



**APRIL 2022 • FOR OVER 65s**

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

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

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## FOREST THERAPY AT WAGGA BOTANIC GARDENS

Saturday 26 March // 9am to 12pm and 2pm to 5pm  
Sunday 27 March // 9am to 12pm  
Wagga Wagga Botanic Gardens Macleay Street  
\$20 // Tickets: [wagga.nsw.gov.au/fresh](http://wagga.nsw.gov.au/fresh)

Originating from Japan, shinrin-yoku, or Forest Therapy, is a preventative health practice that immerses your senses in nature. This guided wellbeing experience will bolster your mental and physical health by reducing stress levels, regulating pulse and blood pressure, and elevating your mood. All participants must wear closed-in shoes.

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## SAFETY TIPS FOR OLD(ER) DRIVERS

Monday 28 March // 10am to 11.30am  
Seniors Community Centre Tarcutta Street  
Free // Bookings: [reynolds.emma@wagga.nsw.gov.au](mailto:reynolds.emma@wagga.nsw.gov.au) or 6926 9544

As we age, it's important that we take greater care with our driving habits. Fatal car crashes rise when a driver reaches the age of 70. Factors including medications, vision concerns, slow motor functions, and hearing impairment make driving more challenging as we age. Friendly Road Safety Officer Emma Reynolds will impart practical tips to ensure your safety and the safety of others when driving.

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## TECH SAVVY SENIORS

### INTRODUCTION TO IPHONE AND IPADS

Friday 1 April // 10.30am to 12.30pm  
Wagga Wagga City Library Corner Baylis and Morrow Streets // Free [limited places]  
Bookings: [waggalibrary.com.au](http://waggalibrary.com.au) or 6926 9700

Build skills and confidence to use computers, tablets, and smartphones. It includes face-to-face training, how-to guides, and training materials in over 14 languages! It's never too late to brush up on your online skills or learn new ways to stay connected with your loved ones. Participants need to bring their smartphone or laptop.

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## WOMENS SELF DEFENCE

### SHINWA-KAI KARATE CLUB OF AUSTRALIA INC.

Saturday 2 April // 10am to 11.30am  
12 Nagle Street  
\$10 // Bookings: [sbsalleh@bigpond.com](mailto:sbsalleh@bigpond.com) or 0458 257 745

Take part in this hands-on interactive session for women and girls only. Learn fundamental self-defence techniques in the safe and welcoming environment of our dojo. No previous martial arts experience needed.

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## SOGETSU IKEBANA WORKSHOP

### PRESENTED BY PING BLOCK

Sunday 3 April // 10am to 1pm  
E3 Workshop Wagga Wagga Art Gallery Corner Baylis and Morrow Streets  
\$50 [excludes materials - limited places]  
Tickets: [wagga.nsw.gov.au/fresh](http://wagga.nsw.gov.au/fresh)

Ikebana is the Japanese art of flower arrangement. Sogetsu, a modern school of Ikebana encourages the development of personal style and places a strong emphasis upon creative, contemporary interpretation. No experience is necessary. Participants must bring secateurs, vases, as well as materials of their choice from their garden including but not limited to flowers, branches, leaves, grass, etc.

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## A LASTING TALE: AUDIO APP WORKSHOP

### PRESENTED BY DIMITY BRASSIL

Sunday 3 April // 11am to 2.30pm  
Wagga Wagga City Library Corner Baylis and Morrow Streets // \$30 [includes lunch]  
Tickets: [waggalibrary.com.au](http://waggalibrary.com.au) or 6926 9700

This 3.5-hour workshop will show you how to capture a loved one's audio life story and personal history, using the new A Lasting Tale audio life story recording app available on your smartphone or laptop. Participants need to bring along their smartphone or laptop.

**#FRESHWAGGA  
#VISITWAGGA**

## TASTE & CRAFT YOUR OWN BLEND

### CSU WINERY

Wednesday 6, 13, 20, 27 April // 4pm to 5.30pm  
CSU Cellar Door Mambarra Drive, CSU Campus  
\$30 // Tickets: [winery/csu.edu.au](http://winery/csu.edu.au)

Under the guidance of talented CSU winemaker, Johnny Clark, you'll dig a little deeper into the world of winemaking. Exploring the unique characteristics of different wine varieties and how they can work together to create harmony and balance. You will craft the perfect wine blend to suit your taste!

## CRYPTIC CROSSWORD CLUB

Thursday 7, 14, 21, 28 April // 10.30am to 12pm  
Wagga Wagga City Library Corner Baylis and Morrow Streets // Free [limited places]  
Bookings: [waggalibrary.com.au](http://waggalibrary.com.au) or 6926 9700

Are cryptic crosswords a mystery to you? Come to the club and learn the secrets of solving a cryptic. Or, if you are an expert, compete with fellow cruciverbalists! Limited spots available, so be sure to secure your place today!

## MARRAMBIDYA WETLAND WANDER

### SUSTAINABLE WAGGA WAGGA

Tuesday 12 April // 10am to 12pm  
Marrambidya Wetland 100 Narrung Street  
Free // Bookings: [events.humanitix.com/marrambidya-wetland-wander](http://events.humanitix.com/marrambidya-wetland-wander)

Learn the history of the area now known as the Marrambidya Wetland through this guided walk. Discover the ecological importance of this place and the animals that call it home. This is an outdoor activity. Please wear enclosed shoes and appropriate clothing for the weather conditions. Reasonably flat 2km walking track.

## TAKING BETTER PHOTOGRAPHS

### PRESENTED BY F. STOP WORKSHOP

Thursday 14 April // 10.30am to 12.30pm  
43 Tompson Street  
\$25 // Tickets: [www.fstopworkshop.com.au](http://www.fstopworkshop.com.au)

Whether you are new to photography or an enthusiast who is keen to refresh your skills, this hands-on workshop with professional photographers James Farley and Patrick Ronald will stimulate your appetite for digital photography and extend your skills. Participants need to bring along their digital camera.

## EVERY PICTURE TELLS A STORY

### BOORANGA WRITERS' CENTRE

Tuesday 12 April // 1.30pm to 2.30pm  
Mock Orange Café, Shop 1-2/39 Gregory Crescent, Lake Albert  
\$10 // Tickets: <https://qrco.de/BOORANGA-WRITERS>

In a relaxed and friendly environment discover how to use pictures and articles from magazines to stimulate creative writing. You will be encouraged to see writing as a wonderful means of relaxation in this supportive group. Participants should bring a pen and paper or notebook for the writing exercises.

## TECH SAVVY SENIORS

### INTRODUCTION TO ONLINE SECURITY

Friday 15 April // 10.30am to 12.30pm  
Wagga Wagga City Library Corner Baylis and Morrow Streets // Free [limited places]  
Bookings: [waggalibrary.com.au](http://waggalibrary.com.au) or 6926 9700

This workshop covers the basics of internet security: the things that can potentially go wrong and the simple steps you can take to avoid them. Participants need to bring along their smartphone or laptop.

#FRESHWAGGA  
#VISITWAGGA



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



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