

NSW Seniors Festival

25 MAR - 3 APR 2022



Program

COST OF LIVING WORKSHOP- *Mirrabooka, Friday 25th Mar 10am*
Manage the cost of living and start living without worry.
Morning Tea included Cost: FREE

SOAP & BUBBLES WORKSHOP- *Library, Fri Mar 25th 2-4pm*
Fragrant soap workshop, make beautifully scented botanical soap to take home. Cost: \$5

SUNDY IN GUNDY- *Carberry Park, Sun Mar 27th 9am-1pm*
Markets, old fashioned fairy floss and sno cones, free tattoos for seniors and the amazing KAPOOKA JAZZ BAND at midday.
CONTACT VISITOR CENTRE FOR INFO ON 0269440250

YOGA FOR THE NOT SO YOUNG- *Mirrabooka, Mon 28 May 9-10am*
Join us for yoga especially designed to help stretch you young again. Cost : FREE

GUNDAGAI HISTORY & CULTURE TOUR- *Depart Mon 28 Mar 10am*
All aboard the Gundagai history and cultural bus tour complete with morning tea on the platform of the historic Gundagai Railway Station. Depart Visitor Centre 10.15am return by 1pm
Register by Friday 25th April Cost - FREE

CGRC SENIORS MORNING TEA- *Council building Tue 29 Mar 10am*
Join Councillors and senior staff for a chat and morning tea provided by the dedicated staff. Cost: FREE

ART IN THE PARK - *Carberry Park Tues 29 Mar 2pm*
Art in the Park with art therapist Ashleigh Waddel. Relax and get creative in the beautiful surrounds of Carberry park. FREE

CROQUET & LUNCH - *Wed 30 Mar Depart Mirrabooka 9am-2pm*
Come meet the friendly Cootamundra Croquet club. Try Croquet at the Country Club and enjoy a meal before heading home. Bus and Game Free - Lunch at own cost.

FOR BOOKING or MORE INFO CONTACT MIRRABOOKA ON 0269440270

Gundagai

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STORYTIME & MORNING TEA - *Library Thurs 31 Mar 10am*

Seniors Week Storytime at the library Join our 0-5 year children in a fun and special story time for our older community members. Plus a very special morning tea in their honour. FREE

MAHJONG AFTERNOON - *Library Thurs 31 Mar 2-5pm*

Come and try Mah-jong with us! - A special try afternoon for all seniors with our wonderful Mah-jong group at the library. Afternoon tea included FREE

YOGA FOR THE NOT SO YOUNG - *Mirrabooka Fri 1st Apr 9-10am*

Join us for yoga with Melissa and a program especially designed to help stretch you young again. Cost : FREE

SENIORS EXPO - *Depart Mirrabooka Fri Apr 1st 10am return by 2pm*

A FREE Bus will be going to the Seniors Expo in Cootamundra at the Civic Centre (See Coota program for further details.)

GUNDAGAI RACE DAY - *Gundagai Racecourse Sun 3 Apr from 11am*

Free entry for Seniors to the Gundagai races. Enjoy a day trackside on the banks of the beautiful Murrumbidgee.

ALL ABOUT PHONES SENIORS TECH - *Library, Mon 4th Apr 2-4pm*

Learn a bit about managing your apps and turn your phone into a asset instead of a headache!

BOWLS SOCIAL TRY GAME - *Bowling Club, Tues Apr 5th 9am*

Bowls try morning and social event. Participants are welcome to gather at the Services club for lunch afterwards.

HISTORIC MONUMENT TOUR - *North Cemetery, Wed 6th Apr 10am*

The famous and infamous residents of the North cemetery. Take this eye-opening tour with local historian Lena Elphick.

SELF DEFENCE COURSE - *Mirrabooka, Thurs 7th Apr 5pm*

Thursday 7th Young and Old Self Defence Course. Suitable for all abilities and recommended for women in particular.

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