

CAMDEN COUNCIL CELEBRATES

2025 SENIORS FESTIVAL

Time to Shine!



camden libraries

3-27 MARCH 2025

2025 SENIORS FESTIVAL

Time to Time to Shine! Shine!

Council is excited to invite local seniors to celebrate the 2025 Seniors Festival with the theme "Time to Shine". The festival will take place throughout March and will feature a variety of engaging activities, including health and well-being sessions, "Together we Shine" at the Seniors Health and Wellbeing Expo and activities. There will also be a blast from the past with our "Shine On" 70's Disco and more.

This year's festival encourages seniors to explore new experiences, continue learning, share their expertise, and enjoy the wide range of activities available in Camden. "Together we Shine" focuses on fostering inclusive communities, offering seniors the opportunity to stay active, contribute and remain engaged in their local community.


Council is proud to offer a range of free events and activities throughout March, designed to help seniors connect, stay active and enjoy themselves while building meaningful relationships. These events are made possible through partnerships with the NSW Government, local services, 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:


Stepping On Program


A 7-week face to face program to help you stay independent as you learn how to reduce the risk of falling. Offering weekly 2-hour sessions delivered across the Camden LGA. This program includes talks from experts on falls prevention topics and gentle group exercise to improve balance.


 Monday 24 February - Monday 7 April

 10am - noon


 Oran Park Library,
72 Central Ave, Oran Park

 Tuesday 18 March - Tuesday 29 April

 10am - 12pm


 Spring Farm Community Centre,
Richardson Road Spring Farm


 Free


 Booking support: 1300 978 264
or scan the qr code to register




Movie club – Fortnightly Screenings

 Tuesday 4 March

 10am – 12pm

 Oran Park Library
72 Central Ave, Oran Park


 Free


 Bookings: library.camden.nsw.gov.au/events/ or contact 4653 3102



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.

 Wednesday 5 March

 11-11.45am

 Spring Farm Community Centre,
Richardson Road, Spring Farm


 Free


 Bookings: [Bookable](#)




Still life watercolour class

Alan Baker Art Gallery offers a guided tour of the current exhibition followed by a still-life watercolour class where you will select and construct your own flower arrangement and guided through painting the arrangement with watercolour. Morning tea included.

 Tuesday 12 March

 10am – 12pm

 Alan Baker Art Gallery,
John Street, Camden

 Free


 Bookings: <https://www.trybooking.com/eventlist/alanbakerartgallery>





“Together we Shine” Health & Wellbeing Expo and activities

Offers a great range of health and wellbeing information from local services and community groups featuring great activities to participate in, including:


- Pamper products and healthy blends workshops;
- Massage sessions, TOG; and
- Gentle exercise and breathing activities.
- Catering and refreshments will be offered throughout the day.

 Thursday 13 March

 11am – 2pm

 Julia Reserve Community Centre,
Peter Brock Drive, Oran Park


 Free


 Bookings: [Bookable](#)



Author talk


Angel Intuitive and channeler Claudia Boymouchakian has just launched her first channelled book: "No Name. Just Angels!" This book is for anyone who is curious about Angels and would like know about connection with the Angelic Realm.

 Thursday 13 March

 6pm

 Camden Library,
John Street, Camden

 Free

 Bookings: <https://library.camden.nsw.gov.au/events/> or contact 4653 3100

No name Just Angels!


Angel words whispered by my Guardian Angels,
Archangels and Higher Beings of Light
from the Celestial Realm...
...to help you heal and enjoy your Life!


Get tech help from the next generation

Join us for free and personalised assistance with technology. Our student volunteers can assist with:


- General use of a smartphone;
- Downloading apps; and
- Organising and sharing files or photos.


No need to book – just drop in. Bring your own device.

 Tuesdays, 1.30 – 2.30pm

 Narellan Library
Cnr Ellyard and Queen Street
Narellan

 Thursdays, 1.30-2.30pm

 Oran Park Library
72 Central Ave,
Oran Park


 For further information, contact Library staff on 4653 3101.

**During school terms only.*




Camden Multicultural Markets: Food & Music Edition

Experience different cultures from around the world with a range of food and drink options and cultural performances.

 Friday 14 March

 6-9pm

 Narellan Library Forecourt,
Cnr Elyard and Queen Streets,
Narellan

 Free


**Bookings not required*




Health Education Session: Diabetes Awareness


Health Promotion in partnership with Camden Council are offering Diabetes Awareness Health Education session providing practical information to help you understand what diabetes is and the risk factors.

 Monday 17 March

 10.30am - 12pm

 Narellan Library Digital Space,
Cnr Elyard and Queen Streets,
Narellan


 Free


 Bookings: [Bookable](#)



Forget-Me-Not Concert


This concert is designed for people 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 people 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.

 Wednesday 19 March

 11am-1pm

 Julia Reserve Community Centre,
Peter Brock Drive, Oran Park

 Free

 Bookings: [Bookable](#)





Coping with rising energy bills workshop


Electricity bill basics and using energy comparison made easy.

- Understanding the biggest energy users in your home and how to improve the efficiency of your appliances.
- An introduction to the 'one room strategy', an approach to keeping one room comfortable in very cold or hot Winter or Summer days.
- Budget-friendly tips for a comfortable home.


Participants are encouraged to bring an energy bill with them to the session.

 Friday 21 March

 10.30am - 12pm

 Narellan Library Digital Space
Cnr Elyard and Queen Streets,
Narellan

 Free


 Bookings: [Bookable](#)




Harmony Day Community BBQ

Come along to our FREE Community BBQ to connect with your neighbours and celebrate Harmony Day.

 Friday 21 March

 3-5.30pm


 Curry Reserve,
Camden Valley Way,
Elderslie


 Free


**Bookings not required*

Still life watercolour class


Alan Baker Art Gallery offers a guided tour of the current exhibition followed by a still-life watercolour class where you will select and construct your own flower arrangement and guided through painting the arrangement with watercolour. Morning tea included.

 Wednesday 26 March

 10am - 12pm

 Alan Baker Art Gallery,
John Street, Camden


 Free


 Bookings: <https://www.trybooking.com/eventlist/alanbakerartgallery> or contact 4654 7745




"Shine on" 70's disco


Council's Seniors Reference Group invite you to come along for a fun entertainment at our retro disco. Our DJ provides an amazing show of retro themed music and plays requests. Dress up in your favourite 70's outfit for a chance to win some great prizes.

 Thursday 27 March

 11am-2pm

 Julia Reserve Community Centre,
Peter Brock Drive, Oran Park

 Free

 Bookings: [Bookable](#)



Time to Shine!

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/



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