

re-fresh

IDEAS . INSIGHTS . PERSPECTIVES



APRIL 2019 • FOR OVER 70s

FRESH creatively combines Seniors Festival and Youth Week celebrations in a month-long intergenerational program of talks, workshops and events.

RE-FRESH was created in consultation with members of the Senior Citizens' Club of Wagga Wagga Inc. and is a handpicked selection of talks, workshops and events for seniors living in Wagga Wagga.

LEGAL ISSUES FOR OLDER PEOPLE

SENIORS RIGHTS SERVICE

Thurs 4 April // 10am to 12pm

Seniors Community Centre Tarcutta Street Wagga Wagga

Free // RSVP Tammy on 6986 6152 or 1800 424 079

Join a panel of lawyers and seniors rights experts as they explore issues that older people and their families experience when planning for the future.

ACCESSING AGED CARE & PLANNING AHEAD

SENIORS RIGHTS SERVICE + PICAC NSW

Thurs 4 April // 1pm to 3pm

Seniors Community Centre Tarcutta Street Wagga Wagga

Free // RSVP Tammy on 6986 6152 or 1800 424 079

This informative workshop is ideal for older people who would like more information on *My Aged Care* as well as wills, powers of attorney and appointments of enduring guardianship.

EMMA PASK IN CONCERT

Fri 5 April // 7.30pm

CSU Riverina Playhouse 8 Cross Street Wagga Wagga

\$45 [adult] \$30 [con] // Bookings civictheatre.com.au or

Civic Theatre Box Office 6926 9688

Award winning Australian vocalist Emma Pask has firmly established herself as one of the country's favourite voices in Jazz. Her effortless honest stage presence combined with her powerful vocal ability, leaves audiences spellbound and inspired.

OPEN STUDIO GALLERY

WAGGA WAGGA ART SOCIETY INC.

Sat 6 April // Sat 13 April // Sat 20 April // Sat 27 April

10am to 3pm

11 Small Street Wagga Wagga // Free

Go behind the scenes and explore the studio gallery of one of the city's oldest artist-run studio spaces.

LAST DRINKS

A HISTORICAL AND HYSTERICAL PUB TOUR

Sun 7 April // Sun 14 April // 4pm

Departs Hampden Bar Cellar, Romano's Hotel

\$25 [+transaction fee] // Bookings civictheatre.com.au

or Civic Theatre Box Office 6926 9688

Enjoy a two-hour, leisurely stroll down Fitzmaurice Street, with the odd stop for a cleansing ale or wine at discount prices.

LAZY SUNDAY

@ CSU CELLAR DOOR

Sun 7 April // 1pm to 4pm

Mambarra Drive Charles Sturt University Wagga Wagga

Free entry

Enjoy boutique wines + beer, live music, woodfire pizzas and wine tasting.

SAUSAGE SIZZLE

@ SENIORS COMMUNITY CENTRE

Mon 8 April // Noon to 1.30pm

Seniors Community Centre Tarcutta Street

Wagga Wagga

\$5 // Bookings civictheatre.com.au

or Civic Theatre Box Office 6926 9688

Grab your friends and enjoy a traditional sausage sizzle prepared by members of the Seniors Citizens Club of Wagga Wagga.

GARDEN DISCOVERY TOUR

WAGGA BOTANIC GARDENS

Mon 8 April // Tues 9 April // Wed 10 April // Thurs 11 April

Fri 12 April // 2pm to 3pm

Wagga Wagga Botanic Gardens Zoo & Aviary

Macleay Street

Free // Bookings gardendiscovery.eventbrite.com.au

or 1300 292 442

Take a guided tour of Wagga Wagga's acclaimed Botanic Gardens' and find out more about the hidden delights of this 50-year old living treasure.

DISCOVER GLENDALE CITRUS & HAZELNUT ORCHARD

SANDIGO NSW

Tues 9 April // 8.30am to 4.30pm

Bus departs Collins Park Fox Street Wagga Wagga

\$35 [morning tea + lunch included]

Bookings civictheatre.com.au

or Civic Theatre Box Office 6926 9688

Members of the Senior Citizens' Club of Wagga Wagga invite you to join them on a tour of the Glendale Citrus and Hazelnut Orchard located on the banks of the mighty Murrumbidgee River in Sandigo NSW.

COME & TRY WALKING NETBALL

NETBALL NSW

Tues 9 April // 10am to 12pm

Equex Centre Cnr Copeland Street and Koorungal Road Wagga Wagga

Free // Register at playwalkingnetball.com.au

or 0420 960 886

Walking Netball is a modified version of netball designed for senior women and men - netball, but at a walking pace.

AQUA FIT

OASIS AQUATIC CENTRE

Tues 9 April // Thurs 11 April // 6pm to 7pm

50 Morgan Street Wagga Wagga

Free // Bookings 6926 9390

Aqua Fit is an impact free cardio and conditioning class designed to improve balance, agility, posture, flexibility and core strength. Class suits all fitness abilities and age groups.

#FRESHWAGGA
#VISITWAGGA

For full program details call Wagga Wagga Visitor Information Centre on 1300 100 122 or visit wagga.nsw.gov.au/fresh



Disclaimer: Every endeavour has been made to ensure that details appearing in this publication are correct at the time of printing. We accept no responsibility for any inaccuracy whether by inclusion or omission.

MEMOIR & FAMILY HISTORY WRITING

BOORANGA WRITERS' CENTRE

Thurs 11 April // 6pm to 8pm

Eastern Riverina Arts Inc. 98 Fitzmaurice Street Wagga Wagga

\$25 [+booking fee]

Bookings intro-lifewriting.eventbrite.com.au

If you have a story to tell but don't know where to begin then this hands-on life writing workshop is for you.

U3A WAGGA WAGGA INC.

OPEN DAY

Tues 16 April // 11am to 4pm

Seniors Community Centre Tarcutta Street Wagga Wagga

Free

Drop-in and meet some of the presenters and investigate the wide-range of courses on offer at the University of the Third Age (U3A) Wagga Wagga throughout 2019.

MINI KOKEDAMA BALL WORKSHOP

ERINEARTH

Wed 17 April // 10.30 to 12pm // 2pm to 3.30pm

ErinEarth 1 Kildare Street Wagga Wagga

\$5 // Bookings admin@erinearth.org.au or 6925 7150

Create mini works of art through the ancient Japanese Bonsai technique of plant binding.

STONE THE CROWS FESTIVAL

OPEN DAY & MARKETS

Mon 22 April // 7.30am to 4pm

74 Tasman Road Wagga Wagga

Entry by gold coin donation

Browse a variety of market stalls, enjoy a bite to eat and free entertainment at the Stone the Crows Festival.

