

NSW

Seniors Festival

11 - 24 March 2024

Reach Beyond

Wingecarribee SHIRE COUNCIL
We're with you

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 12 February 2024

Thanks to our supporters

For a full list of contributing organisations, services and groups, please visit www.wsc.nsw.gov.au/seniors

With thanks to the NSW Government for providing Wingecarribee Shire Council with funding through the 2024 NSW Seniors Festival Grant Program.



Southern Highlands Men's Sheds
All Men's and Women's Sheds are open during Seniors Festival, all welcome. No bookings required.

Bowral Men's Shed
 28 Bendooley St Bowral
 8.30am-3pm Tuesdays and Thursdays
 mensshed.com
 02 4862 5285

Bundanoon Men's Shed
 11 Burgess St Bundanoon
 9am-2pm Tuesdays, Wednesdays and Thursdays, 4pm Fridays Happy Hour
 bundanoonmensshed.asn.au
 bmsburgess@gmail.com or 02 4883 6574

Colo Vale Village Men's Shed
 28 Railway Ave Colo Vale
 9am-1pm Tuesdays and Thursdays
 mensshed.org/sheds/colo-vale-village-mens-shed
 0419 279 277

Mittagong Men's Shed Inc
 102 Diamond Fields Rd Mittagong
 9am-12pm Tuesdays and Fridays
 mensshed.org/sheds/mittagong-mens-shed-inc
 0420 446 092

Moss Vale Men's Shed
 Main Gate, Moss Vale Showground
18-20 Illawarra Hwy Moss Vale
 8.30am-1pm Tuesdays and Thursdays
 mossvalemensshed.org.au
 mail@mossvalemensshed.org.au

Robertson Men's Shed
 58-60 Illawarra Hwy Robertson
 Men 9am-3pm Tuesday, Women 9.30am-1pm Friday, Mixed 6pm-9pm Wednesday.
 robertsonmensshed.org.au
 info@robertsonmensshed.org.au



Gallery exhibitions during Seniors Festival

Ngununggula - Retford Park Southern Highlands Regional Gallery
Ross & Rothwell: in the same boat
 Ngununggula, 1 Art Gallery Lane Bowral
 10am-4pm daily. 11am tours Monday-Friday
 02 4861 5348
 ngununggula.com

The Atrium
Exhibition featuring local senior artists and craftspeople
 Civic Centre Atrium, 68 Elizabeth St Moss Vale
 8.30am-4.30pm Monday-Friday; 9am-12pm Saturday
 02 4868 0888 or mail@wsc.nsw.gov.au



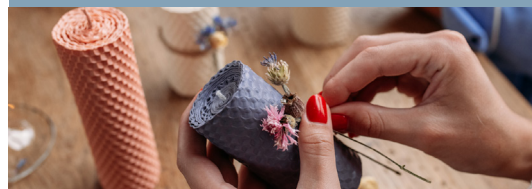
Learn something new!

Face Value – Depicting Seniors in contemporary portrait photography
Come along to our lecture to enjoy a discussion of some of the images and issues concerning seniors in contemporary photography. Feel free to bring along digital images or reflections to share during the discussion.

Civic Centre Theatre, 68 Elizabeth St Moss Vale
 Friday 15 March 2pm-3.30pm
 Caroline on 02 4868 0888 or caroline.foldes@wsc.nsw.gov.au

DIY Eco-Friendly Cleaning Products and shower scrub
 Resource Recovery Centre
 Wednesday 13 March 10am-12pm or Wednesday 20 March 10am-12pm

Beeswax Wraps and Candles
 Resource Recovery Centre
 Thursday 14 March 10am-12pm or Thursday 21 March 10am-12pm



Moss Vale War Memorial Aquatic Centre
All seniors will enjoy free casual aquatic entry for the duration of Seniors Festival, and free classes to those registered and booked in. For more information and to make a booking, please give them a call.

Moss Vale War Memorial Aquatic Centre, 8 Kirkham St Moss Vale
 Monday 11/3 – Morning tea and registration from 10:30am
Tuesday 12/3 – Gentle Aqua 1pm-1:45pm
Wednesday 13/3 – Water Safety Lesson 12pm-12:30pm
Thursday 14/3 – Fit and Fab 1pm-1:45pm
Friday 15/3 – Abs and Stretch 2pm-2:30pm
Monday 18/3 – Abs and Stretch 12:30pm-1pm
Tuesday 19/3 – Gentle Aqua 1pm-1:45pm
Wednesday 20/3 – Water Safety Lesson 12pm-12:30pm
Thursday 21/3 – Fit and Fab 1pm-1:45pm
Friday 22/3 – Abs and Stretch 2pm-2:30pm
OPENING HOURS: 6am-8pm Monday to Friday; 8am-6pm Saturday; 9am-6pm Sunday

02 4868 1967
 mossvaleaquatic.com.au

History and Archives

Museums of History: Collections on tour 2024
Drawing on the rich collections of Museums of History NSW, this illustrated presentation by our experts will include a Q&A and an opportunity to view original material. Local Southern Highlands content will be included.

Bundanoon Soldiers' Memorial Hall, 3 Railway Pde Bundanoon
 Tuesday 12 March 11am-12.30pm
<https://www.trybooking.com/COJIV> or
 02 4868 0888

National Archives of Australia presents: Caring for your collection at home
This presentation will explain some of the common risks facing collections stored in the home and share a range of preservation strategies and techniques that can be applied to protect important documents and items. Following the talk, some time for short consultations will be made available to members of the public.

Henrietta Rose Room, Bowral Library
16-24 Bendooley St Bowral
 Thursday 14 March 2pm-3.30pm
<https://www.trybooking.com/COHVM> or
02 4868 0888

Information sessions

Seniors expo
The Seniors Expo is an opportunity to hear short presentations and discover the range of community groups and services that exist within our Shire.

Bowral Memorial Hall
 Monday 11 March 9am-12pm
<https://www.trybooking.com/COKJM> or
 02 4868 0888

Village Workshops and Information Days
Join us for an information day featuring a range of presentations – stay for light refreshments with existing or new friends!

Exeter Village Hall, 10 Exeter Rd Exeter
 Tuesday 12 March, 10am-2.30pm

Hill Top War Memorial Hall, Wilson Dr Hill Top
 Tuesday 19 March, 10am-1pm



Special Seniors Festival Performances

Southern Highlands Concert Band Twilight Concert
A twilight concert of popular tunes and concert band favourites that will surely have you humming along.

Bowral Memorial Hall
 Wednesday 13 March, 6pm-7.30pm
<https://www.trybooking.com/COHSB>

Rapunzel's Party Musical Performance
This talented group of six women offers heartfelt and dynamic songs, irresistible rhythms and soaring vocal harmonies in an enchanting range of styles.

The Venue, Station St Bowral
 Saturday 16 March 1pm-3pm
<https://www.trybooking.com/COJSB>

Love Letters: A Play by A.R. Gurney
The touching story of 2 people who begin corresponding with each other as 8 year olds and continue their relationship through sending and receiving letters spanning 50 years.

The Venue, Station St Bowral
 Saturday 23 March 2pm-4pm
<https://www.trybooking.com/COLEL>

Welcome to the Wingecarribee Shire 2024 Seniors Festival!

This Seniors Festival it's time to 'reach beyond'! 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/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**.

Digital training and scams awareness

Scams awareness and staying safe online
Learn ways to protect yourself from scammers, and have your questions answered by representatives from NBN, Community Bank BDCU and the local police.

Civic Centre Theatre, 68 Elizabeth St Moss Vale
 Monday 18 March 10am-12pm
<https://www.trybooking.com/COKLC> or
 02 4868 0888





Connecting Up, Digital Training Workshop
CTC Robertson offers a free workshop to develop your digital skills to use technology with confidence. Learn how to protect yourself online and use technology safely, and hear about the opportunities that the internet can provide.





Exeter Village Hall, 10 Exeter Rd Exeter
 Tuesday 19 March, 10am-2pm




Hill Top War Memorial Hall, Wilson Dr Hill Top
 Wednesday 20 March, 10am-2pm

Wingello Mechanics Institute, 65 Railway Pde Wingello
 Friday 22 March, 10am-2pm




Monday 11 March

9am-12pm. Seniors Expo. Bowral Memorial Hall. <https://www.trybooking.com/COKJM>    





10.30am-12.30pm. Seniors Morning Tea. Hill Top War Memorial Hall. Shay: 0481 848 822 or shippcreek@gmail.com    

11am-12.30pm. Yerrinbool Garden Tours. Yerrinbool Railway Station.   

Julianne: yerrinboolvillagepeople@gmail.com




1.30pm-2pm. Seated Stretch group activity class. Annesley Lifestyle Centre.   




Brooke: 02 4868 7910 or brooke.devlin@keyton.com.au

2pm-4pm. Southern Highlands Older Women's Network Monthly Meeting. Oaktree Retirement Village.    




Sue: shown@ownnsw.org.au



Tuesday 12 March

9.30am-10.30am. Dance Fit. Robertson School of Arts. Matilda: dancefit.southernhighlands@gmail.com   




10am-2.30pm. Village Workshops and Information Day – Southern Villages. Exeter Village Hall.   

<https://www.trybooking.com/COJQQ>





10.30am-12.30pm. The Great Escaper screening. The Empire Cinema. <https://www.trybooking.com/COKDU>   



11am-12.30pm. Museums of History: Collections on tour 2024. Bundanoon Soldiers' Memorial Hall.  




<https://www.trybooking.com/COJIV>

1pm-2.30pm. Men's coffee and catch up Bundanoon. Osborn House. Steve: 0409 400 083   




Wednesday 13 March

9.30am. Community Circles Curvy Women's Walk Bowral. Cherry Tree Walk Bowral. Sarah: 0405 906 282    





10am-11.30am. Pottery Workshop. Unit 35/10 Owen St Mittagong. <https://www.trybooking.com/COJRP>  





10am-12pm. DIY Eco-Friendly Cleaning Products and shower scrub. Resource Recovery Centre Moss Vale.   





<https://www.eventbrite.com.au/e/787788535717>



10am-12pm. Tai Chi in the Gardens. Mt Eymard Retirement Village.   

02 4862 2977 or mteymardreception@commander.net.au




10.30am-12pm. Writers' Circle. Berkelouw Book Barn, Bendooley Estate. writers4circle@gmail.com    

12.30-3pm. Open Studio. Creative Space Southern Highlands. 0417 847 492 or creative.space@vinnies.org.au    





1pm-2pm. Tai Chi Classes. Yerrinbool Community Hall. Anthony: 0405 156 175    

1.30pm-2pm. Heart Health group activity class. Annesley Lifestyle Centre.  

Brooke: 02 4868 7910 or brooke.devlin@keyton.com.au





6pm-7.30pm. Southern Highlands Concert Band Twilight Concert. Bowral Memorial Hall.   

<https://www.trybooking.com/COHSB>





6pm-7pm. Raising the Bar Community Choir. Surveyor General Inn.    



Cath: 0401 500 340 or cathmansfieldpark@gmail.com




Thursday 14 March

9.15am-10.15am. Moving Meditation – Tai Chi for All with Anthony. Creative Space Southern Highlands.    






0417 847 492 or creative.space@vinnies.org.au




9.15am-10.15am. Yoga at Kangaloon Hall. Kangaloon Hall. 0410 743 352 or shyyoga.annie@gmail.com    





9.30am-10.30am. Dance Fit. Robertson School of Arts. Matilda: dancefit.southernhighlands@gmail.com  



10am-12pm. Beeswax Wraps and Candles. Resource Recovery Centre Moss Vale.   





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




10am-12pm. Craft, Coffee & Chat. Colo Vale Community Hall. Sue: moox1428@bigpond.com     




10am-3pm. Funerals, Wills and Wakes. CWA Moss Vale. 0419 498 388 or mossvalecwa@outlook.com   

10am-12.30pm. Irish Gathering Group. Mittagong RSL. Anne: 0422 345 507    



10am-1pm. Pop In Self Care Day. Pop In Moss Vale. 0431 001 742 or rose.shaw@touchedbyolivia.com.au  

11am-12pm. It's never too late... to learn an instrument with Patrick from River Road. Creative Space Southern Highlands. 0417 847 492 or creative.space@vinnies.org.au    





12.30pm-1.30pm. Create & Connect. Yerrinbool Community Hall. Tomeka: 0474 721 941 or tomekawarren@yellowumbrella.org.au     

1pm-2pm. Low impact Zumba for seniors. Exeter Village Hall.   

Jillian: 02 4868 0888 or jillian.mcardle@wsc.nsw.gov.au





2pm-3.30pm. National Archives of Australia presents: Caring for your collection at home.  





Henrietta Rose Room, Bowral Library. <https://www.trybooking.com/COHVM>

3.30pm-7pm. Bundanoon Arts and Crafts Community Circle Drop In. Bundanoon Carriage Club.    





Catherine: cockatoandme@gmail.com





Friday 15 March




8am-9am. Chair Yoga. Bundanoon CWA Hall. Jodie: 0419 255 773    

9am-10.30am. Dru Yoga. Yerrinbool Community Hall. Regina: 0414 530 304    




9am-1pm. Ageing Well in Bundanoon. Bundanoon Soldiers' Memorial Hall Jonathan: 0447 847 886 or jonathan.melrose.rae@gmail.com

9.30am. Stitch and Yarning Circle. Burrawang General Store Café. Glenda: 0407 009 137    





10.30am-12pm. Italian Coffee Morning. Mittagong RSL. Marisa: 0418 472 065 or stefanimis69@gmail.com    



11am-12.30pm. C3 Coffee Hub Morning Tea. Shop 3, 347-349 Bong Bong St Bowral.   

Jackie: 0415 666 226 or jackie@shccc.org.au




11am-1pm. Reaching Out to Others Using Technology. CTC Robertson.   

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




11am-2pm. Chat, Craft and have a cuppa. Yerrinbool Community Hall. Julianne: yerrinboolvillagepeople@gmail.com    

1.30pm-2pm. Aqua Aerobics group activity class. Annesley Lifestyle Centre.  




Brooke: 02 4868 7910 or brooke.devlin@keyton.com.au

2pm-3.30pm. Face Value – Depicting Seniors in contemporary portrait photography.   

Civic Centre Theatre Moss Vale. Caroline: 02 4868 0888 or caroline.foldes@wsc.nsw.gov.au




2pm-4pm. Death Café with Patsy. Creative Space Southern Highlands.   




Patsy: 0416 212 219 or info@endoflifeangels.com.au





4pm-5pm. Easy Guide Workshop on Advance Care Planning and Directives.   

Creative Space Southern Highlands. Patsy: 0416 212 219 or info@endoflifeangels.com.au



Saturday 16 March

1pm-3pm. Rapunzel's Party Musical Performance. The Venue Bowral. <https://www.trybooking.com/COJSB>   





2pm-5pm. Take Your Singing Beyond the Shower! CTC Robertson. <https://www.trybooking.com/COATT>   




7.30pm. Southern Highlands Symphony Orchestra. Bowral Memorial Hall. <https://www.trybooking.com/COICF>    

Sunday 17 March




10am-11am & 1pm-2pm. Bundanoon Croquet Open Day. Bundanoon Croquet Club.  




0493 542 283 or croquetbundanoon@gmail.com




2.30pm. Southern Highlands Symphony Orchestra. Bowral Memorial Hall. <https://www.trybooking.com/COICF>    




3.30pm-4.30pm. Bundanoon Curvy Women's Walk. Morton National Park Bundanoon. Belinda: 0429 149 847   



Monday 18 March

9.30am-4pm. Mystery Bus Tour #1. Civic Centre Moss Vale. <https://www.trybooking.com/COJQK>   



10am-12pm. Scams awareness and staying safe online. Civic Centre Moss Vale <https://www.trybooking.com/COKLC>   

10am-2pm. Cultural Awareness and Bush Tucker at Guula Ngurra National Park. Guula Ngurra National Park. <https://www.trybooking.com/COJGH>   




11am-12.30pm. Yerrinbool Garden Tours. Yerrinbool Railway Station. Julianne: yerrinboolvillagepeople@gmail.com   

1.30pm-2pm. Aqua Aerobics group activity class. Annesley Lifestyle Centre.  



Brooke: 02 4868 7910 or brooke.devlin@keyton.com.au




1.30pm-3pm. Sound Soothing with Louise Bell. Harmony Centre Mittagong. <https://www.trybooking.com/COKLQ>  

Tuesday 19 March




9am-2pm. Moonacres Farm and Native Grace Nursery Tour. Moonacres Kitchen Robertson.   

<https://www.trybooking.com/COISD>




9.30am-10.30am. Dance Fit. Robertson School of Arts. Matilda: dancefit.southernhighlands@gmail.com  

9.30am-3pm. Mittagong Senior Citizen's Open Day. Mittagong Community Centre.   





Pamela: 0400 357 079 or mittagongseniors@gmail.com




10am-12pm. New Horizons visual arts session. Berrima Reserve.   

Ashley: 02 4868 6688 or ashleyr@interchangeau.org

10am-1pm. Village Workshops and Information Day – Northern Villages. Hill Top War Memorial Hall.   




<https://www.trybooking.com/COJRR>


10am-2pm. Connecting Up, Digital Training Workshop. Exeter Village Hall. <https://www.trybooking.com/COJNW>    

10.30am-11.30am. Gibraltar Park Estate Morning Tea in the Courtyard, featuring performance by The Daytones.   

Gibraltar Park Estate. Annette: 0402 015 651 or agrant@htretirement.com.au

Wednesday 20 March

9.30am. Community Circles Curvy Women's Walk Bowral. Cherry Tree Walk Bowral. Sarah: 0405 906 282   

10am-12pm. DIY Eco-Friendly Cleaning Products and shower scrub. Resource Recovery Centre Moss Vale. <https://www.eventbrite.com.au/e/787788535717> 

10am-2pm. Connecting Up, Digital Training Workshop. Hill Top War Memorial Hall.

<https://www.trybooking.com/COJOB>

10.30am. Reach New Tastebuds: Orange Almond Cake with Moss Vale Evening CWA. Moss Vale Girl Guide Hut. Jennifer: 0418 600 068





12pm-3pm. Senior Social Trivia Lunch. Sutton Forest Inn. <https://www.trybooking.com/COIVS>


1pm-2pm. Tai Chi Classes. Yerrinbool Community Hall. Anthony: 0405 156 175

1.30pm-2pm. Seated Strength group activity class. Annesley Lifestyle Centre.

Brooke: 02 4868 7910 or brooke.devlin@keyton.com.au

Thursday 21 March

9.15am-10.15am. Yoga at Kangaloon Hall. Kangaloon Hall. 0410 743 352 or shyyoga.annie@gmail.com    

9.30am-10.30am. Dance Fit. Robertson School of Arts. Matilda: dancefit.southernhighlands@gmail.com 

9.30am-4pm. Mystery Bus Tour #2. Mittagong Community Centre. <https://www.trybooking.com/COJRI>

10am-12pm. Beeswax Wraps and Candles. Resource Recovery Centre Moss Vale.

<https://www.eventbrite.com.au/e/787784252907>

10am-12pm. Craft, Coffee & Chat. Colo Vale Community Hall. Sue: moox1428@bigpond.com

10am-1pm. Pop In Self Care Day. Pop In Moss Vale. 0431 001 742 or rose.shaw@touchedbyolivia.com.au

12.30pm-1.30pm. Create & Connect. Yerrinbool Community Hall. Tomeka: 0474 721 941 or tomekawarren@yellowumbrella.org.au

1pm-2pm. Low impact Zumba for seniors. Hill Top War Memorial Hall. Jillian: 02 4868 0888 or jillian.mcardle@wsc.nsw.gov.au

9.30am-9.30pm. Bowral Autumn Music Festival. St Jude's Church Bowral. contact@bamf.org.au or 0401 139 081