

CAMDEN COUNCIL CELEBRATES

# 2019 SENIORS FESTIVAL

*Love your life!*



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13-24 FEBRUARY 2019



# 2019 CAMDEN COUNCIL CELEBRATES SENIORS FESTIVAL

*Love your life!*

Camden Council invites local seniors across Camden to celebrate the 2019 Seniors Festival with music, entertainment, art, health and wellbeing activities as well as technical and craft workshops.

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 'Love Your Life', the festival promotes inclusive communities and provides an opportunity for seniors to try new things, contribute, and remain active, engaged in their local communities.

Council will offer free or low cost events and activities during February and March 2019 to inspire seniors to connect, stay active, share skills and keep doing the things they enjoy, together!

The following events and activities will be held across Camden.

## TAKE THE PLUNGE!

During Seniors Festival 2019, Council is offering free pool entry to seniors who live in the Camden LGA.

**When:** Wednesday 13 February to Sunday 24 February

**Where:** Mount Annan Leisure Centre  
368 Welling Drive, Mount Annan

**Time:** Opening hours 5.30am to 9pm

**Call:** 4648 4830

**Where:** Camden War Memorial Pool  
Mitchell Street, Camden

**Time:** Opening hours  
Monday to Friday 6am to 7pm  
Saturday & Sunday 8am to 7pm

**Call:** 4655 8600

**Cost:** Free

## MAKE IT A WATERCOLOUR WORKSHOP

Come along to our painting with watercolour workshop. Paint from your travel experiences with artist Gara Peart. You can bring your favourite travel photo if you'd like for inspiration. Nothing else required. The session will run for approximately 2 hours with refreshments provided.

**When:** Friday 15 February 2019

**Time:** 10am to 12pm

**Where:** Camden Library  
40 John Street,  
Camden

**Cost:** Free

**Bookings:** [www.library.camden.nsw.gov.au/bookings](http://www.library.camden.nsw.gov.au/bookings)  
Call or see library staff if assistance is required to book

**Call:** 4654 7951

## MACULAR DEGENERATION, DIABETES AND THE EYE SEMINARS

Come along to these informative seminars facilitated by an orthoptic specialist, who is an expert on these subjects. The sessions will run for approximately an hour and a half with refreshments provided.

### Macular Degeneration

**When:** Tuesday 19 February 2019

**Time:** 10am to 11.30am

**Where:** Narellan Library  
Cnr Queen & Elyard Sts,  
Narellan

**Cost:** Free

### Diabetes and the Eye

**When:** Tuesday 19 February 2019

**Time:** 1pm to 2.30pm

**Bookings:** [www.library.camden.nsw.gov.au/bookings](http://www.library.camden.nsw.gov.au/bookings)  
Call or see library staff if assistance is required to book

**Call:** 4645 5039

## SHABBY TO SHEIK WORKSHOP

Come along to a hands on workshop focusing on restoring old furniture, facilitated by designer Joyce Saava, participants will work together on a surprise project! The session will run for approximately 2 hours, with refreshments provided.

**When:** Wednesday 20 February 2019

**Time:** 10am to 12pm

**Where:** Narellan Library  
Cnr Queen & Elyard Sts,  
Narellan

**Cost:** Free

**Bookings:**

[www.library.camden.nsw.gov.au/bookings](http://www.library.camden.nsw.gov.au/bookings)

Call or see library staff if assistance is required to book

**Call:** 4645 5039

## MACRAMÉ FOR SENIORS WORKSHOP

Join local macramé expert Ange Duncan for a workshop designed for seniors. Have a fun morning making something new and beautiful to take home. The session will run for approximately 2 hours, with refreshments provided.

**When:** Friday 22 February 2019

**Time:** 10am to 12pm

**Where:** Oran Park Library  
72 Central Avenue,  
Oran Park

**Cost:** Free

**Call:** 4645 5645

**Bookings:** [www.library.camden.nsw.gov.au/bookings](http://www.library.camden.nsw.gov.au/bookings)  
Call or see library staff if assistance is required to book

## PRYME PILATES GROUP CLASS AND CAFÉ CONNECT

Build strength and flexibility at PrYme Pilates class. Café Connect starts at 11am with great food and services providing the latest information.

- When:** Wednesday 27 February 2019  
**Time:** PrYme Pilates starts at 10.30am  
**Where:** Mount Annan Leisure Centre  
368 Welling Drive, Mount Annan  
**Cost:** Free  
**Bookings:** 4648 4830

## TECH SAVVY SENIORS - INTRODUCTION TO IPADS

Free technology training session for seniors. Available via a partnership between the NSW Government and Telstra, supported by State Library of NSW.

- When:** 11 March 2019  
**Time:** 1pm  
**Where:** Narellan Library  
Cnr Queen & Elyard Sts, Narellan  
**Cost:** Free  
**Bookings:** [www.library.camden.nsw.gov.au/bookings](http://www.library.camden.nsw.gov.au/bookings)  
Call or see library staff if assistance is required to book  
**Call:** 4645 5039

## INTRODUCTION TO TECHNOLOGY SESSION AND CAFÉ CONNECT

Café Connect are offering an introduction to technology session to assist older people who have limited or no experience in using technology to learn new skills and access information.

- When:** Friday 15 March 2019  
**Time:** IT Workshops starts at 10am  
**Where:** Narellan Library  
Cnr Queen & Elyard Sts, Narellan  
**Cost:** Free  
**Bookings:** 4645 5009

## SENIORS FESTIVAL CONCERT

Join us at this popular event and enjoy a light lunch and entertainment from various local artists.

**Where:** Camden Civic Centre  
Oxley Street, Camden

**When:** Wednesday 20 March 2019

**Time:** 10am-2pm

**Cost:** \$5.00

**Bookings Essential**

**Tickets call:** 4645 5020

Café Connect will also be at the Civic Centre on this day. Café Connect opens at 11am providing great food and coffee. Join us for a chat with services and get the latest information about what's happening near you.

**Cafe Connect Bookings:** 4645 5009

## THE MACARTHUR AND SOUTHERN HIGHLANDS RETIREMENT VILLAGE EXPO

Devoted exclusively to retirement villages and over 55's resorts, the Macarthur and Southern Highlands Retirement Village Expo provides visitors with a wonderful opportunity to ask questions and gather information about many different retirement villages and resorts.

**When:** Sunday 24 March to  
Monday 25 March 2019

**Time:** 10am-3pm

**Where:** Camden Civic Centre  
Oxley Street, Camden

**Cost:** Free

**Bookings:** <https://www.retirementexpo.com.au/macarthur-and-southern-highlands-retirement-village-expo.html>

**Call:** 4655 8681

## DEMENTIA SPECIFIC CONCERT

People living with Dementia, their carers and services are invited to enjoy lunch, entertainment, sing a longs and dancing as part of the Seniors Festival celebrations. The concert and surroundings will cater to the needs of people living with Dementia.

**Group bookings welcome.**

**When:** Tuesday 26 March 2019

**Time:** 11am to 1.30pm

**Where:** Camden Civic Centre  
Oxley Street, Camden

**Cost:** \$5

**Concert Bookings Essential**

**Tickets call:** 4645 5009

## BUS TRIP TO KIAMA

Council invites you to the Seniors Festival Bus Trip. The trip will include a complimentary morning tea and ample free time in Kiama for shopping and dining at the many Cafes along the Kiama foreshore.

**When:** Friday 29 March 2019

**Time:** 8.30am outside Camden Sports Club, 22 Cawdor Rd Camden

9am outside Narellan Library, Cnr Queen & Elyard Streets, Narellan

**Where:** Kiama and surrounding area.

**Cost:** \$10

**Bookings Essential**

**Call:** 4645 5020

Return approximately 4.30pm

## CAMDEN WELLNESS EXPO

A magical day of inspiration and education. Connect with Camden's incredible wellness practitioners. Wellness seminars, meditation and yoga.

**Where:** Camden Civic Centre  
Oxley Street, Camden

**When:** Saturday 30 March 2019

**Time:** 9am-2pm

**Cost:** Free

**For further information and bookings:** <https://camdenwellnessexpo.com.au>

**Call:** 4655 8681





FOR MORE INFORMATION ABOUT SENIORS FESTIVAL IN CAMDEN PLEASE CONTACT  
CAMDEN COUNCIL ON 4645 5020.  
SENIORS FESTIVAL ACTIVITIES ARE COORDINATED BY CAMDEN COUNCIL IN  
PARTNERSHIP WITH LOCAL SENIOR SERVICES AND ORGANISATIONS.

