

Come along and meet new people, have a chat with services and try something new in a location near you.

FOR
55+

CAFÉ CONNECT CAMDEN



2023

Cafe Connect is held in various locations across the Camden Local Government Area including Mount Annan, Camden, Narellan, Gregory Hills, Emerald Hills, Spring Farm and Oran Park, from February to December 2023, and will provide healthy food options and refreshments.

The Café Connects are a one stop shop providing information about health, social initiatives, and services available in a variety of formats including one on one conversations with service providers, how to access information and connect with services.

Each café will also invite you to participate in a different activity which will include art, cultural and technology workshops and health and wellbeing activities. All cafés and activities are free and will run within set times for each programmed activity. You can choose to participate in the activities, then attend the café; or simply come along to the cafe, meet new people, and have a chat with services.



For more information contact 02 4645 5009
or visit <https://bit.ly/CafeConnectCamden>



AFFORDABLE AND HEALTH COOKING WORKSHOP

It can be tricky to know how to make healthy food while sticking to a budget. Some clever food swaps and planning can help us do that. Following the workshop, prepared dishes will be shared throughout the group to enjoy.

Café Connect will be there from noon with refreshments and services to have a chat with and find out what is on offer in Camden.

 When: 17 February

 Time: 10am-12pm

 Spring Farm Community Centre
Richardson Road, Spring Farm

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDDS>

Book your
spot from
17 January



GENTLE YOGA AND MINDFUL MOMENT SESSION

Move your body gently to relax your mind. This session is a great way to learn relaxation techniques you can use at home. You are welcome to bring a mat, towel or use a chair provided.

Café Connect will be there from noon with great food and refreshments and services to have a chat with and find out what is on offer in Camden.

 When: 17 February

 Time: 11-11.45am

 Spring Farm Community Centre
Richardson Road, Spring Farm

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDDU>

Book your
spot from
17 January




FORGET-ME-NOT CONCERT

This concert is designed for seniors living with Dementia who would benefit from a more relaxed concert environment. Music is a great way to kick start the brain and unlock memories. Carers and family members of seniors living with Dementia are also invited to attend.

Enjoy a great Café Connect lunch, have a chat with services and find out what is on offer Camden. Group bookings are welcome.

 When: 1 March

 Time: 11am-1pm

 Camden Civic Centre
Oxley Street, Camden

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDDN>

Book your
spot from
1 February



PREPARING FOR AUTUMN AND WINTER VEGETABLE GARDENS

In Autumn and Winter, the season of plenty begins to wind down. Gardens are often expected to slow down, but it is also an ideal time to clean up, plan and do plenty in the garden!

This workshop covers all the basics you need to know to set up a garden bed and what to prepare or plant for the Autumn and Winter months. The session involves a mix of theory and hands on activities. Suitable for those with little or some gardening knowledge.

Café Connect will be there from 1pm with great food, refreshments, and services to have a chat and find out what is on offer in Camden.

 When: 14 March

 Time: 11am-12.45pm

 Macarthur Centre for Sustainability
1 Mount Annan Drive, Mount Annan

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDTT>

Book your
spot from
14 February


TRIVIA TIME

Get those thinking caps on and join us for some fun games of trivia. There are great prizes to be won. Come along and join a table or bring a friend. Group bookings are also welcome.

Café Connect will be there from 11.30am with great food, refreshments and services to have a chat with and find out what is on offer in Camden.

 When: 12 April

 Time: 10-11.30am

 Oran Park Library - Sandown Room
72 Central Avenue, Oran Park

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDUN>

Book your
spot from
12 March



TRAIN YOUR BRAIN WORKSHOP

This program helps support positive brain health in our community with a focus on having fun, connecting with others and stimulating your brain.

Café Connect will be there from noon with great food, refreshments and services to have a chat and find out what is on offer in Camden.

 When: 26 April

 Time: 10am-12pm

 Emerald Hills Community Hall
Emerald Hills Drive, Emerald Hills

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDUP>

Book your
spot from
26 March



ROAD SAFETY WORKSHOP

Do you find the road rules confusing? Are you concerned about your safety? In partnership with NSW Police, this workshop will look at aspects of road, pedestrian, and personal safety, as well as licencing conditions when ageing. Come along and gain more information on keeping yourself safe.

Café Connect will commence at 11.30am with great food, refreshments and as part of celebrating Volunteers Week, we'll also have some great services providing information about volunteering.

 When: 17 May

 Time: 10-11.30am

 Gregory Hills Community Centre - Donovan Room
66 Kavanagh Street, Gregory Hills

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDUR>

Book your
spot from
17 April



TROVES HISTORICAL ARCHIVES WORKSHOP

Have you ever wanted to know about your family history or what Camden was like 100 years ago? Are you interested in historical archives? Come along to find out how to open a door into the past by using Trove – the National Library of Australia database.

Café Connect will be there from 11.30am with great food, refreshments and services to have a chat and find out what is on offer in Camden.

 When: 23 May

 Time: 10-11.30am

 Narellan Library
Corner Queen and Elyard Streets, Narellan

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDTU>

Book your
spot from
23 April



TRAIN YOUR BRAIN WORKSHOP

This program helps support positive brain health in our community with a focus on having fun, connecting with others and stimulating your brain.

Café Connect will be there from noon with great food, refreshments and services to have a chat and find out what is on offer in Camden.

 When: 12 June

 Time: 10am-12pm

 Gregory Hills Community Centre - Donovan Room
66 Kavanagh Street, Gregory Hills

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDUO>

Book your
spot from
12 May



ABORIGINAL ART WORKSHOP

Join our local resident Aboriginal artist, who runs this informative and inspiring First Nation dot art painting class. Learn all about the meaning of Indigenous art and the stories behind each component and compose your own work of art by the end of your class.

Take home your very own unique dot art masterpiece and deeper knowledge and understanding of Indigenous art and culture. No art experience is required.

Café Connect will be there from noon with great food, refreshments and services to have a chat and find out what is on offer in Camden.

 When: 14 July

 Time: 12-2pm

 Camden Civic Centre
Oxley Street, Camden

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDUF>


Book your
spot from
14 June

CHRISTMAS IN JULY

Can't wait another six months to celebrate Christmas? Come along and join the mid-year celebrations of Christmas in July!

Café Connect will provide a lovely Christmas winter spread, and you will be able to share in the festive spirit with others in the community.

 When: 27 July

 Time: 12-2pm

 Camden Civic Centre
Oxley Street, Camden

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDTM>

Book your
spot from
27 June



GENTLE YOGA AND MINDFUL MOMENT SESSION

Move your body gently to relax your mind. This session is a great way to learn relaxation techniques you can use at home. You are welcome to bring a mat, towel or use a chair provided.

Café Connect will be there from noon with great food and refreshments and services to have a chat with and find out what is on offer in Camden.

 When: 28 July

 Time: 11-11.45am

 Emerald Hills Community Hall
Emerald Hills Drive, Emerald Hills

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDTI>

Book your
spot from
28 June



SCAM AWARENESS WORKSHOP

Internet and phone-based scams are on the rise and constantly evolving. As part of Tech Savvy Seniors, come along to this workshop to learn about current scams that are going around and how to best protect your privacy and financial details.

Café Connect will be there from 11.30am with great food and refreshments and services to have a chat with and find out what is on offer in Camden.

 When: 8 August

 Time: 10-11.30am

 Emerald Hills Community Hall
Emerald Hills Drive, Emerald Hills

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDTW>

Book your
spot from
8 July



CREATIVE MIND MAPPING

Be inspired and have some fun learning innovative ideas and practical strategies to create your own action plan. Design your road map and learn how to manifest your dreams and goals. Make your own visual creative mind map to learn skills to organise and connect your ideas. No art experience is required.

Café Connect will be there from noon with great food, refreshments and services to have a chat and find out what is on offer in Camden.

 When: 23 August

 Time: 10am-12pm

 Oran Park Library - Sandown Room
72 Central Avenue, Oran Park

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDTZ>

Book your
spot from
23 July



SUCCULENT PLANTER WORKSHOP

Join us for a succulent planting workshop where participants will get to 'earth' themselves as they learn to create a visually appealing succulent planter. In this workshop you will learn how to care for succulents, explore different varieties and create a masterpiece to take home. Succulents are a great low maintenance plant to feature in both indoor and outdoor spaces.

Expect to get hands on as the workshop includes planter pot, soil, gravel, selection of succulents and care instructions to take home.

Café Connect will be from noon there with great food, refreshments, and services to have a chat and find out what is on offer in Camden.

 When: 23 August

 Time: 10-12pm

 Oran Park Library - Sandown Room
72 Central Avenue, Oran Park

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDUD>

**Book your
spot from
23 July**

PREPARING FOR SPRING AND SUMMER VEGETABLE GARDENS

In spring and summer, it's a season of plenty. It is also time for the gardens to burst into flower and an ideal time to start your new vegetable crop.

This workshop covers all the basics you need to know to set up a garden bed and what to prepare or plant for the spring and summer months. It will be a mix of theory and hands on activities. Suitable for those with little or some gardening knowledge.

Café Connect will be there from 1pm with great food and refreshments and services to have a chat with and find out what is on offer in Camden.

 When: 12 September

 Time: 11am-12.45pm

 Macarthur Centre for Sustainability
1 Mount Annan Drive, Mount Annan

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDTQ>

**Book your
spot from
12 August**

LUNCH AND LIFESTYLE EXPO

Get the latest on life, leisure, social, health and wellbeing initiatives at this fun interactive expo providing great opportunities to learn and connect to variety of diverse services, providers and organisations.

 When: 19 September

 Time: 11am-1pm

 Gregory Hills Community Centre - Donovan Room
66 Kavanagh Street, Gregory Hills

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDUI>

**Book your
spot from
19 August**



CARERS PAMPER DAY

Come along and join Café Connect in celebrating Carers Week. This café will be part of Carers Pamper Day which will include massage, relaxation techniques and demonstrations, pamper product workshops and much more.

 When: 19 October

 Time: 11am-2pm

 Camden Civic Centre
Oxley Street, Camden

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDTN>

**Book your
spot from
19 September**



GRANDPARENTS DAY

Come along and celebrate Grandparents Day with a sensory play group for all abilities. There will also be story time, reader's theatre, and some exciting and fun giveaways for the kids!

Café Connect will be there from 1pm to provide great food, refreshments and services providing the latest information about what is on offer in Camden.

-  When: 25 October
-  Time: 10.30am-1pm
-  Oran Park Library - Sandown Room
72 Central Avenue, Oran Park
-  Cost: Free
-  Bookings: <https://www.trybooking.com/CFDTP>

Book your
spot from
25 September



SCAM AWARENESS WORKSHOP

Internet and phone-based scams are on the rise and constantly evolving. As part of Tech Savvy Seniors, come along to this workshop to learn about current scams that are going around and how to best protect your privacy and financial details.

Café Connect will be there from 11.30am with great food, refreshments and services to have a chat and find out what is on offer in Camden.

-  When: 8 November
-  Time: 10-11.30am
-  Narellan Library
Corner Queen and Elyard Streets, Narellan
-  Cost: Free
-  Bookings: <https://www.trybooking.com/CFDTP>

Book your
spot from
8 October



AQUA AEROBICS

Come along to the aqua aerobics session at Mount Annan Leisure Centre! This is a chance to get involved in something new, in the comfort of a heated pool.

Café Connect will be there from 11.30am with great food, refreshments and services to have a chat and find out what is on offer in Camden.

 When: 16 November

 Time: 10.30-11.15am

 Mount Annan Leisure Centre
368 Welling Drive, Mount Annan

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDUL>

Book your
spot from
16 October



ROAD SAFETY WORKSHOP

Do you find the road rules confusing? Are you concerned about your safety? In partnership with NSW Police, this workshop will look at aspects of road, pedestrian, and personal safety, as well as licencing conditions when ageing. Come along and gain more information on keeping yourself safe.

Café Connect will be there from 11.30am with great food, refreshments and services to have a chat and find out what is on offer in Camden.

 When: 12 December

 Time: 10-11.30am

 Camden Civic Centre
Oxley Street, Camden

 Cost: Free

 Bookings: <https://www.trybooking.com/CFDTE>

Book your
spot from
12 November





FOR FURTHER INFORMATION ABOUT
SENIORS' ACTIVITIES IN THE CAMDEN AREA, VISIT:
www.camden.nsw.gov.au/community/support/older-people/

CAFÉ CONNECT AND ACTIVITIES ARE COORDINATED BY
CAMDEN SENIOR SERVICES AND ORGANISATIONS

