



NSW SENIORS FESTIVAL 2024

Free events in the City of Canada Bay.
For more information about this program and the
accessibility of events, visit bit.ly/ccbseniors or email:
ccbcommunityservices@canadabay.nsw.gov.au



City of
Canada Bay

Monday, 11 March

Handicraft Group

Make items for charity.
Senior Citizens Club
9/11 Wellbank St, Concord
9–11:30am
Book: Janette 9747 3926

Art Group

Senior Citizens Club
9/11 Wellbank St, Concord
10am–1pm
Book: Robyn 0406 840 334

Toning and Conditioning exercise class

Senior Citizens Club
9/11 Wellbank St, Concord
1:30–2:30pm
Book: Pam 9743 0647

Gentle Aerobics exercise class

Senior Citizens Club
9/11 Wellbank St, Concord
2:30–3:30pm
Book: Pam 9743 0647

Yoga for beginners (Active)

Senior Citizens Club
9/11 Wellbank St, Concord
5:30–6:30pm
Book: Katherine 0404 032 346

A Guided tour of the TEXStyle Exhibition

The Embroiderers' Guild NSW Inc.
76 Queen St, Concord West
11–11:30am
Book: Janet 9743 2501

Local History Bus Tour

Tour the local area and hear
about interesting local history. We
promise you will find out something
new! Includes morning tea at the
Canada Bay Museum. Leaves from
Drummoyne Community Centre.
10 Cometrowe St, Drummoyne
9:30am–12pm
Book: 9719 8102

Tuesday, 12 March

Table Tennis

Concord Senior Citizens Club
9/11 Wellbank St, Concord
6–8:30pm
Book: Lawrence 0405 127 234

Tuesday, 12 March

Art Group

Concord Senior Citizens Club
9/11 Wellbank St, Concord
7–10pm
Book: Barry 0401 887 192

Evening Book Group

In March this book club will be reading 'How to Be Australian' by Ashley Kalagian-Blunt. Five Dock Library, Level 1, 4-12 Garfield Street, Five Dock
6–7pm
Book: Sarah 9911 6318

Wednesday, 13 March

Gentle Aerobic exercise

Concord Senior Citizens Club
9/11 Wellbank St, Concord
9–10am
Book: Pam 9743 0647

Yoga

Concord Senior Citizens Club
9/11 Wellbank St, Concord
3–4pm
Book: Katherine 0404 032 346

Korean Calligraphy

Do you speak Korean? Learn and practice calligraphy in this weekly class. The Connection, Building 2/30 Shoreline Dr, Rhodes
10am–12pm
Book: Phillip 9911 6381 (English) or 9063 8808 (Korean)

Wrap With Love

Join us to knit wraps that will be donated to those in need. Concord Library, 60 Flavelle St, Concord
2:30–4:30pm
Book: Concord Library 9911 6210

Thursday, 14 March

Men's Group

Discuss interesting topics and meet new friends at Drummoyne Community Centre. 10 Cometrowe St, Drummoyne
1–2:30pm
Book: 9719 8102

Thursday, 14 March

Cyanotype workshop at Quarantine Reserve, Abbotsford

Learn how to make cyanotype prints using cuttings from nearby native plants in one of our most spectacular natural areas. 50 Spring St, Abbotsford
10am–12pm
Book: Lachie 0497 148 280
Online bookings available at bit.ly/cyanotypeworkshop2024

Toning and Conditioning exercise class

This class uses hand weights and includes floor work. Concord Senior Citizens Club
9/11 Wellbank St, Concord
10:30–11:30am
Book: Pam 9743 0647

Canada Bay Board Gamers

Come play board games and make new friends in our weekly meet-up. Concord Library, 60 Flavelle St, Concord
10am–12pm
Book: Phillip 9911 6381

Tech Shed

A weekly get-together for those who want to make things and learn new skills in 3D printing, robotics and electronics. Tech Shed is part of Harry's Shed (City of Canada Bay Men's Shed Inc). The Learning Space at The Connection, Building 2/30 Shoreline Dr, Rhodes
10am–1pm
Book: Email techshedders@canadabayshed.com

Author Talk

Bestselling author Sarah Bailey will talk about her new book 'Body of Interest' – a mysterious new thriller. Light refreshments provided. Five Dock Library
Level 1, 4-12 Garfield St, Five Dock
1:30–2:30pm
Book: Sarah 9911 6318

Keep Stepping

This class is to help seniors strengthen muscles, build balance and prevent falls. Drummoyne Community Centre
10 Cometrowe St, Drummoyne
9:15–10:15am
Book: 9719 8102

Friday, 15 March

A Guided tour of the TEXStyle Exhibition

The Embroiderers' Guild NSW Inc. 76 Queen St, Concord West
11–11:30am
Book: Janet 9743 2501

Mahjong

Join this session to learn and play Mahjong. Drummoyne Community Centre
10 Cometrowe St, Drummoyne
2–4pm
Book: 9719 8102

Local History Bus Tour

Tour the local area and hear about interesting local history. We promise you will find out something new! Includes morning tea at the Canada Bay Museum. Leaves from Drummoyne Community Centre. 10 Cometrowe St, Drummoyne
9:30am–12pm
Book: 9719 8102

Yin Yoga and Meditation

Concord Senior Citizens Club
9/11 Wellbank St, Concord
3–4pm
Book: Katherine 0404 032 346

Italian Bingo

Come play bingo/Tombola and have morning tea. Bingo calls are in English and Italian callers, so everyone is welcome. Five Dock Library
Level 1, 4-12 Garfield St, Five Dock
10am–12pm
Book: Phillip 9911 6381

Chinese Calligraphy

Do you speak Chinese?
Learn and practice calligraphy
in this bi-weekly class.
The Learning Space at
The Connection, Building 2/30
Shoreline Dr, Rhodes
10am–12pm
Book: Claire 0409 606 295 or email
claire_park@cass.org.au

Saturday, 16 March

Introduction to Croquet

Come and try croquet! Wear flat
closed shoes and a hat. Please bring
(cotton) gloves to wear when using
club equipment. Bookings essential.
50 Redmyre Rd, Strathfield
4–6pm
Book: Ruth 0407 044 042 or email
strathfieldcroquet@gmail.com.
For more information visit
strathfieldcroquet.com

Monday, 18 March

Handicraft

Make items for charity.
Concord Senior Citizens Club
9/11 Wellbank St, Concord
9–11:30am
Book: Janette 9747 3926

Art Group

Concord Senior Citizens Club
9/11 Wellbank St, Concord
10am–1pm
Book: Robyn 0406 840 334

Toning and Conditioning exercise class

Concord Senior Citizens Club
9/11 Wellbank St, Concord
1:30–2:30pm
Book: Pam 9743 0647

Gentle Aerobic exercise class

Concord Senior Citizens Club
9/11 Wellbank St, Concord
2:30–3:30pm
Book: Pam 9743 0647

Yoga for beginners (Active)

Concord Senior Citizens Club
9/11 Wellbank St, Concord
5:30–6:30pm
Book: Katherine 0404 032 346

Tuesday, 19 March

Table Tennis

Concord Senior Citizens Club
9/11 Wellbank St, Concord
6–8:30pm
Book: Lawrence 0405 127 234

Art Group

Concord Senior Citizens Club
9/11 Wellbank St, Concord
7–10pm
Book: Barry 0401887192

Wrap With Love

Join us to knit wraps that will be
donated to those in need.
Five Dock Library
Level 1, 4-12 Garfield St, Five Dock
10am–12pm
Book: Five Dock Library 9911 6310

Craft Swap

Crafters are invited to join this
swapping extravaganza! Bring your
unused yarn, fabric, scrapbooking,
craft or jewellery-making supplies
and swap them with fellow menders.
Who knows what you will find!
Five Dock Library
Level 1, 4-12 Garfield St, Five Dock
10am–12pm
Book: Five Dock Library 9911 6310

Wednesday, 20 March

Gentle Aerobics exercise class

Concord Senior Citizens Club
9/11 Wellbank St, Concord
9–10am
Book: Pam 9743 0647

Wednesday Arvo at the Flicks

Enjoy an afternoon of nostalgia,
looking back at times gone by in
a series of short videos about the
building of the Harbour Bridge, Opera
House and Old Sydney Town. Come
early to look around at the new
museum displays.
City of Canada Bay Museum
2 Bent St, Concord
2pm sharp
Book: 9743 3034 (during museum
hours), 9744 8528 or email
heritage@canadabayheritage.asn.au

Yoga

Concord Senior Citizens Club
9/11 Wellbank St, Concord
3–4pm
Book: Katherine 0404 032 346

Wrap With Love

Meet up with other knitters and help
make wraps from knitted squares that
will be donated to those in need.
Concord Library
60 Flavelle St, Concord
2:30–4:30pm
Book: Concord Library 9911 6210

Readers Cafe Book Group

Concord Library
60 Flavelle St, Concord
Book: Concord Library 9911 6210

Korean Calligraphy

Do you speak Korean?
Learn and practice calligraphy
in this class.
The Learning Space at
The Connection, Building 2/30
Shoreline Dr, Rhodes
10am–12pm
Book: Phillip 9911 6381 (English)
or 9063 8808 (Korean)

Thursday, 21 March

Toning and Conditioning exercise class

This class uses hand weights
and includes floor work.
Concord Senior Citizens Club
9/11 Wellbank St, Concord
10:30–11:30am
Book: Pam 9743 0647

Thursday, 21 March

Coffee with the Choir

A complimentary morning tea featuring a special musical performance by the Canada Bay Community Choir and Concord High School Chamber Orchestra and vocal ensemble.

Cabarita Park Conservatory,
138 Cabarita Rd

Morning tea from 9:30am,
concert from 10–11:30am

Book: Mary 9121 0039

Online bookings available at
bit.ly/coffeewiththechoir2024

Canada Bay Board Gamers

Come play board games and make new friends in our weekly meet-up.

Concord Library
60 Flavelle St, Concord

10am–12pm

Book: Phillip 9911 6381

Tech Shed

A weekly get-together for those who want to make things and learn new skills in 3D printing, robotics and electronics. Tech Shed is part of Harry's Shed (City of Canada Bay Men's Shed Inc).

The Learning Space at
The Connection, Building
2/30 Shoreline Dr, Rhodes

10am–1pm

Book: Email

techshedders@canadabayshed.com

In Conversation with Jamelle Wells

Join us at Five Dock Library for an Author Talk with Jamelle Wells, as she talks about her new book 'The Outback Court Reporter'.

Five Dock Library,
Level 1, 4-12 Garfield St, Five Dock

6:15–7:30pm

Book: Sarah 9911 6318

Thursday Book Group

Meets on the third Thursday of each month. In March they will be reading 'Little Shop of Found Things' by Paula Brackston.

Five Dock Library, Level 1
4-12 Garfield St, Five Dock

10:30–11:30am

Book: Sarah 9911 6318

Friday, 22 March

Mahjong

Join this session to learn or play Mahjong.

Drummoyne Community Centre
10 Cometrowe St, Drummoyne

2–4pm

Book: 9719 8102

A Guided tour of the TEXStyle Exhibition

The Embroiderers' Guild NSW Inc.
76 Queen St, Concord West

11–11:30am

Book: Janet 9743 2501

Yin Yoga and Meditation

Concord Senior Citizen's Club
9/11 Wellbank St, Concord

3–4pm

Book: Katherine 0404 032 346

Natural Garden Pest Control Workshop

This hands-on workshop will help you manage garden pests in a safe and natural way. Materials provided.

Concord Community Garden
behind the community centre at
1a Gipps Street Concord.

10am–12pm

Book: Ilona 9121 0213

Online bookings available at
bit.ly/seniorsfestivalworkshop

Bingo Bonanza

A fun afternoon of Bingo with light refreshments and prizes!

Concord Library
60 Flavelle Street, Concord

2–4pm

Book: Phillip 9911 6381

Sunday, 24 March

Introduction to Croquet

Come and try croquet! Wear flat closed shoes and a hat. Please bring (cotton) gloves to wear when using club equipment. Bookings essential.
50 Redmyre Road, Strathfield

4–6pm

Book: Ruth 0407 044 042 or email

strathfieldcroquet@gmail.com

If you need transport to these events, book Access Sydney Community Transport on 8241 8000.

City of Canada Bay Swimming Centres

As part of the Seniors Festival our swimming centres will be offering seniors with a valid concession or pension card free access to the pools from 11–15 March.

There will also be a morning tea at Cabarita Swimming Centre on Friday, 15 March from 8–10:30am.

No bookings needed.

- **Cabarita Swimming Centre:**
Cabarita Park, Cabarita Road, Concord.

- **Drummoyne Swimming Centre:**
1P Henley Marine Drive, Drummoyne.

Visit bit.ly/ccbpools for more information.

City of Canada Bay Recreation Centres

Concord Oval Recreation Centre will be offering seniors with a valid concession or pension card free access to our Seniors Fit For Life Classes from 11–24 March.

Fit For Life Moves is a low to moderate intensity class for over 50s with stable health conditions.

Mondays/Wednesdays: 10:30am.

Tuesdays/Thursdays: 11:30am.

Fit For Life Strength is an over 50s class using free weights and machine to improve strength and function.

Mondays: 11:30am.

Fridays: 10:30am.

Entry to accessible parking on Gipps St, Concord. Lift on site. Call 9121 0244 to book your spot.