



In Our Nature

Program of Events

30 March - 30 April 2021



In Our Nature

The theme for the 2021 NSW Seniors Festival is In Our Nature.

During challenging times, it's in our nature to connect. Whether it's online, or out in the sunshine, NSW Seniors Festival is a chance to come together.

The 2021 NSW Seniors Festival will run Monday 5 to Friday 30 April.

The official festival period is Wednesday 14 to Saturday 24 April.

The information is correct at time of publication.

In line with COVID Safe plans – please do not attend if you are unwell, maintain your social distance and abide by rules of the hosting organisation.

Numbers are limited to all activities. Bookings essential for all activities using the contact methods listed.

All activities are free unless otherwise stated.



Tuesday 30 March

10.30am to 12:30pm

Shellharbour Civic Centre

- Includes
- Guest Speakers
 - Line Dancing Display
 - Music
 - Mini Expo

In Our Nature

Registration essential. RSVP by Monday 29 March to Community Connections on 4221 6007 or book online at launchof2021seniorsfestival.eventbrite.com.au

2021 Seniors Festival | Program of Events

Date Time Location	Activity
Tuesday 30 March 1pm to 2:30pm Shellharbour Civic Centre 76 Cygnet Avenue, Shellharbour City Centre	Community Facilities Needs Study and Strategy. Come to a workshop and have your say! Shellharbour City Council is running a number of community workshops to better understand residents' views on the future of community facilities in the local area, including challenges, opportunities and aspirations. Feedback gathered at the workshops will help Council develop its new Community Facilities Needs Strategy, which will guide the provision of community facilities in the area over the next 10 years. Contact: 4221 6007 or Email: ccadmin@shellharbour.nsw.gov.au
Tuesday 6 April 10am to 1pm Albion Park Library	Albion Park Library Knitters (see page 4)
Tuesday 6 April 1pm to 3pm Oak Flats Neighbourhood Centre 42 Fisher Street, Oak Flats	Death Café – Oak Flats A Death Café is a safe space where people can come together, drink tea and coffee and enjoy an open and relaxed conversation about Death and Dying, with a view to helping people make the most of, and enjoy their finite lives. You can share a story if you wish, or just listen and observe. There is no agenda and the discussion is group determined. Be prepared for some interesting conversation! Please note this session is not suitable for people who have been recently bereaved. Contact: Carolyn 0418 480 690 or Email: carolyn@thegroundswellproject.com www.eventbrite.com.au/e/death-cafe-oak-flats-illawarra-shoalhaven-compassionate-communities-tickets-146851373411
Wednesday 7 April 10am to 1pm Albion Park Library	Albion Park Library Knitters (see page 4)

KNITTING & CROCHET GROUPS

Do you love to knit and crochet? Would you like help to learn the basics? Bring your wool and needles and come along to our weekly knitting group. Meet new friends and chat while you create.

Albion Park Library Knitters

10am - 1pm | Albion Park Library

Contact: 4256 2001

Tuesday 6 April

Wednesday 7 April

Tuesday 13 April

Wednesday 14 April

Tuesday 20 April

Wednesday 21 April

Tuesday 27 April

Wednesday 28 April

Oak Flats Knitters

10am - 1pm | Oak Flats Library

Contact: 4256 3772

Thursday 8 April

Thursday 15 April

Thursday 22 April

Thursday 29 April

Warilla Library Knitters

1pm - 4pm | Warilla Library

Contact: 4221 6288

Thursday 8 April

Thursday 15 April

Thursday 22 April

Thursday 29 April

Plain & Purl City Library Knitters and Crochet Group

10am - 12pm | City Library

Contact: 4221 6222

Friday 9 April

Friday 16 April

Friday 23 April

Friday 30 April

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Date Time Location	Activity
Wednesday 7 April 10:30am to 11:30am City Library	Book Club, City Library (see page 6)
Wednesday 7 April 2:30pm to 5pm Oak Flats Library	Scrabble Club Get scrabbling and join us for some brain teasing fun. All welcome. Contact: 4256 3772
Thursday 8 April 10am to 11am Warilla Community Centre 69 Benaud Crescent, Warilla	Get to Know your Food: Basics of Label Reading Join us for a free interactive session, where we discuss the basics of label reading. You will learn tips and skills that you can use on your next shopping trip, including: <ul style="list-style-type: none">· How to easily and quickly identify healthier food products· How to interpret the Health Star Rating· How to make healthier choices for you and your family Contact: 4221 6007 or book online at www.shellharbour.nsw.gov.au/whats-on
Thursday 8 April 10am to 1pm Oak Flats Library	Oak Flats Library Knitters (see page 4)
Thursday 8 April 1pm to 4pm Warilla Library	Warilla Library Knitters (see page 4)
Friday 9 April 10am to 12pm The Imaginarium Corner Addison and Wentworth Streets, Shellharbour	Finger Painting Art Class, for Grandparents and Grandchildren Share a unique art experience to enjoy with your grandchild or grandfriend. Learn about finger painting and get back to basics! Ages 7+ Contact: 4221 6007 or book online at www.shellharbour.nsw.gov.au/whats-on
Friday 9 April 10am to 12pm City Library	Plain & Purl City Library Knitters and Crochet Group (see page 4)

BOOK LOVERS

Do you enjoy reading and sharing your reading experiences? Come along to one of our Book Clubs at City Library.

Book Club, City Library

Contact: 4221 6222

Wednesday 7 April 10.30am - 11.30am

Thursday 22 April - 6.30pm 7.30pm

Oak Flats Book Club Number 1

2pm - 3:30pm | Oak Flats Library

Contact: 4256 3772

Wednesday 14 April

Oak Flats Book Club Number 2

11am - 12:30pm | Oak Flats Library

Contact: 4256 3772

Wednesday 21 April

Warilla Book Club

10.30am - 11.30am | Warilla Library

Contact: 4221 6288

Friday 16 April

Albion Park Book Club

11am - 12pm | Albion Park Library

Contact: 4221 6288

Wednesday 28 April

In line with COVID Safe plans – please do not attend if you are unwell, maintain your social distance and abide by rules of the hosting organisation.

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2021 Seniors Festival | Program of Events

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Monday 12 April 10:30am to 11:30am City Library	Brain Training An hour of puzzles, quizzes and games designed to stimulate the ol' grey matter. Join us for this free session and get ready to challenge your mind and exercise your mental agility. Contact: 4221 6222
Tuesday 13 to Saturday 24 April 9:30am to 3:30pm every day HARS Aviation Museum Shellharbour Airport 54 Airport Road, Albion Park Rail	Flying into History HARS Aviation Museum will provide entry to the Museum for \$15.00 per person from 13 to 24 April 2021 inclusive. In addition Café Connie will serve fresh pikelets, jam and cream with either tea or coffee for \$7.00 per person in the same period. Visitors should wear comfortable, enclosed shoes for a tour of the hangars. Contact: 4257 4333 or Email: harsinfo@hars.org.au
Tuesday 13 April 10am to 1pm Albion Park Library	Albion Park Library Knitters (see page 4)
Tuesday 13 April 10:30am to 11:30am City Library	Everybody Makes – Glasses Case Look "spec-tacular" with this felt glasses case that's both funky and functional! Make it, then take it home at our fun monthly craft program for adults. Contact: 4221 6222
Wednesday 14 April 9am to 12pm Oak Flats Senior Citizens 43-45 Griffiths Street, Oak Flats	Oak Flats Painting Display Interested in painting. Come and have a look at our latest work. Visitors welcome anytime. Morning tea provided. Contact: Pauline 0409 042 055
Wednesday 14 April 10am to 1pm Albion Park Library	Albion Park Library Knitters (see page 4)

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Date Time Location	Activity
Wednesday 14 April 10am to 11:30am Albion Park Rail Community Centre Ash Avenue, Albion Park Rail	Demystifying QR Codes and Service NSW apps Living Connected team members will be at this event to help seniors understand how to use QR Codes COVID-19 service apps and websites . Bring your own phone, tablet or laptop or use one of ours. Our team will also answer questions or solve issues you have using your digital devices. Similar events will be held at other Illawarra and Shellharbour venues during the Festival. See our website livingconnected.org.au for details. RSVP 8 April 2021 Contact: Helen 0409 753 808 or Email: admin@livingconnected.org.au
Wednesday 14 April 9:45am to 1pm 128 Wentworth Street, Port Kembla & Tuesday 20 April 9:45 am to 1pm 128 Wentworth Street, Port Kembla	Back on Your Feet Campaign “The Back on Your Feet” program is designed to support women looking to get back into the workforce after any form of break. We offer groups of between 4-6 women the opportunity to have a one hour “From You to Interview” workshop, covering tips on resume preparation, interview techniques and advice on how to present yourself well for interviews. All participants will then experience an amazing one-on-one styling session with one of our volunteer stylists, finding a top to toe interview outfit that makes our clients look and feel their absolute best – and it’s theirs to keep! The Illawarra Branch of Dress for Success Sydney thanks the BlueScope/WIN Community Fund for their support of this program” Contact: Melanie 0473 875 338
Wednesday 14 April 10:30am to 12pm Warilla Library	Senior’s Trivia @ Warilla Library Keen to test your mental agility and memory? Bring your friends along to our special Seniors' Week celebration of "Golden Oldies" trivia. Contact: 4221 6288
Wednesday 14 April 2:30pm to 5:00pm Oak Flats Library	Scrabble Club Get scrabbling and join us for some brain teasing fun. All welcome. Contact: 4256 3772

2021 Seniors Festival | Program of Events

Date Time Location	Activity
Wednesday 14 April 2pm to 3:30pm Oak Flats Library	Oak Flats Book Club Number 1 (see page 6)
Thursday 15 April 9:30am to 12pm Oak Flats Senior Citizens 43-45 Griffiths Street, Oak Flats	Oak Flats Handicraft Meet new people and work on your craft project. Visitors welcome anytime. Morning tea provided. Contact: Pauline 0409 042 055
Thursday 15 April 10am to 1pm Oak Flats Library	Oak Flats Knitters (see page 4)
Thursday 15 April 10:30am to 12pm Shellharbour Civic Centre 76 Cygnet Avenue, Shellharbour City Centre	Falls Prevention and Maintaining Independence Presentation Specialist advice and information on reducing the risk and fear of falls. Contact: 4221 6007 or book online at www.shellharbour.nsw.gov.au/whats-on
Thursday 15 April 11am to 12pm City Library	Special Story Time for Grandparents Grandparents are invited to a special grandparents' themed story time to celebrate the Seniors Festival. Ask staff about our weekly story times and kids programs for ages 0-5. Contact: 4221 6222
Thursday 15 April 1pm to 2:30pm Shellharbour Civic Centre 76 Cygnet Avenue, Shellharbour City Centre	Keep your Kidneys Healthy Learn the risk factors of Chronic Kidney Disease and how to keep your kidneys healthy Presented by Debbie Pugh, Kidney Disease Clinical Nurse Consultant, Illawarra Shoalhaven Local Health District Contact: 4221 6007 or book online at www.shellharbour.nsw.gov.au/whats-on

2021 Seniors Festival | Program of Events

Date Time Location	Activity
Thursday 15 April 1pm to 4pm Warilla Library	Warilla Library Knitters (see page 4)
Friday 16 April 9:30am Participants will be advised of the meeting spot off Reddall Parade, Lake South	Intergenerational Walk and Talk event. Join staff from the Multicultural Communities Council of Illawarra (MMCI) for a walk along Lake Illawarra. Light refreshment provided. Bring hat, comfortable clothes and shoes. Water provided. Contact: 4229 7566 Email: admin@mcci.org.au
Friday 16 April 9:30am to 11am The Flagstaff Group 254 Nolan Street, Unanderra	Flagstaff Fine Foods – Food Demonstration, Tour and Social Inclusion Event Come to Flagstaff and have a sneak peek behind the scenes tour of Illawarra’s largest disability Social Enterprise. Also find out more about Flagstaff Fine Foods - a local frozen meal home delivery service. Take a tour of the facility and learn about the snap frozen process, meet the team and then enjoy a food tasting of some of the delicious meals available on the menu, complemented by Flagstaff’s unique Coffee blend ‘Coffee with a Vision’. Meet our employees with disability and see firsthand the positive impact Flagstaff has in our community. Contact: Neel Honavar on 0455 757 105 Email: marketing@flagstaffgroup.com.au or book online at www.flagstaffgroup.com.au/events
Friday 16 April 10am to 12pm City Library	Plain & Purl City Library Knitters and Crochet Group (see page 4)
Friday 16 April 10:30am to 11:30am Warilla Library	Warilla Book Club (see page 6)

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Date Time Location	Activity
Friday 16 April 10:30am City Library	Never Too Late – Movie Screening Take a seat and join us for the screening of the Never Too Late (Rated M) in the Civic Centre auditorium. Bring a snack and refreshment to enjoy while you watch. This movie is rated M and contains coarse language. This Australian comedy-drama focuses on four former prisoners of war who famously broke out of their camp during the Vietnam War and who are all now residents of the same retirement home for returned veterans. The four men devise a plan to break out of the retirement home in an attempt to fulfil their individual dreams. This film will have closed captions and a hearing loop available. Contact: 4221 6222
Saturday 17 April 10:30 to 11:30am Warilla Library	Everybody Makes – Glasses Case Look "spec-tacular" with this felt glasses case that's both funky and functional! Make it, then take it home at our fun monthly craft program for adults. Contact: 4221 6288
Monday 19 April 9:30am to 1:30pm Albion Park RSL 160 Tongarra Rd, Albion Park	Macquarie Club The Seniors Day Club meets every Monday. Activities include gentle exercises, quizzes and games, entertainment and guest speakers. Contact: Dorothy 4257 6670
Monday 19 April 10am to 2pm Warilla RSL Branch Club Corner Booth and Queen Streets, Warilla	Bass and Flinders Day Club The Seniors Day Club meets every Monday. Activities include gentle exercises, quizzes and games, entertainment and guest speakers. Cost \$8.00 plus \$3 if transport is required. Contact: Neville 0438 890 040
Monday 19 April 9:30am to 12:30pm Oak Flats Senior Citizens 43-45 Griffiths Street, Oak Flats	Oak Flats Line Dancing Come and join our line dancing group. Visitors welcome anytime. Morning tea provided. Contact: Pauline 0409 042 055

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Tuesday 20 April 9:45 am to 1pm 128 Wentworth Street, Port Kembla	Back on Your Feet Campaign (see page 8)
Tuesday 20 April 10am to 10:45 Shellharbour Civic Centre 76 Cygnet Avenue, Shellharbour City Centre	Author Talk with Kirli Saunders Shellharbour Libraries are hosting local Aboriginal author and poet Kirli Saunders, a proud Gunai woman living on the South Coast. Join Kirli to find out more about her award winning books, and the inspirations behind her writing. Contact: 4221 6007 or book online at www.shellharbour.nsw.gov.au/whats-on
Tuesday 20 April 10am to 11:30am	Lakeside Bird Walk Join Illawarra Birders and Shellharbour City Council's Environment team for a short guided bird watching walk along the foreshore of Lake Illawarra and around Picnic Island. This is a relatively easy walk, but all participants must have a good level of fitness and mobility as this activity will include walking on uneven ground. Places limited to 20 people, bookings essential. Contact: 4221 6111 or book online at www.shellharbour.nsw.gov.au/whats-on
Tuesday 20 April 1pm to 3pm Shellharbour Civic Centre 76 Cygnet Avenue, Shellharbour City Centre	Aboriginal Elders Lunch Shellharbour City Council are inviting any Aboriginal elders who live in the local community to attend a free lunch to celebrate as part of our Seniors Festival. Contact: 4221 6007 or book online at www.shellharbour.nsw.gov.au/whats-on
Tuesday 20 April 10am to 1pm Albion Park Library	Albion Park Library Knitters (see page 4)
Tuesday 20 April 10am to 3pm Oak Flats Senior Citizens 43-45 Griffiths Street, Oak Flats	Games Group Come and join our games group. We enjoy board games, card games and carpet bowls. Visitors welcome anytime. Morning tea provided. Contact: Pauline 0409 042 055

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Wednesday 21 April 9am to 12pm Oak Flats Senior Citizens 43-45 Griffiths Street, Oak Flats	Oak Flats Painting Display Interested in painting. Come and have a look at our latest work. Visitors welcome anytime. Morning tea provided. Contact: Pauline 0409 042 055
Wednesday 21 April 10am to 11:30am Shellharbour Civic Centre 76 Cygnet Avenue, Shellharbour City Centre	Talk About Wild Natives Bees In Your Garden Find out about the amazing diversity of wild native bees you can observe in your backyard and local environment such as Teddy Bear bees, Blue Banded bees, Masked bees and Cuckoo bees. Hear about the important role native bees play in pollinating plants, and how you can attract wild native bees to your garden. Please note the focus of this introductory talk is wild native bees, NOT the keeping of honey producing bee hives. This indoor activity will be held in the Shellharbour Civic Centre, and is facilitated by member of Council's Environment team. Places limited to 20 people, bookings essential. Contact: 4221 6111 or book online at www.shellharbour.nsw.gov.au/whats-on
Wednesday 21 April 10am to 12pm Shellharbour City Stadium 110 Croome Road, Albion Park Rail	Walking Basketball Come and try walking basketball. An alternate program that allows seniors to play basketball as a form of gentle exercise. Suitable for beginners right through to seasoned ballers. Contact: Sharon 4257 3468 or book online at www.shellharbour.nsw.gov.au/whats-on
Wednesday 21 April 10am to 1pm Albion Park Library	Albion Park Library Knitters (see page 4)
Wednesday 21 April 10:30am to 11:30am Albion Park Library	Brain Training An hour of puzzles, quizzes and games designed to stimulate the ol' grey matter. Join us for this free session and get ready to challenge your mind and exercise your mental agility. Contact: 4256 2001

2021 Seniors Festival | Program of Events

Date Time Location	Activity
Wednesday 21 April 11am to 12:30pm Oak Flats Library	Oak Flats Book Club Number 2 (see page 6)
Wednesday 21 April 2:30pm to 5pm Oak Flats Library	Scrabble Club Get scrabbling and join us for some brain teasing fun. All welcome. Contact: 4256 3772
Thursday 22 April 10am to 4pm Warilla Community Centre 69 Benaud Crescent, Warilla	NSW Trustee and Guardian (TAG) Plan Ahead Day Document Preparation Fees may apply. Enquire with NSW Trustee and Guardian Directly. Appointments Essential and to be made Directly with NSW Trustee and Guardian. RSVP: by 15 April 2021 Contact: NSW Trustee and Guardian (Wollongong Branch) on 4201 2500 or Email: tagwollongong@tag.nsw.gov.au
Thursday 22 April 10am to 11am Shellharbour Civic Centre 76 Cygnet Avenue, Shellharbour City Centre	Reduce your Cancer Risk Practical tips from the Cancer Council on how to reduce your cancer risk. Contact: 4221 6007 or book online at www.shellharbour.nsw.gov.au/whats-on
Thursday 22 April 11:30 am to 12:30pm Shellharbour Civic Centre 76 Cygnet Avenue, Shellharbour City Centre	Accessing Practical & Emotional support for people affected by cancer. Learn about what practical support Cancer Council can offer to people affected by cancer, and their carers. Contact: 4221 6007 or book online at www.shellharbour.nsw.gov.au/whats-on
Thursday 22 April 10am to 1pm Oak Flats Library	Oak Flats Library Knitters (see page 4)
Thursday 22 April 1pm to 4pm Warilla Library	Warilla Library Knitters (see page 4)

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Date Time Location	Activity
Thursday 22 April 6:30pm to 7:30pm City Library	Book Club – City Library (see page 6)
Friday 23 April 10am to 11am Oak Flats Senior Citizens 43-45 Griffiths Street, Oak Flats	Oak Flats Tai Chi Come and join our tai chi class. Wear loose fitting clothing, sturdy shoes and bring happy smile. Visitors welcome anytime. Morning tea provided. Contact: Pauline 0409 042 055
Friday 23 April 10am to 12pm Killalea State Park Killalea Drive, Shell Cove.	Photo's by the Sea at Killalea Join staff from Community Gateway spending the morning enjoying and photographing Killalea's stunning landscape, flora and fauna. Light refreshments provided. RSVP: 9 April 2021 Contact: Natalie 1300 657 473 or Email: Natalie.Withers@communitygateway.net.au
Friday 23 April 10am to 12pm City Library	Plain & Purl City Library Knitters and Crochet Group (see page 4)
Monday 26 April 10am to 11:30am Shellharbour City Stadium 110 Croome Road, Albion Park Rail	Sports Skills 4 Life Looking after a child aged between 3 and 5 years of age. Join us in this interactive sports program that will engage you both in easy exercise. The young person will be supported to develop their sport and social skills and you can show that you're never too old to play. Please bring a drink of water and snack for your young person. (No products containing nuts please). Contact: Sharon 4257 3468 or Book online at www.shellharbour.nsw.gov.au/whats-on

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Date Time Location	Activity
<p>Tuesday 27 April 10am to 12pm Albion Park Community Centre Russell Street, Albion Park</p>	<p>Albion Park Community Garden and Social Group Are you interested in gardening and meeting new people? Then come along to our open day, to find out about what we do and have a cuppa with us. Contact: Melanie 4257 3342</p>
<p>Tuesday 27 April 10am to 1pm Albion Park Library</p>	<p>Albion Park Library Knitters (see page 4)</p>
<p>Wednesday 28 April 10am to 1pm Albion Park Library</p>	<p>Albion Park Library Knitters (see page 4)</p>
<p>Wednesday 28 April 11am to 12pm Albion Park Library</p>	<p>Book Club Albion Park (see page 6)</p>
<p>Wednesday 28 April 12:30pm to 3pm Oak Flats Senior Citizens 43-45 Griffiths Street, Oak Flats</p>	<p>Oak Flats Line Dancing Come and join our line dancing group. Visitors welcome anytime. Morning tea provided. Contact: Pauline 0409 042 055</p>
<p>Wednesday 28 April 2:30pm to 5pm Oak Flats Library</p>	<p>Scrabble Club Get scrabbling and join us for some brain teasing fun. All welcome. Contact: 4256 3772</p>
<p>Thursday 29 April 10am to 12pm The Imaginarium Corner Addison and Wentworth Streets, Shellharbour</p>	<p>Abstract Art Class Learn about abstract art techniques and the expressive use of colour. All materials provided and suitable for beginners. Contact: 4221 6007 or book online at www.shellharbour.nsw.gov.au/whats-on</p>
<p>Thursday 29 April 10am to 1pm Oak Flats Library</p>	<p>Oak Flats Library Knitters (see page 4)</p>

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Thursday 29 April 1pm to 4pm Warilla Library	Warilla Library Knitters (see page 4)
Friday 30 April 10am to 11:30am Shellharbour City Stadium 110 Croome Road, Albion Park Rail	Sports Skills 4 Life Looking after a child aged between 3 and 5 years of age. Join us in this interactive sports program that will engage you both in easy exercise. The young person will be supported to develop their sport and social skills and you can show that you're never too old to play. Please bring a drink of water and snack for your young person. (No products containing nuts please). Contact: Sharon 4257 3468 or Book online at www.shellharbour.nsw.gov.au/whats-on
Friday 30 April 10am to 12pm City Library	Plain & Purl City Library Knitters and Crochet Group (see page 4)

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City Library

76 Cygnet Avenue, Shellharbour City Centre

P: (02) 4221 6222

Warilla

8 Woolworths Avenue, Warilla

P: (02) 4221 6288

Albion Park

Russell Street, Albion Park

P: (02) 4256 2001

Oak Flats

61 Central Avenue, Oak Flats

P: (02) 4221 6299

www.shellharbour.nsw.gov.au/whats-on

NSW
SENIORS
FESTIVAL

14 - 24 APRIL 2021