

CAMDEN COUNCIL CELEBRATES

# 2023 SENIORS FESTIVAL

It's time to celebrate together!



1-12 FEBRUARY 2023



# 2023 SENIORS FESTIVAL

It's time  
to celebrate  
together!

**Camden Council invites local seniors across Camden to celebrate the 2023 Seniors Festival.**

The focus is to 'Celebrate Together' through a range of activities throughout February and March. This includes celebrating seniors through health and well-being sessions, creative and information technology workshops, 'Celebrating Seniors in Style' fashion parade and concerts.

As part of the festival, seniors are encouraged to enjoy new experiences, continue learning, develop their skills, and have fun with what's on offer across Camden. As we focus on the 2023 theme, 'Celebrate Together', the festival promotes building inclusive communities and provides an opportunity for seniors

to try new things, contribute, and remain active and engaged in their local communities.

Council will offer free or low-cost events and activities throughout February and March to inspire seniors to connect, stay active, share skills, and keep doing the things they enjoy, together!


As part of its ongoing commitment to seniors, council will be offering various activities in partnership with the NSW Government, services, local businesses, community groups and the Camden Seniors Reference Group.


The following events and activities will be held across Camden as part of the Seniors Festival.


# ENTERTAINMENT


## Celebrating Seniors in Style: Seniors Fashion Show and High Tea


Council invites you to enjoy a high tea to celebrate seniors, through showcasing local men and women's fashion. There will also be gift vouchers from participating businesses that will be offered as lucky door prizes to ticket holders.


 When: 21 February

 Time: 11am-1pm

 Camden Civic Centre  
Oxley Street, Camden


 Cost: Free


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


 Contact: 02 4645 5009


## Celebrating Seniors in Style: Photo Exhibition

The photo exhibition aims to showcase images from the fashion show, inspiring older people to be proud of ageing, while celebrating positively. Local libraries and participating businesses will host the exhibition across Camden.

 When: 25 February to 10 March


 Camden and Narellan Libraries


 Cost: Free


 Contact: 02 4645 5009


## Seniors Festival Valentines Day Concert


Council's Seniors Reference Group invites you to join us at this popular event. Enjoy a light lunch and entertainment from various local artists including Tony Martin and Annette Van Roden!


 When: 14 February

 Time: 10am-1pm

 Camden Civic Centre  
Oxley Street, Camden


 Cost: Free


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


 Contact: 02 4645 5009

## Cafe Connect: 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.


 When: 1 March

 Time: 11am-1pm

 Camden Civic Centre  
Oxley Street, Camden

 Cost: Free


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

 Contact: 02 4645 5009


# FIT & ACTIVE

## Take the Plunge!


Council is offering free pool entry to Camden residents aged 55 years and over, in celebration of the 2023 Seniors Festival. This offer will take place from Wednesday 1 February to Sunday 12 February 2023.


 When: Monday to Friday

 Time: 5.30am-9pm

 Mount Annan Leisure Centre  
368 Welling Drive, Mount Annan

 Cost: Free


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


 Contact: 02 4648 4830

## Pryme Movers Program

Improve your heart health, bone density, flexibility, and strength. Exercise for seniors is about staying fit, healthy and socially connected. At the 'Y,' you can try out a range of different fitness activities that regularly run each week.


To attend a session during the Seniors Festival, simply visit the link below, and book.


 When: 25 February to 1 March

 Time: Various

 Mount Annan Leisure Centre  
368 Welling Drive, Mount Annan

 Cost: Free

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

 Contact: 02 4648 4830



# INFORMATION TECHNOLOGY

## Tech Savvy Seniors Program

If you want to become a tech-savvy senior, come along to one of our information technology workshops:



When: 2-10 February



Camden, Narellan and Oran Park Libraries



Cost: Free



Bookings: [www.library.camden.nsw.gov.au/events/](http://www.library.camden.nsw.gov.au/events/)



# HEALTH & WELLBEING

## Brain Fit Workshop

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



When: 8 February



Time: 10am-12pm



Narellan Library  
Elyard Street, Narellan



Cost: Free



Bookings: [www.library.camden.nsw.gov.au/events/](http://www.library.camden.nsw.gov.au/events/)




Contact: 02 4645 5009







## Cafe Connect: Affordable and Healthy 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. Prepared dishes will be shared throughout the group to enjoy.


 When: 17 February

 Time: 10am-12.30pm

 Spring Farm Community Centre  
Richardson Road, Spring Farm


 Cost: Free


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

 Contact: 02 4645 5009

## Cafe Connect: Gentle Yoga & Mindful Movement Session


Move your body gently to relax your mind. This session is a great way to learn relaxation techniques that you can use at home.


 When: 17 February

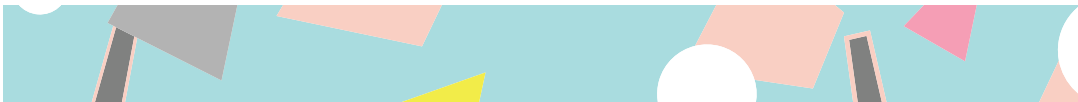
 Time: 11-11.45am

 Spring Farm Community Centre  
Richardson Road, Spring Farm

 Cost: Free


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


 Contact: 02 4645 5009





## Men's Intergenerational Affordable and Easy One Pan Cooking Workshop

Men of all ages are invited join us for this one pan workshop. Learn how to cook healthy, affordable and easy meals all in the one pan. Prepared dishes will be shared throughout the group to enjoy.


 When: 23 February

 Time: 6-8pm

 Birriwa Reserve Community Hall  
Fitzpatrick Road, Mount Annan

 Cost: Free

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

 Contact: 02 4645 5009



# It's time to celebrate together!

This program was created in partnership with stakeholders and the information contained may change prior to the nominated event.

For more information call Camden Council on 02 4654 7777 or visit [www.camden.nsw.gov.au/community/support/older-people/](http://www.camden.nsw.gov.au/community/support/older-people/)



camden libraries

The Camden Libraries logo consists of a stylized green building icon with a black and white striped triangle above it. The text 'camden libraries' is written in a lowercase, sans-serif font, with 'camden' in a darker grey and 'libraries' in a lighter grey.