

2025 SENIORS FESTIVAL

CELEBRATING POSITIVE AGEING FOR 65+

A handpicked selection of fun, engaging and diverse talks, workshops and events for old(er) adults living in Wagga Wagga.

SAFETEA MORNING TEA SENIORS FESTIVAL LAUNCH EVENT

- 🕒 3 March 10:30AM to 11:30AM
- 📍 Seniors Community Centre, 204 Tarcutta Street
- 💰 Free entry
- 📌 Bookings essential: wagga.nsw.gov.au/seniorsfestival

SafeTea Morning Tea is a great opportunity for old(er) adults 65Plus to get together to speak honestly and openly about Health, Safety & Wellbeing. Chat with friendly local representatives of Australian Red Cross Aged Care Volunteer Visitor Scheme, NSW Legal Aid, Relationships Australia and NSW Police.

RESISTANCE STRENGTH TRAINING FOR 65PLUS PCYC WAGGA WAGGA

- 🕒 4 March & 6 March & 11 March & 13 March 9AM to 10AM
- 📍 PCYC Wagga Wagga, 11 Fitzhardinge Street
- 💰 \$10
- 📌 Bookings essential: waggawagga@pcycnsw.org.au or 6921 5873

Staying active and maintaining physical fitness is crucial at any stage of life, but it becomes especially important as we age. No prior weightlifting experience is necessary.

'ONE-ON-ONE' TECH SAVVY SENIORS WAGGA WAGGA CITY LIBRARY

- 🕒 4 -14 March at various times
- 📍 Wagga Wagga City Library, 243 Baylis Street
- 💰 Free entry
- 📌 Bookings essential: waggalibrary.com.au/whats-on

Don't miss out on the opportunity to book a free 25-minute 'one-on-one' Tech Savvy Seniors session during Seniors Festival.



#celebratethemoment
#celebratelaughter
#celebrateliving
#celebratelearning
#celebratewithfriends

3-16 March

WAGGA WAGGA
WIRADYURI NGURAMBANG

OVER 65S LINE DANCING FOR BEGINNERS SENIOR CITIZENS' CLUB OF WAGGA WAGGA INC.

- 🕒 5 March 10AM to 11:30AM
- 📍 Seniors Community Centre, 204 Tarcutta Street
- 💰 \$5
- 📌 Bookings essential: wagga.nsw.gov.au/seniorsfestival

Line Dancing is a fun way to stimulate the brain and improve coordination as you learn basic dance routines.

BOXING FOR 65PLUS PCYC WAGGA WAGGA

- 🕒 5 March & 7 March & 12 March & 14 March 9AM to 10AM
- 📍 PCYC Wagga Wagga, 11 Fitzhardinge Street
- 💰 \$10
- 📌 Bookings essential: waggawagga@pcycnsw.org.au or 6921 5873

For old(er) adults looking for a fun, engaging, and effective way to stay fit, boxing might just be the perfect solution. No prior experience is necessary.

SAVINGS FINDER SERVICE NSW

- 🕒 5 March 1:30PM to 2:30PM
- 📍 Wagga Wagga City Library, 243 Baylis Street
- 💰 Free entry
- 📌 Bookings essential: wagga.nsw.gov.au/seniorsfestival

To support NSW residents, the NSW Government created 'Savings Finder' as an online tool, featuring over 70 savings, rebates and vouchers.

Turn over
for more



Bookings and tickets:
1300 292 442
wagga.nsw.gov.au/seniorsfestival

AN AFTERNOON & EVENING WITH AABK

WAGGA WAGGA CIVIC THEATRE

- 🕒 5 March 12PM to 1PM & 6PM to 7PM
- 📍 Wagga Wagga Civic Theatre, Burns Way
- 💰 Free entry
- 📅 Bookings essential: civictheatre.com.au/whats-on

The Australian Army Band Kapooka provides musical support to the Army Recruit Training Centre and the Riverina community.

ALL-ABILITIES TAI CHI FOR BEGINNERS

WAGGA COMMUNITY CARE, MLHD

- 🕒 6 March & 13 March 1:30PM to 2:30PM
- 📍 Wagga Wagga Art Gallery, 243 Baylis Street
- 💰 Free entry | Limited places
- 📅 Bookings essential: wagga.nsw.gov.au/seniorsfestival

Tai Chi is a relaxing, gentle form of exercise that promotes health and longevity and is suitable for people of all ages, abilities, and backgrounds.

MOVING TOGETHER – SOUNDTRACK OF THE 70S

DANCE FOR MATURE MOVERS

- 🕒 6 March 10AM to 11AM
- 📍 Seniors Community Centre, 204 Tarcutta Street
- 💰 \$5 [+bf]
- 📅 Bookings essential: wagga.nsw.gov.au/seniorsfestival

Led by professional dancer, Hayley Allen-Freeman, Moving Together – Soundtrack of the 70s is perfect for anyone looking to start from scratch or get back into groove in a comfortable rhythm. No prior experience is necessary.

SILENT DISCO WALKING TOURS FOR OLD(ER) ADULTS

HOSTED BY DJ MR MOTION

- 🕒 7 March 10AM to 11AM & 1PM to 2PM
- 📍 MoR Historic Council Chambers, 243 Baylis Street
- 💰 \$10 [+bf] | Headphones supplied
- 📅 Bookings essential: wagga.nsw.gov.au/seniorsfestival

Participants all wear headphones (supplied) and listen to the same playlist of upbeat dance tracks from the 60s, 70s & 80s, plus hilariously funny commentary and any instructions from disco tour guide, DJ Mr Motion. Guru Dudu's Silent Disco Walking Tours are inclusive for people with disability. Caregivers are welcomed and may attend at no extra cost to ensure that participants have the support they need.

ON THE ROAD 65PLUS

STAYING INDEPENDENT AND SAFE WORKSHOP

- 🕒 11 March 1:30PM to 2:30PM
- 📍 Wagga Wagga City Library, 243 Baylis Street
- 💰 Free entry
- 📅 Bookings essential: wagga.nsw.gov.au/seniorsfestival

Presented by Transport for NSW, this free workshop provides older road users with helpful tips to make safer choices when driving, walking, or using a mobility scooter, plus more.

DANCE FOR DEMENTIA

WITH DANCE/MOVEMENT THERAPIST JESSICA LESOSKY

- 🕒 12 March 10AM to 11:30PM
- 📍 Wagga Wagga Civic Theatre, Burns Way
- 💰 \$20 [+bf]
- 📅 Bookings essential: wagga.nsw.gov.au/seniorsfestival

Led by professional dancer teacher, dance/movement therapist and allied health assistant Jessica Lesosky, participants and their circle of care are invited into a safe and supportive space to connect, dance, and enjoy the transformative power of music and movement. Caregivers are welcomed and may attend at no extra cost to ensure that dancers have the support they need.

WALKING IN NATURE GUIDED TOUR

MUSEUM OF THE RIVERINA

- 🕒 14 March 10AM to 11AM
- 📍 MoR Botanic Gardens Site, 127 Lord Baden Drive
- 💰 Free entry
- 📅 Bookings essential: wagga.nsw.gov.au/seniorsfestival

Learn about the concept, planning and execution of a fully sustainable native garden, while exploring a thriving example at the Museum of the Riverina's Botanic Garden's site.



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

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.