



15 FRIDAY

FREE Tech Class 10am

Nowra Library

Introduction to the internet.

Booking Required

Book via shoalhavenlibraries.com.au/Events-Programs or call Nowra Library (02) 4429 3705

FREE Seniors Morning Tea 10.15am

Swim and Fitness Ulladulla Leisure Centre
Seniors morning tea with coffee and cake.

FREE Free Trial "Aquarobics and YogaFIT" 10.15am

Swim and Fitness Ulladulla Leisure Centre
For non-members of Swim and Fitness.

FREE Free Trial "Aquarobics and YogaFIT" 10.15am

Swim and Fitness Sussex Inlet Aquatic Centre
For non-members of Swim and Fitness.

FREE Happy Sounds Shoalhaven Community Singing 10.30am-12.30pm

Shoalhaven Senior Citizens Centre, 33 Berry Street, Nowra
Community singing group for all Shoalhaven Seniors.

FREE Seniors Living Open Day 11am-3pm

St Georges Basin Country Club
Over 20 seniors lifestyle and services exhibitions.
Contact number (02) 4443 0666

FREE Luncheon 12pm

Anglican Church Hall, 68A Princess St, Berry
Free luncheon to encourage people to get out and be active in the community.

Booking Required

Contact Joan Kaehne (02) 4464 2783

17 SUNDAY

FREE U3A Garden Party 3.30pm-7.30pm

Burrill Lake Park, Burrill Lake

Garden party to celebrate U3A's 30 years of presenting courses.

Booking Required

Contact U3A Milton Ulladulla campus on 0428 542 430

18 MONDAY

FREE Morning Tea and Family Trees 10am-12noon

Shoalhaven Family History Society,
888 Greenwell Point, Pyree

Research Family History and enjoy a delicious morning tea.

Contact Marianne Faull 0404 073 794

19 TUESDAY

FREE Pop Up Painting 10am-2pm

Shoalhaven Regional Gallery Nowra

Pop up painting workshop, all materials included and tutor provided. Drop in anytime between 10am-2pm.

Enquires (02) 4429 5444

FREE Morning Tea 10.30am-2pm

Interchange Shoalhaven, 27 Holloway Road,
South Nowra

Share stories over cake and coffee. Celebrate the work of our Senior volunteers and staff.

Contact Anna Finch (02) 4423 0255

\$5 pp Love Your Life 11am-2pm

Country Womens Association of NSW - CWA rooms,
39B Berry St, Nowra

Guest speaker and interactive session with personal collages of photos of life experiences.

Contact Julie Morris 0439 518 365

FREE Love Your Life - Living Vertically 2pm-4pm

Nowra Library

Falls Injury Prevention Session

Booking Required

Book via shoalhavenlibraries.com.au/Events-Programs or call Nowra Library (02) 4429 3705

20 WEDNESDAY

FREE Water Treatment Plant Tour 9am-1pm

Shoalhaven Water will conduct a behind the scenes tour of Shoalhaven's Water Treatment plant. Learn how our water is collected, stored and purified.

Booking Required

Contact Shoalhaven Water on (02) 4429 3214 or via email water@shoalhaven.nsw.gov.au

FREE S.T.E.A.M Activities Morning 10.30am Ulladulla Library

STEAM (Science, Technology, Engineering, Art and Maths) activities include, sudokus, origami, crossword puzzles and word puzzles.

Booking Required

Book via shoalhavenlibraries.com.au/Events-Programs or call Ulladulla Library (02) 4444 8820

FREE Research Family History 10.30am-2pm

Milton Ulladulla Family History Society Inc.

Come and visit our rooms and converse with members about researching family history.

Contact Elizabeth Nowosad (02) 4455 1796

FREE Pain and Medication Management 1pm-3pm

Nowra Library

Understand more about managing pain and getting the most out of your medication whilst avoiding side effects.

Booking Required

Book via shoalhavenlibraries.com.au/Events-Programs or call Nowra Library (02) 4429 3705

21 THURSDAY

FREE Tip Tours 9am-12 pm

A behind the scenes tour of the Shoalhaven's waste and recycling facilities.

Booking Required

Contact Waste Services (02) 4429 3129

22 FRIDAY

FREE Croquet 9am-12pm

Nowra Croquet Club, 127 Cambewarra Rd, Bomaderry

Come and try the sport of croquet for fun and fitness. All equipment supplied.

Contact Margaret Sawers 0417 458 700

FREE Booderee Cultural Tour 9am-1pm

Booderee National Park

Take a cultural tour of the beautiful Booderee Botanical Gardens, enjoy a complimentary lunch.

Booking Required

Contact Community Development at Shoalhaven City Council (02) 4429 3411

FREE Happy Sounds Shoalhaven Community Singing 10.30am-12.30pm

Shoalhaven Senior Citizens Centre, 33 Berry Street, Nowra
Community singing group for all Shoalhaven Seniors

FREE Introduction into Singing 10am-12pm

Shoalhaven Community Choir, 2 Clarke Avenue,
North Nowra 2541

Shoalhaven Community Choir invites Seniors from the local Community to join us at our weekly Friday rehearsal to give singing a try. Then join us for a shared buffet lunch!
Contact Debbie Williams 0498 440 313

FREE Calm Colouring Morning 11am-12pm

Sanctuary Point Library

A calm and relaxing hour of colouring, all materials included.

Booking Required

Book via shoalhavenlibraries.com.au/Events-Programs or call Sanctuary Point Library (02) 4406 2076

FREE Origami for Seniors 11.30am-1pm

Nowra Library

Fun and free craft session where you can learn origami.

Booking Required

Book via shoalhavenlibraries.com.au/Events-Programs or call Nowra Library (02) 4429 3705

23 SATURDAY

\$10 pp Speakeasy 7pm-10pm

Callala Events Committee, Club Callala Auditorium

Music, dancing, wine tasting, silent auction and nibbles. Come dressed in 1920's fashion. Vintage Car Show in club car park.

Tickets available at Club Callala. Contact Julie Wotton 0421 937 117

26 TUESDAY

FREE Flagstaff Seniors Bonanza Tour and Tasting 9.30am-11.30am

The Flagstaff Group, 102 Pitt Street North Nowra

Tour of Flagstaff facility in North Nowra including fine food tasting. Drumming and percussion with employees.

Booking Required. Please RSVP by 22 Friday

Contact Neel Honavar 0455 757 105

ACROSS THE MONTH

FREE Seniors Morning Tea and Lathe Wood Turning Demonstrations 9am-12pm

Mens Shed Shoalhaven Heads, 16 Celia Parade,
Shoalhaven Heads

Join us for tours of the facility and enjoy morning tea.

For more information call (02) 4448 8980

13 Wednesday, 17 Sunday, 18 Monday and 19 Tuesday

FREE Seniors at Family Day Care, Morning Tea 10am-11am

Shoalhaven Family Day Care 4/80 Park Rd, Nowra

Children will bring along their grandparents, great grantparents, great aunt/uncle to playsessions and enjoy a lovely morning tea.

Contact Partice Keegan (02) 4429 5612

13 Wednesday, 18 Monday and 20 Wednesday

FREE Free Trail for non-members Various days and times

Swim and Fitness Bay & Basin Leisure Centre

Aqua Fitness 8am

18 Monday, 20 Wednesday and 22 Friday

Pilates 10.30am

19 Tuesday, 20 Wednesday and 21 Thursday

Gentle Fit 11:30-12:30

15 Friday and 22 Friday

Aqua Light 1pm

18 Monday and 21 Thursday

YOGA flow 6pm

18 Monday