

SENIORS festival

1 – 31 March 2025

Time to Shine



MAYOR'S WELCOME

Welcome to Willoughby's Seniors Festival Celebrations for 2025.



This year the NSW Seniors Festival theme is 'Time to Shine'. Willoughby Council has created an exciting program with more than 35 free or discounted events where older residents can shine brightly and enjoy new activities and experiences, including art, information talks, exercise, outings and much more!

The highly anticipated annual Seniors Variety Concert will be held at the convenient Zenith Theatre on Tuesday, March 4th. Join us for an afternoon of entertainment featuring the band Hitmakers 4, along with performances by the local community choir Beating Time and MOSAIC cultural dance groups. Enjoy a complimentary lunch box from Blend Cafe while you soak in the vibrant performances.

Other activities include a seminar on Ageing Well, a workshop titled "Let Your Voice Shine: Advocating for Yourself in Later Life" led by COTA, a scenic Seven Islands of the Hawkesbury River Cruise, and a session on creating your own green sanctuary on your balcony. Additionally, there will be health talks, social lunches, music performances, art exhibitions and classes, and open days, among many other exciting events.

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.

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 look forward to seeing you at one or many of these fantastic events.

Cr. Tanya Taylor

Mayor of Willoughby City Council

The Willoughby Seniors Festival is sponsored by Willoughby City Council and is supported by local community organisations and businesses.

WILLOUGHBY CITY COUNCIL SENIORS GALA CONCERT

\$8

PER
PERSON

Tue 4 MARCH, 12:00pm - 2.30pm
Doors open at 11.45am

The Zenith Theatre
Railway Street, Chatswood

This year the Seniors Gala Concert will take place at the easily accessible Zenith Theatre. Enjoy entertainment provided by the band Hitmakers 4 by who will perform a showcase of familiar numbers.

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!

BOOKINGS REQUIRED: Bookings open Tuesday 4 February

Online: Zenith Theatre website www.zeniththeatre.com.au

In person: The Zenith Theatre (9.30AM – 4PM)

Phone: The Zenith Theatre on 9777 7555

For wheelchair bookings please call the Zenith Theatre on 9777 7555

Parking: Zenith Carpark with complimentary validation

Drop Offs: Railway Street (outside Theatre)



WILLOUGHBY CITY COUNCIL

SEVEN ISLANDS OF THE HAWKESBURY

\$59
PER
PERSON

Tue 11 MARCH, 9.30am - 3.30pm

Dougherty Community Centre,
7 Victor Street, Chatswood

Leaving at 9.30am

Learn the history of the islands of the river on this popular cruise – Lion, Dangar, Spectacle, Long, Peat, Milson and Bar Islands. Cruise past the water-access-only settlements of the lower Hawkesbury, see the wreck of the HMAS Parramatta, Australia's first warship, and find out how it ended up lying at the bottom of the cliff.

The views to the ocean behind Lion Island make for some spectacular photos, as will the close-up view of some ancient Aboriginal rock carvings at Eagle Rock near Broken Bay. This cruise includes morning tea with home-made Anzac biscuits on arrival and a tasty Ploughman's lunch served on board.

Ticket price includes morning tea, lunch and transport per person.
No refunds on cancellation.

BOOKINGS REQUIRED: Pre-payment is required by Tue 25th February.

Phone: Debi Rose or Ita Flynn on 9777 7824

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



WILLOUGHBY CITY COUNCIL

LET YOUR VOICE SHINE: ADVOCATING FOR YOURSELF IN LATER LIFE

**FREE**

Wed 19 MARCH, 10:00am - 11.00pm

Dougherty Community Centre,
7 Victor Street, Chatswood

Have you ever felt you are not being listened to?

COTA NSW (Council on the Ageing) community advocate volunteer will workshop how to get your issues heard and how to regain your voice. Jill is a senior herself and is passionate about assisting other seniors.

BOOKINGS REQUIRED

Phone: Michelle Woolven on 9286 3860

Email: info@cotansw.com.au

In collaboration with Willoughby City Council and COTA

COTA

NEW SOUTH WALES



WILLOUGHBY CITY COUNCIL SMART EXPRESSIONS 2025



THU 27 FEBRUARY – SUN 23 MARCH
Gallery hours: WED – SUN, 11am – 5pm

Art Space on The Concourse
409 Victoria Ave, Chatswood

Willoughby City Council presents an exhibition of student artworks selected from the 2024 NSW HSC practical examination in visual arts. Selected from six local high schools, the exhibition demonstrates the interests and passions of a new generation of young artists.

BOOKINGS NOT REQUIRED

For enquiries:

Phone: Mon Bedwell 0447 881 441

Email: monique.bedwell@Willoughby.nsw.gov.au

BELOW: Yuzi Han

Grandma and Grandpa's Jinan, China demolished, 2024



WILLOUGHBY CITY COUNCIL SENIORS ARTS FESTIVAL EXHIBITION

FREE

Sat 1 March - Mon 31 March,
9.30am - 4.30pm

Dougherty Community Centre,
Blend Café Art Space, 7 Victor Street, Chatswood

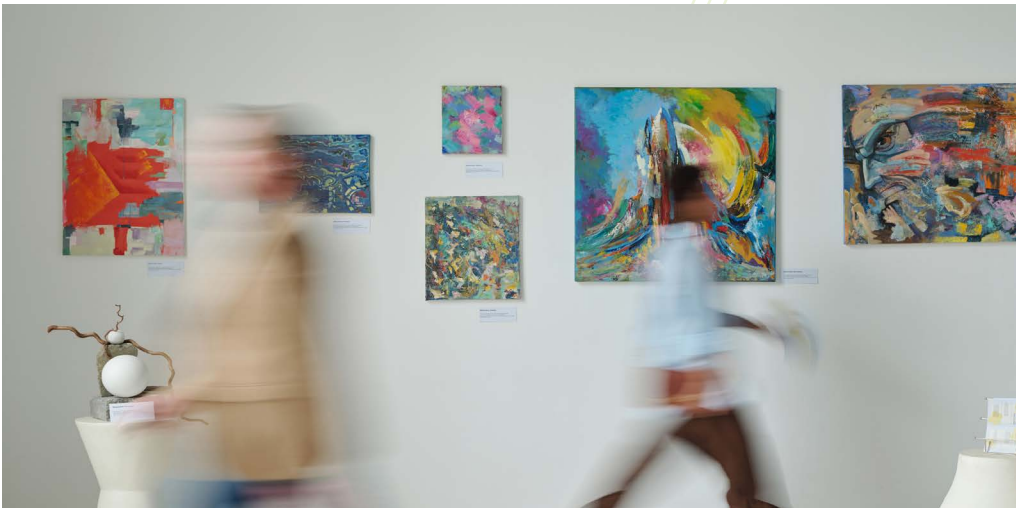
This event celebrates creative people within our community who may not have an opportunity to exhibit their wonderful, interesting and surprising works of art in public. To be able to share their joy and sense of connection art making may bring to their lives.

Introducing works from local artists such as Jennifer Goh, Helen May Cousins and Paul Knox. We thank them for their contribution and we are delighted to support their time to shine.

BOOKINGS NOT REQUIRED

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL CRYPTIC CROSSWORD WORKSHOPS



Sat 1 & 8 MARCH, 10:00am – 12.00pm

Chatswood Library LG
409 Victoria Ave, Chatswood

Challenge your mind and have fun during the Seniors Festival at our two-day Cryptic Crossword Workshop. Over two engaging sessions, Sydney's own cryptic crossword wizard, Ralph Penglis, will guide you through the world of cryptic clues, and teach you the art of wordplay, decoding clues and mastering solving strategies that will have you solving puzzles like a pro!

This workshop is for all levels - beginners through to experienced puzzlers. Whether you're looking to expand your mind, solve a few puzzles, or just have fun with a group of fellow crossword fans, this workshop is the perfect way to get your brain cogs turning.

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL SHINING A LIGHT ON WILLOUGHBY'S RICH CULTURAL HISTORY

ENTRY BY
DONATION

Sun 2, 9, 16, 23, 30 MARCH,
1.00pm – 4.00pm

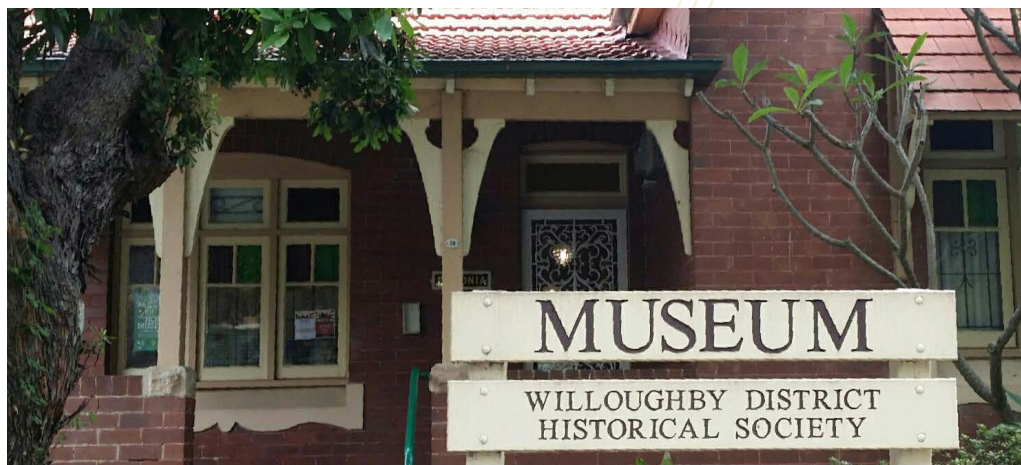
Willoughby Museum
58 Johnson Street, Chatswood

Come and visit Willoughby Museum and explore Willoughby's rich local history aided by our volunteer guides. Go back in time and learn about the settlement of our suburbs and our local industries, as well as the working and domestic lives of the people of yesteryear.

Explore migration and ethnic influences through our latest temporary exhibition capturing the cultural diversity of the people of Willoughby today through their personal stories, community involvement and hopes for the future.

BOOKINGS NOT REQUIRED

Enquiries: wdhs58@gmail.com



WILLOUGHBY CITY COUNCIL

JAPANESE STORYTIME

FREE

Mon 3 March, 10.45am - 11.15am

Chatswood Library LG
409 Victoria Ave, Chatswood

Celebrate Seniors Festival with a special Japanese Story Time for kids, designed to connect young listeners with the wisdom and stories of older generations. Children can enjoy traditional stories and songs that older people have cherished over the years, creating a heart-warming experience that honours cultural heritage and shared memories.

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL MANDARIN STORYTIME

FREE

Mon 3 March, 10.00am - 10.30am

Chatswood Library LG
409 Victoria Ave, Chatswood

Celebrate Seniors Festival with a special Mandarin Story Time for kids, designed to connect young listeners with the wisdom and stories of older generations. Children can enjoy traditional stories and songs that older people have cherished over the years, creating a heart-warming experience that honours cultural heritage and shared memories.

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL

NORTHSIDE WELLNESS – FELDENKRAIS: AWARENESS THROUGH MOVEMENT



Wed 5, 12, 19, 26 March,
10.00am – 11.00am

Dougherty Community Centre,
7 Victor Street, Chatswood

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.

BOOKINGS REQUIRED

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au

**First session free*

WILLOUGHBY CITY COUNCIL KNIT IN THE LIBRARY GROUP



Wed 5, 12, 19, 26 March,
9.30am - 11.30am

Chatswood Library LG
409 Victoria Ave, Chatswood

Bring your knitting needles, yarn, and a smile as we gather for a delightful Knit in the Library event. Whether you're a seasoned pro or a knitting newbie, this is the perfect opportunity to share your passion, learn new techniques, and connect with fellow crafters.

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL NORTHSIDE WELLNESS – QIGONG OPEN DAY



Wed 5, 12, 19, 26 March,
1.00pm - 2.00pm

Dougherty Community Centre
7 Victor Street, Chatswood

Qigong 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.

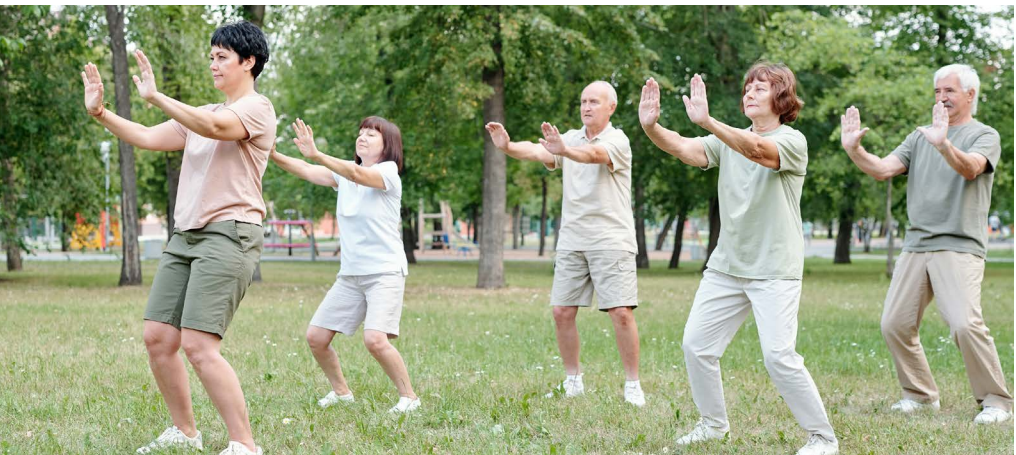
Please wear comfortable clothing, bring your own mat, water bottle and a towel.

BOOKINGS REQUIRED

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au

**First session free*



WILLOUGHBY CITY COUNCIL WEDNESDAY SOCIAL ACTIVITY GROUP – OPEN DAY

FREE

Wed 5 March, 10.30am - 2.30pm

Dougherty Community Centre
7 Victor Street, Chatswood

Join our Wednesday Social Activity Group open day and enjoy a range of activities with new friends.

This group meets weekly to enjoy arts & crafts, games, music and gentle exercise. Limited transport is available – please enquire when booking.

5 March Program:

- Music & Morning Tea
- Gentle Exercise
- Cupcake Paper Flower Craft
- Lunch & Armchair Travel to Switzerland
- Bingo

BOOKINGS REQUIRED

Phone: Gauri Borkar on 9777 7526 or Kate Valente on 9777 7831

Email: Gauri.Borkar@willoughby.nsw.gov.au or
Kate.Valente@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL

DIGITAL LITERACY FOR OLDER ADULTS



Wed, Thu & Fri 5 - 28 March,
10.00am - 12.00pm

Dougherty Community Centre
7 Victor Street, Chatswood

Focusing on the basics – individual lessons for those new to smartphones, tablets and laptops.

Sessions available in English, Cantonese, Korean and Mandarin.

Our volunteers provide four free one-on-one 40 minute sessions to learn the basics for your smartphone, tablet or laptop. Come with your charged device.

為智能手機、平板電腦或筆記本電腦新手提供一對一，重點關注基礎知識的課程。

課程以英語、粵語、韓語和普通話授課。

我們的義工會提供四次免費的一對一課程 (每課40分鐘)，以助您學習智能手機、平板電腦或筆記本電腦的基礎知識。請攜帶您已充滿電的設備來上課。

為初使用智能手機、平板電腦和筆記本電腦者提供一對一，專注於基礎知識的課程。課程以英語、粵語、韓語和普通話授課。

我們的志願者會提供四次免費的一對一課程 (每課40分鐘)，以助您學習智能手機、平板電腦或筆記本電腦的基礎知識。請帶上您已充滿電的設備來上課。

BOOKINGS REQUIRED

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au

WILLOUGHBY CITY COUNCIL SAFE DRIVING FOR SENIORS

FREE

Wed 5 March, 9.00am - 12.00pm

Dougherty Community Centre
7 Victor Street, Chatswood

This three-hour workshop will explain:

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

Resources available. Refreshments provided.

BOOKINGS REQUIRED

Phone: Ryan Penfold on 9777 7735

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



WILLOUGHBY CITY COUNCIL AT HOME WITH WILLOUGHBY SOCIAL CIRCLE 'HIGH TEA'

\$15
PER
PERSON

Thu 6 March, 1.00pm - 3.00pm

Dougherty Community Centre
7 Victor Street, Chatswood

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

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

BOOKINGS REQUIRED

Phone: Debi Rose or Ita Flynn on 9777 7824

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

Please pay by card on arrival at the Dougherty Centre.



WILLOUGHBY CITY COUNCIL

BE CONNECTED: HOW TO PAY ONLINE

FREE

Thu 6 March, 11.00am - 12.00pm

Chatswood Library LG
409 Victoria Ave, Chatswood

Build your confidence by learning how to pay safely for items online. We look at the different methods you can use for paying online, including direct deposits, credit and debit cards. We will also introduce a very popular and common payment service called PayPal, and discover how this service can be used for safer online purchases.

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL

WHAT WILL I DO TODAY? – NAVIGATING 'MEETUP.COM' WEBSITE

FREE

Thu 6 March, 4.30pm - 6.00pm

Dougherty Community Centre
7 Victor Street, Chatswood

Are you getting tired of the same old recreational activities? Are you wanting to make some new friends? Meetup.com has hundreds of groups and events catering for almost every age and taste. Learn all about this resource and how to navigate safely.

Light refreshments provided.

BOOKINGS REQUIRED

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL BLACKOUT POETRY



Fri 7 March, 10.00am - 11.00am

Chatswood Library LG
409 Victoria Ave, Chatswood

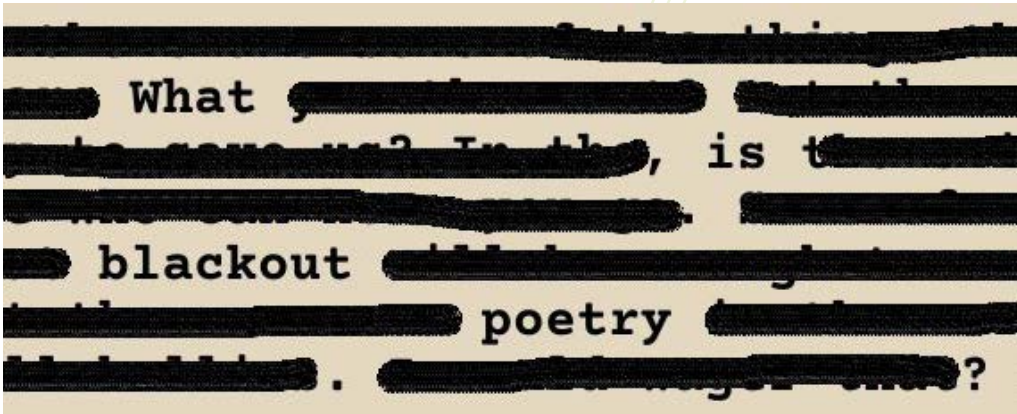
Join us for a morning of literary creativity where you'll transform newspapers, magazines, or even discarded books into beautiful, thought-provoking poetry by blocking out words you don't need and letting the rest shine using the art form known as Blackout Poetry.

It's a simple, fun, and artistic way to create poems by selecting words from a page of text, blacking out the rest, and letting the remaining words speak for themselves. During this workshop, you will learn the basics of Blackout Poetry, create your own poem (or poems!) using the various mediums provided, and then share your creations with the group.

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL

CROQUET OPEN DAYS



Sat 8 & 22 March, 10.45am - 1.00pm
Sun 30 March, 2.00pm - 4.15pm

Chatswood Croquet Club
699A Pacific Highway Chatswood

6 Reasons to try Croquet:

- Provides gentle outdoor exercise
- Playing strategies exercise the mind
- Friendly and sociable club in lovely garden setting
- Fun to play
- New members are supported
- Learn from accredited coaches



Wear comfortable clothes, including slacks, trousers, or shorts with flat-soled shoes. Sun protection recommended. The club will provide all the equipment needed to play.

Refreshments will be provided.

For more information on the game <https://chatswoodcroquet.org.au/>

BOOKINGS REQUIRED

Phone: Bob Berry 0450 204 729 or Dan Howard on 0407 195 112

Email: infochatswoodcroquet@gmail.com or
secretarychatswoodcroquet@gmail.com

How to get there:

By car, to park: heading south along Pacific Highway, turn left into Gordon St, then turn left again into Hammond Ave. Proceed slowly through the Bowling Club carpark to the northern end.

On foot: cross Albert St at the traffic lights near the train overpass then proceed 100 metres along Frank Channon Walkway, turning right into the Club grounds via a wire gate. Alternatively enter via the laneway at 699A Pacific Highway.

WILLOUGHBY CITY COUNCIL

SENIOR HEALTH AND FITNESS DAY



Mon 10 March, 8.00am - 1.00pm

Willoughby Leisure Centre
2 Small Street, Willoughby

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. Seniors will be given full access to the Health Club (gym) and group fitness from 8:00am to 1:00pm on Monday 10 March.

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

If you are interested in booking into a group fitness class, please contact Willoughby Leisure Centre on (02)99585799 or via email: leisure@willoughby.nsw.gov.au

Exercise attire: Tracksuits, shorts and t-shirts are recommended as suitable clothing for Health Club/Group Fitness use. Enclosed sports footwear must be worn at all times.

All customers using the Health Club (gym) and attending a group fitness class are required to show a clean towel when entering the facility.

BOOKINGS REQUIRED

Phone: 9958 5799

Email: leisure@willoughby.nsw.gov.au

WILLOUGHBY CITY COUNCIL

10 Things To Know Before You Go

FREE

Tue 11 March 1:00pm – 3:00pm

Dougherty Community Centre
7 Victor Street, Chatswood

This 2 hour, in-person workshop led by Proveda will help you explore end-of-life planning in an engaging, and accessible way. It will leave you feeling confident in knowing what options are right for you and your family, whilst recognising the strength of your existing skills and experience.

BOOKINGS REQUIRED

<https://proveda.com.au/event/ten-things-to-know-before-you-go-2/>

Enquiries: Alison Hush 1300 002 262, Alison.Hush@Proveda.com.au



WILLOUGHBY CITY COUNCIL SERVICE NSW - YOUR GUIDE TO NSW OLDER DRIVER LICENSING

FREE

Wed 12 March, 10.30am - 11.30am

Dougherty Community Centre
7 Victor Street, Chatswood

Find out what you need to renew your licence from age 70 in NSW, including driving and medical assessments, and how to apply for a modified licence.

Older Driver licensing aims to develop a balance between people's need for independence & mobility and the safety of the community and other road users. Our ability to drive may alter as we age due to changes in our health. One must try to keep on top of these changes to continue driving safely.

Service NSW will be providing an information session to address any questions that you may have about this topic.

BOOKINGS REQUIRED

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL

AT HOME WITH WILLOUGHBY – SOCIAL LUNCH CLUB

\$18.50
PER
PERSON

Wed 12 & 26 March, 12.30pm - 2.00pm

Dougherty Community Centre
7 Victor Street, Chatswood

Come and enjoy a delicious two-course lunch served with a nice glass of wine and finished off with a tea or coffee.

- Wednesday 12 March
Main: *Salmon on Olive Crushed Potato, Salsa Verde, Confit Tomatoes and burnt Lemon Quarters*
Dessert: *Key-lime Tart with Lemon Zest Meringue*
- Wednesday 26 March
Main: *Roasted Chicken Supreme, with Lemon Thyme Infused Jus. Sweet Potato Mash & Baby Spinach Balls*
Dessert: *Milk Jelly with Strawberry Infused Salad*

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

The lunch is freshly prepared in-house by chef Jason Sherwill whose passion is to cook with fresh, locally sourced produce.

BOOKINGS REQUIRED

Phone: 9777 7830

Email: MOW@willoughby.nsw.gov.au

Payment is by card only on arrival.

Limited transport is available, please enquire when booking.

WILLOUGHBY CITY COUNCIL FUNCTIONAL STRENGTH OLDER ADULT CLASS



Thu 13 March, 10.00am - 11.00am

Dougherty Community Centre
7 Victor Street, Chatswood

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 clothes that allow you to move freely and closed toe shoes. Please bring water and a towel.

BOOKINGS REQUIRED: Places are limited

Phone: Dougherty Community Centre on 9777 7800

Email: dcc@willoughby.nsw.gov.au

WILLOUGHBY CITY COUNCIL
ARTS TALK PRESENTED BY THE ART GALLERY
OF NSW

新州美术馆艺术品分享
新州美術館藝術品分享



Thu 20 March, 10.00am - 12.00pm
10.00am - 11.00am (普通話 Mandarin)
11.30am - 12.30pm (廣東話 Cantonese)

Chatswood Library LG
409 Victoria Ave, Chatswood

Join us for a special talk on selected artworks from the Art Gallery of NSW, curated to celebrate the Senior Festival.

The theme, "Time to Shine," highlights pieces that capture moments of brilliance and inspiration. Each artwork comes with a fascinating story, revealing the history, emotions, and creativity behind it.

Presented by the gallery's knowledgeable tour guides, this event invites you to explore the tales that bring these masterpieces to life, making it a memorable celebration of art and heritage

新州美术馆的导览将与您分享他们从馆藏中挑选的以“闪耀时刻”为主题的艺术品。每件艺术品都有一个引人入胜的故事，揭示背后的历史、情感和创造力。欢迎参加此次讲座，与我们一起庆祝今年的长者节。

新州美術館的導覽將與您分享他們從館藏中挑選有關“閃耀時刻”為題的藝術品。每件藝術品都有一個引人入勝的故事，揭示背後的歷史、情感和創造力。歡迎參加這講座與我們一起慶祝今年的長者節。

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au

WILLOUGHBY CITY COUNCIL ARTS TALK PRESENTED BY ART GALLERY OF NSW

FREE

Thu 13 March, 10.00am - 11.00am

Chatswood Library LG
409 Victoria Ave, Chatswood

Join us for a special talk on selected artworks from the Art Gallery of NSW, curated to celebrate the Senior Festival.

The theme, "Time to Shine," highlights pieces that capture moments of brilliance and inspiration. Each artwork comes with a fascinating story, revealing the history, emotions, and creativity behind it.

Presented by the gallery's knowledgeable tour guides, this event invites you to explore the tales that bring these masterpieces to life, making it a memorable celebration of art and heritage.

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL

AGEING WELL EVENT: MAKING CONNECTIONS

FREE

Thu 13 March, 10.00am - 12.00pm

Dougherty Community Centre
7 Victor Street, Chatswood

How do you meet like-minded people and find new activities you might enjoy and can easily access?

Join Kylea Tink MP's Ageing Well Advisory Committee, COTA NSW and Carers' Circle to hear from experts about social isolation and enjoy time to mingle, meet friends, and hear about local activities.

Loneliness and isolation among older Australians is increasing. This event is not a seminar, but instead more of a social gathering and information exchange. It is an opportunity for community groups to promote their activities with the aim of overcoming loneliness and isolation and promoting inclusion.

Morning tea is included.

BOOKINGS REQUIRED

Phone: 9929 9822

Register via email: kylea.tink.mp@aph.gov.au

Ageing Well Event

Making Connections

Join Kylea's Ageing Well Advisory Committee, COTA NSW and Carers' Circle to meet likeminded people and identify easily accessible activities to help overcome loneliness and isolation.

 10AM-12PM Thurs 13 March 2025

 Dougherty Community Centre Auditorium,
7 Victor Street Chatswood

COTA
The Older Australians



Carers' Circle
Caring for carers and carees



KYLEA TINK MP
Independent Federal Member for North Sydney

Authorised by Kylea Tink, Level 10, 2
Elizabeth Place, North Sydney NSW 2060



WILLOUGHBY CITY COUNCIL COOKING DEMONSTRATION: SIMPLE MEALS ON A BUDGET

\$8

PER
PERSON

Thu 13 March, 5.30pm - 7.30pm

Dougherty Community Centre
7 Victor Street, Chatswood

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 nutrition as you age and practical tips to keep you cooking and enjoying it!

Taste testing throughout the cooking demonstration. No previous cooking experience necessary.

Closed-toe shoes must be worn.

BOOKINGS REQUIRED

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au



Talks@Willoughby

GLENDA GARTRELL, DISCUSSING HER NEW BOOK, GETTING ON WITH IT



Fri 14 March, 1.00pm - 2.00pm

Chatswood Library LG
409 Victoria Ave, Chatswood

Glenda uses memoir to flag many of the significant social changes affecting older women, especially on neglected topics of sex and ageing. Using her own story and some of her contemporaries she links the change agents of the 1970s with older women exploring social life online. She contrasts the isolation of women in both time and place using her country background and her move to Sydney in 1970s where she joined the ferment of the Women's Movement. The role of the contraceptive pill, mature age students and political activism are all part of the story.

BOOKINGS REQUIRED

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



WILLOUGHBY CITY COUNCIL

HEALTHY BRAIN = HEALTHY YOU

FREE

Fri 14 March, 10.30am - 12.30pm

Dougherty Community Centre
7 Victor Street, Chatswood

Our brains are designed to help us solve problems, plan for the future and recall the past to keep us alive, functioning and independent. How to keep your brain at its healthiest? Qualified nutritionist Gayle Nelson will discuss the most effective and manageable ways to improve brain health and reduce dementia risk.

Morning tea provided.

BOOKINGS REQUIRED: Closing date 6 March 2025

Phone: Janet Douglas 0423 947 411

Email: janet_away@yahoo.com



WILLOUGHBY CITY COUNCIL

DISCOVER ChatGPT AND AI: TOOLS, TIPS AND ONLINE SAFETY

FREE

Sat 15 March, 10.00am - 12.00pm

Chatswood Library LG
409 Victoria Ave, Chatswood

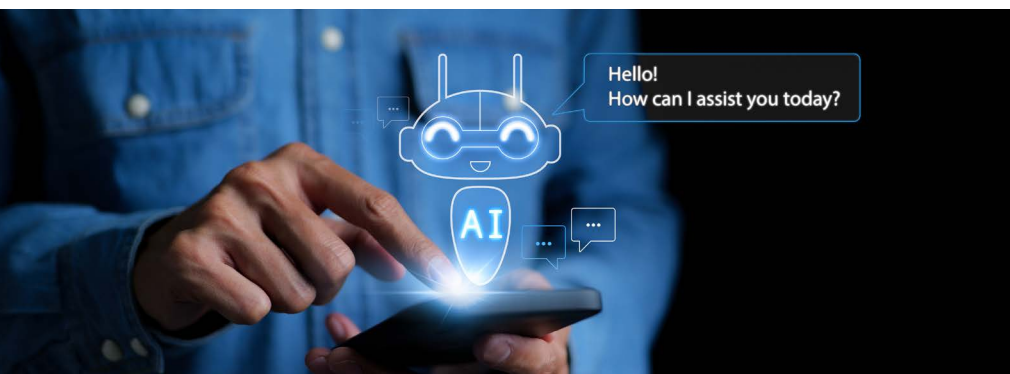
Join us for an engaging session on ChatGPT and the world of generative AI! Tech enthusiasts can learn how ChatGPT assists with programming microcontrollers, while seniors will discover how it supports everyday tasks like answering questions, organizing schedules, and exploring new hobbies.

We'll also discuss an important topic: online safety in the age of AI. With the rise of deepfakes and scams that often target seniors, this session will cover key red flags to watch for and tips on staying safe in the digital world.

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL

AI IN ROBOTICS

FREE

Sat 15 March, 2.00pm - 4.00pm

Chatswood Library LG
409 Victoria Ave, Chatswood

Dive into the world of AI and robotics, where your ideas come to life and synergise with fellow enthusiasts.

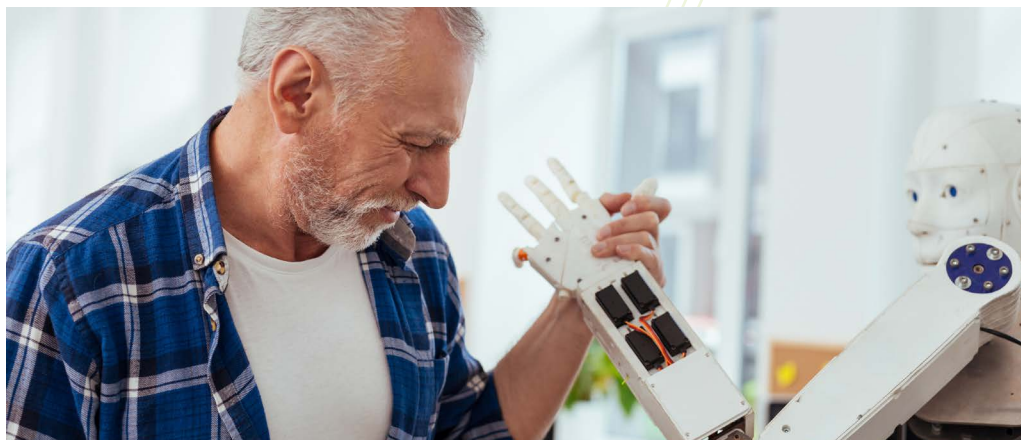
Calling all tech wizards, hobbyists, and visionaries! Whether you're tinkering with AI-powered toys or dreaming of launching the next ground-breaking AI machinery, this is your hub for innovation. No project is too small or too ambitious – we're here to connect, learn, and draw inspiration together.

Bring your ideas, AI and robotics projects to synergise with others! Get ready to embark on a journey of discovery!

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL

CURVED FOLD: ADVANCED ORIGAMI WITH CAMEO 4



Sun 16 March, 2.00pm - 4.00pm

Chatswood Library LG
409 Victoria Ave, Chatswood

Join us for an exciting workshop as you delve into the world of curved folds in origami. Unlike traditional origami, which primarily uses straight lines, this session will introduce innovative techniques for incorporating hard curved creases into your designs.

Discover how contemporary designers and researchers create dynamic objects and patterns with non-flat surfaces. We'll also explore modern tools that artists use to achieve precise curved creases in their paper folding.

Don't forget to bring your laptop for this hands-on experience. Space is limited, so be sure to secure your spot!

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL INTRODUCTION TO SMARTPHONE CAMERAS

FREE

Mon 17 March, 11.00am - 1.00pm

Dougherty Community Centre
7 Victor Street, Chatswood

Develop the skills and confidence to participate in the online world – focusing on your smartphone camera functionality.

In this small group workshop, you will learn the basics of your smartphone camera functions, how to adjust the lens and other basic edit functions to make the most of your images. How to use Google lens and most importantly, how to share your images with family and friends.

Please bring along your own smartphones.

BOOKINGS REQUIRED

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL GRANDPARENTS STORYTIME



Tue 18 and Thur 20 March,
10.00am - 11.45am

Chatswood Library LG
409 Victoria Ave, Chatswood

Stories, songs and a craft, celebrating the special bond between a grandparent and child. For children aged 3-6 and their carers.

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL

STAYING INDEPENDENT AT HOME

FREE

Tue 18 March, 10.00am - 11.00am

Dougherty Community Centre
7 Victor Street, Chatswood

Do you want to stay independent at home 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 My Aged Care
- The structure of the aged care system
- Upcoming changes to the aged care system and what that means for you
- How to access local services

Morning Tea provided.

BOOKINGS REQUIRED

Phone: Kate Valente 9777 7831

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



WILLOUGHBY CITY COUNCIL RHYTHMS OF WELLNESS: TAI CHI, CANTONESE OPERA AND MUSIC THERAPY AT MOSAIC

FREE

Wed 19 March,
Cantonese Opera 10.00am - 11.15am
Tai Chi 11.30am - 12.45pm
Music Therapy 1.00pm - 2.30pm

Dougherty Community Centre, Annexe Room
7 Victor Street, Chatswood

Join MOSAIC Multicultural Centre for Seniors Week and add a little zest to your week! Curious about ancient Cantonese opera or ready to master the smooth moves of Tai Chi? We've got you covered—classes are primarily in Cantonese and Mandarin with a dash of English translation.

For those who prefer a more relaxed experience, we invite you to enjoy our soothing music therapy session with a qualified musical therapist, available in English, Mandarin and Cantonese. All seniors are warmly welcome!

Wear your comfiest clothes and enclosed shoes for Tai Chi. We'll keep you fuelled with some tasty cultural bites.

BOOKINGS REQUIRED

Phone: MOSAIC 9777 7952

Email: mosaic@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL NORTHERN SUBURBS PHILATELIC SOCIETY REVISIT YOUR OLD HOBBY OF STAMP COLLECTION

FREE

Wed 19 March, 7.00pm - 9.00pm

Dougherty Community Centre
7 Victor Street, Chatswood

Dig out your old stamp collection and see if you want to revive your hobby, or assess what you have.

Free materials and advice, cataloguing, sorting and cleaning.

No time limits – bring your stamps along.

BOOKINGS REQUIRED

Phone: Paul Storm 0409 197 354

Email: Paulgeraldstorm@hotmail.com



WILLOUGHBY CITY COUNCIL

BALANCE AND GENTLE EXERCISE CLASS



Thu 20 March, 10.00am - 11.00am

Dougherty Community Centre
7 Victor Street, Chatswood

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. Enjoy one free trial session.

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 clothes that allow you to move freely and closed toe shoes. Please bring water and a towel.

BOOKINGS REQUIRED: Places are limited

Phone: Dougherty Community Centre on 9777 7800

Email: dcc@willoughby.nsw.gov.au

WILLOUGHBY CITY COUNCIL TECH SAVVY SENIORS: MANAGING YOUR INTERNET COSTS

FREE

Thu 20 March, 9.30am - 11.45am

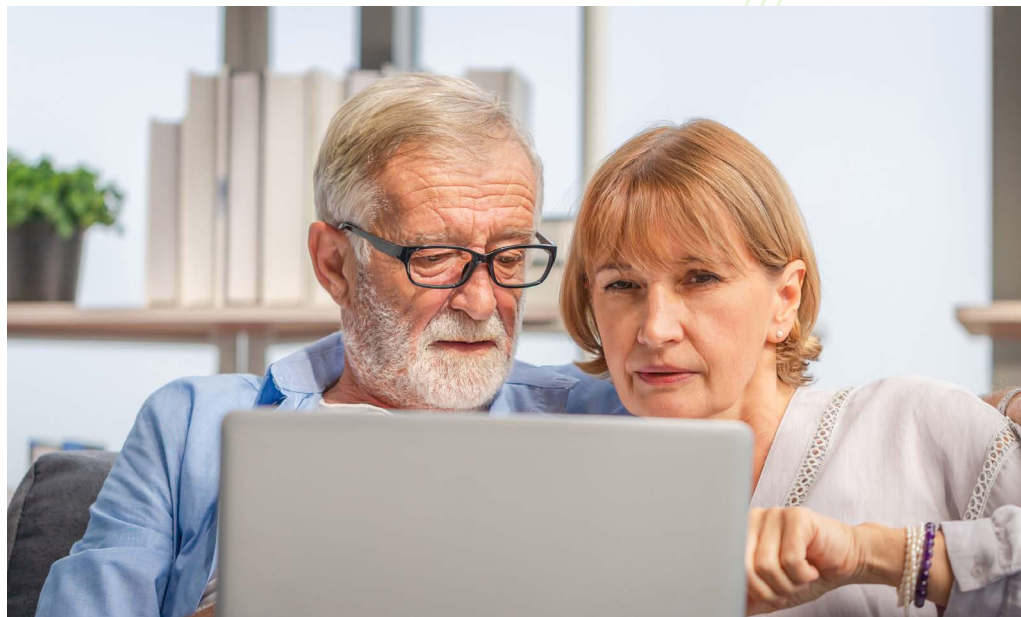
Chatswood Library LG
409 Victoria Ave, Chatswood

Join us to learn how to select the right internet plan to meet your needs and manage the costs associated with connecting to the internet.

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL HARMONY WEEK FAME – FLORAL ARRANGEMENTS MADE EASY WORKSHOP

\$10
PER
PERSON

Thu 20 March, 10.30am - 12.30pm

Dougherty Community Centre
7 Victor Street, Chatswood

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 hand-tied spiral).

Closed shoes must be worn. Bring your own apron and gardening gloves if preferred. Bring a green 'Woolies' shopping bag (or equivalent) to take your floral arrangements home. *Considerable strength is required to cut the stems with sharp florist scissors.*

Please pay by card on arrival at the Dougherty Community Centre.

BOOKINGS REQUIRED: Closing date Fri 14 March

Scan the QR code to book:

Phone: Bibiana Chan 0412 613 073

Email: communityflowerstudio@yahoo.com



WILLOUGHBY CITY COUNCIL CLASSIC HITS OPEN MIC



Fri 21 March, 10.00am - 11.30am

Chatswood Library LG
409 Victoria Ave, Chatswood

Celebrate timeless tunes and classic hits for our Open Mic: Seniors Festival Celebration! This is your chance to shine and share your favourite hits from yesteryear. From Rock 'n' Roll to Soul, Jazz, Pop and everything in between, we want to see what takes you down memory lane!

Whether you want to belt out your favourite tunes or just enjoy the show, this is a time to relive the magic of classic music with friends, family, and fellow music lovers.

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL HAVE FUN WITH RETRO GAMES

FREE

Sat 22 March, 10.00am - 12.00pm

Chatswood Library LG
409 Victoria Ave, Chatswood

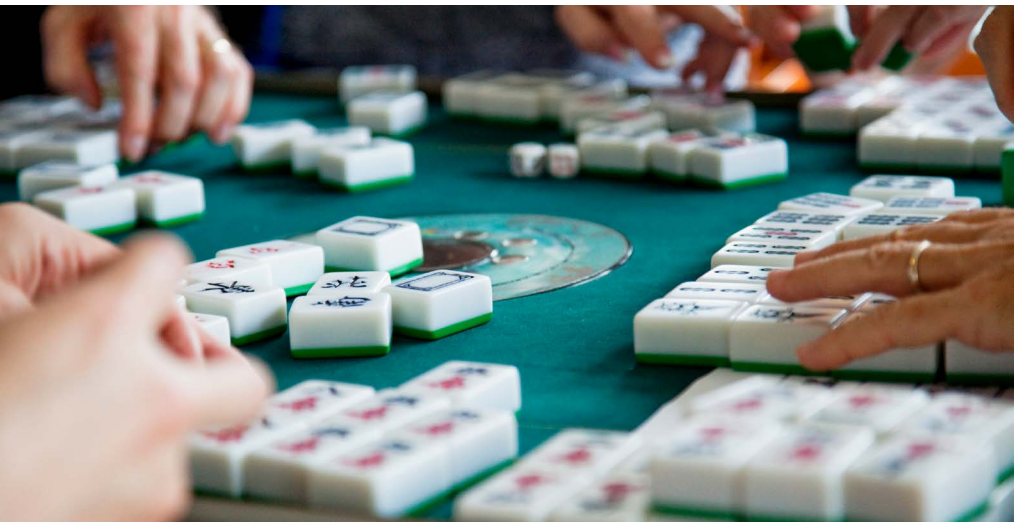
Stimulate your mind, meet new people and have fun at our Retro Games event. All games and materials are provided (but feel free to bring your own favourites!). Retro games include Chess, Checkers, Rummikub, Sequence and Mahjong.

All skill levels accepted, so grab your friends (or make new ones) and join us!

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL NEIGHBOURS DAY YUM CHA LUNCH

\$25
PER
PERSON

Sun 23 March, 11.00am - 1.30pm

Dougherty Community Centre
7 Victor Street, Chatswood

Would you like to meet and connect with your neighbours (people who live in Willoughby LGA) over a cup of Jasmine tea, a dumpling, duck pancake, beef ball or broccoli? Or are you more adventurous and yearn for chicken feet, tripe, or mussels?

Join a table of 10 and make new connections, while enjoying the local cuisine. Meet at the Dougherty Community Centre for an amiable stroll to a local restaurant.

BOOKINGS ESSENTIAL: Closing date 19 March 2025
Cash payment on the day

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL SMARTPHONE WORKSHOP – USING AI FUNCTIONS (NON-BEGINNERS)



Mon 24 March, 11.00am - 1.00pm

Dougherty Community Centre
7 Victor Street, Chatswood

In this small group workshop, you will learn additional smartphone photo editing settings and functions to make the most of your of images including AI to edit images.

Please bring along your own smartphones.

BOOKINGS REQUIRED

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL DRAWING TO SHINE

FREE

Mon 24 March, 10.00am - 12.00pm

Chatswood Library LG
409 Victoria Ave, Chatswood

Join artist Sally Aplin in a fun, relaxed session of drawing and painting, inspired by the shine of fruits and vegetables. Beginners and also those with experience are welcome. Shiny fruit and vegetables will be arranged for you to draw from.

Assistance will be given to create a picture. All materials will be supplied, just come, be relaxed and surprise yourself.

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL

DIY FABRIC FLOWER WORKSHOP

FREE

Tue 25 March, 6.00pm - 8.00pm

Chatswood Library LG
409 Victoria Ave, Chatswood

Let your creativity shine as you design and sew vibrant fabric flowers using colourful fabric scraps, ribbons, buttons, and beads. Transform your creations into unique brooches, corsages, or keepsakes that express your personal style.

This hands-on workshop is perfect for all skill levels, providing everything you need to make your own wearable art. Whether you're new to crafting or experienced in sewing, join us for an inspiring evening filled with colour, creativity, and connection!

BOOKINGS REQUIRED

Phone: 9777 7900

Email: library@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL

HARMONY WEEK - LAUGHTER YOGA

\$5
PER
PERSON

Tue 25 March, 4.00pm - 5.00pm

Dougherty Community Centre
7 Victor Street, Chatswood

Laugh till you drop! Enjoy the health benefits of Laughter Yoga: lift your mood, improve physical health, connect socially and face challenges with smiles. Laughter is the BEST medicine! What better activity to do than joining Dr Bibi for a Harmony Week class to celebrate 30 years of Laughter Yoga?

Classes are conducted in English with some Cantonese. Wear comfortable clothes and shoes. Stand or sit as you please. The class runs for 45 minutes, with a 15 minute informal chat and light refreshments.

BOOKINGS REQUIRED

Scan the QR code to book.

Phone: Bibiana Chan 0412 613 073

Email: communityflowerstudio@yahoo.com

Please pay by card on arrival at the Dougherty Community Centre.



NICOLE ALEXANDER TALK



Tues 25 March, 1.30pm - 2.30pm

Chatswood Library LG
409 Victoria Avenue, Chatswood

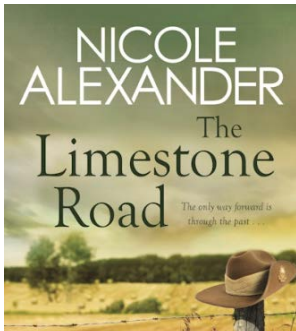
Known for her captivating depictions of historical rural Australian life, bestselling author Nicole Alexander will discuss her twelfth novel, *The Limestone Road* - a stirring narrative about one young soldier's courageous journey 'home'.

In the summer of 1944, returning soldiers Canning Christie and his father Michael arrive in South Australia from the desert sands of North Africa. Canning, haunted by the trauma of war and the fractured memory of a terrible event, struggles to find his place in the world. Meanwhile, his charismatic father Michael resumes his womanising ways, intent on concealing his own secret wound.

The Limestone Road is a poignant exploration of memory, trauma, and the quest for redemption. It is a story of resilience, love, and the enduring power of dreams. Alexander masterfully weaves together historical detail and emotional depth to create a novel that will resonate long after reading.

BOOKINGS REQUIRED

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



WILLOUGHBY CITY COUNCIL

CHASING MAGIC

FREE

Wed 26 March - Sun 6 April,
11.00am - 5.00pm

Art Space on The Concourse,
409 Victoria Ave, Chatswood

A solo exhibition presented by Minka Gillian.

Chasing Magic delves into the intricate relationship between magical thinking, anxiety, and the pandemic and how unsettling events can trigger superstitious behaviours and belief in the supernatural.

BOOKINGS NOT ESSENTIAL

Phone: Minka Gillian 0435 599 768

Email: minkagillian@iinet.net.au



WILLOUGHBY CITY COUNCIL LOWER NORTH SHORE VOLUNTEER EXPO

FREE

Thu 27 March, 11.30am - 1.30pm

Dougherty Community Centre
7 Victor Street, Chatswood

Come along to find out how to get involved with a range of organisations, from delivering Meals on Wheels to assisting with community lunches and supporting vulnerable people.

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

NO BOOKINGS REQUIRED

Phone: Kate Valente 9777 7831

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



WILLOUGHBY CITY COUNCIL

COOKING DEMONSTRATION – AMERICAN STYLE SMOKING AND RUBS

\$8

PER
PERSON

Thu 27 March, 5.30pm - 7.30pm

Chatswood Kitchen, Dougherty Community
Centre, 7 Victor Street, Chatswood

Qualified chef Jason Sherwill will share his passion for American style smoking and BBQ cooking.

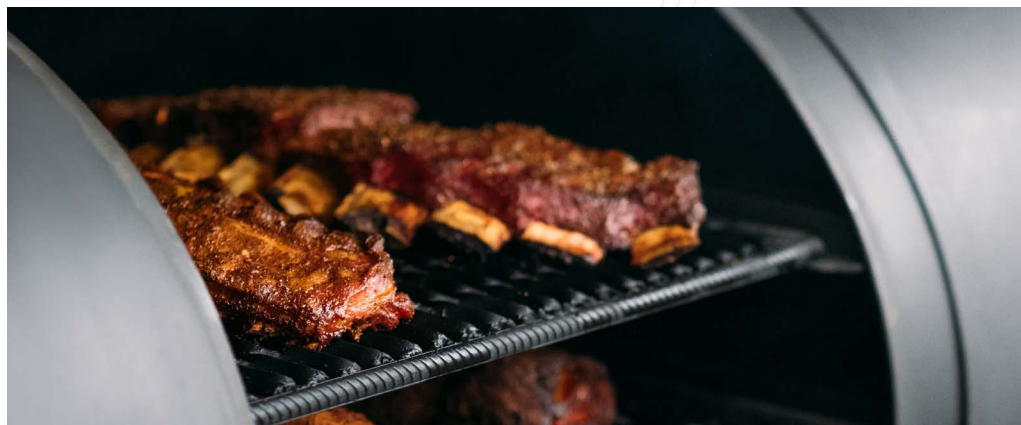
Learn a little of the background and BBQ techniques including tips on rubs, timing and temperatures. You too will be able to produce mouth-watering, juicy, tender, fall off the bone meat every time you BBQ.

Taste testing throughout the cooking demonstration. No previous cooking experience necessary. Please wear closed toe shoes.

BOOKINGS REQUIRED: Payment on the night using card only

Phone: 9777 7800

Email: dcc@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL DOUGHERTY COMMUNITY CENTRE KNITTING CLUB – OPEN DAY

FREE

Thu 27 March, 12.30pm - 2.00pm

Dougherty Community Centre
7 Victor Street, Chatswood

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 community through the Salvation Army, local nursing homes, Stewart House, Street Works, Wayside Chapel, Hope in a Suitcase and many others.

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

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

NO BOOKINGS REQUIRED

Phone: Robyn Webb 9419 3447 or Colleen Webb on 0419 499 598



WILLOUGHBY CITY COUNCIL CREATE YOUR GREEN SANCTUARY

FREE

Thu 27 March, 10.00am - 11.30am

Dougherty Community Centre
7 Victor Street, Chatswood

Join us for a free workshop on how to transform your balcony or indoor space into a lush green sanctuary! Led by an experienced garden designer, this session offers expert guidance on how to cultivate flourishing plants in even the smallest spaces, making it ideal for apartment or townhouse dwellers.

What you'll learn:

- Hands-on potting demonstrations to kick-start your green space
- DIY techniques for creating self-watering pots
- Tips on choosing the best plants and pots for your environment
- Essential care and maintenance practices to keep your plants thriving

Plus, all participants will have a chance to win a beautifully planted pot! Don't miss this opportunity to elevate your green thumb and create your own oasis.

BOOKINGS REQUIRED: Limited Spaces

Phone: Willoughby City Council Environmental Educators 9777 1000

Email: env.educators@willoughby.nsw.gov.au



WILLOUGHBY CITY COUNCIL WEAVING WORKSHOP



Mon 31 March, 11.00am - 1.00pm

Dougherty Community Centre,
7 Victor Street, Chatswood

“Loominance” is a play on words. Considering the concept of luminance, in which light passes through.

When the community come together to collaborate on a creative experience, we experience a type of light, passing through the work, each other and the community.

This workshop is beginner friendly, has ongoing support from an arts therapist and meets you where you're at. You do not need to be creative or artistically skilled to join, you simply need to come exactly as you are.

Every person is welcome. We will work both individually and within a group, using yarn and wool to weave our own special masterpiece. All materials will be supplied.

Please make us aware of any health (Allergies/Epi Pen, mental health requirements) and /or physical/ mobility assistance you may need in order to fully access and enjoy this experience. We will endeavour to meet your needs as best we can.

BOOKINGS REQUIRED: Closing date 6 March 2025

Phone: 0451 354 638

Email: artpeaceplace@gmail.com





Out and About

'Out and About' is a ride share service to help you stay socially active.

Do you need a ride to the hospital, doctor, allied health professional or simply to get out of the house.

Bookings available Tuesday to Friday 10am - 2pm within the Willoughby local government area.

The cost is \$7.60 each way.

My Aged Care eligibility required. For help with My Aged Care please call our friendly At Home with Willoughby Team on **(02) 9777 7824**.

For booking the Out and About service, please call **(02) 9777 7802** Monday to Friday before 2pm.

www.willoughby.nsw.gov.au ♦ E: ahww@willoughby.nsw.gov.au

at home with
WILLOUGHBY



Supported by the
Australian Government
Department of Health



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.