

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

FOR
55+

CAFÉ CONNECT CAMDEN



2022

Cafe Connect Camden will be held in various locations across the Camden Local Government Area including Mount Annan, Camden, Narellan and Oran Park, from May until December 2022, and will provide healthy food options and refreshments.

The Café Connects are a one stop shop providing information about health, social and services available in a variety of formats including one on one conversations with service providers, how to access information from technology, large print and easy read resource materials. 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, meet new people and have a chat with services about what information you need to know.

For more information, go to: <https://bit.ly/CafeConnectCamden>

Or contact: 02 4645 5009



ROAD SAFETY WORKSHOP

Do you find the road rules confusing? Are you concerned about your safety? In conjunction 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 services.



Wednesday 25 May
10-11.30am



Camden Civic Centre,
Oxley Street, Camden



Free



Bookings Essential:
<https://www.trybooking.com/BYPRT>



For support in booking, please call 4645 5009



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 commence at 11.30am with great food, refreshments and services.



Thursday 9 June
10-11.30am



Oran Park Library,
72 Central Avenue, Oran Park



Free



Bookings Essential:
<https://www.trybooking.com/BYPSB>



For support in booking, please call 4645 5009



MEDITATION AND MINDFUL MOVEMENT WORKSHOP

Relax your mind and body with this meditation and mindful movement session at the Civic Centre. Come along to learn useful techniques that you can continue to use at home. Café Connect will commence at 11.30am with great food, refreshments and services.



Wednesday 29 June
10.30-11.30am



Camden Civic Centre,
Oxley Street, Camden



Free



Bookings Essential:
<https://www.trybooking.com/BYPSN>



For support in booking, please call 4645 5009



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.



Wednesday 20 July
12-2pm



Camden Civic Centre,
Oxley Street, Camden



Free



Bookings Essential:
<https://www.trybooking.com/BYPSP>




For support in booking, please call 4645 5009



TAI CHI WORKSHOP

Exercise your mind and body with this tailored Tai Chi class. Café Connect will commence at 11.30am with great food, refreshments and services providing the latest information about what is on offer in Camden.

 Tuesday 9 August
10.30-11.30am

 Camden Civic Centre,
Oxley Street, Camden

 Free


 Bookings Essential:
<https://www.trybooking.com/BYPSS>

 For support in booking, please call 4645 5009



AQUA AEROBICS

Want to try something new? Come along to the aqua aerobics session at Mt Annan Leisure Centre! This is a chance to get involved in something new, in the comfort of a heated pool. Café Connect will commence at 11.30am with great food, refreshments and services.

 Thursday 15 September
10.30-11.15am

 Mount Annan Leisure Centre,
368 Welling Drive, Mount Annan

 Free

 Bookings Essential:
<https://www.trybooking.com/BYPTG>

 For support in booking, please call 4645 5009



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.

 Wednesday 19 October
11am-2pm

 Camden Civic Centre,
Oxley Street, Camden

 Free

 Bookings Essential:
<https://www.trybooking.com/BYPSW>


 For support in booking, please call 4645 5009



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 provide great food, refreshments and services providing the latest information about what is on offer in Camden.

 Wednesday 26 October
10.30am-1pm

 Sandown Rooms,
Oran Park Library,
72 Central Avenue, Oran Park

 Free

 Bookings Essential:
<https://www.trybooking.com/BYPSD>

 For support in booking, please call 4645 5009



SUMMER SALADS, WORM FARMING AND COMPOSTING WORKSHOP

Come along to a fun-filled workshop that has something for everyone. Learn some amazing fresh salad recipes to whip up this summer, then learn how to use the leftovers in a small-scale worm farm to make some nutrient-rich compost that your veggies and flowers will love. Café Connect will commence at 12pm with great food, refreshments and services providing the latest information about what is on offer in Camden.



Wednesday 23 November
10am-12pm



Macarthur Centre for Sustainable Living,
1 Mount Annan Drive, Mount Annan



Free



Bookings Essential:

<https://www.trybooking.com/BYPTE>



For support in booking, please call 4645 5009



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 commence after the session with great food, refreshments and services.



Thursday 1 December
10-11.30am



Narellan Library,
Corner Queen and Elyard Streets, Narellan



Free



Bookings Essential:

<https://www.trybooking.com/BYPTB>



For support in booking, please call 4645 5009



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Tuesday 13 December
10-11.30am



Camden Civic Centre,
Oxley Street, Camden



Free



Bookings Essential:
<https://www.trybooking.com/BYPRT>



For support in booking, please call 4645 5009



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.



camden libraries

