

NSW Seniors Festival

1 to 12 Feb
2023



NSW Seniors Festival

1 to 12 Feb 2023

Council's 2023 Seniors Festival will be held from Wednesday 1 Feb to Wednesday 1 March 2023.

The official NSW Seniors Festival period is Wednesday 1 Feb to Sunday 12 Feb 2023.

This information is correct at time of publication.

These events will comply with any social restrictions applying at the time – please do not attend if you are unwell and abide by rules of the hosting organisation.

Numbers are limited for 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.

**SENIORS
SWIM
FOR
FREE**



**Wednesday 1 to Sunday 12 February 2023
6am to 6pm**

Albion Park, Oak Flats & Warilla Pools

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](http://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.

Wednesday 1 to Sunday 12 February

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
54 Airport Road, Albion Park Rail

Time: 9:30am to 3:30pm (daily)

Cost: \$5 discount per person,
plus Devonshire Tea for \$7 per person

Contact: (02) 4257 4333

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

Proudly funded by



Launch of

NSW Seniors Festival

Health & Wellbeing Expo

Wednesday 1 February 2023

10:30am to 12:45pm (Doors open 10am)

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





Seniors TRIVIA Challenge

Shellharbour vs Kiama

Thursday 2 February 2023

1:00pm to 4:00pm (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.

- Maximum 6 people per team
- Limit of 6 teams per local government area
- Single nominations will be added to teams where numbers allow
- Cost is \$7.00 per person payable on the day

REGISTRATIONS ESSENTIAL

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

Thursday 2 February

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.

This may not be suitable for the recently bereaved.

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

Time: 10:00am to 11:30am

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

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

Friday 3 / 10 / 17 and 24 February

Live on the Lawn

Come on down, soak up the sun and enjoy live music from talented local musicians. Bring your lunch or grab a bite to eat from the Civic Square Café.

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

Time: 11:30am to 1:30pm



Bush Dance Taster

Come along for a fun afternoon of easy bush dancing. Arrive early so that we can start a short lesson promptly at 1:30pm.

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. We will provide a simple afternoon tea, but you may like to 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: 1:15pm for 1:30pm start

Contact: Cris on 0404 667 614

Cost: \$5

Monday 6 February

Come and Try Macquarie Club

The Seniors Day Club meets every Monday. Activities include gentle exercises, quizzes and games, entertainment and guest speakers.

Where: Albion Park RSL
160 Tongarra Road, Albion Park

Time: 9:30am to 1:30pm

Contact: Dorothy on 4257 6670

Tuesday 7 February

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 7 February

Aged Care Navigation

Navigating aged care can be confusing COTA's Aged Care Navigators will talk about:

10:00am to 11:00am 1. Navigating Aged Care – 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.

11:30am to 12:30pm 2. Navigating Home Care Packages – This session focusses specifically on Home Care Packages explaining the steps in gaining a package, the costs, tips for finding a service provider, and self-managing your package.

1:30pm to 2:30pm 3. Using the My Aged Care Website – 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.

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

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

Come to one session or stay for them all

Tuesday 7 February

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 11:30am
- Contact:** Amy 0426 528 928 or
awildner@wildmanngroup.com
- RSVP:** 3 February

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.

Tuesday 7 February

Let's make some noise!

Music is a fun and fantastic way for grandparents to connect with your grandchildren and help them learn!

This special workshop is designed for grandparents caring for grandchildren aged 0-5 years. Join the fun and learn how to encourage them to Sing and Grow at home.

You and your grandchild will have lots of fun. Sing and Grow is a music therapy workshop that uses percussion, drums, ribbons, balls, parachutes and more! Your Sing and Grow music therapist leads you through hands-on music activities that support children to learn through interactive play.

Familiar and new songs are used in singing, playing small percussion instruments, movement and relaxation.

Where: Albion Park HACC Centre
Albion Park Showground
Tongarra Road, Albion Park

Time: 10:30am to 11:30am

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

NSW Seniors Festival

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Come & Try

PICKLEBALL

**Tuesday 7 February 2023
6:00pm to 8:00pm
Shellharbour City Stadium
Croome Road, Albion Park Rail**

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

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



Come & Try

**WALKING
NETBALL**



**Wednesday 8 February 2023
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.

Wednesday 8 February

Flagstaff Fine Foods Tour

Come and visit the Flagstaff facilities, featuring the Fine Foods department. You will be able to see how the meals are made, meet our wonderful and hardworking team, sample our delicious meals and learn more about the people and our nutritional meals.

Where: Flagstaff
254 Nolan Street, Unanderra

Time: 10:00am

Contact: 4272 0222
Alison.Turner@flagstaffgroup.com.au
Bianca.candiago@flagstaffgroup.com.au

Wednesday 8 February

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
Corner Tongarra and Hamilton Roads,
Albion Park

Time: 10:30am to 11:30am

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

RSVP: 3 February

Wednesday 8 February

Postural Stability Falls Prevention Session

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

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

Time: 1:30pm to 2:30pm

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

RSVP: 3 February

Thursday 9 February

Come and Try - Pickleball

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

The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

Wear closed in shoes and loose clothing.

Where: Shellharbour City Stadium
110 Croome Road, Albion Park Rail

Time: 9:30am to 11:30am

Contact: Sharon 4257 3468 or book online
at [www.shellharbour.nsw.gov.au/
whats-on](http://www.shellharbour.nsw.gov.au/whats-on)

Thursday 9 February

Bowls, coffee and cake

Use of the indoor green with bowls hire.
A mug of tea or coffee with a delicious slice
of cake from Cowrie's Café.

Where: Warilla Bowling Club
Jason Avenue, Warilla

Time: 10:00am to 12:00pm

Cost: \$10

Contact: 4295 9595

RSVP's preferred but walk in's welcome.

Thursday 9 February

Let's make some noise!

Music is a fun and fantastic way for grandparents to connect with your grandchildren and help them learn!

This special workshop is designed for grandparents caring for grandchildren aged 0-5 years. Join the fun and learn how to encourage them to Sing and Grow at home.

You and your grandchild will have lots of fun. Sing and Grow is a music therapy workshop that uses percussion, drums, ribbons, balls, parachutes and more! Your Sing and Grow music therapist leads you through hands-on music activities that support children to learn through interactive play.

Familiar and new songs are used in singing, playing small percussion instruments, movement and relaxation.

Where: Warilla Senior Citizens
Benaud Cres, Warilla

Time: 10:30am to 11:30am

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

Spaces are limited. Please book ONE ticket per family (not per person).

Intergenerational Story Time

Grandparents are invited to a special grandparents' themed story time to celebrate the Seniors Festival. Ask staff about our weekly story times and kids programs for 0-5.

When: Monday 13 Feb

Where: Albion Park Library
Russell Street, Albion Park

Time: 11:00am to 12:00pm

When: Tuesday 14 Feb

Where: Oak Flats Library
Central Ave, Oak Flats

Time: 11:00am to 12:00pm

When: Wednesday 15 Feb

Where: Warilla Library
Woolworths Ave, Warilla

Time: 11:00am to 12:00pm

When: Thursday 16 Feb

Where: City Library
Cygnet Ave, Shellharbour City Centre

Time: 11:00am to 12:00pm

Tuesday 14 February

Brain Training

Keep your brain fit and active with a fun, interactive session of brain teasers, quizzes and a special 'golden oldies' trivia.

Where: City Library
76 Cygnet Avenue,
Shellharbour City Centre

Time: 10:30am

Contact: 4221 6222

Tuesday 14 February

Comedy Festival

Join us for a laugh and hear from four comedians that perform for Comedy with a Cause.

This is a ticketed event. Tickets must be shown at registration.

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

Time: 11:00am to 12:00pm

(Doors open at 10:30am)

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

Wednesday 15 February

Shell Cove Marina Walking Tour

Interested in learning more about the Shell Cove Marina. Join us in a walk around the Marina and hear about points of interest.

There will be two sessions. Each session will leave on time so please arrive a little early.

Where: Meet at Shell Cove Sales Centre
(opposite Woolworths) The Waterfront
Shops 1 and 2, 100 Cove Boulevard
Shell Cove

Time: Session 1 - 9:00am to 10:00am
Session 2 - 10:30am to 11:30am

Contact: To register contact 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

A photograph of several colorful tie-dye t-shirts hanging on a clothesline outdoors. The shirts feature vibrant patterns in shades of red, orange, yellow, green, and blue. A large red circle is overlaid on the center of the image, containing the text 'Intergenerational Tie dyeing'.

Intergenerational
Tie
dyeing

Saturday 18 February 2023

10am to 11:30am & 12:15pm to 1:45pm

The Imaginarium

Wentworth Street, Shellharbour Village

Share an art experience with your grandchild or grandfriend.

Learn the basics of tie dyeing.

Please bring any two small to medium fabric items: T-shirts/pillow cases /table cloths (new or used)/socks/ thermal underwear/ library bags/ hand towels or any other natural fibre items to transform into an original creation.

*Note that we cannot accommodate beach towels/bath towels or similar large items

REGISTRATIONS ESSENTIAL

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



Understanding and Living with Chronic Pain + Drugs and Alcohol for pain

Monday 20 February 2023

10:30am to 12:30pm

Shellharbour Civic Centre

76 Cygnet Avenue, Shellharbour City Centre

Chronic Pain - The session provides education about pain, persistent pain, what makes it worse and how to live with it more effectively.

Presented by: Illawarra-Shoalhaven Chronic Pain Service

Drugs & Alcohol - Let's talk about drugs, alcohol and wellbeing.

Presented by: Illawarra-Shoalhaven Drug and Alcohol Service

SCAN
TO BOOK



Tuesday 21 February

Seniors Festival Movie

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

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

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

Time: 10:30am

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

Wednesday 22 February

Paint a Rainbow Lorikeet

Learn how to paint a rainbow lorikeet in acrylic paint on canvas. Be guided by a step-by-step process and create a colourful work of art! No painting experience necessary. All materials provided.

Where: Albion Park Library
Russell Street, Albion Park

Time: 10:30am to 1:30pm

Contact: 4256 2001

Wednesday 22 February

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: 10:00am to 12:00pm

Contact: To register contact 4221 6007 or book online at www.shellharbour.nsw.gov.au/whats-on
www.eventbrite.com.au/e/on-the-road-65-plus-tickets-403216119267

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>

Thursday 23 February

Everybody Makes Seniors Festival - Handmade Paper

Learn how to recycle paper and turn it into a lovely handmade project. Add floral accents, colours and even fragrance. You can use your artisan sheets for card-making, scrapbooking, gift-wrapping, and other paper-crafting projects.

All materials will be supplied.

Where: Albion Park Library
Russell Street, Albion Park

Time: 10:30am

Contact: 4256 2001

Monday 27 February

Gentle Yoga for Seniors Festival

Yoga encourages gentle stretching to boost flexibility and balance, and enhance wellness. Join us for a free Seniors Festival session focused on physical and mental wellbeing. These sessions are facilitated by a trained yoga instructor in a self, welcoming space.

Where: Warilla Library
8 Woolworths Avenue, Warilla

Time: 11:00am to 12:00pm

Contact: 4221 6288

Tuesday 28 February

Brain Training

Keep your brain fit and active with a fun, interactive session of brain teasers, quizzes and a special 'golden oldies' trivia.

Where: Warilla Library
8 Woolworths Avenue, Warilla

Time: 10:30am

Contact: 4221 6288

Wednesday 1 March

Age Friendly Action Plan Engagement

We are developing a new Age Friendly Action Plan. Come along and share your ideas on how to make our City more age friendly.

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

Time: 10:00am to 11:30am

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

FEEDBACK FORM

Did you enjoy the 2023 Seniors Festival?

We hope that you have enjoyed the activities during the Seniors Festival 2023.

To help us plan for Seniors Festival 2024, 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 complete and return this page 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



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

Things I liked about Seniors Festival 2023

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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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Proudly funded by



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