit www.library.camden.nsw.gov.au/events. Online bookings required for each session. Library staff can assist in person or over the phone.



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MODULE	DATE	TIME	LOCATION
Introduction to Computers	6 February 2025	10am-12pm	Oran Park Library
Introduction to the Internet - Part 1	13 February 2025	10am-12pm	Oran Park Library
Introduction to the Internet - Part 2	20 February 2025	10am-12pm	Oran Park Library
Introduction to the Internet - Part 3	27 February 2025	10am-12pm	Oran Park Library
Introduction to the Email - Part 1	6 March 2025	10am-12pm	Oran Park Library
Introduction to the Email - Part 2	13 March 2025	10am-12pm	Oran Park Library
Social Media - Part 1	20 March 2025	10am-12pm	Oran Park Library
Social Media - Part 2	27 March 2025	10am-12pm	Oran Park Library

For more information, please call **02 4653 3101** or visit www.library.camden.nsw.gov.au/events. Online bookings required for each session. Library staff can assist in person or over the phone.



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SERENITY SESSIONS

— AT CAMDEN LIBRARIES —

Camden Libraries offer a range of serenity programs which will provide individuals with the opportunity to

PAUSE + REFLECT + RELAX

while looking after both their mental and physical health...

Chair Yoga at Narellan Library

First Tuesday
of the Month, 10am

Tai Chi at Oran Park Library

Second Wednesday
of the Month, 1.30pm

Meditation at Narellan Library

Third Tuesday
of the Month, 10am

Chair Yoga at Oran Park Library

Last Wednesday
of the Month, 1pm

Bookings Required: www.library.camden.nsw.gov.au/events

SECTION 5: CYBER SAVVY CAMDEN PROGRAM

BE AWARE, BE CYBER WISE. STAY
SECURE ONLINE.

Supported by the Australian
Government's, Department of Home
Affairs, Cyber Safety Awareness
Program – Act Now, Stay Secure.

Internet and phone-based scams are on
the rise and constantly evolving. These
tailored workshops provide you with
current information that supports you to
be aware, be wise and stay secure.

Lunch will be offered after each session.

For further information or booking
support please contact 4645 5009

RECOGNISING ONLINE THREATS

Identify common online scams and
phishing attempts.



Wednesday 29 October



10.30am – 12.30pm



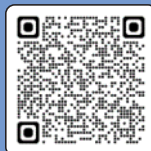
Oran Park Library – Sandown Room
72 Central Avenue, Oran Park



Free



Bookings: <https://bit.ly/CHAT-Link-Recognising-Online-Threats>



Book your
spot from
29 Sept

CYBER SECURITY PRACTICES PASSWORD MANAGEMENT AND SAFE BROWSING



Thursday 28 August



10.30am to 12.30pm



Narellan Library Digital Space,
cnr Elyard and Queen Streets,
Narellan



Free



Bookings: <https://bit.ly/CHAT-Link-Password-Management-and-Safe-Browsing>



Book your
spot from
28 July

SECURING PERSONAL INFORMATION

Providing practical tips on safeguarding
personal data and financial information in
digital environments.



Thursday 20 November



10.30am – 12.30pm



Spring Farm Community Centre
Richardson Road, Spring Farm



Free



Bookings: <https://bit.ly/CHAT-Link-Securing-Personal-Information>



Book your
spot from
20 Oct

COMMUNITY **H**UB **A**CTIVE AGEING **2025** **T**OGETHER **LINK**



FOR FURTHER INFORMATION ABOUT
SENIORS' ACTIVITIES IN THE CAMDEN AREA, VISIT:
www.camden.nsw.gov.au/community/support/older-people/

CHAT LINK AND ACTIVITIES ARE COORDINATED BY
CAMDEN SENIOR SERVICES AND ORGANISATIONS

