



NSW SENIORS FESTIVAL

Love to Celebrate!



Seniors Week

NSW Seniors Festival is the largest festival for seniors in the Southern Hemisphere, reaching up to 500,000 seniors each year.

If you are over 60, NSW Seniors Festival gives you the chance to make new friends or get together with old ones at an array of local community events, many which are free or heavily discounted.

NSW Seniors Festival is designed to celebrate the role seniors play and the contributions they make to the NSW community, aligning to the policy objective of inclusive communities.

This year Shoalhaven City council is pleased to present the following calendar of events including; art, sport, music, entertainment, technology, and much more!

For more information call Council on **02 4429 3111**

Wednesday 12

11am Member/Group 8+ \$21, Adult \$28, Concession \$26

Tenori: Beyond the Sea

Shoalhaven Entertainment Centre, 42 Bridge Rd, Nowra.

Three larrikin Australian powerhouse tenors will treat you to a dynamic show. Includes free morning tea.

Contact Box Office on 1300 788 503

11am - 1pm FREE

My Life, My Choices

Clubhouse at Coastal Waters Retirement Resort, 110 The Wool Rd, Worrowing Heights.

Senior community members are invited to a fun day of activities, presentations and connections facilitated by a range of local services and community providers. Morning tea provided.

Contact Margaret Semkiw on 02 4443 9244

10am - 2pm FREE

Info Bingo for Seniors

Dunn Lewis Centre, 141 St Vincent St, Ulladulla.

A fun day of information and bingo games about seniors rights, avoiding scams and planning ahead. Morning tea and lunch will be provided.

Contact Dianne Day on 02 4422 9529 - Bookings essential

10am \$5

Memoir Writing Workshop

Shoalhaven Library, 10 Berry St, Nowra.

Learn how to write a memoir with Dr Rae Luckie.

Contact Sandra McCarthy on 0409 366 723

9.30am - 2pm FREE

Connect with U3A

CWA Hall, 39 Berry St, Nowra.

Meet and greet U3A members and tutors for exhibits of artworks, mosaics and refreshments. Photographic display of activities, excursions and language classes.

Contact Glennis Brooking on 0402 913 478

Thursday 13

10am Gold Coin Donation

Morning Tea with a Movie

Huskisson Picture Theatre, Sydney St, Huskisson.

Join us for a morning tea and make some new friends.

Contact Sue O'Brien on 0402 644 037



Monday 17

12.30pm \$3

Monthly Luncheon

Waratah Hall, 976 Culburra Rd, Culburra Beach.

Join us for a 2 course lunch, entertainment, raffles, lucky door prizes.

Contact Joan Turner on 4447 2337 to RSVP



Tuesday 18

10am **FREE**

Connecting Senior Carers

Family Day Care Meeting Room, 4/80 Park Rd, Nowra.

Morning tea meet and greet for all senior carers in the community, e.g. grandparents, family, sibling, aged to make connections. Information on where to go for support will also be available.

Contact Kelly Van Ovost on 02 4448 2000

10am - 12pm **FREE**

Introduction to Family History

Old Pyree School, 888 Greenwell Point Rd, Pyree.

Presentation with workshop and morning tea. Experienced researchers will be on hand to help you get started! Beginners pack will be provided all participants and lucky door prizes available.

Contact Marianne Faull on 0404 073 794

10.30am **FREE**

Petting Zoo

Sussex Inlet Early Learning Centre, 12 Murre St, Sussex Inlet.

The local kindy will be invited to join us for a lively morning tea whilst the petting zoo is on site.

Contact Mel Smalle on 02 4441 1666



Wednesday 19

9am - 1pm **FREE**

Water & Wastewater Treatment Plant Tour

Visit two of our largest treatment facilities and discover where your water comes from and how wastewater is recycled and reused on local farms and sporting fields.

Contact Shoalhaven Water at council@shoalhaven.nsw.gov.au or 02 4429 3214. Further details will be provided on booking.

10am - 12pm **Gold Coin Donation**

Pickleball & Morning Tea

Shoalhaven Heads Tennis Courts, Booner Dr Shoalhaven Heads.

Pickleball is a hugely popular game for seniors although it can be enjoyed by all age groups and abilities. The bats and plastic balls are lightweight and running is not required. Join us for a new experience of a healthy outdoor exercise in a socially setting. Morning tea supplied.

Contact Christine Talbot on 0419 465 995

10.30am **FREE**

Morning Tea

Ulladulla Leisure Centre, Cnr Green and Warden St, Ulladulla.

Enjoy a free morning tea for seniors in the Southern Shoalhaven.

Contact the Ulladulla Leisure Centre on 02 4444 8811



Thursday 20

10.30am - 12.30pm & 1.30pm - 3.30pm **FREE**

T is for Technology, Trouble, Tuition, Triumph!

7/168 Jacobs Dr, Sussex Inlet.

Bring your laptops, phones, tablets or device you are having trouble with to this technology session. With tuition from our staff and computer club members, you will triumph over the complexities.

Contact Leanne Pinder on 02 4441 0921

Friday 21

10am **FREE**

Switched on Seniors – Painting with Friends

Youth & Weavers Hall, Crn Victoria & Albany, Berry.

Share a fun day of painting with friends with an art lesson in Berry.

Contact Alyss Phillips on 0455 114 860

10.30am \$20

Friendship Lunch, Tour & Live Music

Shoalhaven Entertainment Centre, 42 Bridge Rd, Nowra.

Enjoy a back stage tour of Shoalhaven Entertainment Centre followed by a delicious 2 course lunch and music by Annie Szota.

Contact Erica Warren on 02 4429 5770 or catering shoalhavenentertainment.com.au to book.

10am - 12pm **FREE**

High Tea

Ulladulla Catholic Church Hall, 65 St Vincent St, Ulladulla.

Stroke club members, seniors and visitors are all welcome to attend.

Contact Rick Gallagher on 0490 288 726



10am - 1pm **FREE**

Looking East – Villages, Views & Vitality

Pick up location, 39 Berry St, Nowra (Back of Roxy)

View the eight carved poles created by local Aboriginal man, Noel Wellington, before stopping off for a sausage sizzle, tea and scones at Bicentennial Park.

Contact Julie Morris on 0439 518 365

1pm **FREE**

Choral Concert

Wesley Centre, 29 Berry St, Nowra.

Shoalhaven Community Choir will present a concert with support from the audience. The concert will include workshops with warm ups and breathing exercises for those who wish to sing along or else sit back and enjoy. Afternoon tea of sandwiches, slices, tea and coffee afterwards.

Contact Suzanne Hammond-Warne on 0447 611 642

9am - 12pm **FREE**

Croquet the Game for all Ages

127 Cambewarra Rd, Bomaderry.

Enjoy a morning of learning the basics of Croquet. Within minutes you can be playing a game or two. Morning tea will be provided with no charge for the day. Flat soled footwear to be worn.

Contact Margaret Sawers on 02 4421 5367 or 0417 458 700



Friday 14, Monday 17 & Friday 21

9.30am - 11.30am **FREE**

Stories from Bomaderry

The Ground Bean, 43 Meroo St, Bomaderry.

Seniors of Bomaderry and Meroo Meadow are invited to bring their stories of Bomaderry to share over a 1950's styled morning tea. Sharing stories with the wider community is essential to a towns history and character.

Contact Lissa Barnum on 0404 266 715 - Bookings essential

Friday 14 - Friday 21

11.30am **\$10.80 Concession**

Gentle Fit

Bay & Basin Leisure Centre, The Wool Rd, Vincentia

Gentle Fit is a gentle and effective workout suitable for most people, including seniors over 50 years of age. Improve your strength and bone density in this class which focuses on functional fitness.

Visit our Group Fitness Timetables at shoalhavenssf.com.au or Contact 02 4406 2022

Wednesday 12 - Sunday 23



From 10am **FREE**

Tea and Tech

All Shoalhaven Library branches

Shoalhaven Libraries will host a range of tech classes across its branches to promote digital literacy to its seniors. Call your nearest branch in January for information on upcoming events.

Contact Robin Sharpe on 02 4429 3710

FREE (for all non-members)

Seniors Group Exercise Classes

Ulladulla Leisure Centre and Sussex Inlet Aquatic Centre.

Free participation into all of our seniors based group exercise sessions including aquarobics. Just show your seniors card or pensioners card.

Visit our Group Fitness Timetables at shoalhavenssf.com.au or Contact Ulladulla Leisure Centre 02 4444 8811 or Sussex Inlet 02 4406 2055

Monday 17, Wednesday 19 & Friday 21

9am **\$4.30/per person**

Indoor Bowls & Table Tennis

Shoalhaven Indoor Sports Centre, 90 Cambewarra Rd, Bomaderry.

Join us for a morning of short mat bowls & table tennis at the brand new Shoalhaven Indoor Sports Centre. The Courtside Cafe will be open and serving a range of food options available for purchase that make for the perfect post-game meal.

Contact Jaime Bowmaker on 44295552





For more information call **02 4429 3111** or visit
shoalhaven.nsw.gov.au    