

SENIORS festival

1 – 28 March 2024



Reach Beyond

MAYOR'S WELCOME

Welcome to Willoughby's Seniors Festival Celebrations for 2024.



This year the NSW Seniors Festival theme is 'Reach Beyond' and Willoughby City Council has created an exciting program with more than 35 free or discounted activities and experiences for our older residents to enjoy including art, information talks, music, exercise and outings.

The ever popular annual Variety Concert will take place at the Zenith Theatre Chatswood. Join us for an afternoon of entertainment provided by The Noteable Theatre Company who will perform a showcase of adored Stage Shows, as well as performance by a local community choir and cultural dance groups whilst enjoying a delicious complimentary lunch box from Blend Cafe.

Other events include a 'Healthy Ageing' webinar by the eminent geriatrician Professor Susan Kurrle AO, a Sydney Harbour Cruise plus many more activities such as health talks, social lunches, bush walks, music, exhibitions and open days.

The range of activities and events reflects our diverse community, and the active involvement of many wonderful community groups and organisations that help run events.

We are proud to be delivering a festival that embraces everybody and recognises the important contributions seniors play in our community.

Our Seniors Festival could not happen without your help and support. To our community residents, community groups, government services – we thank you for your contribution and participation.

I invite you to celebrate, connect and to 'reach beyond', to seek out new experiences and make new friends by participating in the festivities. I look forward to seeing you at one or many of these fantastic events.

Cr. Tanya Taylor

Mayor of Willoughby City Council

SENIORS GALA CONCERT

TUESDAY 19 MARCH | 12 NOON - 2.30PM

The Zenith Theatre

Cnr McIntosh Street and Railway Street, Chatswood

\$7

PER PERSON

BOOKING ESSENTIAL - OPEN 19 FEBRUARY

Phone: 9777 7555 (call for wheelchair bookings)

Scan the QR code below to book online or visit
www.zeniththeatre.com.au

This year the Seniors Gala Concert will take place at the easily accessible Zenith Theatre.

Enjoy entertainment provided by The Noteable Theatre Company who will perform a showcase of adored Stage Shows along with performances by a local community choir and cultural dance groups.

A delicious complimentary lunch box will be provided on arrival while you enjoy the melodious sounds of the Beating Time Choir and MOSAIC cultural dance groups.

This event will sell out, so book early!

Parking: Zenith Theatre car park with complimentary validation – limited to first come first served.

Drop Offs: Railway Street
(outside the Theatre)



HEALTHY AGEING WEBINAR BY PROF. SUSAN KURRELE

TUESDAY 5 MARCH | 12 NOON – 1PM

Webinar on Zoom

FREE

BOOKING ESSENTIAL

Scan the QR code below or visit
[www.willoughby.nsw.gov.au/
Healthy-Ageing-Webinar](http://www.willoughby.nsw.gov.au/Healthy-Ageing-Webinar)

The eminent geriatrician, Professor Susan Kurrle AO will be coming to us live to discuss how to age successfully and what options are available when you can no longer stay at home.

Professor Kurrle has become a household name through the ABC TV series 'Old People's Home for 4 Year Olds'.

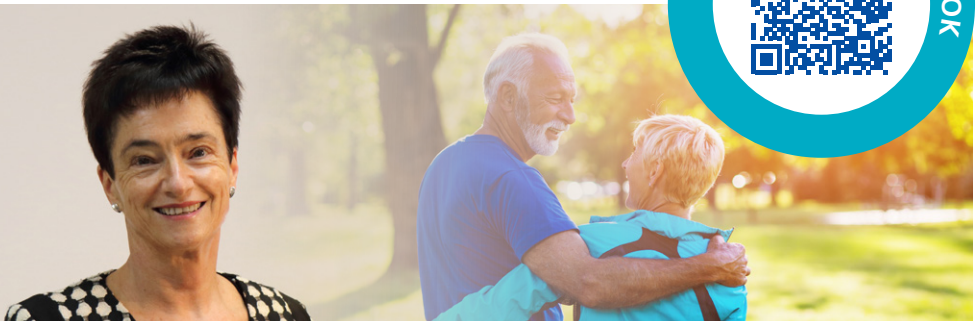
BOOKINGS OPEN 1 FEBRUARY 2024

A Zoom link will be sent to registered participants 2 days prior to the event.

Enquiries:

Phone: 9777 7800

Email: DCC@willoughby.nsw.gov.au



SYDNEY HARBOUR CRUISE

THURSDAY 7 MARCH | 10.30AM - 2.30PM

Meeting at the Dougherty Community Centre
7 Victor Street, Chatswood

\$68
PER PERSON

BOOKING ESSENTIAL

Phone: 9777 7824

Payment: In person at the Dougherty Community Centre (Payment by card ONLY. No refunds.)

At Home with Willoughby Captain Cook Cruise with harbour view lunch.

Enjoy a delicious 2 course lunch, add sunshine and a relaxed casual atmosphere as we cruise the harbour. Top this off with a million-dollar view of the Sydney Harbour, a little sightseeing commentary and you have the perfect lunch escape.

BOOKING AND PRE-PAYMENT ESSENTIAL BY THURSDAY 22 FEBRUARY 2024. Places are limited. **No refunds** on cancellation.

Enquiries:

Phone: 9777 7824. Email: Debi.Rose@willoughby.nsw.gov.au or Ita.Flynn@willoughby.nsw.gov.au



ECOLOGY OF IDENTITY

WEDNESDAY 28 FEBRUARY - SUNDAY 17 MARCH

Incinerator Art Space

2a Small Street, Willoughby

FREE

BOOKING NOT REQUIRED

Phone: Michele Edinger 0417 988 882

Email: Michele.e@me.com

Michele Edinger and Stefania Riccardi delve into the intricate concept of self-identity as a multi-faceted construct shaped and influenced by generations past and present. Through their unique artistic practice, this exhibition unravels the complexities of this subject matter while aiming to foster a deeper understanding of the complex tapestry that is the self.

Open Hours: 10am - 4pm, Wednesday to Sunday



LEFT: Michele Edinger,
Sweet Asylum, 2023, stoneware

SMART EXPRESSIONS 2024

WEDNESDAY 28 FEBRUARY – SUNDAY 24 MARCH

Art Space on The Concourse

409 Victoria Avenue, Chatswood

FREE

BOOKING NOT REQUIRED

Phone: Cassandra Hard Lawrie 9777 7972

Email: Cassandra.Hard-Lawrie@willoughby.nsw.gov.au



ABOVE: Lucian Chappell,
Cherish the lost child within,
2023, photomedia

Willoughby City Council presents an exhibition of student artworks selected from the 2023 NSW HSC practical examination in Visual Arts. This exhibition features a selection of artworks from students who attended six local high schools. Come and celebrate the artistic talents and achievements of a new generation of young artists.

Open Hours: 11am - 5pm
Wednesday to Sunday

WILLOUGHBY SENIORS ART EXHIBITION

FRIDAY 1 – THURSDAY 28 MARCH | 9AM – 5PM

Blend Café Art Space

Dougherty Community Centre, 7 Victor Street, Chatswood

FREE

BOOKING NOT REQUIRED

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au

This exhibition comprises works created by Willoughby older adults who have discovered creating art later in life as another form of expression or meditation.

Introducing works from local artists such as Jennifer Goh and students attending MOSAIC's painting classes. We thank them for their contribution and celebrate the joy and sense of connection that creativity may bring to our lives.

Open Hours: 9am - 5pm, Monday to Friday



FUNCTIONAL STRENGTH OLDER ADULT CLASS

FRIDAYS 1, 8, 15, 22 MARCH | 12PM – 12.45PM

MONDAYS 4, 11, 18, 25 MARCH | 10AM – 10.45AM

Dougherty Community Centre, 7 Victor Street, Chatswood

FREE

BOOKING ESSENTIAL – PLACES ARE LIMITED

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au

Enjoy one free trial session.

Vintage Fitness is an exciting progressive exercise program to help older people improve their physical strength, balance, co-ordination and fitness. As well as increasing strength, other likely benefits of the program include:

- improved balance
- increased mobility
- reduced risk of falls
- opportunities for social interaction
- improvement in self-esteem and mental wellbeing

Leaders are qualified professionals who have undertaken specific training for older adults. This class is recommended for people who have some experience with exercise and have a reduced falls risk. Please wear closed toe shoes and clothes that allow you to move freely. Please bring water and a towel.



BALANCE AND GENTLE EXERCISE CLASS

FRIDAYS 1, 8, 15, 22 MARCH | 1PM – 1.45PM

MONDAYS 4, 11, 18, 25 MARCH | 11AM – 11.45AM

Dougherty Community Centre, 7 Victor Street, Chatswood



BOOKING ESSENTIAL – PLACES ARE LIMITED

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au

Enjoy one free trial session.

The Vintage Fitness Balance and Gentle Exercise class is a low intensity program focusing on improving strength and balance.

Participants will be able to take part at their level, building strength and developing better balance. Exercises will be progressive and supported for those with reduced mobility and stability.

Benefits of the program include:

- improved balance
- increased strength
- reduced risk of falls
- opportunities for social interaction
- improvement in self-esteem and mental wellbeing



It doesn't matter if you are unfit, or you have never done an exercise class before. This class is for those beginning an exercise program. Please wear closed toe shoes and clothes that allow you to move freely. Please bring water and a towel.

FOOD SWAP

FRIDAY 1 MARCH | 9.30AM -11AM

Dougherty Community Centre,
7 Victor Street, Chatswood

FREE

BOOKING ESSENTIAL – PLACES ARE LIMITED

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au

Come along with excess food crops from your garden to swap with other keen food-growing gardeners and exchange garden tips for growing healthy food. You can also learn from others about new and interesting edible plants you can grow in your garden and discuss ways to prepare them for eating.

Enquiries:

Phone: Jan Felton 9777 7753 or Monique Van Vught 9777 7875

Email: Jan.Felton@willoughby.nsw.gov.au or

MoniqueVan.Vught@willoughby.nsw.gov.au



ONE ON ONE TECH HELP – FREE HELP FOR YOUR DEVICE

FRIDAY 1, 8, 15, 22 MARCH | 11AM – 12 NOON

Chatswood Library, LG 409 Victoria Avenue, Chatswood

FREE

BOOKING ESSENTIAL

Scan the QR code below to book online or visit
[https://libraries.willoughby.nsw.gov.au/
Events-and-programs](https://libraries.willoughby.nsw.gov.au/Events-and-programs)

Get free tech help at Chatswood Library in English, Mandarin and Cantonese. These sessions are perfect if you need help with your mobile device, computer or just want to learn how to access the library's free eBooks, e-magazines and movies. Register for your one-on-one session now.

Enquiries:

Phone: Chatswood Library 9777 7900

Email: Library@willoughby.nsw.gov.au



MEN'S SHED OPEN DAY

SATURDAY 2 MARCH | 10AM – 4PM

Willoughby Community Men's Shed

Warners Park, The Outpost, Northbridge

FREE

BOOKING NOT REQUIRED

Phone: Nick Ellis 0428 249 709

Email: wcms@offcut.com.au

A chance for all members of the public (regardless of gender) to visit the Shed, talk to members, enjoy a guided tour of the Shed and have a look at the tools and machinery.

Discuss the role of the Shed in the community, and explore some of the projects that members take on.



ORIGAMI CRAFTING EVENT FOR BEGINNERS

SUNDAY 3 MARCH | 2PM – 3PM

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKING ESSENTIAL

Scan the QR code below to book online or visit

[https://libraries.willoughby.nsw.gov.au/](https://libraries.willoughby.nsw.gov.au/Events-and-programs)

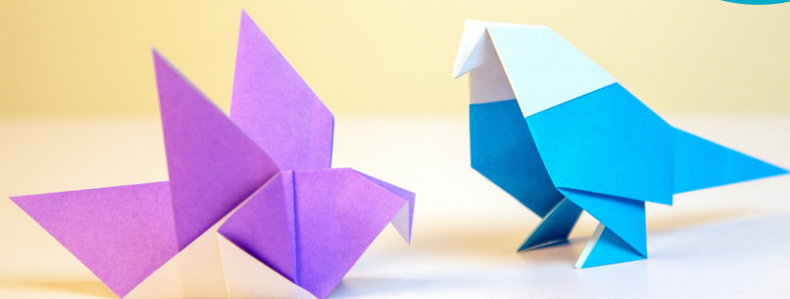
Events-and-programs

Discover the enchanting world of origami, the art of paper folding! Join us for a delightful session tailored for beginners. Transforming a flat sheet of paper into a 3D masterpiece with your own hands is truly magical. No prior experience needed, just your curiosity and enthusiasm!

Enquiries:

Phone: Chatswood Library 9777 7900

Email: Library@willoughby.nsw.gov.au



ADVANCED ORIGAMI WITH SILHOUETTE CAMEO 4 DEMO

SUNDAY 3 MARCH | 3PM – 4PM

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKING ESSENTIAL

Scan the QR code below to book online or visit
[https://libraries.willoughby.nsw.gov.au/
Events-and-programs](https://libraries.willoughby.nsw.gov.au/Events-and-programs)

Take your origami skills to the next level with our advanced session featuring the Silhouette Cameo 4 machine. This desktop craft cutter opens up a world of possibilities for intricate designs. Watch in awe as we demonstrate how this tool aids in creating precise crease lines, especially for geometric designs and curved creases. If you're passionate about pushing the boundaries of paper art, this session is tailor-made for you. Don't miss out!

Enquiries:

Phone: Chatswood Library 9777 7900

Email: Library@willoughby.nsw.gov.au



BUSHWALKING WITH CONFIDENCE FOR SENIORS

MONDAY 4 MARCH, TUESDAY 12 MARCH
10AM – 12 NOON

Chatswood Scout Hall,

Down the lane between 7 and 11 Kooba Avenue

FREE

BOOKING ESSENTIAL

Phone: Rowena 9777 7873, Emma 9777 7942

Email: Rowena.Chong@willoughby.nsw.gov.au or

Emma.Hayes@willoughby.nsw.gov.au

Bushwalking is great exercise for both the mind and the body. This workshop is designed to increase your confidence around bushwalking so that you can enjoy the bush safely. This 2-hour activity consists of a 45-minute exercise class where you will learn different strengthening and balancing exercises under the guidance of a qualified trainer from Vintage Fitness & Health, followed by morning tea and an easy bushwalk near beautiful Sailors Bay Creek.



Light refreshments, tea and coffee will be provided.

Participants should dress in comfortable clothing, including sneakers/runners suitable for exercise and walking. Long pants covering the ankles are recommended for the bushwalk.

Please bring a hat, towel and water.

REACH BEYOND AGED CARE JARGON WITH SENIORS RIGHTS SERVICE

MONDAY 4 MARCH | 11AM – 12 NOON

Dougherty Community Centre, 7 Victor Street, Chatswood

FREE

BOOKING ESSENTIAL

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au

Are you just beginning to think about aged care and confused about where to start? Perhaps you're already receiving support but it's not quite matching your needs?

Aged Care Advocates explain your aged care rights, talk about options for support, and let you know how they can help so you don't get lost in the jargon.

Join Seniors Rights Service to find out how you can use aged care to stay in control of the things that matter to you.

Enquiries:

Phone: Deb Denman 1800 424 079

Email: ddenman@seniorsrightsservice.org.au



Seniors Rights Service

TECH SAVVY SENIORS (IN CANTONESE)

老年人技通 (廣東話)

TUESDAY 5, 12, 19, 26 MARCH, 2, 9 APRIL
9.30AM – 11.45AM

Chatswood Library, LG 409 Victoria Avenue, Chatswood

FREE

BOOKING ESSENTIAL

Scan the QR code below to book online or visit
<https://libraries.willoughby.nsw.gov.au/Events-and-programs>

Develop the technology skills and confidence to get connected and participate in the online world. Join a series of 6 introduction sessions: iPads/Tablets, internet, smartphones, email and social media.

培養電腦科技技能和信心，與網絡世界聯繫。歡迎參加一連六節電腦科技入門課：平板電腦、上網、智能手機、電郵及社交媒體。六節課只需登記一次。必須報名

Enquiries:

Phone: Chatswood Library 9777 7900

Email: Library@willoughby.nsw.gov.au



TECH BUDDY CLUB

TUESDAY 5 MARCH | 11AM – 12 NOON

Chatswood Library, LG 409 Victoria Avenue, Chatswood

FREE

BOOKING ESSENTIAL

Scan the QR code below to book online or visit
<https://libraries.willoughby.nsw.gov.au/Events-and-programs>

Tech Buddy Club is for tech-curious seniors interested in learning about computers and mobile technology.

Held on the first Tuesday of the month (February - November), each session includes a short presentation and group discussion. You can ask your own questions or learn how others are using technology for everyday life.

Enquiries:

Phone: Chatswood Library 9777 7900

Email: Library@willoughby.nsw.gov.au



LOWER NORTH SHORE VOLUNTEER EXPO

WEDNESDAY 6 MARCH | 11.30AM – 1.30PM

Dougherty Community Centre

7 Victor Street, Chatswood

FREE

BOOKING NOT REQUIRED

Phone: Jackie Playle 9777 7826

Email: Jackie.Playle@willoughby.nsw.gov.au

Enjoy the many benefits of volunteering – make friends, learn new skills and make a real difference in your community.

Come along to find out how to get involved with a range of organisations from delivering Meals on Wheels, helping on bus outings, assisting with community lunches and much more!



NORTHSIDE WELLNESS – OPEN DAY (Women only)

WEDNESDAY 6, 13, 20, 27 MARCH

FELDENKRAIS: 10AM – 11AM

Dougherty Community Centre, 7 Victor Street Chatswood

FREE*

BOOKING ESSENTIAL

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au

*First two sessions free

Would you like to see Wellness in action? At Northside Wellness we don't see ageing as a disease. We want to embrace all of the opportunities that life has to offer and make sure we are in the best possible shape to meet them.

The Feldenkrais method facilitates learning about movement, posture and breathing to ultimately increase the ease and range of our movement, improve balance, breathing, flexibility and coordination. **This class is women only.**

It uses gentle, easy ways of moving in everyday activities to improve and enhance functioning.

It is beneficial for anyone suffering chronic or acute back, neck, shoulder, hip, leg or knee pain, as well as for healthy individuals who wish to enhance their physical and mental wellbeing.

Please wear comfortable clothing, bring your own mat, water bottle and a towel.



NORTHSIDE WELLNESS – OPEN DAY (Women only)

WEDNESDAY 6, 13, 20, 27 MARCH

QI GONG: 1PM – 2PM

Dougherty Community Centre, 7 Victor Street Chatswood

FREE*

BOOKING ESSENTIAL

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au

*First two sessions free

Qi Gong means exercise for your internal energy – a system of self healing exercise that includes movement, healing posture, self-massage, breathing techniques and meditation to help the body achieve and maintain better health.

Please wear comfortable clothing, bring your own mat, water bottle and a towel.



SAFE DRIVING FOR SENIORS WORKSHOP

THURSDAY 7 MARCH | 9AM – 12 NOON

Dougherty Community Centre
7 Victor Street, Chatswood

FREE

BOOKING ESSENTIAL

Phone: Ryan Penfold 9777 7735

Email: Ryan.Penfold@willoughby.nsw.gov.au

This popular three-hour workshop will explain:

- How to be a low risk driver
- The most commonly misunderstood road rules
- The older driver licensing system, including what to expect in the Aged Driving Test
- New vehicle technologies and how to use them

Run by a professional, experienced facilitator and accompanied by Council's Road Safety Officer. Refreshments provided.



COOKING DEMONSTRATION: SIMPLE FRESH MEALS ON A BUDGET

THURSDAY 7 MARCH | 5.30PM – 7.30PM

Dougherty Community Centre, 7 Victor Street, Chatswood

\$7

PER PERSON

BOOKING ESSENTIAL

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au

Qualified chef Jason Sherwill will teach you how to make three simple fresh meals on a budget with produce purchased from your local supermarket.

Learn a little about the importance of diet as you age and practical tips to keep you cooking and enjoying it.

Taste testing throughout the cooking demonstration.

No previous cooking experience necessary.



BEYOND THE PAGE

FRIDAY 8 & 22 MARCH | 10AM – 11.30AM

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKING ESSENTIAL

Scan the QR code below to book online or visit
<https://libraries.willoughby.nsw.gov.au/Events-and-programs>

Join us for a unique crafting event, where we'll breathe new life into old books through imaginative crafts. Experience the joy of repurposing and connect with others in a creative and engaging atmosphere!

Enquiries:

Phone: Chatswood Library 9777 7900

Email: Library@willoughby.nsw.gov.au



MOVIE SCREENING: CHARADE (1963)

SATURDAY 9 MARCH | 10AM – 12 NOON

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKING ESSENTIAL

Scan the QR code below to book online or visit

[https://libraries.willoughby.nsw.gov.au/](https://libraries.willoughby.nsw.gov.au/Events-and-programs)

Events-and-programs

In this equally thrilling and romantic classic, Regina Lampert (Audrey Hepburn) falls for the dashing Peter Joshua (Cary Grant) while on holiday in the French Alps. Her newfound romance is interrupted, however, upon her return home, when it is revealed that her husband has been murdered. Regina and Peter soon find themselves pursued by her husband's World War II cronies, Tex (James Coburn), Scobie (George Kennedy) and Gideon (Ned Glass), who are after the quarter of a million dollars the quartet stole while behind enemy lines.

Rated PG. Running time is approximately 113 minutes.

Enquiries:

Phone: Chatswood Library 9777 7900

Email: Library@willoughby.nsw.gov.au



GRANDPARENTS STORYTIME

TUESDAY 12 & THURSDAY 14 MARCH | 11AM – 11.45AM

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKING ESSENTIAL

Scan the QR code below to book online or visit

<https://libraries.willoughby.nsw.gov.au/Events-and-programs>

Stories, songs and a craft, celebrating the special bond between a grandparent and child.

For children aged 3-6, and their carers.

Enquiries:

Phone: Chatswood Library 9777 7900

Email: Library@willoughby.nsw.gov.au



COME AND TRY CROQUET

SUNDAY 10 MARCH | 3PM – 5.30PM

SATURDAY 16 MARCH | 10AM – 12.30PM

Chatswood Croquet Club

699A Pacific Highway, Chatswood

FREE

BOOKING ESSENTIAL

Phone: Bob Berry 0450 204 729 or

Dan Howard 0407 195 112

Email: info@chatswoodcroquet.org.au

Bookings close one week before each event

Croquet provides gentle outdoor exercise and playing strategies to exercise the mind.

It is perfect for seniors, encouraging social interaction and may be played competitively into your 90s. A fabulous transition from tennis, golf, etc. New members are supported to quickly enjoy social games.

Please wear comfortable clothes and flat soled shoes.
Sun protection recommended. Refreshments and equipment will be provided.

For more information: scan the QR code below or visit
<https://chatswoodcroquet.org.au/>



EXPERIENCE YOUR LOCAL CHOIR

MONDAY 11 MARCH | 1.15PM – 2.15PM

Dougherty Community Centre
7 Victor Street, Chatswood

FREE

BOOKING ESSENTIAL

Phone: Yvonne McLeod 9968 3550 or 0431 434 105

Email: mcleod@optusnet.com.au

Bookings close Monday 4 March

Beating Time, your local multicultural community choir, invites you to sit in on a regular rehearsal in the auditorium of the Dougherty Community Centre.

Under the experienced direction of Margot McLaughlin, one of Sydney's most respected musicians, and accompanied on piano by Tony Baldwin, the repertoire of songs will appeal to all.

Come along and watch a rehearsal in progress, listen to some of the choir's favourite songs and join us as we begin to learn a new piece.

Refreshments are not served but guests are invited to join us in Blend Café for a cuppa and chat after the rehearsal.



REACH BEYOND YOUR AGED CARE PROBLEMS – ACCESS AN ADVOCATE FOR SUPPORT

Seniors Rights Service Drop In Sessions

MONDAY 11, 18, 25 MARCH | 10AM – 1PM

Dougherty Community Centre, 7 Victor Street, Chatswood



BOOKINGS AVAILABLE

Phone: Seniors Rights Service on 1800 424 079

Do you need help to break through a barrier to get aged care support that works for you?

Join your local Seniors Rights Service aged care advocates for a 1:1 meeting. Advocates can help you to register with My Aged Care, explain what to expect from your approved services, work with you to resolve issues with your providers and refer you to other agencies if needed.

Call Deb, Sophie or Ashley at Seniors Rights Service on 1800 424 079 to book an appointment. Drop ins are also welcome on the day.

Support is free and confidential.

Enquiries:

Phone: Seniors Rights Service 1800 424 079

Email: ddenman@seniorsrightsservice.org.au



Seniors Rights Service

STAYING INDEPENDENT AT HOME

TUESDAY 12 MARCH | 9.30AM – 10.30AM

Dougherty Community Centre
7 Victor Street, Chatswood

FREE

BOOKING ESSENTIAL

Phone: Kate Valente 9777 7831

Email: Kate.Valente@willoughby.nsw.gov.au

Want to stay at home and independent for as long as possible but need some support to do so? Our experienced **At Home with Willoughby** Aged care team will take you through

- How to access basic entry level aged care services through My Aged Care
- What the Commonwealth Home Support Program (CHSP) is and what type of services are available through this program
- The proposed changes to the aged care system

Light refreshments will be provided.



COME AND PLAY PICKLEBALL – WILLOBEES PICKLEBALL

TUESDAY 12 & 26 MARCH | 9.30AM – 11.30AM

Willis Recreation & Sports Centre
325A Eastern Valley Way, Middle Cove

FREE

BOOKING ESSENTIAL

Phone: Donna Jay 0414 942 782 or

Phillip Biggs 0448 842 024

Email: President@willobees.au or

Vicepresident@willobees.au

Come and try pickleball in a friendly and relaxed environment. It's fun, social and great for most ages and abilities. You will be taught the basics, play games & make new friends.

While pickleball does take some coordination, and you have to be physically healthy to play, it's an easy game to learn.

Wear comfortable clothes & suitable footwear for on-court play; something with support. NO sandals or thongs.

Please bring bottled water. There will be spare paddles to use.

All are welcome to stay for some refreshments afterwards.



SAVINGS FINDER FOR SENIORS

TUESDAY 12 MARCH | 11AM – 12 NOON

Dougherty Community Centre
7 Victor Street, Chatswood

FREE

BOOKING ESSENTIAL

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au

Service NSW will be doing a presentation about the NSW Government's Savings Finder program. Consolidated rebates and savings information are made available in one website, making it easier for citizens to cut costs on power bills, utilities, transport, health, sports, and recreation.

Attendees will be shown how to answer questions through an online eligibility tool or through face-to-face appointments to help identify the rebates and savings that they are eligible to apply for.



AT HOME WITH WILLOUGHBY SOCIAL LUNCH CLUB

WEDNESDAY 13 & 27 MARCH | 12.30PM - 2PM

Dougherty Community Centre, 7 Victor Street, Chatswood

\$17.50
PER PERSON

BOOKING ESSENTIAL

Phone: At Home with Willoughby 9777 7830

Email: MOW@Willoughby.nsw.gov.au

Two course meal lunch, tea, coffee and a glass of wine.

- Menu 13 March
- Chicken Parmigiana with American Style Mac & Cheese, and Garden Salad
 - Apple & Rhubarb Strudel with Vanilla Ice Cream

- Menu 27 March
- Hokkien Noodles with Satay Chicken, and Mixed Seasonal vegetables
 - Lychees and Mango with Ice Cream

This is a great opportunity to meet up with old friends and make new ones at the easily accessible Dougherty Community Centre

All food is sourced locally and prepared in-house.

Payment is by card only on arrival. Cash is not accepted. Limited transport is available to the lunch on 13 March. Please enquire when booking.



OPEN MIC MORNING

WEDNESDAY 13 MARCH | 10AM – 12 NOON

Chatswood Library

LG 409 Victoria Ave, Chatswood

FREE

BOOKING ESSENTIAL

Scan the QR code below to book online or visit
[https://libraries.willoughby.nsw.gov.au/
Events-and-programs](https://libraries.willoughby.nsw.gov.au/Events-and-programs)

We invite you to share songs, music, poems, stories, comedy, dance, magic and more at our special Open Mic Morning for Seniors Festival! We wholeheartedly welcome and encourage story-telling related to life in Willoughby, and culturally and linguistically diverse performances!

Enquiries:

Phone: Chatswood Library 9777 7900

Email: Library@willoughby.nsw.gov.au



AT HOME WITH WILLOUGHBY SOCIAL CIRCLE HIGH TEA

THURSDAY 14 MARCH | 1PM – 3PM

Dougherty Community Centre, 7 Victor Street, Chatswood

\$12

PER PERSON

BOOKING ESSENTIAL

Phone: Debi Rose or Ita Flynn 9777 7824

Email: Debi.Rose@willoughby.nsw.gov.au

or Ita.Flynn@willoughby.nsw.gov.au

Come and join our weekly Social Circle group, enjoy a high tea, and find out more about Social Circle and the other activities and groups available at the Dougherty Community Centre.

The high tea will be prepared by our chef, and will be followed by a short movie shown on our new large screen.

Please pay by card on arrival at the Dougherty Centre.



ALL AGES BOOK BINGO!

THURSDAY 14 MARCH | 3.30PM – 4.30PM

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKING ESSENTIAL

Scan the QR code below to book online or visit

<https://libraries.willoughby.nsw.gov.au/>

Events-and-programs

Come along for an intergenerational game of book bingo: just like regular bingo but with a twist! We'll be using book titles instead of numbers! Share your favourite book title when you register and we'll include it on our bingo cards.

Enquiries:

Phone: Chatswood Library 9777 7900

Email: Library@willoughby.nsw.gov.au



LEARN ABOUT AGED CARE SERVICES

– webinars in English, Mandarin & Cantonese

星期一 3月18日 (普通话)

星期三 3月20日 (廣東話)

THURSDAY 21 MARCH (English)

1.30PM – 2.30PM

Online webinar



FREE

BOOKING PREFERRED FOR ENGLISH WEBINAR

Book online: <https://www.trybooking.com/CMVRY>

Zoom link (English): <https://zoom.us/j/99195123598>

Join this webinar to learn about My Aged Care (for Commonwealth funded aged care services), the services and support available, the assessment process and aged care reforms. Presenter is from Carers NSW.

Enquiries: Phone: Lily Li 9424 0970. Email: Lli@krg.nsw.gov.au

廣東話 Cantonese – Zoom link: <https://zoom.us/j/97772445622>
什麼是我的高齡服務 (My Aged Care)?

居家養老與入住療養院

- 家居服務入門選擇: 聯邦家居支援服務 (CHSP)
- 家居配套服務 (HCP) 提供全面護理
- 何時是入住療養院最佳時機

講員來自澳華療養院基金。

普通话 Mandarin – Zoom link: <https://zoom.us/j/97612207276>
甚麼是我的高齡服務 (My Aged Care)? 如何注册?
甚麼是登門护老服务 (Home Care)?
讲员来自华人服务社。

MAHJONG WORKSHOP

MONDAY 18 MARCH | 6PM – 8PM

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKING ESSENTIAL

Scan the QR code below to book online or visit

[https://libraries.willoughby.nsw.gov.au/](https://libraries.willoughby.nsw.gov.au/Events-and-programs)

Events-and-programs

Playing Mahjong offers benefits for both the mind and social life. It is good exercise for your brain. It helps improve concentration and strategic thinking, enhances your memory and pattern recognition and relieves stress.

Mahjong is a highly social activity, providing opportunities to build connections, strengthen friendships, and create lasting memories with others.

Join our exciting Mahjong Workshop (Hong Kong style) for beginners and discover the ancient Chinese game that has captivated minds for centuries!

Enquiries:

Phone: Chatswood Library 9777 7900

Email: Library@willoughby.nsw.gov.au



FAMILY FEUD

WEDNESDAY 20 MARCH | 10AM – 11.30AM

Chatswood Library

LG 409 Victoria Avenue

FREE

BOOKING ESSENTIAL

Scan the QR code below to book online or visit
<https://libraries.willoughby.nsw.gov.au/Events-and-programs>

Join us at Chatswood Library for a fun game of Family Feud!

Guess the top answers for each question before time runs out!
Bring your friends and family.

Morning tea will be provided.

Enquiries:

Phone: Chatswood Library 9777 7900

Email: Library@willoughby.nsw.gov.au



KIMBRIKI ECO HOUSE AND GARDEN TOUR

WEDNESDAY 20 MARCH | 9.15AM – 1.15PM

Meet outside the Dougherty Community Centre

7 Victor Street, Chatswood

FREE

BOOKING ESSENTIAL

Phone: Barbara Jenkins 9777 7583 or

Stephanie Took 9777 7607

Email: Barbara.Jenkins@willoughby.nsw.gov.au or

Stephanie.Took@willoughby.nsw.gov.au

Bus transport to and from Kimbriki Resource Recovery Centre.

Join us on a tour of the Kimbriki Resource Recovery Centre, Eco-House and garden.

You will see how green waste is transformed into a usable garden product and tour the Kimbriki site. This will be followed by a fun workshop and talk on ecological living, organic gardening and composting at the Eco-House and garden, including tasting of edible flowers and herbal tea for morning tea.

Participants will be picked up from the front of the Dougherty Community Centre and driven to Kimbriki in Ingleside.

Please wear flat enclosed shoes and bring a hat and your water bottle. Morning tea will be provided.



HARMONY DAY: CELEBRATING UNITY AND FRIENDSHIP

THURSDAY 21 MARCH | 10AM – 12PM

Zenith Theatre, Cnr McIntosh Street & Railway St, Chatswood

FREE

BOOKING ESSENTIAL - OPEN 23 FEBRUARY

Scan the QR code below to book online or visit
www.zeniththeatre.com.au

Join us for an enchanting Harmony Day, celebrating unity, friendship and collaboration through diverse cultural performances and entertainment.

Immerse yourself in the beauty of our global village on the United Nations International Day for the Elimination of Racial Discrimination, fostering connections that transcend borders.

Enquiries:

Phone: Sun-Hae Kim 9777 7949

Email: Sun-Hae.Kim@willoughby.nsw.gov.au



HARMONY DAY – FLOWER ARRANGING MADE EASY WORKSHOP

THURSDAY 21 MARCH | 10.30AM – 12.30PM

Dougherty Community Centre

7 Victor Street, Chatswood

\$7

PER PERSON

BOOKING ESSENTIAL – PLACES ARE LIMITED

Scan the QR code below to book online or visit
[https://communityflowerstudio.org/
floral-arrangements-made-easy-senior-week/](https://communityflowerstudio.org/floral-arrangements-made-easy-senior-week/)

Put your creative hat on to arrange a bouquet from fresh flowers 'picked' from the Flower Market. Flowers speak the language of LOVE. Dr. Bibi will share flower arranging tips and the associated health benefits. You will learn the Eight Elements of Design and create two bouquets of very different style (straight stems and grouping).

Closed toe shoes must be worn. Please bring your own apron and gardening gloves if preferred. Please bring a reusable bag to take your floral arrangements home. Please note that considerable strength is required to cut the stems with sharp florist scissors.

Please pay by card on arrival at the Dougherty Community Centre.
Bookings close Monday 18 March.

Enquiries:

Phone: Bibiana Chan 0412 613 073

Email: communityflowerstudio@yahoo.com



ART TALKS BY ART GALLERY OF NSW

VARIOUS DATES

Chatswood Library, LG 409 Victoria Avenue, Chatswood

FREE

BOOKING ESSENTIAL

Scan the QR code below to book online or visit
<https://libraries.willoughby.nsw.gov.au/Events-and-programs>

Tour Guides from the Art Gallery of NSW will share with you their selection of artworks related to 'Reach Beyond' from the collections. Come find some interesting and inspiring facts and stories about these artworks and join us in celebrating this year's Seniors Festival. Contents in the English, Mandarin and Cantonese sessions are different.

THURSDAY 21 MARCH | 10AM – 11AM (in Mandarin)

THURSDAY 21 MARCH | 11.30AM – 12.30PM (in Cantonese)

THURSDAY 28 MARCH | 10AM – 11AM (in English)

Enquiries:

Phone: Chatswood Library 9777 7900

Email: Library@willoughby.nsw.gov.au

新南威爾士州美術館的導覽將與您分享他們從館藏中挑選有關“超越”為題的藝術品。歡迎參加，認識一些關於這些藝術品的有趣及鼓舞人心的故事，與我們一起慶祝今年的長者節。英語、普通話及廣東話各場內容均不相同。



GOOD GRIEF – UNDERSTAND DEATH BETTER

THURSDAY 21 MARCH | 10AM – 12 NOON

Dougherty Community Centre

7 Victor Street, Chatswood

FREE

BOOKING PREFERRED

Phone: Dougherty Community Centre 9777 7800

Email: dcc@willoughby.nsw.gov.au

Join our discussion about death, which makes the last phase of life energetic and life affirming. Myths, misinformation and fears are dispelled, and practical guidance is given to make death better.

Facilitated by Good Grief.

GoodGrief!

Let's talk about end-of-life and grief management.

good-grief.com.au

DOCUMENTARY SCREENING: HOW THE BEATLES CHANGED THE WORLD (2017)

SATURDAY 23 MARCH | 10AM – 12 NOON

Chatswood Library, LG 409 Victoria Avenue, Chatswood

FREE

BOOKING ESSENTIAL

Scan the QR code below to book online or visit
<https://libraries.willoughby.nsw.gov.au/Events-and-programs>

The fascinating story of the cultural, social, spiritual and musical revolution ignited by the coming of the Beatles. Tracing the impact that these four band members had, first in their native Britain and soon after worldwide. It reappraises the band and follows their path from young subversives to countercultural heroes. Featuring fresh, revealing interviews with key collaborators as well as a wealth of rarely-seen archival footage, this documentary presents a bold new take on the most significant band in the history of music and their enduring impact on popular culture.

Rated PG. Running time is approximately 109 minutes.

Enquiries:

Phone: Chatswood Library 9777 7900

Email: Library@willoughby.nsw.gov.au



SENIOR HEALTH & FITNESS DAY

MONDAY 25 MARCH | 8AM – 1PM

Willoughby Leisure Centre
2 Small Street, Willoughby

FREE

BOOKING REQUIRED TO ATTEND
GROUP FITNESS CLASS

Phone: 9958 5799

Email: leisure@willoughby.nsw.gov.au

Seniors will be given full access to the Health Club (gym) and group fitness classes at Willoughby Leisure Centre.

Willoughby Leisure Centre offers a wide selection of group fitness classes that are tailored to address the broad range of health and wellbeing needs for older adults and people who are starting their fitness journey. All customers using the gym or attending a fitness class must bring a clean towel.

The Group Fitness Timetable can be viewed on the website at www.willoughbyleisure.com.au



SONGS OF THE SIXTIES – UKULELE SPECTACULAR

WEDNESDAY 27 MARCH | 7PM – 9.30PM

Dougherty Community Centre, 7 Victor Street, Chatswood



BOOKING NOT REQUIRED

Phone: Steve Lockwood 9299 7044

Email: stevemlockwood@gmail.com

The Bonzer Ukulele and Singing Kollektive will be celebrating Seniors Festival with a Songs of the Sixties Spectacular.

Come along and sing the songs of your youth. We'll be enjoying songs from the 1960s – everything from Rock and Roll, Folk, Popular, Crooners and Woodstock packed into a few hours of fun.

No musical experience necessary, just come along and sing with us.

Tea, coffee and biscuits provided.



NATIVE OR EXOTIC – WHICH PLANTS SHOULD WE USE?

THURSDAY 28 MARCH | 11.30AM – 12.30PM

Chatswood Library, LG 409 Victoria Avenue, Chatswood

FREE

BOOKING ESSENTIAL

Scan the QR code below to book online or visit
[https://libraries.willoughby.nsw.gov.au/
Events-and-programs](https://libraries.willoughby.nsw.gov.au/Events-and-programs)

Why should we insist planting only native plants? Is it horticultural jingoism or naïve ecological optimism? Or are there actual benefits? In our globalized world and in the time of climate crisis, should we welcome anything that will thrive?

This talk will look at these and other questions, ending up with some suggestions for local application.

Enquiries:

Phone: Chatswood Library 9777 7900

Email: Library@willoughby.nsw.gov.au



WCC KNITTING GROUP – OPEN DAY

THURSDAY 28 MARCH | 12.30PM – 2PM

Dougherty Community Centre

7 Victor Street, Chatswood

FREE

BOOKING NOT REQUIRED

Phone: Robyn Webb 9419 3447 or

Colleen Webb 0419 499 598

Come along to our Seniors Festival Open Day where we will be showcasing our efforts and providing an opportunity to share ideas, learn new skills and make friends.

The Dougherty Community Centre Knitting Group meets weekly to knit for those in need. All items are donated to the less fortunate in our local community through the Salvation Army, local nursing homes, Stewart House, Street Works, Wayside Chapel and many others.

Needles and yarn are provided, along with plenty of hands-on expertise and light refreshments.

We also welcome donations of yarn, either new or surplus from your own collections.



DIGITAL LITERACY FOR OLDER ADULTS

长者使用电子设备课程/長者使用電子設備課程

노인을 위한 디지털 기술에 대한 이해와 활용 능력

MONDAY 4 - THURSDAY 28 MARCH | 9AM - 2.30PM

Dougherty Community Centre, 7 Victor Street, Chatswood

FREE

TO BOOK YOUR FIRST SESSION

请尽快预定您的第一节课 / 請盡快預定您的第一節課
첫 번째 세션을 예약하려면 아래 번호로 연락주시요.

Phone: Dougherty Community Centre 9777 7800

Sessions available in English, Cantonese, Korean and Mandarin

Basic technology sessions for your smartphone, tablet, laptop or PC for older adults. Our volunteers provide four free one-on-one 40 minute sessions to learn the basics.

专为长者设计的基础科技课程关于如何使用您的智能电话，平板电脑，笔记本电脑以及台式电脑。我们的义务工作者将提供4节，每节40分钟免费一对一的课程来学习基础知识。

專為長者設計的基礎科技課程關於如何使用您的智能電話，平板電腦，筆記本電腦以及台式電腦。我們的義務工作者將提供4節，每節40分鐘免費一對一的課程來學習基礎知識。

노인을 위한 스마트폰, 태블릿, 노트북 또는 PC 관련 기본 기술 세션 등입니다. 기본 사항을 배우기 위한 40 분 1:1 세션이 자원봉사자들에 의해 4회 무료로 제공됩니다.





www.willoughby.nsw.gov.au



The Willoughby Seniors Festival is sponsored by Willoughby City Council and is supported by local community organisations and businesses.
All programs and activities may be subject to change.