

NSW Seniors Festival

11-24 March
2024



Program of Events

NSW Seniors Festival

11 - 24 March 2024

The festival celebrates the role and contributions of older adults to our local communities. The official NSW Seniors Festival will run from 11-24 March 2024.

The information is correct at time of publication.

Numbers are limited to all activities. Bookings essential for all activities using the contact methods listed.

Some activities details may change or be cancelled ensure you contact the event organiser before attending.

All activities are free unless otherwise stated.

Sunday 10 March and Sunday 24 March

Bush Dance Taster

Come along for a fun afternoon of easy bush dancing. All dances will be walked through before the music starts and then called with the music.

Smart casual clothing with comfortable shoes that don't grip the floor is recommended. You will need to have a moderate level of fitness as this activity involves movement.

Afternoon tea will be provided but please bring your own water bottle for between the dances.

The hall is air-conditioned.

Dancing has been proven to be one of the best ways to keep your body and brain healthy, as well as being great for social connection. Come along and have a lot of fun.

Where: Wongawilli Colonial Dance Club
Heininger Hall,
Heininger Street, Dapto

Time: 1:00pm to 4:00pm

Contact: Cris on 0404 667 614

Cost: \$5

NSW **Seniors
Festival**

SENIORS SWIM FOR FREE



Monday 11 to Sunday 24 March 2024

Albion Park Pool
6am to 6pm

Warilla Pool
6am to 6pm

Oak Flats Pool
6am to 7pm

Includes Aqua aerobics at Oak Flats and Albion Park pool.
Contact the pool for times or go to www.shellharbour.nsw.gov.au/things-to-do/aqua-and-learn-to-swim/aqua-aerobics

Chair lift and portable steps available at Oak Flats & Chair lift available at Albion Park to assist with entry. Speak to the lifeguards on duty for more information.

Contact 4221 6007 for more information or visit
www.shellharbour.nsw.gov.au/whats-on

Monday 11 to Sunday 24 March

Flying Into History

Enjoy a discounted tour of our world-class aviation museum, and enjoy a special Devonshire Tea/Coffee. Visitors should wear comfortable and enclosed shoes for a tour of the hangars.

- Where:** HARS Aviation Museum
Shellharbour Airport
54 Airport Road, Albion Park Rail
- Time:** 9:30am to 3:30pm (daily)
- Cost:** \$5 discount per person,
plus Devonshire Tea for \$8 per person
- Contact:** (02) 4257 4333 for groups of 10 or
more, otherwise just turn up

Did you know?

There are three neighbourhood/community centres in the City that provide information, support, resources and activities for the local Community. For more information contact

Albion Park Rail Neighbourhood Centre 4256 4404

Albion Park Youth and Community Centre 4257 3342

Warilla Neighbourhood Centre 4296 3433



Launch of

NSW **Seniors
Festival**

**Health &
Wellbeing
Expo**

Monday 11 March 2024

10am to 1:30pm (Doors open 9:30am)

Shellharbour Civic Centre

76 Cygnet Avenue, Shellharbour City Centre

Enjoy some light entertainment and an expo of up to 20 organisations working to improve the quality of life of seniors in Shellharbour City.

REGISTRATIONS ESSENTIAL

Contact 4221 6007 for more information or book online
www.shellharbour.nsw.gov.au/whats-on

Tuesday 12 March

Learn to play Mahjong

If you like to play mahjong or would like to find out how to play you are invited to attend our weekly game.

Where: Warilla Bowling Club
Jason Avenue, Warilla

Time: 9:00am to 12:00pm

Contact: Marie on 0402 591 491

Tuesday 12 March and Tuesday 19 March

Postural Stability Falls Prevention Session

Evidence based strength and balance exercises proven to reduce the risk and fear of falls.

Where: Warilla Sports Club
54 McGregor Avenue, Barrack Heights

Time: 10:30am to 12.00pm

Contact: Amy Wildner 0426 528 928 or
awildner@wildmanngroup.com



Pain, Medication and Wellbeing

Tuesday 12 March 2024

10:30am to 12:30pm

Shellharbour Civic Centre

76 Cygnet Avenue, Shellharbour City Centre

The session provides education about pain, persistent pain, what makes it worse and how to live with it more effectively. It also provides an opportunity to learn more about medications, alcohol and other socially used drugs for relief or escape of pain.

Presented by: Illawarra-Shoalhaven Chronic Pain and Drug and Alcohol Services

Tuesday 12 March

Prevention and Maintaining Independence Presentation

Specialist advice and information on reducing the risk and fear of falls. Keeping you safe and independent in your home now and all the years to come.

Presented by Amy Wildner from the wildMANN group

Where: Shellharbour Civic Centre
76 Cygnet Avenue,
Shellharbour City Centre

Time: 1:30pm to 3:00pm

Contact: To register call 4221 6007 or book online at www.shellharbour.nsw.gov.au/whats-on

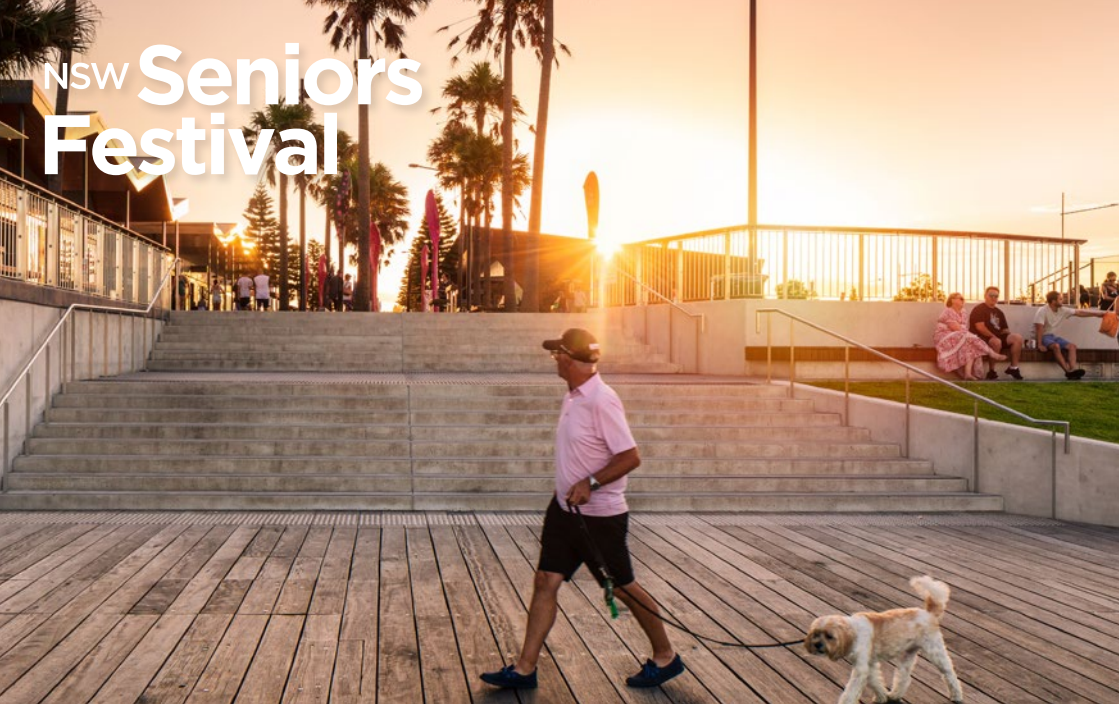
Did you know?

A number of Probus Clubs are held in Shellharbour City

Probus is fun and friendship in retirement. It is a great place to make new friends, listen to interesting guest speakers, explore new interests and hobbies as well as have fun. Costs apply.

Probus Shellharbour meets the 2nd Monday of each month at Warilla Bowls and Recreation Club starting at 10am. Contact Bruce on 0407 939 197 for more information.

Albion Park / Oak Flats Probus meets the 3rd Monday of each month at Albion Park Bowling Club also starting at 10am. Contact Margaret 0417 229 761 or Margaretr42@gmail.com for more information.



Shell Cove Marina Walking Tour

**Wednesday
13 March 2024**

**Session 1:
9am to 10:30am**

**Session 2:
11am to 12:30pm**

**Meet at Shell Cove
Sales Centre
Shop 1 & 2, 100 Cove
Boulevard
(opposite Woolworths)**

Interested in learning more about the Shell Cove Marina. Join us in a walk around the Marina and hear about points of interest. Each session will leave on time so please arrive a little early.

Wednesday 13 March

Digital Health Program

This program helps seniors to better self-manage their health by improving their digital health literacy (i.e., finding useful stuff online, get apps on your phone, get help communicating with health professionals, setting up mygov and my health record). This should result in fewer trips to hospital and a better quality of life.

Bring your digital devices -phone, tablet, laptop for 1 on 1 help

Where: Albion Park Library
8D Russell Street
Albion Park

Time: 10:00am to 12:00pm

Contact: 0409 753 808 or
admin@livingconnected.org.au

Did you know?

Oak Flats Senior Citizens Centre provides a range of activities for seniors weekly (Monday to Friday).

New members welcome.

For more information contact Pauline on 0409 042 055

Wednesday 13 March and Wednesday 20 March

Postural Stability Falls Prevention Session

Evidence based strength and balance exercises proven to reduce the risk and fear of falls.

Where: Albion Park RSL Memorial Club
Cnr Tongarra and Hamilton Roads,
Albion Park

Time: 10:30am to 12.00pm

Contact: Amy Wildner 0426 528 928 or
awildner@wildmannngroup.com

Where: Warrigal Shell Cove
Cove Rooms, 50 Harbour Boulevard,
Shell Cove

Time: 1:30pm to 3.00pm

Contact: Amy Wildner 0426 528 928 or
awildner@wildmannngroup.com

NSW Seniors Festival



Shellharbour vs Kiama

Thursday 14 March 2024

1:00pm to 4:30pm (Doors open 12.30pm)

Shellharbour Civic Centre

76 Cygnet Avenue

Join us in our Seniors Festival Trivia Challenge. An event for people over the age of 50 living in the Shellharbour and Kiama Local Government Areas.

- Numbers limited to 8 teams with a maximum of 6 people per team
- Please call 4221 6007 if you are an individual who would like to be added to a team
- Registrations required by 11 March, 2024

REGISTRATIONS ESSENTIAL

Contact 4221 6007 for more information or visit www.shellharbour.nsw.gov.au/whats-on

Friday 15 March

Seniors Festival Art for Therapy

Join us for a 2-hour group Art for Therapy experience, exploring your own creativity and imagination with a focus on plants and gardens.

Indulge in self-expression through the exploration of the techniques of collage, texture rubbings and mixed media and learn from experienced local artist Naz Meharg.

Where: Shellharbour Civic Centre
76 Cygnet Avenue,
Shellharbour City Centre

Time: 10:00am to 12:00pm

Contact: Phone 4221 6222 or book online at
<https://libraries.shellharbour.nsw.gov.au/event/art-for-therapy>

Did you know?

Shellharbour City U3A (University of the Third Age) is an organisation involved in the sharing of knowledge, skills and interests and promotes the benefits of lifelong learning.

For more information email shellu3a.sec@gmail.com or go to <https://sites.google.com/view/shellharbourcityu3a>

NSW Seniors Festival

Come & Try

**WALKING
NETBALL**



**Monday 18 March 2024
9:30am to 11:00am
Shellharbour City Stadium
Croome Road, Albion Park Rail**

Walking Netball is a slower version of netball designed for senior women and men - netball, but at a walking pace.
Wear comfortable shoes and bring a bottle of water.

Contact 4257 3468 for more information or book online
www.shellharbour.nsw.gov.au/whats-on

Tuesday 19 March

Last Days Workshop

Dying is a normal part of life, but many of us are unprepared for what happens and the practical steps to take after losing someone we care for.

Last days is a safe space to talk openly about dying and equip you with practical knowledge and tools to navigate the last days of someone you care for.

The workshop will be facilitated by Hammond Care and will be delivered by the SESNSW Primary Health Network.

Where: Shellharbour Civic Centre
76 Cygnet Avenue,
Shellharbour City Centre

Time: 10:00am to 1:00pm

Contact: Phone 4221 6007 or book online at
www.shellharbour.nsw.gov.au/whats-on

Did you know?

My Aged Care

If you need some help around the house or think it's time to look into aged care homes, My Aged Care is here to help. Call 1800 200 422 or go to www.myagedcare.nsw.gov.au

FREE FINANCIAL INFORMATION SESSIONS

Planning your retirement and unsure where to start? Would you like to understand your super? Have questions on Aged care Fees?

Join us and Services Australia for free talks on:

UNDERSTANDING SUPERANNUATION

**Tuesday 19 March
5.30pm**

Location:

**Gadhu room
Shellharbour Civic Centre,
76 Cygnet Avenue,
Shellharbour City Centre**

Free undercover parking off Cygnet Ave



BOOKINGS ESSENTIAL

Phone 4221 6007 or book online at

www.shellharbour.nsw.gov.au/whats-on



Aged Care Navigation - COTA

Wednesday 20 March 2024
Shellharbour Civic Centre

76 Cygnet Avenue, Shellharbour City Centre

Navigating Aged Care **10am - 11am**

This session aims to provide community members with an understanding of the types of subsidised supports available for people as they age, to assist them to live independently at home or moving to an aged care home. It also covers assessment processes and seeking help.

Using the My Aged Care website **11.30am - 12.30pm**

This practical session demonstrates using the My Aged Care website to find information and answers to your questions. It also demonstrates the use of tools including "Find a Provider", "Fee Estimator", "Applying for an online assessment", and how to check for compliance issues.

The Challenge of Downsizing **1.30pm - 2.30pm**

The pros and cons of downsizing your home, how to approach de-cluttering and reducing your number of possessions, and issues to consider when selecting and buying or renting a new property.

NSW Seniors Festival

FREE!

PICKLEBALL

Gala day

Pickleball is a paddle sport and is a mashup of tennis, badminton and table tennis. It is fun, social and friendly.

Thursday 21 March 2024
9:30am to 3pm
Shellharbour City Stadium
Croome Road, Albion Park Rail

Numbers limited to 24 teams of 2 people. Bookings Essential.
Wear comfortable shoes and bring a bottle of water.
BBQ Lunch available for purchase. Spectators welcome.

Contact 4257 3468 to register your team
www.shellharbour.nsw.gov.au/whats-on

Friday 22 March

60's Music Sing along Luncheon

Come and join us for a 2-course lunch and live 60s themed music

Where: Warilla Sports Club
54 McGregor Avenue, Barrack Heights

Time: 12:00pm to 3:00pm

Contact: The Club on 4296 3000 to book

RSVP: 3 February

Monday 25 March

Seniors Festival Film

Sit back and relax while you enjoy a fantastic free movie - *About My Father* - at City Library with subtitles and a hearing loop available.

We'll provide popcorn and fruit juice to get you in the mood.

Where: Shellharbour Civic Centre
76 Cygnet Avenue,
Shellharbour City Centre

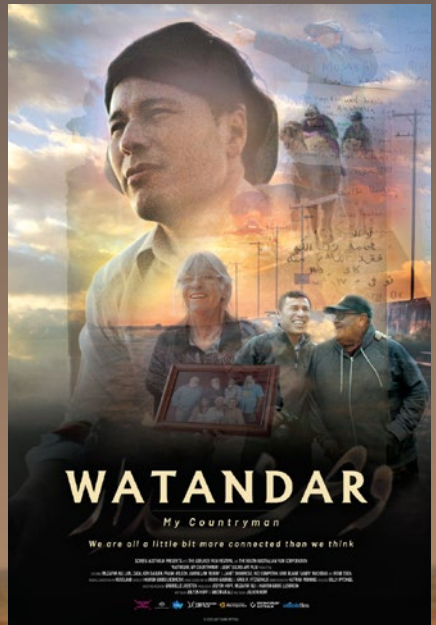
Time: 10:00am to 1:00pm

Contact: Phone 4221 6222 or book online at
<https://libraries.shellharbour.nsw.gov.au/event/seniors-festival-film>

JOIN US FOR A SPECIAL SCREENING OF **WATANDAR**

My Countryman

INCLUDING TRADITIONAL MULTICULTURAL
FOOD AND Q&A WITH THE PRODUCER



When Afghanistan falls to the Taliban, an Afghan refugee finds a new home in the Australian desert.

Celebrating Harmony Week
Saturday 23 March 2024

5.30pm - 8.30pm
(Doors open from 5pm)

**Shellharbour Civic Centre
Jungah (Auditorium)**
Free parking available

Tickets: \$30
Includes dinner, refreshments
on arrival and film screening.

**“A wonderful piece
of cinema and
documentary magic.
Undeniably, it
touches the soul.”**

David Minear, Former Chair South
Australian Film Corporation
& Adelaide Fringe Festival

For more information and bookings
shellharbourciviccentre.com.au



Shellharbour
Civic Centre

Healthy End of Life Café

A Healthy End of Life cafe is a safe space where people can come together, drink tea and coffee and enjoy an open and relaxed conversation about death and dying, with a view to helping people make the most of, and enjoy their finite lives.

You can share a story if you wish, or just listen and observe. There is no agenda and the discussion is group determined. Be prepared for some interesting conversation.

- DATE:** Tuesday 26 March
TIME: 10.30am to 12.00pm
WHERE: Shellharbour Civic Centre
(76 Cygnet Ave, Shellharbour City Centre)
RSVP: By 4pm, Monday 25 March



To register contact 4221 6007
or book online by scanning
the QR code

Please note - these sessions may not be suitable for people who are recently bereaved.
For information on Death Cafes call
Carolyn on 0418 480 690

NSW Seniors Festival

**Did you know that older
people have their own Charter
of Aged Care Rights?**



**Wednesday 27 March 2024
10:30am to 12pm
Shellharbour Civic Centre**

Seniors Rights Service provide information and support to people using or seeking to access in-home and residential aged care services. Come along to learn about Seniors Rights and have fun as you learn with info bingo.

REGISTRATIONS ESSENTIAL. Numbers are limited.
Contact 4221 6007 for more information or book online
www.shellharbour.nsw.gov.au/whats-on



NSW Seniors Festival

Stroke Safe



**Wednesday 27
March 2024
1:30pm - 2:30pm
Shellharbour Civic Centre**

StrokeSafe sessions are delivered in partnership with the Stroke Foundation, Australia, to answer questions about strokes.

What is a stroke?
How can I prevent a stroke?
Who do I contact after a stroke?
What impact can a stroke have?
How can I recognise the signs of a stroke?

Presented by Health Promotion for Older People service.

REGISTRATIONS ESSENTIAL. Booking opens 5 Feb
Contact 4221 6007 for more information or book online
www.shellharbour.nsw.gov.au/whats-on

FREE FINANCIAL INFORMATION SESSIONS

Planning your retirement and unsure where to start? Would you like to understand your super? Have questions on Aged care Fees?

Join us and Services Australia for free talks on:

AGED CARE FEES AND CHARGES

**Thursday 28 March
5.30pm**

Location:

**Gadhu room
Shellharbour Civic Centre,
76 Cygnet Avenue,
Shellharbour City Centre**

Free undercover parking off Cygnet Ave



BOOKINGS ESSENTIAL

Phone 4221 6007 or book online at

www.shellharbour.nsw.gov.au/whats-on

FREE FINANCIAL INFORMATION SESSIONS

Planning your retirement and unsure where to start? Would you like to understand your super? Have questions on Aged care Fees?

Join us and Services Australia for free talks on:

AGED CARE FEES AND CHARGES

Tuesday 2 April 10.30am

AGED PENSION YOUR CHOICE

Tuesday 2 April 12.00pm

Location:

**Gadhu room
Shellharbour Civic Centre,
76 Cygnet Avenue,
Shellharbour City Centre**

Free undercover parking off Cygnet Ave



BOOKINGS ESSENTIAL

Phone 4221 6007 or book online at

www.shellharbour.nsw.gov.au/whats-on



Voluntary Assisted Dying

Ask anything

From 28 November 2023, the NSW Government has made Voluntary Assisted Dying a legal option for people experiencing intolerable symptoms at the end of life. This session will allow community members to ask questions of experts in the field about eligibility, processes, support options, where palliative care and other medical care fits in, and much more.

Wednesday 3 April
10am - 12noon
Gadhu Room
Shellharbour Civic Centre
76 Cygnet Avenue

Presented by
Illawarra Shoalhaven Compassionate
Communities in collaboration with
Illawarra/Shoalhaven Local Health District

Contact 4221 6007 for more information or book online
www.shellharbour.nsw.gov.au/whats-on



Tuesday 16 April

On the Road, 65 Plus

The 2hr FREE Workshop provides advice and safety tips to help people in our community aged 65 or over make safer choices when driving, riding, walking, using a mobility scooter or catching public transport. It profiles the changes to our health that can come with age, and how conditions such as vision impairment and dementia can affect our abilities as road users.

Where: Shellharbour Civic Centre
76 Cygnet Avenue,
Shellharbour City Centre

Time: 10:30am to 12:30pm

Contact: To register contact 4221 6007
or book online at
**[www.shellharbour.nsw.gov.au/
whats-on](http://www.shellharbour.nsw.gov.au/whats-on)**



**Want to find out what is
happening at Council? Like us
and Shellharbour Libraries on
Facebook**

FEEDBACK FORM

Did you enjoy the 2024 Seniors Festival?

We hope that you have enjoyed the activities during the Seniors Festival 2024.

To help us plan for Seniors Festival 2025, please use this page to tell us what you enjoyed about this years Seniors Festival and any events that you would like to see featured in the future.

Please remove the following page and mail to

Seniors Festival Feedback Form

Attention: Narelle Williams

Shellharbour City Council

Dharawal Country

Locked Bag 155,

Shellharbour City Centre 2529

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

Alternatively, you can provide your feedback online via Council's Let's Chat website



Things I liked about Seniors Festival 2024

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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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NSW Seniors Festival

Shellharbour City Council

Dharawal Country

Locked Bag 155,

Shellharbour City Centre NSW 2529

Ph: 02 4221 6111

Email: council@shellharbour.nsw.gov.au

www.shellharbour.nsw.gov.au