



NSW SENIORS FESTIVAL 2022



**CANTERBURY
BANKSTOWN**

RECONNECT
21 MARCH - 10 APRIL



Celebrate the NSW Seniors Festival 2022

with the **City of Canterbury Bankstown**

Seniors aged 55 and over living in Canterbury-Bankstown are encouraged to take part in CBCity's celebrations of NSW Seniors Festival 2022.

This Seniors Festival we're inviting you to celebrate 'Reconnecting' in more ways than one with us.

We've all had to physically distance ourselves recently, so to put all that behind, join us to Reconnect face-to-face, online or both. Exciting activities include:

- History tours;
- Seniors Festival concerts;
- Reconnecting morning tea;
- Seniors tech help;
- Aqua aerobics;
- Scam and fraud awareness workshop;
- Art/craft workshops;
- Movie screenings; and
- So much more.

Bookings are essential to all applicable activities. All events will be hosted in COVID safe settings. For more information, call our Community Services Team on **97075495**, or visit **cb.city/SeniorsFestival**



To see the full Seniors Festival program, visit **cb.city/SeniorsFestival**



Reconnecting Concert with morning tea



Enjoy morning tea with live entertainment.

This event is hosted in partnership with Canterbury-Hurlstone Park RSL, Inner West Council and City of Canterbury Bankstown.

Tickets are limited and can be collected from the Club between 9am-5pm. For further enquiries contact City of Canterbury Bankstown on **9707 9000** or Inner West Council **9392 5863**.

WHERE	DAY	DATE	TIME	COST
The Arena, Canterbury-Hurlstone Park RSL Club	Friday	25 March	10am	FREE

This event will be run in a COVIDSafe manner.

In partnership with:



John Denver Concert with morning tea



Be transported to a world of John Denver. Come along and see Jason Owen sing all of John Denver songs in concert.

Morning tea included.

WHERE	DAY	DATE	TIME	COST
Bryan Brown Theatre	Friday	1 April	10am	\$25

Book your tickets at www.bryanbrowntheatre.com.au or call the box office on **9707 9404**.

To see the full Seniors Festival program, visit cb.city/SeniorsFestival



Bankstown Sports Club Seniors Concert

Come and enjoy this year's Seniors Festival Concert, themed 'Reconnect'. Let's reconnect with a lovely Back to Tivoli and TAP performances.

WHERE	DAY	DATE	TIME	COST
The Theatre Bankstown Sports Club	Thursday	31 March	2-4pm	\$2

Current COVID Safe plans apply.

Tickets are limited. Purchase tickets from **9am Tuesday 15 March** online at **BankstownSports.com** or at the venue.

Sponsored by:

BankstownSports



Basket Weaving with lunch

Aboriginal art class with lots of laughs, creativity and dancing. Join Toni Maree the very energetic artist.

WHERE	DAY	DATE	TIME	REGISTER
Belmore Senior Citizen Centre	Wednesday	23 March	10.30am- 12.30pm	cb.city/ BasketWeaving

My Aged Care Information Sessions

My Aged Care is your starting point to access government-funded aged care services. Come along to find out how to access My Aged Care for services and support.

WHERE	DAY	DATE	TIME	REGISTER
Campsie Library and Knowledge Centre	Monday	28 March	10.30am- 12.30pm	cb.city/ MACCampsie
Bankstown Library and Knowledge Centre	Tuesday	5 April	10am- 12pm	cb.city/ MACBankstown

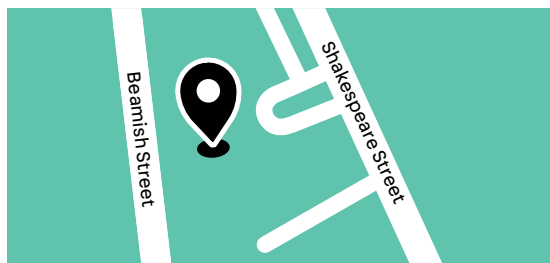
To see the full Seniors Festival program, visit **cb.city/SeniorsFestival**

Bus Trip to Nepean Belle Paddlewheeler

Join us for social day trips out to the Nepean Belle Paddlewheeler. Enjoy stops for morning tea, and soak up delicious lunch in great company along the river.



WHERE	DAY	DATE	TIME	ENQUIRES
Campsie	Wednesday	23 March	7.30am-4.30pm	Call 9707 9000
	Friday	1 April		



Pick up from Campsie at 7.30am SHARP. Car park area, behind Council's building. Enter from Shakespeare St, Campsie.

COST **\$25 per person.** This covers the bus trip, cruise, morning tea and lunch. Spaces are limited. Card payments preferred.

DETAILS Purchase tickets from Council's Customer Service Centres in Bankstown or Campsie from **Tuesday 15 March at 10am.**

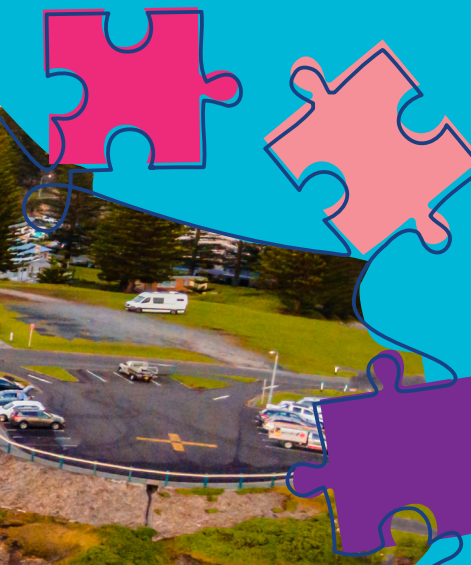
WHERE	DAY	DATE	TIME	TO BOOK
Bankstown	Wednesday	23 March	8am-4pm	Call 9707 9000
	Friday	1 April		



Pick up from Bankstown at 8am SHARP. Paul Keating Park on The Mall St, Bankstown.

NOTE Current COVID safe practices apply when purchasing tickets and travelling in the bus on the day; and bring comfy shoes, a hat, bottle of water, face mask and wear sunscreen.

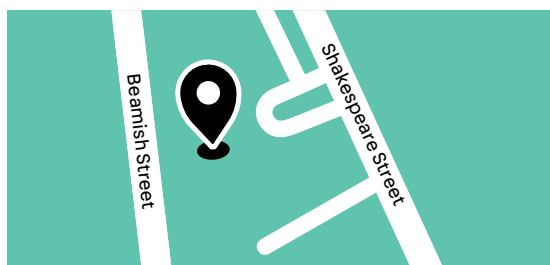
For more information, visit cb.city/SeniorsFestival



Kiama Bus Trip

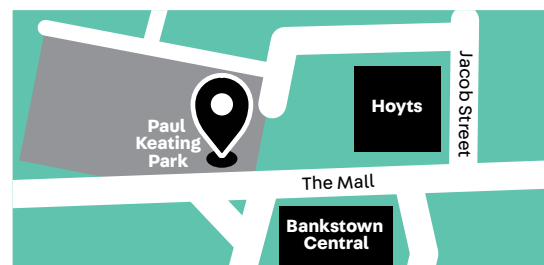
Enjoy a morning tea at Emporium Gelato near Wollongong, a visit to the famous Kiama blow-hole and lunch at Gerroa Boat Fishermans Club.

WHERE	DAY	DATE	TIME	ENQUIRES
Campsie	Tuesday	22 March	7.30am-4.30pm	Call 9707 9000
	Wednesday	30 March		



Pick up from Campsie at 7.30am SHARP. Car park area, behind Council's building. Enter from Shakespeare St, Campsie.

WHERE	DAY	DATE	TIME	TO BOOK
Bankstown	Tuesday	22 March	8am-4pm	Call 9707 9000
	Wednesday	30 March		



Pick up from Bankstown at 8am SHARP. Paul Keating Park on The Mall St, Bankstown.

COST **\$20 per person.** This covers the bus trip, morning tea and lunch. Spaces are limited. Card payments preferred.

DETAILS Purchase tickets from Council's Customer Service Centres in Bankstown or Campsie from **Tuesday 15 March at 10am.**

NOTE Current COVID safe practices apply when purchasing tickets and travelling in the bus on the day; and bring comfy shoes, a hat, bottle of water, face mask and wear sunscreen.

For more information, visit [cb.city/SeniorsFestival](https://www.cb.city/SeniorsFestival)



Bankstown Library and Knowledge Centre



Classic Australian Movie Screening

Walkabout, 1971 – Two city-bred siblings are stranded in the Australian Outback, where they learn to survive with the aid of an Aboriginal boy on his 'walkabout'. Starring David Gulpilil and Jenny Agutter.

DAY	DATE	TIME	REGISTER
Monday	21 March	10am	Call 9707 9708

Classic Australian Movie Screening

The Overlanders, 1946 – It's the start of WWII in Northern Australia. People are evacuating and burning everything in a "scorched earth" policy. Rather than kill all their cattle, a disparate group decides to drive them overland half way across the continent. Starring Chips Rafferty and Daphne Campbell.

DAY	DATE	TIME	REGISTER
Monday	4 April	10am	Call 9707 9708

Healthy Body, Healthy Mind Talk

Learn how to keep the body and mind healthy as we age. In this workshop, experience the launch of our Tovertafel, an interactive way to stimulate the mind and body.

DAY	DATE	TIME	REGISTER
Wednesday	30 March	10am	cb.city/BankstownHBHM

Classic Australian Movie Screening

Smiley Gets a Gun, 1958 – Young Smiley gets into more strife as he attempts to prove himself a responsible citizen. Starring Chips Rafferty and Keith Calvert.

DAY	DATE	TIME	REGISTER
Monday	28 March	10am	Call 9707 9708

Scam and Fraud Awareness Workshop

Join us in collaboration with NSW Police and the Australian Competition & Consumer Commission (ACCC) online to talk about all things scam and fraud awareness.



DAY	DATE	TIME	REGISTER
Tuesday	5 April	11am	cb.city/ScamBankstown

History Tour Bankstown area

Join us as we dive into the rich history of the Bankstown area. The bus tour will be conducted by our Local Studies Librarian.

DAY	DATE	TIME	REGISTER
Thursday	7 April	10am	Call 9707 9708

To see the full Seniors Festival program, visit cb.city/SeniorsFestival

Campsie Library and Knowledge Centre



Falun Dafa Meditation

Experience an ancient practice of meditation for the mind and body. Relieve stress, boost energy levels and bring about a deeper level of awareness.

DAY	DATE	TIME	REGISTER
Friday	24 March -1 April	10-11.30am	cb.city/CampsieFalun

Scam and Fraud Awareness Workshop

Join us in collaboration with NSW Police and the Australian Competition & Consumer Commission (ACCC) online to talk about all things scam and fraud awareness.



DAY	DATE	TIME	REGISTER
Thursday	7 April	2.30pm	Online cb.city/scamwebinar In person at Campsie cb.city/scamworkshop

Bingo

Everyone's favourite game of Bingo is back at our library. Prizes to be won!

DAY	DATE	TIME	REGISTER
Thursday	31 March	11am	Call 9789 9423

History Tour Campsie area

Join us as we dive into the rich history of the Campsie area. The bus tour will be conducted by our Local Studies Librarian.

DAY	DATE	TIME	REGISTER
Tuesday	29 Mar	10am	Call 9789 9423

Chair yoga

Improve your flexibility, concentration and strength with this gentle form of yoga.

DAY	DATE	TIME	REGISTER
Tuesday	5 April	11am	cb.city/CampsieChairYoga

Classic Australian Movie Screening

Smiley, 1956 – Young Smiley gets into more strife as he attempts to prove himself a responsible citizen. Starring Chips Rafferty and Keith Calvert.

DAY	DATE	TIME	REGISTER
Friday	25 March	10am	Call 9789 9423

Seniors Tech Help

Develop your skills to get connected in the online world and learn more about your device.

DAY	DATE	TIME	REGISTER
Wednesday	23, 30 March	10am	Call 9789 9423
	6 April		

To see the full Seniors Festival program, visit cb.city/SeniorsFestival

Chester Hill Library and Knowledge Centre



Bingo

Everyone's favourite game of Bingo is back at our library. Prizes to be won!

DAY	DATE	TIME	REGISTER
Monday	28 March	12pm	Call 9707 9740

Reconnecting Morning Tea

Join us for morning tea and reconnect with everything you know, love and miss about your local library.

DAY	DATE	TIME	REGISTER
Monday	21 March	10am	Call 9707 9740

Japanese Paper Gift Wrapping

Looking to impress with your gift wrapping skills? Come along and learn the art of Japanese gift wrapping.

DAY	DATE	TIME	REGISTER
Wednesday	6 April	10.30am	Call 9707 9740



Earlwood Library and Knowledge Centre



Let's Go Vietnamese Paper Craft

Join in our craft sessions to learn the art of Vietnamese paper cutting. At this session, you will make lanterns and lotus flowers to celebrate the Moon Festival.

DAY	DATE	TIME	REGISTER
Monday	21 March	11am-1pm	Call 9789 9417

Reconnecting Morning Tea

Join us for morning tea and reconnect with everything you know, love and miss about your local library.

DAY	DATE	TIME	REGISTER
Monday	21 March	11am	Call 9789 9417

Bingo

Everyone's favourite game of Bingo is back at our library. Prizes to be won!

DAY	DATE	TIME	REGISTER
Thursday	7 April	10am	Call 9789 9417

Chair yoga

Improve your flexibility, concentration and strength with this gentle form of yoga.

DAY	DATE	TIME	REGISTER
Tuesday	29 March	10am	cb.city/EarlwoodChairYoga

Seniors Tech Help

Develop your skills to get connected in the online world and learn more about your device. Every weekday during the Seniors Festival, staff will be available to demonstrate and guide you in the use of your devices.

DAY	DATE	TIME	REGISTER
Weekdays	21 March -8 April	11am	Call 9789 9417

Crafty Arts - Still life pastels

Channel your creative side in this still life pastel workshop. Our facilitator will guide you in creating an art work with pastels you will be proud of! No skills required.

DAY	DATE	TIME	REGISTER
Tuesday	5 April	10.30am	cb.city/EarlwoodCraftyArts

To see the full Seniors Festival program, visit cb.city/SeniorsFestival

Greenacre Library and Knowledge Centre



Henna Workshop

Have fun with temporary tattoos! Our henna artist will transform your palms with the most amazing tattoos using organic henna.

DAY	DATE	TIME	REGISTER
Thursday	24 March	2.30pm	Call 9707 9744

Classic Australian Movie Screening

Red Dog, 2011 – Based on the legendary true story of the Red Dog who united a disparate local community while roaming the Australian outback in search of his long lost master. Starring Josh Lucas and Rachael Taylor.

DAY	DATE	TIME	REGISTER
Wednesday	30 March	10am	Call 9707 9744

Reconnecting Morning Tea

Join us for morning tea and reconnect with everything you know, love and miss about your local library.

DAY	DATE	TIME	REGISTER
Tuesday	22 March	10am	Call 9707 9744



Bingo

Everyone's favourite game of Bingo is back at our library. Prizes to be won!

DAY	DATE	TIME	REGISTER
Wednesday	23 March	10am	Call 9707 9744

To see the full Seniors Festival program, visit cb.city/SeniorsFestival

Lakemba Library and Knowledge Centre



Gardening Talk

Join us to chat about all things gardening. There will be refreshments and a FREE plant giveaway for each attendee.

DAY	DATE	TIME	REGISTER
Wednesday	30 March	2.30pm	Call 9789 9419

Bingo

Everyone's favourite game of Bingo is back at our library. Prizes to be won!

DAY	DATE	TIME	REGISTER
Thursday	24 March	10am	Call 9789 9419

Plastic Free Living

Want to live plastic free? Learn strategies to reduce your plastic usage, including how to make your own beeswax wrap to use at home.

DAY	DATE	TIME	REGISTER
Wednesday	23 March	2.30pm	Call 9789 9419

Reconnecting Morning Tea

Join us for morning tea and reconnect with everything you know, love and miss about your local library.

DAY	DATE	TIME	REGISTER
Tuesday	22 March	10.30am	Call 9789 9419

Henna Workshop

Have fun with temporary tatoos! Our henna artist will transform your palms with the most amazing tattoos using organic henna.

DAY	DATE	TIME	REGISTER
Wednesday	23 March	11am	Call 9789 9419

Classic Australian Movie Screening

Penguin Bloom, 2020 - A family takes in an injured Magpie that makes a profound difference in their lives. Starring Naomi Watts and Andrew Lincoln.

DAY	DATE	TIME	REGISTER
Tuesday	29 March	2.30pm	Call 9789 9419

NIA - Sensory exercises

Come and try one of the latest trends in mind-body fitness fusions. NIA is a sensory exercise blending yoga, martial arts and dance.

DAY	DATE	TIME	REGISTER
Thursday	31 March	2.30pm	Call 9789 9419

To see the full Seniors Festival program, visit cb.city/SeniorsFestival

Padstow Library and Knowledge Centre



Plastic Free Living

Want to live plastic free? Learn strategies to reduce your plastic usage, including how to make your own beeswax wrap to use at home.

DAY	DATE	TIME	REGISTER
Wednesday	30 March	2.30pm	Call 9707 9747

Crafty Arts - Doll Making

Enjoy the art of making soft character dolls and decorating them. Learn a skill you can share with friends, family and younger generations.

DAY	DATE	TIME	REGISTER
Monday	28 March	10.30am	cb.city/PadstowCraftyArt

Bingo

Everyone's favourite game of Bingo is back at our library. Prizes to be won!

DAY	DATE	TIME	REGISTER
Wednesday	23 March	10am	Call 9707 9747



Reconnecting Morning Tea

Join us for morning tea and reconnect with everything you know, love and miss about your local library.

DAY	DATE	TIME	REGISTER
Monday	21 March	10am	Call 9707 9747

To see the full Seniors Festival program, visit cb.city/SeniorsFestival

Panania Library and Knowledge Centre



Jewellery Making - Bracelet

Learn how to make your own beaded stretch cord bracelet, one bead at a time.

DAY	DATE	TIME	REGISTER
Thursday	24 March	10am	Call 9707 9737

Reconnecting Morning Tea

Join us for morning tea and reconnect with everything you know, love and miss about your local library.

DAY	DATE	TIME	REGISTER
Tuesday	22 March	10am	Call 9707 9737

Chair yoga

Improve your flexibility, concentration and strength with this gentle form of yoga.

DAY	DATE	TIME	REGISTER
Tuesday	29 March	1pm	cb.city/PananiaChairYoga



Bingo

Everyone's favourite game of Bingo is back at our library. Prizes to be won!

DAY	DATE	TIME	REGISTER
Wednesday	6 April	10am	Call 9707 9737

To see the full Seniors Festival program, visit cb.city/SeniorsFestival

Riverwood Library and Knowledge Centre



Crafty Arts - Still Life Pastels

Channel your creative side in this still life pastel workshop. Our facilitator will guide you in creating an art work with pastels you will be proud of! No skills required.

DAY	DATE	TIME	REGISTER
Monday	4 April	10.30am	cb.city/RiverwoodCraftyArts

Seniors Services and Useful Cards talk - Mandarin

Learn about services and information available for local seniors with a Mandarin speaker. This talk is presented by CASS Care ltd.

DAY	DATE	TIME	REGISTER
Friday	8 April	10am	Call 9707 5436

Reconnecting Morning Tea

Join us for morning tea and reconnect with everything you know, love and miss about your local library.

DAY	DATE	TIME	REGISTER
Tuesday	22 March	10.30am	Call 9707 5436



Bingo

Everyone's favourite game of Bingo is back at our library. Prizes to be won!

DAY	DATE	TIME	REGISTER
Wednesday	23 March	10.30am	Call 9707 5436

Let's Go Vietnamese - Movie Screening

The Lady Assassin - Tìm về bản sắc Việt Nam Celebrate and experience Vietnamese culture with this morning movie screening. Hãy cùng chúng tôi tôn vinh nền văn hóa Việt Nam qua chiếu phim

DAY	DATE	TIME	REGISTER
Friday	1 April	10am	Call 9707 5436

To see the full Seniors Festival program, visit cb.city/SeniorsFestival

Greenacre Seniors Citizen Centre



Community Restaurant and Bingo

Enjoy some games of Bingo and lunch with great company at our community restaurant. Bookings are essential.

DAY	DATE	TIME	REGISTER
Tuesday	22 March	10.30am	Call 9707 9883

Road Safety Refresher

Join our workshop to update your Knowledge on road safety rules and the older driver licensing system.

DAY	DATE	TIME	REGISTER
Tuesday	29 March	10am	Council's Road Safety Officer on 0409 822 848 or Carol.debs@cbciry.nsw.gov.au



Chair yoga

Improve your flexibility, concentration and strength with this gentle form of yoga.

DAY	DATE	TIME	REGISTER
Wednesday	23 March	1pm	cb.city/CitizenCentreChairYoga23
Wednesday	30 March	1pm	cb.city/CitizenCentreChairYoga30
Wednesday	6 April	1pm	cb.city/CitizenCentreChairYoga6

To see the full Seniors Festival program, visit cb.city/SeniorsFestival

Morris Iemma Indoor Sports Centre



Pickleball

Come along for some Pickleball fun, a paddleball sport combining, badminton, table tennis and tennis.

DAY	DATE	TIME	REGISTER
Thursday	24 and 31 March	9am	Call 9153 0441 or Email scanniff3@gmail.com

Table Tennis Taster Session

Relive the joy of table tennis in this low impact taster session.

DAY	DATE	TIME	REGISTER
Tuesday	22, 29 March 5 April	10.30am	Call 9153 0441



Seniors Dance Fit

Get your groove on with Dance Fit, a low impact dance fitness for seniors.

DAY	DATE	TIME	REGISTER
Wednesday	23, 30 March 6 April	10am	Call 9153 0441 or Email tracie@dancefitsydney.com.au

LEISURE AND AQUATIC CENTRES



Aqua Aerobics

The warm water of our indoor pools help to sooth joint pain, improve muscle flexibility and balance. Join us in this healthy social activity and have fun in a friendly atmosphere. Bring a towel, water, swimwear and (optional) water shoes.

Multiple days and times available, please see links for dates and times

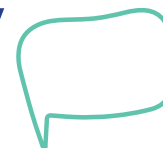
Bookings are essential.

WHERE	TO BOOK
Birrong	Call 9644 8300 or visit cb.city/AquaAerobicsBirrong
Canterbury	Call 9644 8300 or visit cb.city/AquaAerobicsCanterbury
Roselands	Call 9789 9302 or visit cb.city/AquaAerobicsRoselands
Max Parker	Call 9789 9303 or visit cb.city/AquaAerobicsMaxParker



HAVE YOUR SAY

Positive Ageing Plan 2022 - 2026



We're planning to better meet the needs of our ageing population and we want to hear from you. Let's work together to make sure our seniors and ageing population are looked after!

Tell us what our seniors and ageing population need to age safely and comfortably in Canterbury-Bankstown.

Complete the survey online at cb.city/PositiveAgeing If you need assistance in completing the survey, call **9707 9578** for a paper copy.

To see the full Seniors Festival program, visit cb.city/SeniorsFestival

RISK WARNING

There is an inherent risk of injury whilst participating in fitness and physically active activities. Persons participating in these activities do so at their own risk and Council (or any other organisation involved) accepts no responsibility for any injury, loss, damage to personal property or death that may be suffered by participants during the partaking of any activity associated with these. This indemnity is reduced proportionately by any act or omission of the organiser or their agents.

PRIVACY

Personal information requested is needed for registration and will only be used for that purpose. The information is held by Council and access is restricted to Council officers and other authorised people. You may apply to access or amend the information.

PHOTO CONSENT

City of Canterbury Bankstown regularly reproduces photographs/videos of people in its publications, promotional, marketing and on its website to the organisation and showcase events. Photographs/video may be taken during events throughout the Seniors Festival.

City of Canterbury Bankstown would like to use and reproduce one or more photographs/videos footage of you or others attending events during the seniors festival. If you do not agree for your image to be used please let the person taking photos NOT to include you in any photographs/videos taken.