

Time to 3-16 MARCH 2025

NSW SENIORS FESTIVAL 2025

Shine!



Get involved in Seniors Festival with a range of free, low cost and subsidised events being held across the Wingecarribee Shire.

Event bookings open 9am Monday 10 February 2025



Welcome to the

Wingecarribee Shire

2025 SENIORS FESTIVAL

This Seniors Festival it's 'Time to Shine'! Meet old friends or make new ones, and experience the joy of being together, sharing a laugh or trying something new. We have lots of events on offer this year and are excited to welcome you along to them.

Please note that some events have limited places available and require you to book your spot. Tickets can be booked online, by phone or in person. If you have any difficulties making a booking, please call Council on 02 4868 0888 for assistance.

Some events involve physical activity. If you are unsure whether these events are suitable for you, please discuss your fitness level or physical limitations with the event organiser.

Every effort has been made to ensure the accuracy of this program, and all details were correct at the time of publication. Events are subject to change without notice.

Please check Council's website at www.wsc.nsw.gov.au/seniors for any additional events which may have been added after the program was printed.

If you have any questions, please contact Council's Community Development Officer on 02 4868 0888.



FREE EVENT



ACCESSIBLE VENUE



BOOKINGS REQUIRED



REFRESHMENTS PROVIDED



MONDAY 3 MARCH

SENIORS MORNING TEA



Come along to our Irish flavoured Seniors Morning Tea at Hill Top. A firm favourite of previous Seniors Festivals, don't miss out on your chance to join in the fun! Proudly supported by Hill Top Community Association and Friends of Hill Top War Memorial Hall.

WHERE: Hill Top War Memorial Hall, Wilson Dr, Hill Top
WHEN: 11am-1pm
BOOKINGS: Contact Shay: shippcreek@gmail.com or Anne: 0422 345 507

SPANISH DANCE LESSON



Learn to move to Spanish Rhythms and play castanets.

WHERE: The Garden Studio, 5 Lytton Rd, Moss Vale
WHEN: 4pm-5pm
BOOKINGS: marisol@flamencosolyamar.com or 0419 194 473
COST: \$10

TUESDAY 4 MARCH

MOVIE SCREENING: A COMPLETE UNKNOWN



In 1961, an unknown 19-year-old Bob Dylan arrives in New York City with his guitar and forges relationships with music icons on his meteoric rise, culminating in a groundbreaking performance that reverberates worldwide. Rated M. Run time 141 mins. Free choc top or popcorn on arrival!

WHERE: The Empire Cinema, 327 Bong Bong St, Bowral
WHEN: 10.30am-1pm
BOOKINGS: <https://www.trybooking.com/CXZFW> or 02 4868 0888

CREATIVE AND CONNECTED AFTERNOON TEA



Join us for an afternoon tea filled with creativity and connection! Enjoy some tasty treats, try your hand at some craft activities, and learn about our new Dementia Inclusive Southern Highlands group.

WHERE: Henrietta Rose Room, Bowral Library, 16-24 Bendooley St, Bowral
WHEN: 2pm-3.30pm
BOOKINGS: <https://www.trybooking.com/CYCLO> or 02 4868 0888

MOSS VALE CWA EVENT



CWA Fun Day - join us for morning tea, lunch and games.

WHERE: CWA Rooms, 66 Elizabeth St, Moss Vale
WHEN: 10am
BOOKINGS: mossvalecwa@outlook.com by 24 February

WEDNESDAY 5 MARCH

SCRUMPTIOUS SCONE DEMONSTRATION



Join the Moss Vale Evening CWA branch for a demonstration on the finer points of successful scone making, followed by a delicious morning tea.

WHERE: Guide Hut, 3 Donkin Ave, Moss Vale
WHEN: 10.30am-12.30pm
BOOKINGS: mossvaleeveningcwa@gmail.com or 0418 600 068

STRONG SENIORS - WHY EVERYONE OVER 65 SHOULD DO STRENGTH TRAINING AND HOW TO START SAFELY



Presentation and interactive workshop delivered by an Exercise Physiologist on how to safely exercise and gain the health benefits from strength training.

WHERE: Effect Exercise Physiology, 242 Argyle St, Moss Vale
WHEN: 5.30pm-6.30pm
BOOKINGS: Contact Jack: 0491 001 559

SENIORS MORNING TEA AND GARDEN TOUR



Seniors from our local area are invited along for a Morning Tea & a Tour of the Yerrinbool Railway Garden with the Yerrinbool Village Group.

WHERE: Shelter at Yerrinbool Railway Garden, Old Hume Hwy, Yerrinbool
WHEN: 10am-12pm
BOOKINGS: Contact Maryann: 0405 266 481

REACH: A CREATIVE AND COMMUNITY CONNECTION EVENT FOR INTERNATIONAL WOMEN'S DAY



Vinnies Creative Space Southern Highlands Community Outreach Program invites you to join in solidarity and make International Women's Day a special day by getting together with other women. No experience necessary – all materials supplied.

- 10am-12pm Raffia Weaving Women's Circle with Pam from Possum Tails Art
- 12pm-2pm Mindful Meanderings with Catherine H

WHERE: Moss Vale Community Centre, 14 Queen St, Moss Vale
WHEN: 10am-2pm
BOOKINGS: <https://tinyurl.com/2ezzduze> or 0417 847 492
COST: Gold coin donation

ROAD SAFETY INFORMATION SESSION



Come and hear about staying on the roads safely from Council's Road Safety Officer. Test your understanding of road safety rules, and learn how to make safer choices when driving, riding, walking, using a mobility scooter or catching public transport.

WHERE: Harbison, 2 Charlotte St, Burradoo
WHEN: 10.30am-12pm
BOOKINGS: <https://www.trybooking.com/CYAHL> or 02 4868 0888

THURSDAY 6 MARCH

ANNESLEY MORNING TEA AND TOUR



Annesley welcomes members of the community aged over 55 to a morning tea in our beautiful garden room. Our Village Manager & Sales Manager will then provide a tour of Annesley, showcasing the village and amenities we offer to the broader community.

WHERE: Annesley Retirement Village, 10 Westwood Dr, Bowral

WHEN: 10am-11.30am

BOOKINGS: 02 4861 4366

PLAN YOUR LEGACY: WILLS AND ESTATE INSIGHTS



Take the guesswork out of planning for the future at our Wills and Estate Planning information session. Hear from Palmer Legal about creating a will, managing your estate and making sure your wishes are carried out. This practical session will provide valuable insights and answer your questions, helping you plan with confidence and peace of mind.

WHERE: Oaktree Retirement Village, Willow Dr, Moss Vale

WHEN: 11am-12pm

BOOKINGS: <https://www.trybooking.com/CXZGB> or 02 4868 0888

FRIDAY 7 MARCH

A WALK DOWN MEMORY LANE



Come along to Berrima Museum to take a walk down Memory Lane, looking at a range of historical items from the museum's collection material. Reminisce about domestic life, work, clothing and entertainment of years gone by. At the end, a morning tea will be served.

WHERE: Berrima District Museum, Lot 1A Market Place, Berrima

WHEN: 10am-12pm

BOOKINGS: <https://www.trybooking.com/CXZGW> or 02 4868 0888

ABORIGINAL ART AND WEAVING



Join the Wingecarribee Aboriginal Initiatives Group for a day of Aboriginal art. There will be a weaving class as well as dot painting and scratch art to cater for everyone's abilities.

WHERE: Wingecarribee Aboriginal Cultural Centre, 1a Rainbow Rd, Mittagong

WHEN: 10am-2pm

BOOKINGS: <https://www.trybooking.com/CXZLD> or 02 4868 0888



EVENTS ACROSS MULTIPLE DAYS



MITTAGONG SENIORS OPEN DAY



Demonstrations of Ukulele and Line Dancing by the Mittagong and District Senior Citizens Welfare Club. Participate in indoor bowls and board games. Meet like-minded active seniors and enjoy a scrumptious morning tea.

WHERE: Mittagong Community Centre, 10 Albert Ln, Mittagong

WHEN: Tuesday 4 March 9.30am-2.30pm
Thursday 6 March 9.30am-2.30pm

BOOKINGS: mittagongseniors@gmail.com or 0400 357 079



MAKE YOUR OWN PHOTO BRAG BOOK



In this 2 part workshop you will find out about all the options and tips for turning your photos into a photobook to share with friends and family. Showcase your grandkids, your holiday snaps or yourself! Free morning tea at the workshop and a small printed book afterwards.

WHERE: CTC Robertson, 58-60 Hoddle St, Robertson

WHEN: Wednesday 5 March & Wednesday 12 March, 10am-1pm

BOOKINGS: <https://www.trybooking.com/COATT>



TIME TO SHINE! WITH LILY CUMMINS



A series of art making workshops for seniors with artist and educator, Lily Cummins.

WHERE: Ngununggula | Retford Park Southern Highlands Regional Gallery, 1 Art Gallery Ln, Bowral

WHEN: Saturday 8 March 1pm-3pm
Sunday 9 March 1pm-3pm
Monday 10 March 10am-12pm

BOOKINGS: <https://www.eventbrite.com.au/e/1120288375689>



BOWRAL HISTORICAL WALKING TOURS



A stimulating walking tour where we lift the lid on some of Bowral's most scenic & historic icons. For locals & visitors alike! Please note you need to be able to walk 2km at a gentle pace including one hill.

WHERE: Meet at Bowral Railway Station Entrance

WHEN: Wednesday 5 March, Saturday 8 March, Sunday 9 March
Wednesday 12 March, Saturday 15 March, Sunday 16 March
10am-11.30am

TIME: 10am-11.30am

BOOKINGS: <https://www.trybooking.com/CSMHP>

COST: \$30



SING AUSTRALIA SOUTHERN HIGHLANDS 'WELCOME TO VISITORS NIGHTS'



A community choir for everyone, no auditions, just singing for fun and health. We meet at the Bowral Uniting Church Hall, 5.30pm-8pm with a break midway. We always welcome people to come and sing with us, regardless of whether they feel they can sing or not.

WHERE: Bowral Uniting Church Hall, 28 Bendooley St, Bowral

WHEN: Monday 3 March & Monday 10 March 5.30pm-8pm

BOOKINGS: Drop in, or enquire with Christine: 0430 082 840



OPEN DAYS AT BUNDANOON MEN'S SHED



Opportunity to visit our shed!

WHERE: Bundanoon Men's Shed, 11 Burgess St, Bundanoon

WHEN: Wednesday 5 March & Thursday 6 March, 9am-1pm

BOOKINGS: bmsburgess@gmail.com



ONLINE EXERCISES WITH THIRD AGE FITNESS



Exercise without leaving your lounge room! Third Age Fitness want to show you how easy it can be to exercise and stay fit and healthy from the comfort of home, so why not join them on a range of great online workouts across Seniors Festival.

WHERE: Online via Zoom

WHEN: Monday 3 March – Chair Cardio 10.15am-10.45am

Wednesday 5 March – Pilates 8.30am-9am

Friday 7 March – Building Strength 10am-10.30am

Monday 10 March – Mobility Balance 1.30pm-2pm

Tuesday 11 March – Chair Strength 10.30am-11am

Wednesday 12 March – Cardio Walking 10.30am-11am

BOOKINGS: <https://bit.ly/SeniorsFestRego>

INFO: <https://bit.ly/seniorsfestival25>



MONDAY 10 MARCH

NBN SCAM AWARENESS SESSION



If you've ever been worried about online scams or you're simply looking to upskill your digital safety, this is the session for you. Learn tips on how best to avoid online and phone scams and discover helpful advice on what to do if you're ever a victim of a scam.

WHERE: Mt Eymard Retirement Village, 502 Moss Vale Rd, Bowral

WHEN: 10.30am-11.30am

BOOKINGS: <https://www.trybooking.com/CXZNH> or 02 4868 0888

ROAD SAFETY INFORMATION SESSION



Come and hear about staying on the roads safely from Council's Road Safety Officer. Test your understanding of road safety rules, and learn how to make safer choices when driving, riding, walking, using a mobility scooter or catching public transport.

WHERE: Annesley Retirement Village, 10 Westwood Dr, Bowral

WHEN: 11am-12.30pm

BOOKINGS: <https://www.trybooking.com/CXZNI> or 02 4868 0888

SOUTHERN HIGHLANDS OLDER WOMEN'S NETWORK



SHOWN will be holding our regular monthly meeting with a guest speaker for the first hour followed by a lovely afternoon tea. Any women are welcome to attend.

WHERE: Oaktree Retirement Village, Willow Dr, Moss Vale

WHEN: 2pm-4pm

BOOKINGS: SHOWN@OWNNSW.org.au

COST: \$5

TUESDAY 11 MARCH

TIME TO SHINE AT BERRIMA WILDLIFE RESERVE



Tours of the Berrima Wildlife Reserve are being offered by highly experienced Landcare volunteers who will show you the plant communities on the site and with any luck some of the fauna. Participants will also see Landcare volunteers in action. Please wear sturdy, enclosed shoes, sun protection and appropriate clothing for a stroll through the bush along tracks.

WHERE: Berrima Wildlife Reserve, Suttor Rd, Berrima

WHEN: 9.30am-11.30am

BOOKINGS: Contact Heather: Secretary@shln.org.au

LAW AND ORDER IN COLONIAL TIMES



Come and learn about the history of law and order in early colonial times in Australia. Please note the lecture will contain graphic content in relation to punishments used.

WHERE: Berrima Courthouse, Cnr Argyle and Wilshire St, Berrima

WHEN: 10am-11am

BOOKINGS: <https://www.trybooking.com/CYFSI> or 02 4868 0888

COST: \$7

TECH SAVVY SENIORS SESSIONS



Join us for a day full of Tech Savvy Seniors sessions run by CTC Robertson. From learning how to stay safe online to creating documents in Word and online, there's something for everyone! Learn how to use search engines like Google, and how to use social media including Facebook and Instagram. You can also learn how to borrow eBooks and eAudio titles from the library. Spots are limited, so get in quick!

WHERE: Henrietta Rose Room, Bowral Library, 16-24 Bendooley St, Bowral
BOOKINGS: <https://www.trybooking.com/eventlist/wingecarribeepubliclibraries>
or call 1300 266 235

WEDNESDAY 12 MARCH

SENIORS FESTIVAL 2025 SUSTAINABLE FARM TOUR



Join us for a tour of Snake Creek Cattle Company in Werai, followed by a light lunch.

WHERE: Snake Creek Cattle Company, 1 Werai Rd, Werai
WHEN: 10.30am-12.30pm
BOOKINGS: wsc.nsw.gov.au/events-directory/Seniors-Festival-2025-Sustainable-Farm-tour
or 02 4868 0888

REACH: JOURNEY INTO PAST AND FUTURE



Journey to Yerrinbool by train with EACH (or make your own way and meet them there). Hear about the Care Finders services and ask questions about My Aged Care, for you or someone you know.

Once there, join Creative Space for a relaxed workshop with Jess, exploring some simple and reflective life writing exercises to help you document precious life events and memories.

WHERE: Yerrinbool Hall, 45 Everest St, Yerrinbool
WHEN: 10am-2pm
BOOKINGS: <https://tinyurl.com/4vy735m3> or 0417 847 492
COST: Gold coin donation

THURSDAY 13 MARCH

DROP IN SEW + UPCYCLE WITH THE SEWING COLLECTIVE!



Mending? Upcycling? Altering? Making? Need a bit of support / looking for other sewing folk to hang out with? Come along to Drop in SEW + UPCYCLE with The Sewing Collective! Sewing machines, hand sewing needs, fabric and most other resources supplied and/or bring your project or items with you.

WHERE: Harbison Community Hub, 2 Charlotte St, Burradoo
WHEN: 10am-2pm
BOOKINGS: <https://tinyurl.com/yeyuv5nv> or 0417 847 492
COST: Gold coin donation



GRAND CONNECTION



Join us for a relaxing Grandparents' Morning Tea. Discover cost-effective community resources, enjoy activities like making bath fizz and hand scrubs, and connect with other grandparents caring for young people. Explore cost-of-living support, money-saving ideas, and opportunities for ongoing support and regular meet-ups.

WHERE: Highlands Community Centres, 2 Mona Rd, Bowral
WHEN: 10.30am
BOOKINGS: Contact Rose: rose@highlandscommunity.org.au or 02 4862 1122

SOUND SOOTHING FOR THE SOUL WITH LOUISE BELL



Be enchanted by contemplative soothing music ~ featuring folk harp, grand piano, voice, Tibetan singing bowls, and ambient soundscapes. Float freely on original compositions as well as music improvised in the moment especially for you. Relax in a chair or bring your yoga mat and a cushion.

WHERE: Harmony Centre, 11 Beresford St, Balaclava
WHEN: 7.30pm-8.30pm
BOOKINGS: <https://www.trybooking.com/CXZDA> or 02 4868 0888

HAPPINESS IS AN INSIDE JOB WORKSHOP WITH QUEST FOR LIFE



Happiness is an Inside Job is a transformative one-day workshop facilitated by Petrea King. Discover practical tools for inner peace, resilience, and emotional healing in a nurturing environment. Includes a wholesome, nourishing lunch. Reconnect with yourself and leave inspired to live with greater purpose and joy.

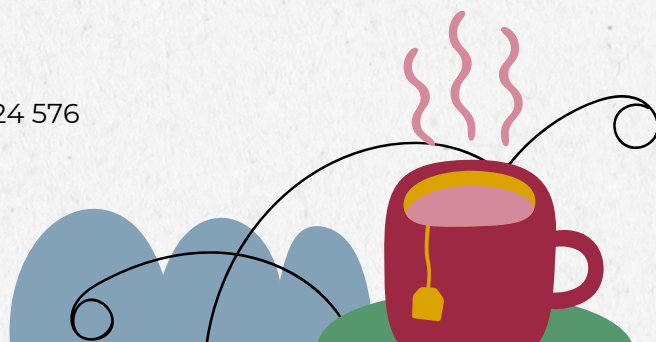
WHERE: Quest for Life Centre, 13-33 Ellsmore Rd, Bundanoon
WHEN: 9.30am-2.30pm
BOOKINGS: Contact Candice: candice@questforlife.org.au or 02 4883 6599

READ ALOUD IN ROBBO



We are an informal, shared reading group. Unlike a book club we don't all read the same book, instead people bring literature to read out loud that has special significance to them. The idea is to create a space where people feel at ease. There is no pressure to talk or read aloud.

WHERE: The Buzz Cafe, 76 Hoddle St, Robertson
WHEN: 6.30pm-9pm
BOOKINGS: Thebuzzcafe@outlook.com.au or 0407 224 576





FRIDAY 14 MARCH

SENIORS EXPO



Discover what your local community has to offer at the 2025 Seniors Expo! The Seniors Expo brings together local services, community groups and organisations dedicated to supporting seniors. Explore a variety of stalls offering information, resources and activities to help you stay connected, informed and empowered. Proudly sponsored by Park Proxi Gibraltar Bowral.

PARK PROXI

WHERE: Park Proxi Gibraltar Bowral, 7 Boronia St, Bowral
WHEN: 9am-12pm
BOOKINGS: <https://www.trybooking.com/CXZCQ> or 02 4868 0888

Please note: Bookings are not essential but are helpful to ensure stallholders bring enough materials.

SATURDAY 15 MARCH

SHE BRANCH OF CWA MORNING TEA AND MARKET



Seniors are invited to join Southern Highlands Evening branch of CWA for a morning tea, market stall and a book stall. Morning tea will be free for those over 65 and \$5 for those under 65, with proceeds going to Pancreatic Cancer research. There will be some activities like chair yoga and some musical entertainment.

WHERE: Mittagong CWA Rooms, 98b Main St, Mittagong
WHEN: 10am-2pm
BOOKINGS: Contact Jennifer: woodwelljennifer@gmail.com or 0408 635 719
COST: Free for over 65s, \$5 for under 65s

SUNDAY 16 MARCH

SOUTHERN HIGHLANDS CONCERT BAND CONCERT



The Southern Highlands Concert Band present 'Reduce, Reuse, Recycle'. Why waste a good tune? Come along to this concert of music by Rachmaninoff, Bach, Chopin, Vincent Youmans and others, but "borrowed" to make new compositions. Guest artists - Brass Connections, playing music by Kurt Weill.

WHERE: Bowral Memorial Hall, 16-24 Bendooley St, Bowral
WHEN: 2pm-3.30pm
BOOKINGS: <https://www.trybooking.com/CXZDF> or 02 4868 0888

SUNDAY AFTERNOON AT THE MOVIES



Enjoy an afternoon at the movies at a screening of The Great Escaper (2023) starring Michael Caine and Glenda Jackson - inspired by a true love story. Rated M.

WHERE: CTC Robertson, 58-60 Hoddle St, Robertson
WHEN: 1.30pm-4pm
BOOKINGS: <https://www.trybooking.com/COATT>



ONGOING EVENTS

EXHIBITION: TIME TO SHARE - SHINING OUR LIGHT



Running from 3 March to 3 April, the Time to Share exhibition will showcase a diverse collection of multimedia visual arts and crafts emerging from the refined practices of local senior artists. Many of these practitioners can look back proudly on a sustained and lifelong practice.

WHERE: Civic Centre Atrium, 68 Elizabeth St, Moss Vale
WHEN: 8.30am-4.30pm Monday-Friday; 9am-12pm Saturday
CONTACT: 02 4868 0888 or mail@wsc.nsw.gov.au

MOSS VALE WAR MEMORIAL AQUATIC CENTRE



All seniors will enjoy free casual aquatic entry for the duration of Seniors Festival, and free classes are available to those registered and booked in to attend. For more information and to make a booking, please call.

- Adult Water Safety Sessions – 12pm on Tuesday 4th, Thursday 6th & Wednesday 12th March
- Zumba Group Fitness Class – 1pm on Monday 3rd & Monday 10th March
- Fit and Fab Group Fitness Class – 2pm on Wednesday 5th March

WHERE: Moss Vale War Memorial Aquatic Centre, 8 Kirkham St, Moss Vale
HOURS: 6am-8pm Monday to Friday; 8am-6pm Saturday; 9am-6pm Sunday
CONTACT: 02 4868 1967
WEBSITE: mossvaleaquatic.com.au

EXHIBITION: PURSUIT OF HAPPINESS



Colour is a fascinating element, and the Pursuit of Happiness exhibition leans into its captivating nature and alluring quality. Australian artists Rebecca Baumann, Christopher Langton, Belem Lett, and Brendan Van Hek are well known for their distinct practices, which collectively span painting, installation and sculpture.

WHERE: Ngununggula, Retford Park Southern Highlands Regional Gallery
1 Art Gallery Ln, Bowral
WHEN: 10am-4pm daily
CONTACT: 02 4861 5348
WEBSITE: ngununggula.com

Thanks to our supporters

For a full list of contributing organisations, services and groups, please visit:

www.wsc.nsw.gov.au/seniors



Wingecarribee Shire Council acknowledge the Gundungurra and Dharawal peoples as the Traditional Custodians of the lands where we work and live. We celebrate the diversity of Aboriginal peoples and their ongoing cultures and connections to the lands and waters of NSW. We pay our respects to Elders past, present and emerging.

