

Wagga Wagga's 2025 Seniors Festival program launched

Get ready to be involved in this year's Seniors Festival celebrations from Monday 3 to Sunday 16 March 2025.

Whatever your passion, there is something for everyone 65 years-plus to enjoy in this year's program of fun, engaging, and diverse talks, workshops and events.

"The Seniors Festival program is jam-packed with over thirty low-cost or free activities," Council's Community Development Officer, Victoria Lowe said.

"The two-week festival program promises to bring together family, friends and strangers to spark conversations and strike up new friendships in safe, supported and inclusive public spaces."

Workshops range from recreational to educational, including: *Dancing with Dementia* presented by dance/movement therapist, Jessica Lesosky; *Over 65's Line Dancing for Beginners* presented by the Senior Citizens' Club of Wagga Wagga Inc. and Transport for NSW; and *On the Road 65Plus program* hosted by Wagga Wagga City Library.

Physical activities range from peaceful to rejuvenating, from *All-abilities Tai Chi for Beginners* presented by Wagga Community Care (Murrumbidgee Local Health District), to Guru Dudu's *Silent Disco Walking Tours for Old(er) Adults* and *Boxing for 65Plus* presented by PCYC Wagga Wagga.

"With around one-fifth of our city's population aged 60 and over, it is important to have a greater focus on finding ways for older adults to connect with others in the community and support activities and programs that promote positive ageing, and this is one of the key aims of the festival," Ms Lowe said.

"Council is proud to fund and support social cohesion programs that promote positive attitudes towards older adults and challenge stereotypes about the ageing process.

"So why not carve out some time with close friends and explore over thirty ways to nourish your body, mind and soul during March? It's your time to have fun!"

For further information and bookings, download a copy of the Seniors Festival highlights flyer from Council's website: www.wagga.nsw.gov.au/seniorsfestival

Alternatively, you can pick up a printed copy of the highlights from Council's Customer Service desk, Wagga Wagga City Library, Seniors Community Centre, or Visitor Information Centre.

To view the full program, visit www.wagga.nsw.gov.au/seniorsfestival

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Contact 6926 9190 or media@wagga.nsw.gov.au

About Wagga Wagga City Council

Wagga Wagga City Council serves more than 68,000 residents across an area of 4825 square kilometres with an overall budget of \$240 million.

The organisation manages more than \$2.48 billion in assets, including a 2300km road network, Wagga Wagga Airport, Livestock Marketing Centre, and the Oasis Aquatic Centre.

Council also provides important community facilities such as Wagga Wagga Art Gallery, Wagga Wagga City Library, Museum of the Riverina, and Civic Theatre, as well as maintaining countless parks, playgrounds, and sporting facilities to ensure Wagga maintains its reputation as 'the City of Good Sports'.

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