

Time to Shine!









2025 SENIORS FESTIVAL

Time to Time to 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 wellbeing 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.

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.

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.



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 gr code to register





Movie club - Fortnightly Screenings



Tuesday 4 March



10am - 12pm



Oran Park Library 72 Central Ave. Oran Park





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

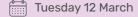


Bookings: Bookable



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.



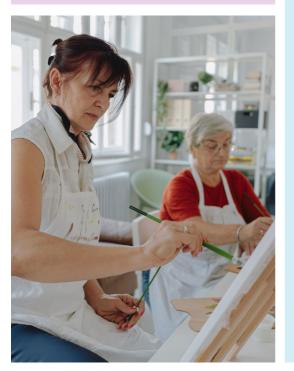
(V) 10am - 12pm

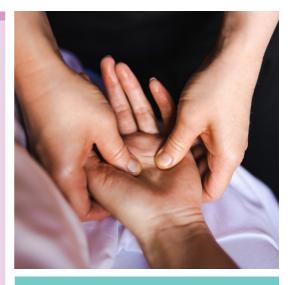
Alan Baker Art Gallery, John Street, Camden

\$ 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
- (Y) 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





No name Int 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 Ellvard and Queen Street Narellan



Thursdays, 1.30-2.30pm



Oran Park Library 72 Central Ave. Oran Park

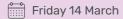
For further information, contact Library staff on 4653 3101.

*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.



Narellan Library Forecourt,
Cnr Elyard and Queen Streets,
Narellan

\$ Free

*Bookings not required



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

(V) 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



(Y) 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





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 a 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



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/





