

# 2024 SENIORS FESTIVAL

#celebratethemoment  
#celebratelaughter  
#celebrateliving  
#celebratelearning  
#celebratewithfriends

CELEBRATING POSITIVE AGEING FOR 65+

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

## 11 - 24 March

WAGGA WAGGA, WIRADYURI NGURAMBANG

### RETIREMENT 101 WORKSHOP SERIES ANGLICARE RIVERINA FINANCIAL COUNSELLING SERVICE

- 🕒 Tuesday 5 March to Tuesday 26 March  
• 2.30pm - 4pm
- 📍 Wagga Wagga City Library, 243 Baylis Street
- 💰 Free
- 📌 Bookings essential: [wagga.nsw.gov.au/seniorsfestival](http://wagga.nsw.gov.au/seniorsfestival)

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.

### YOU, ME & A CUP OF TEA SENIORS FESTIVAL LAUNCH EVENT

- 🕒 Monday 11 March • 10.30am to 12pm
- 📍 Seniors Community Centre, Tarcutta Street
- 💰 Free
- 📌 Bookings essential: [wagga.nsw.gov.au/seniorsfestival](http://wagga.nsw.gov.au/seniorsfestival)

Come along and have morning tea with us. Meet old friends or make new ones.

### STEPPING ON 7-WEEK FALL PREVENTION PROGRAM FOR OLD(ER) ADULTS

- 🕒 Tuesday 12 March to Tuesday 23 April  
10.30am to 12.30pm
- 📍 Wagga Wagga City Library, 243 Baylis Street
- 💰 \$35 [+bf]
- 📌 Bookings essential: [wagga.nsw.gov.au/seniorsfestival](http://wagga.nsw.gov.au/seniorsfestival)

Have you had a recent fall or worry about falling? Stepping On is designed to help you learn skills and knowledge to prevent falls, so you can stay active and independent.

### ON THE ROAD 65PLUS STAYING INDEPENDENT AND SAFE WORKSHOP

- 🕒 Tuesday 12 March • 1.30pm to 2.30pm
- 📍 Wagga Wagga City Library, 243 Baylis Street
- 💰 Free
- 📌 Bookings essential: [wagga.nsw.gov.au/seniorsfestival](http://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.

### OLD(ER) MEN'S HEALTH MLHD PROSTATE CANCER SPECIALIST NURSE

- 🕒 Wednesday 13 March • 10am to 11am
- 📍 Men's Shed Wagga Wagga Inc.,  
5 Veale Street Ashmont
- 💰 Free
- 📌 Bookings essential: [wagga.nsw.gov.au/seniorsfestival](http://wagga.nsw.gov.au/seniorsfestival)

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.

### BUSTING BREAST SCREEN MYTHS AND MISCONCEPTIONS

- NSW BREAST SCREEN
- 🕒 Thursday 14 March • 10.30am to 11.30pm
- 📍 Wagga Women's Shed Inc., 61 Beckwith Street
- 💰 Free
- 📌 Bookings essential: [wagga.nsw.gov.au/seniorsfestival](http://wagga.nsw.gov.au/seniorsfestival)

Having a breast screen every two years is one of the most important things a woman aged 50-74 can do for her health. Yet, about 2000 eligible women living in the Wagga Wagga Local Government Area have never screened and a further 1,400 are overdue.

FUNDED BY



COMMUNITY PARTNERS



**Bookings and tickets:**

1300 292 442

[wagga.nsw.gov.au/seniorsfestival](http://wagga.nsw.gov.au/seniorsfestival)

## WATER FOR WELLBEING

### GENTLE AQUATIC EXERCISE

- 🕒 Thursday 14 March • 11am to 12pm
- 📍 Oasis Aquatic Centre, 50 Morgan Street
- 💰 Free
- 📌 Bookings essential: [wagga.nsw.gov.au/seniorsfestival](http://wagga.nsw.gov.au/seniorsfestival)

This fun, easy aquatic exercise class is designed for over 60's with a focus on improving fitness and wellbeing. to create harmony and balance.

## LINE DANCING FOR BEGINNERS

### WITH BEV VINGE

- 🕒 Friday 15 March • 10.30am to 11.30am
- 📍 Seniors Community Centre, 204 Tarcutta Street
- 💰 \$10 [+bf]
- 📌 Bookings essential: [wagga.nsw.gov.au/seniorsfestival](http://wagga.nsw.gov.au/seniorsfestival)

Award-winning line dancing choreographer Bev Vinge's classes are not just about moving your feet, they are about expressing joy, staying active and creating new connections with like-minded old(er) adults.

## OLD(ER) WOMEN'S HEALTH

### MLHD WOMEN'S HEALTH

- 🕒 Monday 18 March • 1.30pm to 2.30pm
- 📍 Wagga Wagga City Library, 243 Baylis Street
- 💰 Free
- 📌 Bookings essential: [wagga.nsw.gov.au/seniorsfestival](http://wagga.nsw.gov.au/seniorsfestival)

Join this session designed for women in midlife and beyond, to discuss the facts and debunk the myths of female sexual and reproduction health in a fun, informative, and respectful setting.

## SAVINGS FINDER

### SERVICE NSW

- 🕒 Wednesday 20 March • 1.30pm to 2.30pm
- 📍 Wagga Wagga City Library, 243 Baylis Street
- 💰 Free
- 📌 Bookings essential: [wagga.nsw.gov.au/seniorsfestival](http://wagga.nsw.gov.au/seniorsfestival)

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

## MORE YODELLING, HARMONIES & GUITARS

### OWEN & DREW BLUNDELL

- 🕒 Thursday 21 March • 10.30am to 11.30am
- 📍 Seniors Community Centre, 204 Tarcutta Street
- 💰 \$15 [+bf]
- 📌 Bookings essential: [wagga.nsw.gov.au/seniorsfestival](http://wagga.nsw.gov.au/seniorsfestival)

Walk a country mile with Australian country music singer Owen Blundell and his cousin Drew Blundell as they perform original hits and popular covers.

## ALL-ABILITIES TAI CHI FOR BEGINNERS

### WAGGA COMMUNITY CARE, MLHD

- 🕒 Thursday 21 March • 1.30pm to 2.30pm
- 📍 Wagga Wagga City Library, 243 Baylis Street
- 💰 Free
- 📌 Bookings essential: [wagga.nsw.gov.au/seniorsfestival](http://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.

## DIRTY DANCING THEME SALSA DANCE CLASS

### LUXE DANCE STUDIO

- 🕒 Friday 22 March • 9.45am to 11am & 12.45pm to 2pm
- 📍 Seniors Community Centre, 204 Tarcutta Street
- 💰 \$10 [+bf]
- 📌 Bookings essential: [wagga.nsw.gov.au/seniorsfestival](http://wagga.nsw.gov.au/seniorsfestival)

Come along and learn a couple of Latin salsa dances to one of your favourite movies and soundtracks – Dirty Dancing (1987). No previous dance experience necessary.



For full program details visit [wagga.nsw.gov.au/seniorsfestival](http://wagga.nsw.gov.au/seniorsfestival) or call Wagga Wagga Visitor Information Centre on 1300 100 122.