

CAMDEN COUNCIL CELEBRATES

2022 SENIORS FESTIVAL

It's time to reconnect



25 MARCH - 3 APRIL 2022



2022 CAMDEN COUNCIL CELEBRATES **SENIORS** FESTIVAL

It's time to reconnect

Camden Council invites local seniors across Camden to celebrate the 2022 Seniors CHARM Festival. The focus is to 'Reconnect' through:

Celebrating Seniors

Health and Wellbeing

Art

Reading

Music

There will be a range of activities throughout March and April celebrating seniors through health and well-being sessions, art workshops, readings and book author talks, and a virtual music concert.

As part of the festival, seniors are encouraged to enjoy new experiences, continue learning, impart their skills,

and have fun with what's on offer across Camden. With the theme 'Reconnect', the festival promotes building inclusive communities and provides an opportunity for seniors to try new things, contribute, and remain active and engaged in their local communities.

Council will offer free or low-cost events and activities throughout March and April to inspire seniors to connect, stay active, share skills, and keep doing the things they enjoy, together!

As part of its ongoing commitment to seniors, Council will be offering various activities in partnership with Meals on Wheels, YMCA, The PIT, and the Camden Seniors Program Committee.

The following events and activities will be held across Camden as part of the Seniors CHARM Festival.



Celebrating Seniors

CAMDEN WOMEN'S COFFEE CLUB

Please join us in Celebrating Seniors Festival at the Camden Coffee Club.

Come along meet new people, have a chat, have fun, or try and learn something new!

For further information or assistance to book contact: kari1ros@police.nsw.gov.au or chim1mel@police.nsw.gov.au

Bookings essential.



Thursday 7 April, 6-8pm



Jack Nash Club House,
Nash Place, Currans Hills



FREE



www.trybooking.com/BVNTB

TECH SAVVY SENIORS - INTRO TO SMARTPHONES

Learn the basics of how to navigate your way around a smartphone with a touchscreen. The workshop will cover how to turn the phone on and off, make and receive calls, add a contact and look up a contact, and change the volume on the phone.

Bookings essential.



Friday 1 April, 2:30- 4:30pm



Oran Park Library Learning Room



FREE



www.library.camden.nsw.gov.au/events/

CHAIR YOGA

Move your body gently to relax your mind - a session using an everyday chair for stress relief and pause. This session is a great way to learn relaxation techniques that you can use at home.

Bookings essential.



Wednesday 30 March,
2pm-3pm



Oran Park Library-
Lakeside Room



Tuesday 5 April,
2pm-3pm



Narellan Library –
Redgum Room



Free



www.library.camden.nsw.gov.au/events

H Health and wellbeing





TAKE THE PLUNGE!

During this year's Seniors Festival, from Friday 25 March to Sunday 3 April, Council is offering free pool entry to Camden residents aged 50 years and over.



Monday to Friday, 5.30am-9pm
Saturday and Sunday 7am-7pm



Mount Annan Leisure Centre,
368 Welling Drive, Mount Annan



Free



Call 4648 4830



www.trybooking.com/BXRTU

VIRTUAL CONNECT DVD

Council is offering a Virtual Connect DVD, which features information and interactive wellbeing activities older residents can do at home, with family or friends or in a group setting.

It includes fun activities and practical information sessions, such as gentle exercise, dance, and meditation; and lifelong learning initiatives, including health and information technology sessions.

The DVD will be available to seniors across the Camden area and can be posted out or picked up from Camden libraries and facilities. It will also be available at all activities scheduled as part of 2022 Seniors Festival.



Available to be collected, or posted out, from Wednesday 25 March



Free (while stock lasts)



Call 4645 5009



PRYME MOVERS CLASSES

Improve your heart health, bone density, flexibility and strength. Senior's exercise is about staying fit, healthy and socially connected. At the 'Y,' you can try out a range of different fitness activities that regularly run each week. 15 spots per class.



Friday 25 March, 8:30-9:15am
Pryme Movers



www.trybooking.com/BXSFA



Monday 28 March, 11:30-12:15am
Pryme Yoga



www.trybooking.com/BYBDA



Tuesday 29 March, 11:30-12:15am
Pryme Tai Chi



www.trybooking.com/BYBDC



Friday 1 April, 8:30-9:15am
Pryme Dance



www.trybooking.com/BXSEQ



Mount Annan Leisure Centre,
368 Welling Drive, Mount Annan



Free



4648 4830

50+ ACTIVE SENIORS CLASSES

The Pit Martial Arts Defence and Fitness Centre proudly offers seniors sessions and activities, with their mantra being 'age is a requirement, a youthful outlook is essential and a positive approach to health and wellbeing is priority'.

Of note are the seniors' fitness and Tai Chi classes which run weekly. Come along, meet new friends, improve your fitness!

Please arrive 15 minutes before class start time. Bookings essential.



Monday 4 April 10:30 - 11:30am
Tai Chi, Qi Gong & Meditation
www.trybooking.com/BXS DP

Tuesday 5 April 9:00 - 10:00am
Flexcore - Gentle Flexibility class
www.trybooking.com/BXSEA

Wednesday 6 April 10:30 - 11:30am
Group Fun Gentle Fitness, Balance, Strength Class
www.trybooking.com/BXSEF



The Pit Martial Arts Defence and Fitness Centre, Unit 10/156 Hartley Road, Smeaton Grange



Free



Email: pdsmartialarts@gmail.com or visit www.thepitmartialarts.com.au/seniors-classes



HELP NAVIGATING THE MY AGED CARE CONNECT SYSTEM

In partnership with Macarthur Disability Services and Camden Meals on Wheels, Council is proud to provide the My Aged Care Connect program, which supports older people in Camden to navigate and access information and services through My Aged Care.

My Aged Care Connect seeks to streamline and guide residents through the My Aged Care process and available services, making it simpler for residents to access services, and ensuring they have the support they require.



Make your personalised appointment today



Camden Meals on Wheels, 1/18 Little Street, Camden
Phone appointments are also available.



0492 817 853



agedcare@camdenconnect.org.au



SENIOR FESTIVAL ART CLASSES AT THE GALLERY

Alan Baker Art Gallery is excited to hold a series of art classes specifically for Camden residents aged 50 years and over.

The classes include watercolour landscapes painting, drawing with charcoal and creating a still life with acrylic paint.

A morning tea lunch box will be provided during a 15-minute morning tea break. There is a maximum of 12 participants per class, so bookings are essential.



Tuesday 29 March 10am-12pm
Watercolour Landscape

Wednesday 30 March 10am-12pm
Drawing with Charcoal

Sunday 3 April 10am-12pm
Still Life in Acrylic



Alan Baker Art Gallery,
37 John Street, Camden



Free



Call 4645 5191 or visit
alanbakerartgallery@camden.
nsw.gov.au



www.trybooking.com/BPUHP



BOOK AUTHOR TALK 1#

Come along and enjoy the talks of two well-renowned authors!

Sue Williams is a bestselling author and award-winning journalist, working in newspapers, magazines and TV, in Australia, the UK and New Zealand. She has had 27 books published, including travel, biography, true crime and a series of books about characters in the Australian outback. Her first novel, *Elizabeth & Elizabeth*, is an historical fiction about a friendship between Elizabeth Macquarie and Elizabeth Macarthur, two icons of Australian early colonial history.

Bookings essential.



Tuesday 29 March, 10:30am-12pm



Camden Civic Centre,
corner Oxley and Mitchell Streets,
Camden



Free (morning tea provided)



4654 7654



www.trybooking.com/BXRTE



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BOOK AUTHOR TALK 2#

Nicole Alexander is a bestselling Australian author who has a Master of Letters in Creative Writing and her novels, poetry, travel, writing and genealogy articles have been published in Australia, America, Singapore, New Zealand, Germany, Russia, Ukraine and Canada. She has recently published her eleventh novel, *The Last Station* - a captivating story of heritage, heartbreak and hope set during the dying days of the riverboat trade along the Darling River.

Bookings essential.



Friday 25 March, 2pm-3pm



Narellan Library – Red Gum and Ironbark rooms



Free



www.library.camden.nsw.gov.au/events

VIRTUAL SENIORS CONCERT

Council's Camden Seniors Program Committee is offering a virtual concert for seniors. The concert will include some great entertainment for you to enjoy, dance and sing along to.

Dale Burrige – a renowned Australian performer who performed in musicals such as *The Phantom of the Opera*, *Les Misérables*, and *The Sound of Music*, and has been a guest soloist for most of Australia's leading Symphony Orchestras.

Steve Wheatley – a great musician with an extensive club and concert career involving in nearly 150 musicals, operas and plays over 50 years.

The Daytones – have a large repertoire and have performed at seniors' concerts, local schools, shopping centre, retirement villages and throughout the local community.

The Honey Sippers – an experienced acoustic duo that meld different genres from blues, folk, soft rock to modern classics.

The link for the Seniors Festival Virtual Concert will be available on the Camden Council's website from March 25.



To access it, go to:

www.camden.nsw.gov.au/community/support/older-people/



It's time to reconnect

This program was created in partnership with stakeholders and the information contained may change prior to the nominated event.

**For more information, call
Camden Council on 4654 7777**

**[www.camden.nsw.gov.au/community/
support/older-people/](http://www.camden.nsw.gov.au/community/support/older-people/)**

