

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

FOR
55+

CAFÉ CONNECT CAMDEN



2024

FOR
55+

CAFÉ CONNECT CAMDEN



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



SECTION 1: CAFÉ CONNECT PROGRAM

Cafe Connect is held in various locations across the Camden Local Government Area including Mount Annan, Camden, Narellan, Gregory Hills, Emerald Hills, Spring Farm and Oran Park, from February to December 2023, and will provide healthy food options and refreshments.

The Café Connects are a one stop shop providing information about health, social initiatives, and services available in a variety of formats including one on one conversations with service providers, how to access information and connect with services.

Each café will also invite you to participate in a different activity which will include art, cultural and technology workshops and health and wellbeing activities. All cafés and activities are free and will run within set times for each programmed activity. You can choose to participate in the activities, then attend the café; or simply come along to the cafe, meet new people, and have a chat with services.

AFFORDABLE AND HEALTH COOKING WORKSHOP

Enjoy a morning of learning cost effective and health cooking options with the Centre for Sustainability. Enjoy some taste testing and light lunch after the session.

 When: Wednesday 28 February

 Time: 10.30am-1pm

 Macarthur Centre for Sustainability
1 Mount Annan Drive, Mount Annan

 Cost: Free

 Bookings: <https://camden-events.bookable.net.au>



Book your
spot from
14 February

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.

Café Connect will be there from noon with great food and refreshments and services to have a chat with and find out what is on offer in Camden.

 When: Tuesday 5 March

 Time: 11-11.45am

 Spring Farm Community Centre
Richardson Road, Spring Farm

 Cost: Free

 Bookings: <https://camden-events.bookable.net.au>

**Book your
spot from
14 February**




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.

 When: Wednesday 6 March

 Time: 11am-1pm

 Camden Civic Centre
Oxley Street, Camden

 Cost: Free

 Bookings: <https://camden-events.bookable.net.au>

**Book your
spot from
14 February**




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.

Café Connect will be there from 11.30am with great food, refreshments and services to have a chat with and find out what is on offer in Camden.

 When: Thursday 11 April

 Time: 10-11.30am

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

 Cost: Free

 Bookings: <https://camden-events.bookable.net.au>

Book your
spot from
11 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.

Café Connect will commence at 11.30am with great food, we'll also have some great services providing information.

 When: Tuesday 7 May

 Time: 10-11.30am

 Spring Farm Community Centre,
Richarson Road, Spring Farm

 Cost: Free

 Bookings: <https://camden-events.bookable.net.au>

Book your
spot from
7 April




EMERGENCY PREPAREDNESS WORKSHOP

Would you like to be better prepared for emergency situations? Come along and learn about what you can do to be prepared for emergencies!

A Collaborative Toolkit (ACT!) is a set of resources that are easy to use, and help you get ready. Fire and Rescue NSW will present and discuss important and relevant Fire Safety information including the FRNSW 'Safety Visit' program and how this is delivered to the community.

 When: Wednesday 15 May

 Time: 10-12.30pm

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

 Cost: Free

 Bookings: <https://camden-events.bookable.net.au>

**Book your
spot from
15 April**




SCAM AWARENESS WORKSHOP

Internet and phone-based scams are on the rise and constantly evolving. As part of Tech Savvy Seniors, come along to this workshop to learn about current scams that are going around and how to best protect your privacy and financial details.

Café Connect will be there from 11.30am with refreshments and services to have a chat and find out what is on offer in Camden.

 When: Thursday 6 June

 Time: 10-11.30am

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

 Cost: Free

 Bookings: <https://camden-events.bookable.net.au>

**Book your
spot from
6 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 deeper knowledge and understanding of Indigenous art and culture.

No art experience is required. Café Connect will be there from noon with great food, refreshments and services to have a chat and find out what is on offer in Camden.

 When: Friday 12 July

 Time: 10-11.30am

 Spring Farm Community Centre,
Richarson Road, Spring Farm

 Cost: Free

 Bookings: <https://camden-events.bookable.net.au>

Book your
spot from
12 June




TERRERIUM WORKSHOP

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

Café Connect will be from noon there with refreshments, and services to have a chat and find out what is on offer in Camden.

 When: Tuesday 3 September

 Time: 10am-12pm

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

 Cost: Free

 Bookings: <https://camden-events.bookable.net.au>

Book your
spot from
3 August



CARERS PAMPER DAY

Come along and join Café Connect in celebrating Carers Week. This café will be part of Carers Pamper Day which will include massage, relaxation techniques and demonstrations, pamper product workshops and much more.

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

 When: Wednesday 16 October

 Time: 11am-2pm

 Julia Reserve Community Centre - Auditorium,
Peter Brock Drive Oran Park

 Cost: Free

 Bookings: <https://camden-events.bookable.net.au>

Book your
spot from
16 September


GRANDPARENTS DAY

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

Café Connect will be there from 12pm to provide refreshments and services providing the latest information about what is on offer in Camden.

 When: Thursday 24 October

 Time: 10.30am-1pm

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

 Cost: Free

 Bookings: <https://camden-events.bookable.net.au>

Book your
spot from
23 September




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.

Café Connect will be there from 11.30am with great food, refreshments and services to have a chat with and find out what is on offer in Camden.

 When: Wednesday 14 November

 Time: 10-11.30am

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

 Cost: Free

 Bookings: <https://camden-events.bookable.net.au>

Book your
spot from
14 October




CHRISTMAS WREATH WORKSHOP

Join us for this workshop presented by the Royal Botanic Gardens where participants will get step by step guidance as they learn to create their festive wreath from natural materials to take home.

Café Connect will be from noon there with refreshments, and services to have a chat and find out what is on offer in Camden.

 When: Wednesday 10 December

 Time: 10-noon

 Narellan Library - Redgum Room
Cnr Ellyard and Queen Street, Narellan

 Cost: Free

 Bookings: <https://camden-events.bookable.net.au>

Book your
spot from
10 November



SECTION 2: HEALTHY BODY, HEALTHY MIND


HEALTH EDUCATION SESSIONS

Health Promotion in partnership with Camden Council are offering free Health Education sessions on various topics and locations across Camden. Light refreshments will be offered after each session.

For further information or booking support please contact 4645 5009.

FALL INJURY PREVENTION

 When: Tuesday 23 April


 Time: 10.30am-noon

 Spring Farm Community Centre,
Richarson Road, Spring Farm


 Bookings open: Saturday 23 March

HEALTHY BONE AND OSTEOPOROSIS

 When: Wednesday 27 November


 Time: 10.30am-noon


 Spring Farm Community Centre,
Richarson Road, Spring Farm

 Bookings open: Sunday 27 October

DIABETES AWARENESS

 When: Monday 6 May

 Time: 1-2.30pm

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


 Bookings open: Saturday 6 April


UNDERSTANDING THE BRAIN AND MEMORY

This interactive workshop is led by Dr Diana Karamacoska, a cognitive neuroscientist from Western Sydney University. Come learn about the causes of memory loss and how best to prevent and manage cognitive conditions.

ARTHRITIS MANAGEMENT

 When: Tuesday 11 June


 Time: 10.30am - noon

 Narellan Library - Iron Bark Room
Cnr Ellyard and Queens Street
Narellan

 Bookings open: Saturday 11 May

 When: Tuesday 3 December

 Time: 10am-noon

 Julia Reserve Youth and Community
Centre, Peter Brock Drive, Oran Park

 Bookings open: Sunday 3 November

MEDICINE MANAGEMENT

 When: Tuesday 8 October


 Time: 1-2.30pm


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

 Bookings open: Sunday 8 September

STROKE SAFETY

 When: Tuesday 9 December

 Time: 10.30am-noon

 Narellan Library - Iron Bark Room
Cnr Ellyard and Queens Street, Narellan

 Bookings open: Saturday 9 November

To book please use this <https://camden-events.bookable.net.au>

SECTION 3: CAMDEN COUNCIL'S SENIORS REFERENCE GROUP EVENT CALENDAR

SENIORS FESTIVAL COMEDY ROAD SHOW

Council's Seniors Reference Group invite you to come along for a fun morning of entertainment and have a laugh with some great comedians. Enjoy a lovely morning tea prior to the show.



When: Wednesday 27 March



Time: 10.30am-noon



Civic Centre, Oxley Street Camden



Cost: \$10 – Group bookings welcome



Bookings: <https://camden-events.bookable.net.au>

Book your spot from 27 February



CARERS PAMPER DAY

Dance the day away with great music, great fun and great food!



When: Tuesday 2 July



Time: 11am-1pm



Camden AH&I Hall,
193-195 Argyle Street, Camden



Cost: \$25 – Group bookings welcome



Bookings: <https://camden-events.bookable.net.au>


Book your spot from 2 June




BOWRAL/BERRIMA BUS TRIP

Head over to Bowral to enjoy the gardens and wander through Bowral town at own pace, then head to historic Berrima Village for a look at the town and a scenic drive back to Camden.

 When: Monday 30 September

 Time: 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.

 Cost: Bus ticket \$10 per person.

 A maximum of two tickets per booking.

Bookings: <https://camden-events.bookable.net.au>

Book your
spot from
30 August



GLEDSDOOD SPRING LUNCH

Come along to the beautiful Gledswood Homestead & Winery. Enjoy some great entertainment, a two-course meal, tea and coffee. Other drinks available for purchase at the bar.

 When: Wednesday 23 October

 Time: 11am-2pm

 Gledswood Homestead & Winery
900 Camden Valley Wy, Catherine Field

 Cost: \$25 Group bookings welcome

 Bookings: <https://camden-events.bookable.net.au>

Book your
spot from
23 September




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.

 When: Monday 4 November

 Time: 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.

 Cost: Bus ticket \$10 per person.

A maximum of two tickets per booking.

 Bookings: <https://camden-events.bookable.net.au>

Book your
spot from
4 October




CHRISTMAS LUNCH

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

 When: Wednesday 4 December

 Time: 11am-2pm

 Julia Reserve Youth & Community Centre, Peter Brock Drive, Oran Park

 Cost: \$25 Group bookings welcome

 Bookings: <https://camden-events.bookable.net.au>

Book your
spot from
4 November



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	1 February	10am-12pm	Oran Park Library
Introduction to Android Phones	8 February	10am-12pm	Oran Park Library
Introduction to Tablets	15 February	10am-12pm	Oran Park Library
Introduction to Cyber Security	22 February	10am-12pm	Oran Park Library
Introduction to Seniors Card and Transport Apps	29 February	10am-12pm	Oran Park Library
Introduction to the Internet - Part 1	7 March	10am-12pm	Narellan Library
Introduction to the Internet - Part 2	14 March	10am-12pm	Narellan Library
Introduction to the Internet - Part 3	21 March	10am-12pm	Narellan Library
Introduction to E-Resources and Online Bookings	28 March	10am-12pm	Narellan Library
Introduction to Email - Part 1	4 April	10am-12pm	Oran Park Library
Introduction to Email - Part 2	11 April	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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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	2 May	10am-12pm	Narellan Library
Social Media - Part 1	9 May	10am-12pm	Narellan Library
Social Media - Part 2	16 May	10am-12pm	Narellan Library
Introduction to Tablets	23 May	10am-12pm	Narellan Library
Introduction to Cyber Security	6 June	10am-12pm	Oran Park Library
Introduction to Seniors Card and Transport Apps	13 June	10am-12pm	Oran Park Library
Introduction to Online Shopping and Banking - Part 1	20 June	10am-12pm	Oran Park Library
Introduction to Online Shopping and Banking - Part 2	27 June 2024	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

HOBBY HUB



Do you have a hobby you are passionate about? Would you like to enjoy some social games? Come share your ideas and skills with fellow enthusiastic community members. Please bring your own hobby materials and projects. Games will be provided.

MONDAYS, 10AM - 12PM
NARELLAN LIBRARY





For more information, please call 02 4653 3101

SECTION 5: THE MACARTHUR CENTRE FOR SUSTAINABLE LIVING

THE MACARTHUR CENTRE FOR SUSTAINABLE LIVING FREE WORKSHOPS - JANUARY - JUNE 2024

These sustainable workshops are funded by Camden Council and Campbelltown City Council with the goal of increasing environmental stewardship within the Macarthur community.

 All workshops are held at the Macarthur Centre for Sustainable Living
1 Mount Annan Drive, Mount Annan

 Bookings are essential and can be made via Humanatix, Facebook, info@mcsli.org.au or by calling 4647 9828









WORKSHOP	DATE & TIME
Preparing for an Autumn Vegetable Garden	Saturday 9 March, 10am-12noon
Love Food Hate Waste: Love your Leftovers Camden Council	Saturday 9 March, 1-3pm
Worm Farming & Composting	Saturday 9 March, 1-3pm
Garden to Table: Summer Salads & Stir Fries with Leftovers	Saturday 16 March, noon-3pm
Introduction to Organic Gardening	Saturday 23 March, 10am-noon
DIY Natural Cleaning	Saturday 23 March, 1-3pm
Keeping Chickens in your Backyard	Saturday 4 May, 10am-noon
Pest Free Gardens	Saturday 4 May, 1-3pm
Waste Wise Cooking <i>Camden Council</i>	Saturday 4 May, 1-3pm

SECTION 6: CAMDEN CIVIC CENTRE CALENDAR OF EVENTS

THE GREAT ELVIS SPECTACULAR

Relive the hits of the one and only King of Rock and Roll!







Four of the finest Elvis tribute artists in the world come together for a limited time, touring Australia, to showcase the music of Elvis Presley in this three-hour show, journeying through The King's early days in Memphis, to his most popular period: The Vegas Years.

-  When: Sunday 25 February 2024
-  Time: 5pm
-  Camden Civic Centre, Auditorium
Oxley Street, Camden
-  Cost: from \$54.50 + booking fee
-  Contact: 02 4653 3333
-  Bookings: <https://www.trybooking.com/CLNHD>









BOHEMIAN RHAPSODY – MADE IN HEAVEN

Direct from sell-out theatres, Australia's longest running Queen Tribute, BOHEMIAN RHAPSODY, starring the internationally acclaimed Thomas Crane, returns in 2024 for a brand-new show, "Made in Heaven".

-  When: Saturday 2 March 2024
-  Time: 8-10.30pm
-  Camden Civic Centre, Auditorium
Oxley Street, Camden
-  Cost: From \$59.40 + booking fee
-  Contact: 02 4653 3333
-  Bookings: <https://www.trybooking.com/CNTCW>

ANH DO – THE HAPPIEST REFUGEE LIVE

Anh Do's bestselling book *The Happiest Refugee* has made readers laugh and cry, and was described by Russell Crowe as 'the most surprising and inspiring read I have had in years.' Anh's stage show takes it a step further, combining stand-up comedy with real life stories, photos and filmed pieces to retell his amazing story.

-  When: Thursday 7 March 2024
-  Time: 7.30-9pm
-  Camden Civic Centre, Auditorium
Oxley Street, Camden
-  Cost: From \$64.40 + booking fee
-  Contact: 02 4653 3333
-  Bookings: <https://www.trybooking.com/CMIJI>


ELECTRIC LIGHT ORCHESTRA TRIBUTE WITH SOUNDS OF THE 70'S

Get ready to get swept up in the spaceship of music that is ELO!


This 6-piece show features some of Sydney's finest musicians and Dion's voice will have you believing it's Jeff Lynne up on stage.

 When: Saturday 9 March 2024

 Time: 8-10:20pm

 Camden Civic Centre, Auditorium
Oxley Street, Camden

 Cost: From \$29.50 + booking fee

 Contact: 02 4653 3333

 Bookings: <https://www.trybooking.com/CMQSR>



KATH AND KIM DRAG BINGO

Play to WIN \$1,000 cash & prizes.

Enjoy 5-rounds of bingo plus live Kath & Kim shows. Dress as your favourite Kath & Kim character for your chance to win our best dressed prize.

It's noise, it's different, it's unusual!


Your ticket gets you admission plus one (1) bingo book with five (5) game cards.

 When: Saturday 16 March 2024

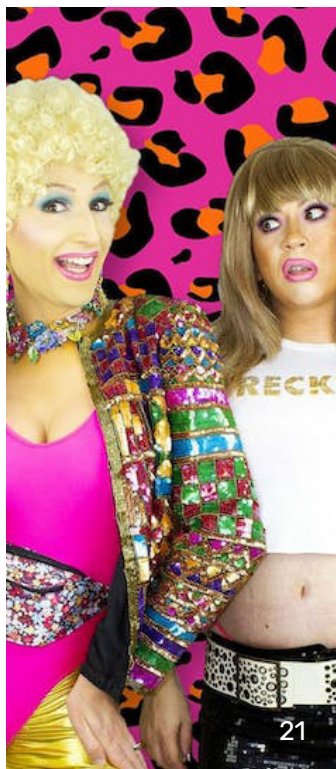
 Time: 8pm

 Camden Civic Centre, Auditorium
Oxley Street, Camden

 Cost: \$43.50 + booking fee

 Contact: (02) 4653 3333


 Bookings: <https://www.trybooking.com/CLPQV>




NURSE GEORGIE CARROLL: SISTA FLO 2.0

Nurse Georgie is just what the doctor ordered. Winner of 'Best Comedy Show' at the Adelaide Fringe Festival and following a sell-out season at the Edinburgh Fringe and a sell-out Australian and UK tour in 2023, don't miss Nurse Georgie Carroll as she brings her hit show Sista Flo 2.0 to Camden Civic Centre for one night only!

 When: Friday 22 March 2024

 Time: 8-9.20pm. Show duration: 80min

 Camden Civic Centre, Auditorium
Oxley Street, Camden

 Cost: From \$49.40 + booking fee

 Contact: 02 4653 3333
Email: civicc@camden.nsw.gov.au

 Bookings: <https://www.trybooking.com/CNZFK>




DREAMS – FLEETWOOD MAC AND STEVIE NICKS SHOW

Pull out your Boho Vintage wear ready to get your Gypsy back!


"The Dreams Show was a breath of fresh air when it comes to Fleetwood Mac tribute shows... these guys deliver...Big Time! I was thoroughly impressed from start to finish. Don't miss this show if you're a Mac fan!"

 When: Friday 5 April 2024

 Time: 7.45-11pm including intermission

 Camden Civic Centre, Auditorium
Oxley Street, Camden

 Cost: from \$54 + booking fee

 Contact: 02 4653 3333


 Bookings: <https://www.trybooking.com/CKJTL>





ROSS NOBLE – JIBBER JABBER JAMBOREE

Jibber Jabber Jamboree marks Ross Noble's 21st solo stand-up tour.


To celebrate this milestone, he invites you to join him for an evening of the sort of inspired nonsense that has cemented his place as the supreme master of stream of conscious freewheeling stand up.

 When: Friday 24 May 2024

 Time: 8-9.30pm

 Camden Civic Centre, Auditorium
Oxley Street, Camden

 Cost: From \$49.40 + booking fee

 Contact: 02 4653 3333

 Bookings: <https://www.trybooking.com/CNUBA>



THE ROBERTSON BROTHERS 1960'S VARIETY TV SHOW – CAMDEN


Following their Sold-Out National Tour in 2023, Australia's new 'Kings of Variety Television' are back in 2024 with a brand-new show! The Robertson Brothers are thrilled to be returning with their new heart-warming and uplifting 1960's Variety TV Show!

 When: Saturday 25 May 2024

 Time: 7.30-10pm

 Camden Civic Centre, Auditorium
Oxley Street, Camden

 Cost: From \$74.45 + booking fee

 Contact: 02 4653 3333

 Bookings: <https://www.trybooking.com/CMQFO>





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

CAFÉ CONNECT AND ACTIVITIES ARE COORDINATED BY
CAMDEN SENIOR SERVICES AND ORGANISATIONS

