

SENIORS FESTIVAL

28 February to 30 March
2017 PROGRAM

Look
what's on for
Seniors!

Celebrating Inclusive Communities

Sutherland Shire
COUNCIL





WELCOME TO THE 2017 SENIORS FESTIVAL

Sutherland Shire Council is proud to present this program for the 2017 Seniors Festival.

There's a huge range of events and activities to enjoy and opportunities to be involved.

And it's our chance to thank, celebrate and recognise you, our Shire seniors, for the role you play and the contributions you make to our community.

Carmelo Pesce
Sutherland Shire Mayor

Tuesday 28 February

Aged Care Expo

Engadine Community Centre
Engadine Town Square
1034-1036 Old Princes Highway
9.30am to 12pm

The Sutherland Shire Aged Care Interagency is proud to present an Information Expo for older residents about local in-home and community services. Pop-up HealthOne checks will be available (for more information about these health checks see HealthOne's 15 March event on page 8 in this program). No booking required.

☎ 9548 6000

Sutherland Shire Council 2017 Seniors Festival

FREE

**NO NEED
TO BOOK**



Friday 3 March to Sunday 12 March



Get Active

Sutherland Shire Leisure Centres

- You could win a 12-months FREE membership valued at over \$800. The more times you visit the more chances you have to win.*
- Free entry for seniors accompanying grandchildren to swimming lessons.
- Free health screening.
- Mini assessments with our exercise physiologists - see if you qualify for the GP Referral Scheme.

PLEASE
BOOK

☎ 8536 9777 for details and health screen times.

📄 sslc.com.au

*Conditions apply. See website for details.

Saturday 4 March

Origami for the Household

Sutherland Library, 10.30am to 12pm

Learn how to make origami models with Gary Clark that you can use in your household.

Bookings essential.

☎ 9710 0351 or book online

📄 sutherlandshire.nsw.gov.au/library

FREE

PLEASE
BOOK



Saturday 4 March

Shirley Valentine

Sutherland Entertainment Centre, 8pm

Follow middle-aged Shirley Valentine in an unexpected discovery of herself and rekindling of her childhood dreams, starring the talented, vibrant Mandi Lodge, with whom you'll experience much humour, warmth, sympathy, and human insight.

Tickets: Seniors Concession \$44

☎ 9521 8888

📄 suthentcent.com.au

PLEASE
BOOK

BRING
SENIORS
CARD



Monday 6 March

Birds 'n' Breakfast with Bushcare

Taren Point, 8am

Experience a morning of bacon and birdlife at the very popular Birds and Breakfast event. Bookings are essential for catering purposes.

Sutherland Shire Council Bushcare

☎ 9524 5672

FREE

PLEASE
BOOK



Sutherland Shire Council's
Homemade Expo:
Seniors Groups' Art, Craft and Food
Sutherland Entertainment Centre
10am to 2pm

Expo showcasing local seniors' talents and crafts including woodworking, pottery, painting, crochet, knitting, quiltmaking, card-making, calligraphy, singing, dance groups, and a baking competition.

Join in, enjoy, learn, marvel, buy!
Morning tea provided.

☎ 9710 0333 or email cue@ssc.nsw.gov.au

FREE

NO NEED
TO BOOK



Expo Homemade Bake-Off!

Bring homemade baked treats to the Expo Bake Off. Visitors will vote for favourites. Categories: cakes, biscuits, multicultural.

Provide a list of ingredients. Entries limited. Bookings essential. Awards ceremony at 1pm.

AT
THE
EXPO

PLEASE
BOOK



**Eat'n Street
Café will be
open for the Expo.**

Large groups please book.
☎ 9521 8888

PLEASE
BOOK



Wednesday 8 March

Spotlighting in the Royal with Bushcare

Audley, 7.30pm to 9pm

What goes bump in the night? Spot the wildlife that are out and about when we are in bed. Please book early as this event fills quickly. BYO torches.

☎ 9524 5672

FREE

PLEASE
BOOK



Thursday 9 March

Kayaking with Bushcare

Woronora to The Needles, 9am to 1pm

A guided kayaking river tour. All participants must be physically fit (able to paddle about 5km), and be confident swimmers to participate in this event.

☎ 9524 5672

FREE

PLEASE
BOOK



Thursday 9 March

Taming Technology: Cloud Computing

**Sutherland Library
10.30am to 11.30pm**

If you've heard people referring to 'The Cloud' but don't know what they mean, come along and find out what it's all about. Dropbox, iCloud, Gmail - learn how to reap the benefits and avoid the pitfalls of cloud computing.

Light refreshments will be served.

☎ 9710 0351 or book online

📄 sutherlandshire.nsw.gov.au/library

FREE

PLEASE
BOOK



Taming Technology is a series of lectures held on the second Thursday of the month aiming to demystify technology topics for seniors.



Thursday 9 March

Let's Celebrate Together

BeConnected Community Services

**Club Kirrawee, 101 Oak Road North,
Kirrawee, 11.30am to 3pm**

BeConnected Community Services is delighted to celebrate our 'Inclusive Communities' for Seniors Week 2017 by hosting a Seniors' Luncheon and Concert.

Cost: \$20-25 for lunch.

Additional cost for transport.

Contact: Dianne Townsend, Jannali Branch Manager
jannali@beconnected.org.au

☎ 9528 6299

PLEASE
BOOK



The program includes:

- 2 course lunch.
- Musical entertainment from local school children.
- Local music group 'Musical Memories'.
- Raffles.
- Lucky door prizes and much more.



Friday 10 March

Cronulla Coast Walk with Bushcare

Meet at Gunnamatta Park, 9am to 12pm

This free guided walk around the spectacular Cronulla Peninsula coastline is graded as easy with a little walking on sand.

Please BYO morning tea and water.

Sutherland Shire Council Bushcare

☎ 9524 5672

FREE

PLEASE
BOOK



Friday 10 March

Botany Bay Family History Society Open Day at the Research Centre

184 Gannons Road (South), Caringbah
10am to 2pm

Experts will assist you to use the world-wide resources available to trace your family heritage.

Noele Watkins (President) noleewatkins@gmail.com

☎ 0428 227 752

FREE

NO NEED
TO BOOK



Saturday 11 March

Calliarts - Learning how to create Cadels

Sylvania Community Hall, Canberra Rd
1pm to 4pm

Learn the art of creating Cadels. A Cadel is a built up letter consisting of a series of separated interweaving strokes linked together.

One of our experienced tutors will show you how to create them so you can then proceed to create your own.

Contact: southscribes@yahoo.com.au

PLEASE
BOOK

\$10 plus
materials

Tuesday 14 March

Sutherland Shire Council's Seniors Luncheon

Sutherland Entertainment Centre
11.30am to 1.30pm

Annual Seniors Luncheon.
Enjoy lunch and entertainment while celebrating our Centenarians.

Bookings open
Wednesday 1 February.

☎ 9521 8888

📧 suthentcent.com.au

FREE

PLEASE
BOOK



To book your
transport, call
Activus

☎ 8555 0000

PLEASE
BOOK



Wednesday 15 March



Your Wellbeing, Your Plan

Orana Women's Health Centre
346A Kingsway, Caringbah
10am to 11.30am

An interactive session including discussion around wellbeing, staying well, identifying goals and getting the most out of services. Light refreshments provided.

Orana NSW Inc.
Bernadette Hoy
☎ 9525 2058

FREE

PLEASE
BOOK



Wednesday 15 March



Highlighting Health

HealthOne, Sutherland Hospital
Kingsway and Kareena Rd, Caringbah
10am to 2pm

Free health checks for men and women. Visit for information and advice about Type 2 Diabetes and Pre-Diabetes, pap smears, menopause and post menopause, as well as healthy cooking demonstrations and many other things. Light refreshments provided.

HealthOne contact:
Sharon.Greentree@health.nsw.gov.au or
Emily.Potter1@health.nsw.gov.au
☎ 9540 8181

FREE

NO NEED
TO BOOK



Sutherland Shire Council 2017 Seniors Festival

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Thursday 16 March

Sutherland Shire Council's Seniors Concert

Sutherland Entertainment Centre
1.30pm to 3pm

Annual Seniors Concert. Free tribute concert featuring live performances of music by Johnny O'Keefe, Neil Diamond and The King, Elvis.

Bookings open Wednesday 8 February.

☎ 9521 8888

📄 suthentcent.com.au

FREE

PLEASE
BOOK

To book your
transport,
call Activus

☎ 8555 0000

PLEASE
BOOK



Monday 20 March & Wednesday 22 March

Orana Adult Learning Open Day

Stapleton Ave Community Centre
3A Stapleton Ave, Sutherland
9am to 3pm

Discover the huge variety of courses that are held at this Centre. The activities include art, craft, exercise, discussion groups, French language lessons, card games, ukulele and computer classes. View the activities and meet the Tutors.

Orana NSW Inc.

☎ 9521 8280

FREE

NO NEED
TO BOOK

Tuesday 21 March

Adult Learning Demonstration with Orana NSW Inc

Cronulla Plaza, call for exact times

A demonstration of adult social groups including tai chi, ukulele, line dancing.

Orana NSW Inc.

Elizabeth O'Neil

☎ 9521 8280

or Pippa Dean

☎ 9525 4971

FREE

NO NEED
TO BOOK

Saturday 25 March to Tuesday 4 April



Small Works: Big Impact

Exhibition by Bundeena Maianbar Art Trail Artists

Hazelhurst Regional Gallery & Arts Centre, Broadhurst Gallery

Open daily, 10am to 5pm

☎ Hazelhurst Gallery 8536 5700

🌐 hazelhurst.com.au

[Image: Lan Wang *Harmony* 2015 (detail) Acrylic On Canvas]

FREE

NO NEED
TO BOOK

Visit the Bundeena Maianbar Art Trail on Sunday 2 April and the first Sunday of each month. For details artrail.com.au

Sunday 26 March

Neighbour Day

Make a date to meet or spend time with your neighbours.

Whether it's a cuppa, a picnic in the park, or a message of support, Neighbour Day is the perfect opportunity to say thanks for being a great neighbour or to meet your neighbours for the first time. Maybe you can arrange a helpful trade? Seniors, why not trade your gardening skills for regular help taking the bins out?

☎ 9710 0333 or email cue@ssc.nsw.gov.au

**Sutherland Shire Council proudly supports
Neighbour Day 2017**

[Sutherland Shire Council 2017 Seniors Festival](#)

Wednesday 29 March

Adult Learning Demonstration with Orana NSW Inc

Peace Park Sutherland
(near Sutherland Entertainment Centre)
10.30am to 11.30am

A demonstration of adult social groups including tai chi, ukulele, line dancing.

Orana NSW Inc.

☎ Elizabeth O'Neill 9521 8280

FREE

NO NEED
TO BOOK

Wednesday 29 March

Shire International Short Film Festival

Sutherland Entertainment Centre

The Shire's own annual short film festival returns for its eighth season, with a unique program of never-before-seen short films from around the world, curated by Cinewest Artistic Director Vahid Vahed and selected by Shire seniors.

You can vote to award the best film of the festival!

| | | |
|----------------|---------|-----------------|
| Lunch + Movie | 11.00am | \$11 Concession |
| Dinner + Movie | 6.00pm | \$30 |
| Movie Only | 7.30pm | \$8 |

Bookings: ☎ 9521 8888 🌐 suthentcent.com.au

PLEASE
BOOK

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Thursday 30 March



Connecting Well - Older Women's Wellness Expo

Sutherland Entertainment Centre
9.30am to 1.30pm

FREE



Older Women's Network NSW presents a free community event to promote the wellbeing of older women, increase community connections and motivate positive ageing. Featuring wellness enhancing stalls, local community services, like-minded groups, speakers and a forum. Light refreshments provided.

Contact: manager@ownnsw.org.au
☎ 9519 8044

COUNCIL VENUES:

Hazelhurst Regional Gallery & Arts Centre
782 Kingsway, Gymea

Sutherland Entertainment Centre
30 Eton St, Sutherland

Sutherland Library
30-36 Belmont St, Sutherland

Sutherland Shire Leisure Centres:

1 Rawson Ave, Sutherland

5-9 Jacaranda Rd, Caringbah

111-113 Anzac Ave, Engadine

Menai Indoor Sports Centre

98 Allison Cr, Menai

KEY:

No cost

FREE

Book in
advance

**PLEASE
BOOK**

Just turn
up

**NO NEED
TO BOOK**

Don't pay
full price

**BRING
SENIORS
CARD**



Grab a
cuppa



Event is
catered



BYO lunch



BYO water

Seniors Festival 2017 proudly supported by:



Tel: 9710 0333 Email: cue@ssc.nsw.gov.au
sutherlandshire.nsw.gov.au

Sutherland Shire
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