

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

#celebratethemoment

#celebratelaughter
#celebrateliving
#celebratelearning
#celebratewithfriends

WAGGA WAGGA. WIRADYURI NGURAMBANG

RETIREMENT 101 WORKSHOP SERIES

ANGLICARE RIVERINA FINANCIAL COUNSELLING SERVICE

- Tuesday 5 March to Tuesday 26 March2.30pm 4pm
- Wagga Wagga City Library, 243 Baylis Street
- (\$) Free
- Bookings essential: 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

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

- U 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

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

- U Tuesday 12 March 1.30pm to 2.30pm
- 🤍 Wagga Wagga City Library, 243 Baylis Street
- (\$) Free
- * 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.

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

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

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

City of Wagga Wagga

COMMUNITY PARTNERS



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

WATER FOR WELLBEING GENTLE AQUATIC EXERCISE

- (1) Thursday 14 March 11am to 12pm
- Oasis Aquatic Centre, 50 Morgan Street
- (\$) Free
- Bookings essential: 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

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 HEATH

- Monday 18 March 1.30pm to 2.30pm
- Wagga Wagga City Library, 243 Baylis Street
- (\$) Free
- Bookings essential: wagga.nsw.gov.au/ seniorsfestival

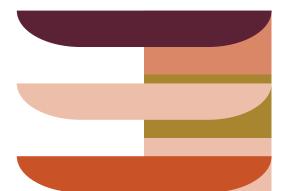
Join this session designed for women in midlife and beyond, to discuss the facts and debunk the myths of female sexual and reproduction health in a fun, informative, and respectful setting.

SAVINGS FINDER

SERVICE NSW

- (V) Wednesday 20 March 1.30pm to 2.30pm
- Wagga Wagga City Library, 243 Baylis Street
- (\$) Free
- Bookings essential: 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

- (1) Thursday 21 March 10.30am to 11.30am
- Seniors Community Centre, 204 Tarcutta Street
- \$ \$15 [+bf]
- Bookings essential: 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

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

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 or call Wagga Wagga Visitor Information Centre on 1300 100 122.