

## 2024 SENIORS FESTIVAL PROGRAM LAUNCHED

Get ready to be involved in this year's Seniors Festival celebrations to be held from Monday 11 to Sunday 24 March 2024.

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

Community Development Coordinator Alex Osgood said "the Seniors Festival program is jam-packed, with over thirty low-cost or free activities," Council's Community Development Coordinator.

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

Workshops range from fun to serious, including a Dirty Dancing Themed Salsa Dance Class presented by Wagga-based Luxe Dance Studio to Anglicare's Riverina Financial Counselling Service's four-week Retirement 101 financial planning series.

Talks during the week include; Introduction to Family History presented by the Wagga Wagga and District Family History Society, NSW Breast Screen's Busting Breast Screen Myths, and Misconceptions hosted by the Wagga Women's Shed and Old(er) Men's Health with MLHD Prostate Cancer Specialist Nurse at the Wagga Men's Shed.

Council's Director Community, Janice Summerhayes encouraged all the city's older residents to take part in the 2024 Seniors Festival celebrations.

"With approximately one-fifth (22 per cent) of our city's population aged 60 years and over," Ms Summerhayes said, "it is important to have a greater focus on finding ways for older adults to connect with others, and this is one of the key aims of the festival."

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

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 community members are encouraged to download a copy of the Seniors Festival flyer from Council's website or pick up a hard copy from Council's Customer Service, Seniors Community Centre or Visitor Information Centre.

For more information, visit [www.wagga.nsw.gov.au/seniorsweek](http://www.wagga.nsw.gov.au/seniorsweek) or phone 1300 292 442.

----- Ends -----

## EVENTS

### **Dirty Dancing Themed Salsa Dance Class**

Friday 22 March at 9:45am - 11am & 12:45am to 2pm

Seniors Community Centre, 204 Tarcutta Street Wagga Wagga

\$10 [+bf] - Bookings essential

We want you to bring your fun, good vibes and bad singing voices and come and learn a couple of Latin salsa dances to one of our favourite movies and soundtracks – Dirty Dancing (1987). No previous dance experience necessary.

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### **Retirement 101 Workshop Series**

Tuesday 5 March - Tuesday 26 March at 2:30pm to 4pm

Wagga Wagga City Library, 243 Baylis Street Wagga Wagga

Free - Bookings essential

Join Anglicare Riverina Financial Counselling Service over four-weeks as they walk you through the fundamentals 'one-o-one' of planning and preparing financially for retirement.

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### **Introduction to Family History**

Monday 11 March at 5:30pm - 7pm

Wagga Wagga City Library, 243 Baylis Street

Free - Bookings essential

Keen to start researching your family history? Representatives from the Wagga Wagga and District Family History Society will be on hand demonstrate practical skills on how to start your family history. Notes from the presentation provided to all budding family history buffs in attendance.

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### **Busting Breast Screen Myths and Misconceptions**

Thursday 14 March at 10:30am - 11:30am

Wagga Women's Shed Inc., 61 Beckwith Street

Free - Bookings essential

While New Year's resolutions are fresh, it's time to bust myths and misconceptions that might have prevented women from booking a free 20-minute mammogram. More than 75% of breast cancers occur in women older than 50, so take this opportunity to learn why early detection is so important and why you need to screen regardless of family history.

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### **Old(er) Men's Health**

Wednesday 20 March at 10am - 11am

Men's Shed Wagga Wagga Inc., 5 Veale Street Ashmont

Free - Bookings essential

Join this session designed for men in midlife and beyond, to discuss the facts and debunk the myths of male health in a fun, informative, and respectful setting. Topics covered include annual exams and preventive screenings, as well as common mental health concerns for old(er) men.

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Contact 6926 9190 or [media@wagga.nsw.gov.au](mailto: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 more than \$236M.

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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