

Event Program
All events **FREE**



Sutherland Shire
**SENIORS
FESTIVAL**



3 to 16 March 2025 | **TIME TO SHINE**

[go.ssc.nsw.gov.au/
SeniorsFest25PR](https://go.ssc.nsw.gov.au/SeniorsFest25PR)

Supported by



BOOKINGS OPEN Tuesday 28 January

go.ssc.nsw.gov.au/SeniorsFest25PR



**ALL EVENTS
ARE FREE**

**MON
3 Mar**

**Aqua Extravaganza at
Sutherland**
8:00am to 8:45am

Seniors Aqua Aerobics (members, multi-visit pass holders and non-members) with 2 instructors hosting. Giveaways, morning tea and the chance to connect with other seniors.

BOOKINGS 02 8536 9777 or online

 **Sutherland Leisure Centre,
1 Rawson Avenue, Sutherland**

**MON
3 Mar**

Melodies in March
11:00am to 1:00pm*

Celebrate local performers at this free musical event. Set amongst picturesque gardens we welcome you to come along to sing, dance, and have fun.

BOOKINGS NOT REQUIRED.

*see go.ssc.nsw.gov.au/SeniorsFest25PR for wet weather updates.

 **Gardens at Hazelhurst Arts Centre,
782 Kingsway, Gymea***

**TUE
4 Mar**

**Papercraft Cardmaking
Workshop**
9:30am to 11:00am

Learn techniques such as stamping and papercrafts to create beautiful cards for family and friends.

BOOKINGS 02 9710 0351 or online

 **Sylvania Library, Southgate Shopping
Centre, Port Hacking Road, Sylvania**

**WED
5 Mar**

Aboriginal Bushfood Walk
10:00am to 11:30am

Join Council's Native Areas Aboriginal Heritage Officer, Graham Avery for a guided walk around Joseph Banks Native Garden. Learn about Australian native bushfood, heritage and language.

BOOKINGS 02 9524 5672 or online

 **Joseph Banks Native Plants Reserve,
Manooka Place, Kareela**

**WED
5 Mar**

**Guided Tour of
ARTEXPRESS**
11:00am to 11:45am

Celebrate Seniors Festival at Hazelhurst with a guided tour of ARTEXPRESS 2025. Learn about the works on show and the stories behind them.

BOOKINGS 02 8536 5700 or online

 **Hazelhurst Arts Centre,
782 Kingsway, Gymea**

**WED
5 Mar**

**Meet the Authors: Tania
Blanchard and Belinda
Alexandra**

In conversation with Anna Loder
10:30am to 11:30am

Meet two of the finest historical fiction authors in Australia and hear them discuss their new novels, *An Undeniable Voice* and *The Masterpiece*.

BOOKINGS 02 9710 0351 or online

 **Sutherland Library,
30-36 Belmont Street, Sutherland**

**THU
6 Mar**

**Mindfulness Gardening
with the Veggie Lady**
10:30am to 11:30am

Learn how to practice mindfulness as part of your gardening experience and enhance your mental health.

BOOKINGS 02 9710 0351 or online

 **Sutherland Library,
30-36 Belmont Street, Sutherland**

**FRI
7 Mar**

Art in the Gardens
10:00am to 12:00pm

Enjoy a morning of Plein Air drawing in the Hazelhurst Gardens. Perfect for beginner artists, no experience necessary!

BOOKINGS 02 8536 5700 or online

 **Hazelhurst Arts Centre,
782 Kingsway, Gymea**

Bookings essential except Melodies in March and Vitality Expo (however bookings are required for the breakout sessions at the Expo).

Program details correct at time of print but subject to change.

**MON
10 Mar**

Community Nursery Tour
9:00am to 10:30am

A behind-the-scenes tour of our nursery's production facilities. See how we produce over 150,000 plants a year, from seed or cuttings all the way to the sales bench. Morning tea provided.

BOOKINGS 02 9524 5672

 **Sutherland Shire Community Nursery,
345 The Boulevard, Gymea**

**MON
10 Mar**

Healthy Ageing Seminar
10:30am to 12:00pm

Learn tips and tricks to age well, hearing from experts and services from across Sutherland Shire.

BOOKINGS 02 9710 0351

 **Sutherland Library,
30-36 Belmont Street, Sutherland**

**WED
12 Mar**

**Guided Tour of
ARTEXPRESS**
11:00am to 11:45am

Celebrate Seniors Festival at Hazelhurst with a guided tour of ARTEXPRESS 2025. Learn about the works on show and the stories behind them. BOOKINGS REQUIRED.

BOOKINGS 02 8536 5700

 **Hazelhurst Arts Centre,
782 Kingsway, Gymea**

**WED
12 Mar**

**Aqua Extravaganza at
Engadine**
8:00am to 8:45am

Seniors Deep Aqua Aerobics (members, multi-visit pass holders and non-members) with 2 instructors hosting. Giveaways, morning tea and the chance to connect with other seniors.

BOOKINGS 02 8536 9777

 **Engadine Leisure Centre,
111-113 Anzac Ave, Engadine**

**WED
12 Mar**

**Papercraft Cardmaking
Workshop**
2:00pm to 3:30pm

Learn techniques such as stamping and papercrafts to create beautiful cards for family and friends.

BOOKINGS 02 9710 0351

 **Menai Library, Allison Crescent, Menai**

**THU
13 Mar**

**Taming Technology -
Shiny: What's New in
Technology 2025**
10:30am to 11:30am

Join our resident tech experts to learn more about all things new in technology.

BOOKINGS 02 9710 0351

 **Sutherland Library,
30-36 Belmont Street, Sutherland**

**SAT
15 Mar**

**2025
SENIORS VITALITY EXPO**
10:00am to 2:00pm

An expo dedicated to empowering seniors and enhancing your quality of life. See details over page for breakout sessions.

NO BOOKINGS NEEDED FOR MAIN EXPO. BOOKINGS ARE REQUIRED FOR BREAKOUT SESSIONS.

 **Gymea Tradies,
57 Manchester Road, Gymea**

SENIORS SURVEY 2025

Are you aged 60 or over and living in Sutherland Shire? We'll soon be running a survey to understand how older people in our community experience our events, activities and services. **Survey will open 24 February 2025** - more to come at:

- Seniors Festival events
- go.ssc.nsw.gov.au/senior-survey



SAT
15 Mar

2025 SENIORS VITALITY EXPO

10:00am to 2:00pm

A FREE event showcasing the wide range of services available to support and enhance your life in our local area. Whether you're looking to improve your health, discover new wellness strategies, or connect with others in the community, the Seniors Vitality expo offers something for everyone.

No bookings are required for the main Expo.

 **GyMEA Tradies,
57 Manchester Road, GyMEA**

BREAKOUT SESSIONS

Two sessions: 10:30am to 11:30am
and 12:30pm to 1:30pm

Join presenter Jane Floyd of Ageing Australia, peak body for Aged Care Providers, as she takes you through understanding the transition from the My Aged Care Home Care Packages to the new Support at Home Program.

Bookings required for breakout sessions: 02 9710 0892



All details in this program are correct at time of print but subject to change.

T 02 9710 0892 **E** communities@ssc.nsw.gov.au

For more information on events, activities and services for older people in Sutherland Shire, visit.
sutherlandshire.nsw.gov.au/seniors

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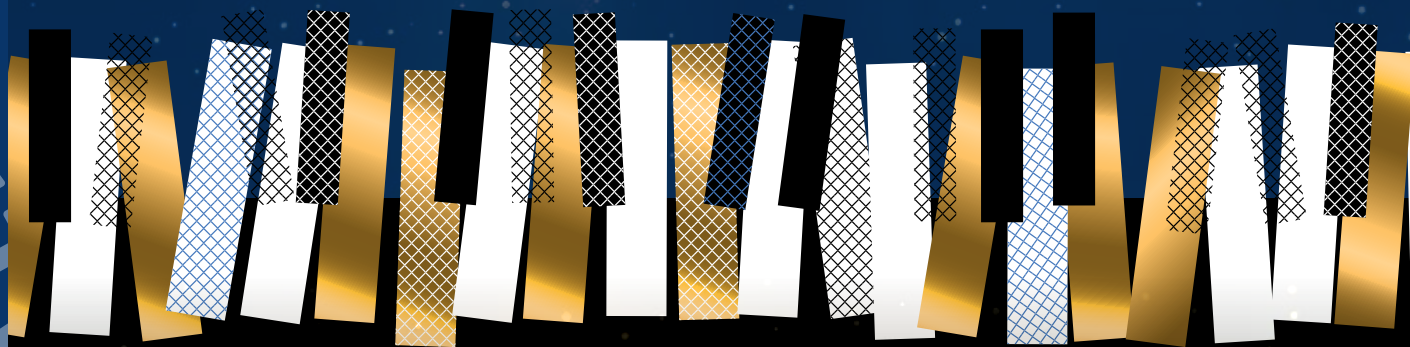
SENIORS FESTIVAL CONCERT

**27
Mar**

10am or 1pm showtimes

The Pavilion Performing Arts Centre
30 Eton Street, Sutherland

Our **FREE** concert extravaganza is back!
Join us as we celebrate the theme 'Time To Shine'.



**Ebony Cooper • Rozlyne Vidal • Anthony Gibara • Alexis Hutchinson
Max Fernandez • Joined by The New Horizons Jazz Band
Special guest performances by Ev & Bow**

Bookings open 6 March. Get your tickets:

In person Thu-Fri 10.00am-4.00pm, Pavilion Box Office

Phone 02 9063 2006 (9:30am - 12:30pm Monday to Friday)

Online sutherlandshire.nsw.gov.au/seniors-concert

