Wollongong Seniors Festival
12 - 23 February 2020

Love to Celebrate!

Enquiries
Telephone Wollongong City Council on 4227 7111

MESSAGE FROM THE LORD MAYOR

Each year the Wollongong City Seniors Festival program of events encourages our City’s seniors to get out and have fun with others in their communities. The Festival celebrates the valuable contribution our older residents make to our community.

This year’s Festival is jam packed with events across our City for you to get involved in and connect with others. There are opportunities to enjoy fantastic talks, tours and workshops, dance and music events, exhibitions, an Active Seniors program at our leisure centres and much more.

This Festival is made possible by a variety of local community organisations working together to deliver the events. I would like to thank and congratulate the volunteers and event organisations who give their time to ensure the success of what is one of the largest seniors celebrations in New South Wales.

Wollongong is a place where our older residents are supported to remain involved, connected and valued in their communities. The Seniors Festival is one way we can work towards achieving this.

Come and experience something new from this extensive menu of fun and learning. There is a lot to choose from in the program and it is a great opportunity to meet new friends and acquaintances.

Enjoy!
A Message from the Committee

Love to Celebrate!
Celebrate all the great things we are able to experience and have fun trying new things during Seniors Festival 2020!
The Seniors Festival is designed to celebrate the role seniors play, and the contribution they make to our community.
We hope you have the opportunity to try something new and meet some new people!
There’s something fun for everyone this Seniors Festival, held from 12 to 23 February 2020, with many fun, friendly and inclusive events and offers available across our city of Wollongong!
We’d like to thank our 2020 event holders for holding fun and interesting events for our older community. Your contribution helps to make Wollongong Seniors Festival such a success!

Tickets
Tickets go on sale from Tuesday 21 January 2020.
All tickets/bookings/enquiries are to be directed to the relevant event organiser. See individual event page for more information. (Index pages 5 - 7).
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DRIVING THE PAST INTO YOUR FUTURE

Our visitors can take their time exploring our single storey building with easy access for wheelchairs. We will provide extra volunteer guides to help Seniors navigate the Museum.

Date: 12 - 23 February
(Monday 17 February by appointment only)

Time: 9.30am - 4pm

Cost: $15 seniors card only - must be shown on admission

Venue: The Australian MOTORLIFE Museum
Integral Energy Recreation Park, 94 Darkes Road, Kembla Grange

Capacity: Open - groups by prior arrangement

Contact: 02 4261 4100

Event by: The Australian MOTORLIFE Museum
Dancing is good for you mentally, physically and socially and apart from that we have a great time with a lot of laughs every week. Come at 7pm for a quick dance lesson, or join us at 7.30pm for the regular bush dance. All dances are walked through and called. No partner needed. Supper included.

Date: Wednesday 12 and 19 February
Time: 7pm
Cost: $4
Venue: Wongawilli Community Hall, Wongawilli Road, Wongawilli
Capacity: 40
Contact: Cris Terry: 0404 667 614
Details: Wear smart casual clothes and comfortable shoes that do not grip too much.
Event by: Wongawilli Colonial Dance Club Incorporated

DanceMoves is an active dance class for women and men comprising of warm-ups stretching, strengthening exercises, dance activities and short easy dance routines. No dance previous experience is necessary, it is ideal for retirees living independently.

Date: Thursday 20 February
Time: 5.30pm - 6.15pm
Cost: $5
Venue: Cinnamon Twist Shop 3/6 Kenny Street, Wollongong
Capacity: 22
RSVP: 13 February
Contact: Virginia Keft: 4226 1861
Event by: Cinnamon Twist
CHICKENS AND EGGS

Fresh eggs are divine, they can make a sponge spring and a souffle sing. The freshest eggs are from your own chooks. This workshop will take you through what you need to know about keeping chickens, housing them, chicken health, feeding them and of course, collecting their fresh eggs. We will also share some great tips on how to keep your chickens cool in summer and warm in winter. We’ll even cook some ‘eggcellent’ recipes for you to sample plus we’ll have some chickens join the workshop to enjoy a snuggle.

Date: **Saturday 15 February**
Time: 10am - 1pm
Cost: $13.50
Venue: The Discovery Centre, Wollongong Botanic Garden, Madoline Street (entrance), Keiraville
Capacity: 30
RSVP: 13 February
Contact: Penny Hoswell: 02 4227 7667
Event by: Wollongong City Council

SNACK AND LEARN

This event will provide legal information on topics covering elder abuse, fraud and prevention techniques, and useful information on transitioning into aged care.

Date: **Wednesday 12 February**
Time: 10am - 12 noon
Venue: Gadhu Room, Shellharbour Civic Centre, 15 College Avenue, Shellharbour

Date: **Tuesday 18 February**
Time: 12pm - 2pm
Venue: Black Diamond Room, Thirroul District Community Centre & Library, 352 - 358 Lawrence Hargrave Drive, Thirroul
Cost: Free
Capacity: 40
RSVP: 6 February
Contact: Shayne Lopeman: 02 4221 9311
Event by: Kells
A photographic exhibition of Travellers' Tales in the Northern Illawarra 1770 - 2020 with an opportunity for Seniors to share their own tales. Do you have tales of the Black Diamond Districts from days gone by? We're interested in sharing Travellers' Tales of the Northern Illawarra. Perhaps you could contribute to a future edition of our very popular “Footprints” booklets? We'll have stories and photos to share of 250 years of travel to our area.

Date: Sunday 16 February & Sunday 23 February

Time: 1pm - 4pm

Cost: $4 (Seniors)

Venue: Black Diamond Districts Heritage Centre
Bulli Railway Station East
Franklin Avenue, Bulli

Capacity: 45

Contact: Kerrie Anne Christian: 02 4267 1488

Details: Two small steps at door. Toilets accommodate small wheelchairs. Call to discuss your accessibility needs.

Event by: Black Diamond Districts Heritage Centre Inc

Listening to Aboriginal Elders and their stories. Tea, coffee, biscuits on arrival and a light lunch will be served. Health information pamphlets available eg diabetes, dementia, health and wellbeing.

Date: Wednesday 12 February

Time: 10.30am - 1.30pm

Cost: Free

Venue: Dapto Ribbonwood Centre, 93 - 109 Princes Highway, Dapto

Capacity: 15 - 20

Contact: Joni Braham: 0411 055 984

Event by: Collaboration project with Illawarra Aboriginal Corporation Aged Care sponsored by Community Industry Group
GARDEN DISCOVERY TOURS

As you wind your way around the garden in open-air comfort you’ll enjoy a fascinating 45 minute commentary about the various types of gardens we display as well as some facts about the site’s history. It’s the easiest way to discover the diversity, colour and beauty of our garden’s 18 collections.

**Date:** Wednesday 12 February  
Wednesday 19 February (free hearing checks will also be available on 19 February - Hearing Australia Bus will be at the Gardens - near coffee van 8.30am - 3.30pm)

**Time:** 10am - 12pm

**Cost:** Gold coin donation - all funds to support Wollongong Botanic Garden projects

**Venue:** Wollongong Botanic Garden  
Duck Pond, Murphy’s Avenue, Keiraville

**Capacity:** 10 per tour 2 to 3 tours per day

**RSVP:** No bookings required

**Contact:** Felix: 0434 264 171

**Details:** Participants will be required to access the buggy on their own or with the assistance of their own carer. The buggy is sheltered, this event will go ahead in wet weather. We also have mobility scooters available to hire for free anytime during opening hours.

**Event by:** Wollongong Botanic Garden  
Wollongong City Council

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ESTATE PLANNING - MANAGING YOUR AFFAIRS

Andrew Gamble from Gamble Law will be speaking on managing your legal affairs such as wills, power of attorney, enduring guardians and other legal matters to help with your estate planning.

**Date:** Friday 14 February

**Time:** 10am

**Cost:** Nil

**Venue:** Stardust Room  
The Builders Club  
61 Church Street, Wollongong

**Capacity:** 100

**RSVP:** 13 February

**Contact:** Brian Healy: 0417 296 983

**Event by:** Gamble Law
VERSATILE WIND AND BRASS

This is a Concert of the combined members of the City of Wollongong Brass and Wind Bands. playing light music to surprise and entertain. Afternoon tea provided.

Date: Saturday 15 February
Time: 2pm
Cost: $20 - tickets at the door
Venue: Figtree Anglican Church
Gibson Road, Figtree
Capacity: 600
Contact: Lindsay Dunston: 0420 934 868
Details: Special parking including mobility is provided on site. The venue is also accessible to all. This event will run regardless of wet weather.
Event by: City of Wollongong Wind Band Inc

FALLS PREVENTION PRESENTATIONS

Falls Prevention & Maintaining Independence Presentation
Specialist advice and information on reducing the risk and fear of falls, provided by market leaders in falls prevention.
Date: Monday 17 February
Time: 10.30am - 12pm
Cost: Free
Capacity: 250
Details: Vouchers and prize giveaways on the day.

Fall Prevention, Balance & Stability Session
A specialised taster session of activities for older adults to improve mobility and independence as well as an outing to meet and make friends.
Date: Wednesday 19 February
Time: 10.30am - 12pm
Cost: Free
Capacity: 50
Details: Ideal for community dwelling older adults, self-mobilising with or without a walking aid. Vouchers and prize giveaways on the day.
Venue: The Fraternity Club
11 Bourke Street, Fairy Meadow
Contact: Amy Wildner: 02 4200 1574 0426 528 928
RSVP: Monday 10 February
Event by: wildMANN Group
LADY MAYORESS AFTERNOON TEA DANCE

Join the Lady Mayoress and Rock n Roll the afternoon away with entertainment, dancing and afternoon tea! Entertainment provided by Footloose Rockers and Backlash Rock n Roll band!

Date: Tuesday 18 February
Time: 1pm - 3pm
Doors open from 12.45pm
Cost: Free (Tickets required)
Venue: Wollongong City Town Hall
Cnr Crown & Kembla Streets, Wollongong
Capacity: 200
Contact: Lisa Green on 02 4227 7111
Limit of 6 per person.
Details: Go to:
https://lady-mayoress-tea-dance.eventbrite.com.au

GENTLE TAI CHI

Discover for yourself why Tai Chi is a popular pastime for relaxation, health and longevity. Plus, it’s also said to help in the prevention of falls.

Date: Monday 17 February  Time: 9.30am
Tuesday 18 February  Time: 6pm
Venue: Heininger House, Dapto Ribbonwood Centre,
93 - 109 Princes Highway, Dapto

Date: Thursday 20 February  Time: 1pm
Venue: Community Centre, Russell Street, Albion Park
(adjacent to swimming pool)

Date: Wednesday 19 February  Time: 9.30am
Thursday 20 February  Time: 5.30pm
Venue: Pioneer Hall, 84 Church Street, Wollongong
Cost: Free
Capacity: 20 per class
Contact: Margaret: 02 4261 8452
Mobile - text - 0422 932 818
Details: Wear flat shoes and comfortable clothes and arrive 15 minutes early for registration.
Event by: Australian Academy of Tai Chi
The Great Debate - “It’s a great thing to live in the Digital Age.”
Bulli High School debating team V's U3A Northern Illawarra debating team. The Lord Mayor, Cr Gordon Bradbery will adjudicate the debate. Morning tea will be served after the debate.

**Date:** Wednesday 19 February

**Time:** Venue opens at 9am
9.30am - 12 noon

**Cost:** Free

**Capacity:** 150

**Venue:** Excelsior Hall,
Thirroul District Community Centre & Library,
352-358 Lawrence Hargrave Drive, Thirroul

**Contact:** Ainslie Lamb: (02) 4283 7818

**RSVP:** 18 February

**Event by:** Northern Illawarra University of 3rd Age

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Come along and join U3A Wollongong for some general interest talks.

**Thursday 13 February**
9.30am - 10.30am  **SCANDINAVIA** - Design and innovation - from Viking Longboats to Ikea
11am - 12noon  **THE VICTORIAN ERA** - Family Life / Education / Entertainment
1pm - 3.30pm  **FILM:** The Adventures of Robin Hood 1938

**Monday 17 February**
9.30am - 10.30am  Ray O’Malley “The Answer to Life
11am - 12noon  Dr Robert M Caplan Forensic Psychiatrist - UOW “Bee Miles Sydney’s most Famous Street Character”

**Thursday 20 February**
9.30am - 10.30am  **SCANDINAVIA** - Why the world loves Nordic Noir
11am - 12noon  **THE VICTORIAN ERA**
The unspoken topics: Sex and Drugs
1pm - 3.30pm  **FILM:** The Bridges of Madison County 1995

**Cost:** Free  **Capacity:** 200

**Venue:** U3A Wollongong Salvation Army Centre
11 - 13 Burelli Street, Wollongong

**Contact:** David Christian: 02 4267 1488

**RSVP:** 10 February

**Event by:** University of 3rd Age, Wollongong
SENIORS EXERCISE CLASSES - LAKESIDE

Whether a seasoned exerciser or just starting out, come and join in the fun and feel the benefits enjoyed by many.

Wednesday 12 and Wednesday 19 February
8am - Seniors Exercise

Friday 14 and Friday 21 February
8am - Seniors Aerobics

Monday 17 February
8am - Seniors Aerobics
11.15am - Exer-heartbeat

Tuesday 18 February
11.15am - Seniors Aerobics

Cost: $15 entry for the duration of the festival for everyone unlimited classes

Venue: Lakeside Leisure Centre
192 Kanahooka Road, Kanahooka

Contact: Anne Johnstone: 02 4227 7793

Any new person, non member will need to complete a pre-exercise questionnaire.

SENIORS EXERCISE CLASSES - BEATON PARK

Whether a seasoned exerciser or just starting out, come and join in the fun and feel the benefits enjoyed by many.

Wednesday 12 and Wednesday 19 February
8am - Seniors Functional Mix
8am - Seniors Aquarobics
10.20am - Lite Pace

Thursday 13 and 20 February
8am - Seniors Circuit
2pm - Seniors Aquarobics

Friday 14 and 21 February
8am - Seniors BodyBar
10.20am - Exer-heartbeat

Monday 17 February
8am - Seniors Aerobics
10.20am - Lite Pace

Tuesday 18 February
8am - Seniors Circuit
10.20am - Exer-heartbeat
1pm - Gentle Water Exercise
2pm - Seniors Aquarobics

Cost: $15 for the duration of the festival for everyone unlimited classes for Seniors Programs

Venue: Beaton Park Leisure Centre
37 Foley Street, Gwynneville

Contact: Anne Johnstone: 02 4227 7793

Any new person, non member will need to complete a pre-exercise questionnaire.
Get Skilled
Tech HELP is free one-on-one computer assistance. Library staff will assist you with basic enquiries so that you can use your technology more effectively. Bring your own device or use one of ours. Remember your chargers and passwords! Bookings are essential via Eventbrite, for more information contact Wollongong Library on 02 4227 7414. Bring your own device where possible.

Date: Wednesday 12 & 19 February
Time: 9.15am, 10.15am, 11.15am
Venue: Wollongong Library

Tech and Tea
Want to try out some digital technology? Come along and try a smartphone, iPad or laptop whilst enjoying a cup of tea. Bookings are essential via Eventbrite, for more information contact Wollongong Library on 02 4227 7414.

Date: Tuesday 11 February
Time: 10.00am - 12 noon
Venue: Wollongong Library

Knit, Stitch, Yarn
Do you enjoy knitting, crocheting, cross stitch or embroidery? Why sit alone working on your projects when you could be socialising with others who enjoy the same hobby? Drop in to your local library for Knit, Stitch, Yarn. No booking required.

Date: Wednesday 12 & 19 February
Time: 10.00am - 12 noon
Venue: Wollongong Library

Date: Monday 17 February
Time: 10.00am - 12 noon
Venue: Warrawong Library

Re-useable Shopping Bags Workshop
Join us for a sociable sewing session and make a re-usable shopping bag. Bookings are essential via Eventbrite, for more information contact Wollongong Library on 02 4227 7414.

Date: Wednesday 12 February
Time: 10am - 12noon
Venue: Wollongong Library

“Firsts at Helensburgh” History Talk
Jim Powell from the Helensburgh Historical Society will talk about the firsts at Helensburgh. Bookings are essential via Eventbrite, for more information contact Helensburgh Library on 02 4294 2185.

Date: Wednesday 19 February
Time: 10.30am - 11.30am
Venue: Helensburgh Library

An Evening in Africa
Join us for the screening of the Hollywood classic movie “The African Queen” starring Humphrey Bogart and Katherine Hepburn who star as a gin-swill riverboat captain and a straight-laced missionary in WWI Africa. A light supper will be served. Bookings are essential via Eventbrite, for more information contact Corrimal Library on 02 4227 8179.

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SENIORS FESTIVAL AT OUR LIBRARIES

Colour, Coffee, Calmer
Take some time out of your busy schedule to grab a cuppa, relax, and get your creativity flowing. Drop into one of our regular colouring groups. Reconnect with your inner child and make some new friends along the way. No booking required.

- **Date:** Friday 14 February
- **Time:** 9.30am - 12.00 noon
- **Venue:** Wollongong Library

- **Date:** Monday 17 February
- **Time:** 10.00am - 12 noon
- **Venue:** Warrawong Library

- **Date:** Thursday 20 February
- **Time:** 9.30am - 12 noon
- **Venue:** Dapto Library

- **Date:** Wednesday 19 February
- **Time:** 9.30am - 12.30pm
- **Venue:** Thirroul Library

Boomerang Bag Workshop
Along with CWA Keiraville we invite you to join us in making your own Boomerang bag. No experience necessary. All materials provided. Any extra bags will be contributed to a community share program and for use by library customers. Light refreshments provided. Bookings are essential via Eventbrite, for more information contact Corrimal Library on 02 4227 8179.

- **Date:** Monday 17 February
- **Time:** 2.30pm - 4.30pm
- **Venue:** Corrimal Library

SENIORS FESTIVAL AT OUR LIBRARIES

Grandparents Storytime
Come along to a special storytime for seniors and the young people dear to them. Share a joyful morning of stories, crafts and more. No booking required.

- **Date:** Wednesday 12 February
- **Time:** 10.30am
- **Venue:** Helensburgh Library

- **Date:** Tuesday 18 February
- **Time:** 10am
- **Venue:** Wollongong Library

- **Date:** Friday 21 February
- **Time:** 10.30am
- **Venue:** Dapto Library

- **Date:** Friday 21 February
- **Time:** 10.30am
- **Venue:** Thirroul Library

Master Your Mind
Is stress affecting your day to day life? Create a toolbox of techniques to manage stress. Take a deep breath. Mindfulness starts now. This session also includes free hearing tests and hearing aid clean. Bookings are essential via Eventbrite, for more information contact Thirroul Library on 02 4227 8191.

- **Date:** Tuesday 18 February
- **Time:** 1.30pm - 2.30pm
- **Venue:** Thirroul Library: 02 4227 8191
Introduction to Family History Research
Want to research your family history but don't know where to start? Join us for a session with the Illawarra Family History Group for all the tips and tricks you'll need. Light refreshments will be served. Bookings are essential via Eventbrite, for more information contact Corrimal Library on 02 4227 8179.
Date: Tuesday 18 February
Time: 2.30pm - 4.30pm
Venue: Corrimal Library

No Dig Gardening
Growing veggies in a no dig garden method can mean you can plant your veggies in a box, on a rock or even in a hat! This demonstration will look at compost, mulch, companion planting and no dig gardening in a fun and creative manner that you can replicate at home. Come for a fun filled morning, share your gardening experiences, and learn some new garden tips and tricks. Bookings are essential via Eventbrite, for more information contact Council's Green Team on 02 4227 7111.
Date: Thursday 20 February
Time: 10am - 12 noon
Venue: Warrawong Library

Seniors Meet and Greet
Are you new to Wollongong? Or would you like to make some more friends? Join us for an afternoon tea and socialise with other seniors. Bookings are essential via Eventbrite, for more information contact Wollongong Library on 02 4227 7414.
Date: Thursday 20 February
Time: 2.30pm - 4pm
Venue: Wollongong Library

On the Road 65 Plus
Staying Independent and Safe on the Road
A chance to explore the many aspects of safe driving for people aged 65 and over. If you are experiencing changes to your mobility and your driving habits, are helping a family member plan for the future, or are just curious about learning safer driving habits, this workshop will have relevant information for you. Join your peers to discuss a future of independent and safe driving. Bookings are essential via Eventbrite, for more information contact Dapto Library on 02 4227 8555.
Date: Tuesday 25 February
Time: 11.30am - 12.30pm
Venue: Dapto Library
NATIVE BEES WORKSHOP

Native bees pollinate your fruit and veg for free, as well as being vital in preserving Australia's unique wildflowers and bushland. They are non-aggressive towards people and pets, but are hard workers, making them a great addition to your garden. Come along to this workshop to find out how you can start encouraging native bees into your garden by planting the right flowers to draw them in, and by providing small areas for protection and shelter.

Date: Saturday 22 February
Time: 10am - 1pm
Cost: $13.50
Venue: Discovery Centre
Wollongong Botanic Garden
Madoline Street (entrance)
Keiraville
Capacity: 20
Bookings essential
nativebeesfeb2020.eventbrite.com.au
RSVP: 20 February
Contact: Botanic Garden: 02 4227 7667

WILLIAM SHAKESPEARE’S PLANTS TOUR

William Shakespeare, the famous 16th century poet and dramatist, was a keen gardener and plant lover and so flowers and trees feature prominently in his plays and poetry. Join Shakespeare in full costume on a theatrical garden tour which highlights some of his most admired plants. He’ll also introduce you to some of his most memorable characters and settings, and share some of his most beloved quotes. This is a must tour for garden and theatre lovers alike.

Date: Thursday 13 February
Time: 10am - 12noon
Cost: $13.50
Venue: Wollongong Botanic Garden’s Discovery Centre,
Madoline Street, Keiraville
Capacity: 20 - Bookings essential at:
wbgshakespeare2020.eventbrite.com.au
RSVP: 11 February
Contact: Wollongong Botanic Garden: 4227 7667
Event by: Wollongong Botanic Garden
Wollongong City Council
PROUD TO BE ITALIAN (Fieri di Essere Italiani)

Come and experience our Italian pride, culture and food at the wonderful Centro CBD. Be entertained by the music inspired by Italy, a traditional dance display and the food of course!! A three course Italian themed lunch will be served. Come dressed in red, white and green if you like . Viva Italia!

Date: Tuesday 18 February
Time: 12noon - 4pm
Cost: $30
Venue: Centro CBD
28 Stewart Street, Wollongong
Capacity: 160
RSVP: 11 February
Contact: Giovanna Piccolini:  4228 8222
Event by: ITSOWEL

ON THE ROAD 65+ WORKSHOP

Obtain information and advice to help stay independent and safe when driving, walking, using a mobility scooter or catching public transport. Learn about common misunderstood road rules and changes to our health that can come with age and affect our abilities as road users. We explain the NSW older driver licensing system, including information for those who want to transition from full-time driving to other transport options. Whether yourself, a family or a friend, are experiencing changes in mobility or planning for the future, this workshop can help with this transitional stage.

Date: Thursday 20 February
Time: 9.30am - 11.30am
Cost: Free
Venue: Wollongong City Council,
Level 9 Function Room, Administration Building,
41 Burelli Street, Wollongong
Capacity: 50
RSVP: 14 February - via email below
Contact: Road Safety Officer: 02 4227 7111
via email - rso@wollongong.nsw.gov.au
Details: Please advise of any mobility or access needs.
Event by: Wollongong City Council
**2020 ILLAWARRA SOCRATIC LECTURE**

Dr Tim Dean - philosopher, writer, speaker will deliver his talk on “The art of disagreement in a disagreeable world”.

**Date:** Wednesday 12 February  
**Time:** 4pm - 5.15pm  
**Cost:** Free  
**Venue:** Thirroul Community Centre (Excelsior Hall)  
352-358 Lawrence Hargrave Drive, Thirroul  
**Capacity:** 200  
**RSVP:** 11 February  
**Contact:** Thirroul Library  4227 8192 to reserve seating  
**Event by:** Illawarra Socratic Society

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**FLAME TREE CO-OP TOUR & TEA**

Bulk, local, organic, sustainable - come and see how a not-for-profit, member owned and volunteer run community food co-operative provides an alternative shopping experience. Enjoy a morning tea with some of our volunteers too!

**Date:** Friday 21 February  
**Time:** 10.30am - 11.30am  
**Cost:** Free  
**Venue:** Flame Tree Co-op  
355 Lawrence Hargrave Drive, Thirroul  
**Capacity:** 20  
**RSVP:** 14 February  
**Contact:** Gini Purcell:  4267 5792  
**Event by:** Flame Tree Co-op
SENIORS FESTIVAL FUN DAY

This popular luncheon and concert is always a Seniors Festival highlight. Don’t leave it too late to book your spot. Two course set menu, main and dessert, tea and coffee, entertainment and one complimentary drink on arrival.

Date: Thursday 13 February
Time: Doors open 10.30am - 2.30pm
Cost: $25 (Purchase at Dapto Leagues Club reception)
Venue: Dapto Leagues Club
Cnr Station Street & Bong Bong Road, Dapto
Capacity: 250
RSVP: 27 January
Contact: Maxine Hughes: 02 4261 1333
Event by: Dapto Leagues Club

LOVE TO CELEBRATE MUSIC

Organ recital featuring favourites, modern, classical, film themes, musicals and much more.

Date: Friday 21 February
Time: 10.30am
Cost: Free
Venue: Wesley Church On The Mall
116 Crown Street, Wollongong
Capacity: 200
Contact: Lorraine Jones: 02 4261 5328

DOLPHIN WATCH CRUISE

Ninety minute cruise on board Tekin III also includes fish and chips for lunch at Huskisson Hotel.

Date: Wednesday 12 February
Time: 10.30am
Cost: $40
Venue: Cruise on Jervis Bay
RSVP: 28 January Contact: Salli Kiley: 02 4224 8603
Event by: Community Gateway
**HAVE FUN ONLINE**

Come and learn how to safely use smartphones, tablets and computers for fun and entertainment! Practice downloading and installing games and puzzles. Play alone or online against people all over the world. Understand the difference between paid and unpaid apps. See how you can read books, watch movies and TV, live and catch up, on your device.

**Date:** Tuesday 18 & Thursday 20 February  
**Time:** 9.30am - 12noon  
**Cost:** Free  
**Venue:** iAccelerate, Innovation Campus  
Squires Way, North Wollongong  
**Capacity:** 20 per session  
**RSVP:** 11 February  
**Contact:** Helen Hasan: 0419 403 699  
Kim Leach: 0409 753 808  
**Email:** admin@livingconnected.org.au  
**Details:** Participants should bring their own device (phone, table or PC) if they have one. But they can use ours if they don’t! No free parking on site.

**Event by:** Living Connected

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**WATERCOLOUR WORKSHOP FOR BEGINNERS**

Join local artist Elspeth McCombe for an Introduction to Watercolour Painting workshop and viewing of watercolours from the Gallery’s collection followed by morning or afternoon tea. *(Bookings essential).*

**Date:** Thursday 20 February  
**Time:** 10am - 12.30pm  
1.30pm - 4pm  
**Cost:** Free. All materials supplied.  
**Venue:** Wollongong City Gallery  
Cnr Kembla & Burelli Streets, Wollongong  
**Capacity:** 12  
**RSVP:** 10 February  
**Contact:** Vivian Vidulich: 02 4227 8507  
**Event by:** Wollongong City Gallery
UOW COMMUNITY CAMPUS TOURS

The Community Campus Tour Program is designed for community members to learn, explore and discover the University campus as well as the cultural, social and academic environment. All community members welcome.

Date: Multiple see website
Time: Campus tours for 2020 are currently being finalised, with a suite of brand-new activities and facilities to showcase! Details, including dates, will be published on our website: https://www.uow.edu.au/engage/community/tours/
Cost: Free
Contact: Community Engagement Officer: 02 4239 2518
Email: community@uow.edu.au
Capacity: 20
Details: Please wear comfortable closed-in shoes as some tours involve visiting laboratory spaces.
Event by: University of Wollongong

WALKING SOCCER FOR SENIORS

A game of walking soccer for seniors where 2 teams will play a friendly game.

Date: Wednesday 12 February
Time: 9am - 12noon
Cost: Free
Venue: Illawarra Sports High School
1 Gura Street, Berkeley
Capacity: 15
RSVP: 5 February
Contact: MCCI: 02 4229 7566
Details: Participants to wear comfortable sporty shoes and clothes.
Event by: Multicultural Communities Council of Illawarra
A day of entertainment for our seniors where communities can celebrate their cultural diversity and share a delicious lunch served by the Fraternity Club. Stalls with information about aged care and support services will be on display for the duration of the event. The theme for this year is Love to Celebrate! Seniors will be invited to wear their traditional costumes.

**MULTICULTURAL LUNCH & EXPO**

**Date:** Friday 21 February  
**Time:** 10am - 2pm  
**Cost:** $25  
**Venue:** The Fraternity Club  
11 Bourke Street, Fairy Meadow  
**Capacity:** 350  
**RSVP:** 10 February - please advise of any dietary requirements  
**Contact:** MCCI: 02 4229 7566  
**Event by:** Multicultural Communities Council of Illawarra

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**MULTICULTURAL HEALTHY SESSIONS & WALK**

**Healthy Sessions** - interactive sessions for Seniors on how to maintain mental wellbeing with music and relaxation techniques.

**Date:** Thursday 13 February  
**Venue:** St Elias Serbian Church  
86 Kenny Street, Wollongong  
**Date:** Monday 17 February  
**Venue:** Oak Flats Community Centre, Fisher Street Oak Flats  
**Date:** Thursday 20 February  
**Venue:** Wollongong & Croatian Catholic Centre, 7-9 Bellevue Road, Figtree  
**Time:** 10.30am  
**Cost:** Free  
**Intergenerational Walk** - up to 20 teams - of a senior and a younger person - will walk along the Blue Mile walk from North Wollongong Beach. Teams will be given a topic for conversation and will be invited to share the highlights of their conversation at the end.

**Date:** Tuesday 18 February  
**Time:** 9am - 11am  
**Cost:** Free  
**Venue:** Blue Mile Walk North Beach Wollongong - meeting point in front of North Wollongong Surf Club.  
**RSVP:** 10 February  
**Contact:** MCCI: 02 4229 7566  
**Events by:** Multicultural Communities Council of Illawarra
ELDERS UNITE THROUGH ART

Painting for all with Aboriginal contemporary processes.

Date:    Thursday 20 February
Time:    11am - 1pm
Cost:    Free - light lunch provided
Venue:   Kemblawarra Community Centre,
          Cnr Shellharbour Road & Parkes Street,
          Port Kembla
Capacity: 15
RSVP:    14 February
Contact: Joni Braham: 02 4256 4333
Details: Free parking. There is a ramp access to the area. Participants should bring protective clothing or old clothes to protect from any paint.
Event by: Collaboration Project with Coomaditchie United Aboriginal Corp sponsored by Community Industry Group

GREEK LUNCHEON

ΚΑΛΟΣΩΡΙΣΑΤΕ - WELCOME
Come explore Greek culture and food.

Date: Tuesday 18 February
Time: 11am - 2pm
Cost: $24
Venue: Greek Cultural Centre
       18 Stewart Street, Wollongong
Contact: Demetra Stylianou: 02 4228 1609
Event by: GWC Community Services
Hearing Australia is celebrating Senior’s week by bringing our Hearing Bus to Wollongong. We are offering free hearing checks and advice on hearing wellness to ensure the seniors of Wollongong have an opportunity to live life to the fullest.

**Date:**  Monday 10 February  **Time:**  7.30am - 2.30pm  
**Venue:** Kiama Leisure Centre, 1 Havilah Place, Kiama

**Date:**  Tuesday 11 February  **Time:**  8.30am - 3.30pm  
**Venue:** Shellharbour Bunnings, 15 Shandan Court, Albion Park Rail

**Date:**  Wednesday 12 February  **Time:**  10am - 12.30pm  
**Venue:** Shellharbour Seniors Expo, Shellharbour Civic Centre, Shellharbour

**Date:**  Thursday 13 February  **Time:**  8.30am - 3.30pm  
**Venue:** Dapto Ribbonwood Centre, Princes Highway, Dapto (Car Park)

**Date:**  Friday 14 February  **Time:**  9am - 3pm  
**Venue:** Warilla Bowling Club, Jason Avenue, Barrack Heights (Car Park)

**Date:**  Monday 17 February  **Time:**  9am - 3pm  
**Venue:** Fraternity Club, 11 Bourke Street, Fairy Meadow (Car Park)

**Date:**  Tuesday 18 February  **Time:**  9am - 3pm  
**Venue:** Gerringong Surf Club, 71 Pacific Avenue, Werri Beach

**Date:**  Wednesday 19 February  **Time:**  8.30am - 3.30pm  
**Venue:** Botanic Gardens, Murphy Avenue, Keiraville (Inside near the coffee van).

**Cost:**  Free

**Contact:**  Tania: 02 4254 1200
STEP BACK IN TIME TOUR

Take a trip down memory lane with Sid Hoskins, the original owner of Gleniffer Brae in the 1930’s, along with a host of other family members from the period. This tour uses theatre, splendid architecture and inspiring garden design, to take a humorous look at our not so distant past. A light morning tea is included at the end of the tour.

Date: Thursday 20 February
Time: 10am - 12noon
Cost: $13.50
Venue: Wollongong Botanic Garden’s Discovery Centre, Madoline Street, Keiraville
RSVP: 18 February
Contact: Wollongong Botanic Garden: 02 4227 7667
Event by: Wollongong Botanic Garden
Wollongong City Council

WOLLONGONG GROW BOLD SENIORS FORUM

Free forum with variety of expert speakers to support seniors with information and services to stay independent and plan ahead!

Date: Wednesday 19 February
Time: 10am - 1pm
Cost: Free
Venue: Wollongong City Diggers, 82 Church Street, Wollongong
Capacity: 100
Contact: Graeme Williams: 1300 763 583
RSVP: 18 February
Details: RSVP to go into the draw to win a hamper worth $100.
Event by: Feros Care
An invitation is extended to any person, group or organisation wishing to promote a Seniors Festival activity/event in the Seniors Festival Program of Events in 2021.

To register your interest please email seniorsweek@wollongong.nsw.gov.au

We are keen to hear from you about your experience of the Seniors Festival.

If you would like to provide your thoughts please phone 02 4227 7111 or email seniorsweek@wollongong.nsw.gov.au

Acknowledgements & Disclaimer

Wollongong City Council would like to thank all who contributed to the production of the booklet. Every effort has been taken in the preparation of this booklet, however no responsibility is accepted for loss, damage or inconvenience that may result from its use.

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