

CITY OF CANADA BAY SENIORS FESTIVAL 2025

IT'S TIME TO SHINE AS WE
CELEBRATE SENIORS FESTIVAL
BETWEEN 3-16 MARCH 2025.



A RANGE OF
EVENTS AROUND
THE CITY OF
CANADA BAY
TO HELP YOU
GET ACTIVE
AND STAY
CONNECTED.



City of
Canada Bay

CITY OF CANADA BAY SENIORS FESTIVAL 2025

Monday, 3 March

Music and Morning Tea

Join us for a complimentary morning tea and enjoy a musical performance by the Canada Bay Community Choir. Bookings essential.

10am–12pm

Breakfast Point Community Hall

50 Village Dr, Breakfast Point

Book: Visit dcc.org.au/whats-on or call 9719 8102

Fortnightly Community Garden Group

Plant, water and harvest with volunteers and children from Drummoyne Preschool.

10:30am–12:30pm

10 Cometrowe St, Drummoyne

Book: Visit dcc.org.au/whats-on or call 9719 8102

Art Group: try before you buy

Bring your own art gear and join this self-led supportive group.

9am–12pm

Concord Senior Citizens Centre

9-11 Wellbank St, Concord

Book: 0401 887 192

Toning and Conditioning:

try before you buy

Join this class with an accredited trainer.

1:30–2:30pm

Concord Senior Citizens Centre

9-11 Wellbank St, Concord

Book: 0401 887 192

Gentle Aerobic Exercise:

try before you buy

Join this class with an accredited trainer.

2:30–3:30pm

Concord Senior Citizens Centre

9-11 Wellbank St, Concord

Book: 0401 887 192

Beginner's Yoga:

try before you buy

Join this class with an accredited trainer.

5:30–6:30pm

Concord Senior Citizens Centre

9-11 Wellbank St, Concord

Book: 0404 032 346

Workshop with Inner West Neighbour Aid

Workshops focus on: friendship, health and wellbeing, creativity, nature, horticulture, cultural celebrations, food and sustainability. Light lunch and morning tea is provided. \$27, or \$7 for IWNA clients (to become a client, sign up through My Aged Care). Door to door transport is available for clients.

11am–1pm

5 Senses Garden

Killoola St, Concord West

Book: 9799 5099

Art Class: try before you buy

Develop drawing and painting skills, creativity and self-expression with Chiswick Community Activities Group.

10am–1pm

Community Hall

Blackwall Point Rd and

Parkview Rd, Chiswick

Book: Call 0493 109 961

or email ccag2046@gmail.com

Tuesday, 4 March

Art Class: try before you buy

Develop drawing and painting skills, creativity and self-expression with Chiswick Community Activities Group.

10am–1pm

Community Hall

Blackwall Point Rd and

Parkview Rd, Chiswick

Book: Call 0493 109 961

or email ccag2046@gmail.com

Table Tennis: try before you buy

Bats available for this table tennis session. Must be able to play to a reasonable standard.

6–8:30pm

Concord Senior Citizens Centre

9-11 Wellbank St, Concord

Book: 0401 887 192

Wrap with Love Knitting Group

If you enjoy knitting or crochet, come along to this gathering of local knitters for conversation and knitting!

10am on alternate Tuesdays

Five Dock Library

Level 1, 4-12 Garfield St,

Five Dock

No bookings required.



Wednesday, 5 March

Aboriginal Weaving Workshop

You will learn how to weave using traditional methods with Koori Kinnections. Come along to create bracelets, bookmarks, necklaces or cord using raffia, feathers and beads.

9:30–11:30am

Kokoda Education Centre

Killoola St, Concord West

Book: 9121 0039 or

bit.ly/ccbweaving

Gentle Aerobic Exercise:

try before you buy

Join this class with an accredited trainer.

9–10am

Concord Senior Citizens Centre

9-11 Wellbank St, Concord

Book: 0401 887 192

Wangal Nature Trail Walk

Join a walk with Koori Kinnections to explore native Australian plants, their traditional uses and important role in enhancing urban environments.

10–1pm

Queen Elizabeth Park

Broughton St, Concord

Book: bit.ly/seniorsnaturewalk

Still Life Drawing Workshop

Local artist, Jose Gutierrez, will teach a still life drawing workshop with an arrangement of objects from the museum as the subject.

10am–1pm

City of Canada Bay Museum

1 Bent St, Concord

Book: bit.ly/seniorsartworkshop

Wrap with Love Knitting Group

If you enjoy knitting or crochet, come along to this gathering of local knitters for conversation and knitting!

2:30pm every Wednesday

Concord Library

60 Flavelle St, Concord

No bookings required.

Slow Flow Vinyasa Yoga:

try before you buy

Join this class with an accredited trainer.

3–4pm

Concord Senior Citizens Centre

9-11 Wellbank St, Concord

Book: 0404 032 346

CITY OF CANADA BAY SENIORS FESTIVAL 2025

Conversational English Group

Practice your English-speaking skills in a small group setting that is supportive, fun and welcoming. 10–11am
Concord Senior Citizens Centre
9-11 Wellbank St, Concord Book: Visit dcc.org.au/whats-on or call 9719 8102

Thursday, 6 March

For the Love of Music Group

Join this music appreciation group for free during the festival to enjoy music from around the world and across the centuries. 1–2:30pm
Drummoyne Community Centre
10 Cometrowe St, Drummoyne Book: Visit dcc.org.au/whats-on or call 9719 8102

Board Games Group

Come along for social connection and a variety of board games. 10am–12pm every Thursday
Concord Library
60 Flavelle St, Concord
No bookings required.

Tech Shed

Meet up for 3D printing, robots and electronics. 10am–1pm every Thursday
The Learning Space
30 Shoreline Dr, Rhodes
More information: techshedd@canadabayshed.com

Royal Life Saving CPR Workshop

Sign up to learn vital life-saving skills for an emergency. 2–4pm
Five Dock Library
Level 1, 4-12 Garfield St, Five Dock
Book: bit.ly/cprforseniors

Toning and Conditioning:

try before you buy

Class with an accredited trainer. 10:30–11:30am
Concord Senior Citizens Centre
9-11 Wellbank St, Concord
Book: 0401 887 192

Salsa for Seniors: try before you buy

Learn to salsa dance and meet new people. All levels including beginners welcome. 10am–12pm Thursdays
Community Hall
Blackwall Point Rd and Parkview Rd, Chiswick
Book: 0493 109 961 or ccag2046@gmail.com

Friday, 7 March

Yin Yoga and Meditation:

try before you buy

Join this class with an accredited trainer. 3–4pm
Concord Senior Citizens Centre
9-11 Wellbank St, Concord
Book: 0404 032 346

Mahjong: free trial

Play, or learn, this ancient

game of skill, strategy and luck in a friendly environment.

2–4pm (weekly in School Term)
Drummoyne Community Centre
10 Cometrowe St, Drummoyne
Book: 9719 8102 or dcc.org.au/whats-on

TEXStyle Exhibition Guided Tour

An exhibit of fashion and textiles showcasing work by 2024 HSC Textiles students. 11am–12pm
The Embroiderers Guild NSW
76 Queen St, Concord West
Book: 9743 2501

Saturday, 8 March

History Walk with our Local Studies Librarian

Join a walk exploring the history of Majors Bay Road; from Isaac Nichols and the Canadian Exiles to WWI. We'll also answer the question: who was the Major that Majors Bay was named after? 10am–12pm or 2–4pm
City of Canada Bay Museum
1 Bent St, Concord
Book: bit.ly/morninghistorywalk or bit.ly/afternoonhistorywalk

Food Fermenting Workshop

Learn the technique of fermenting to create delicious, gut-friendly food with the experts from Moss House! 10am–12pm
Concord Oval event space
Loftus St, Concord
Book: bit.ly/foodfermenting

Sunday, 9 March

Introduction to Croquet

Meet new people in a fun, friendly environment while learning a new skill! Croquet is a popular low-impact sport. Visit strathfieldcroquet.com for more information. 4–6pm
Strathfield Croquet Club
50 Redmyre Rd, Strathfield
Book: Send a text or call 0408 629 888

Monday, 10 March

Art Class: try before you buy

Develop drawing and painting skills with Chiswick Community Activities Group. 10am–1pm
Community Hall,
Blackwall Point Rd and Parkview Rd, Chiswick
Book: Call 0493 109 961 or email ccag2046@gmail.com

Art Group: try before you buy

Bring your own art gear and join this self-led supportive group. 9am–12pm
Concord Senior Citizens Centre
9-11 Wellbank St, Concord
Book: 0401 887 192

Toning and Conditioning:

try before you buy

Class with an accredited trainer. 1:30–2:30pm
Concord Senior Citizens Centre
9-11 Wellbank St, Concord
Book: 0401 887 192

Gentle Aerobic Exercise:

try before you buy

Class with an accredited trainer. 2:30–3:30pm
Concord Senior Citizens Centre
9-11 Wellbank St, Concord
Book: 0401 887 192

Beginner's Yoga:

try before you buy

Class with an accredited trainer. 5:30–6:30pm
Concord Senior Citizens Centre
9-11 Wellbank St, Concord
Book: 0404 032 346

Tuesday, 11 March

Aboriginal Bush Food Workshop

This 2-hour experience includes a guided walk in 5 Senses Garden, bush food talk, cooking demo and tastings. Plus, you'll take home three new recipes! 9:30–11:30am
Kokoda Education Centre
Killoola St, Concord West
Book: 9121 0039 or bit.ly/bushfoodwalk

Memoir Writing Workshop

Learn how to write a memoir with experienced writer and facilitator Keith Whelan. 10am–12pm
Five Dock Library
Level 1, 4–12 Garfield St, Five Dock
Book: bit.ly/writingclass2025

Art Class: try before you buy

Develop drawing and painting skills with Chiswick Community Activities Group. 10am–1pm
Community Hall
Blackwall Point Rd and Parkview Rd, Chiswick
Book: Call 0493 109 961 or email ccag2046@gmail.com

Table Tennis: try before you buy

Bats available for this table tennis session. Must be able to play to a reasonable standard. 6–8:30pm
Concord Senior Citizens Centre
9-11 Wellbank St, Concord
Book: 0401 887 192

Wednesday, 12 March Bingo Bonanza

A fun afternoon of bingo! 2–4pm
Concord Library
60 Flavelle St, Concord
Book: bit.ly/concordbingo

What's in Your Home with the Heritage Society

We all have items in our homes that tell a story. Bring an item that is interesting and unique to you, and come along to share your story and listen to others over morning tea. 11am–1pm
City of Canada Bay Museum
1 Bent St, Concord
No booking required.

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Gentle Aerobic Exercise: try before you buy

Join this class with an accredited trainer.

9–10am

Concord Senior Citizens Centre
9-11 Wellbank St, Concord
Book: 0401 887 192

Conversational English Group

Practice your English-speaking skills in a small group setting that is supportive, fun and welcoming.

10–11am

Concord Senior Citizens Centre
9-11 Wellbank St, Concord
Book: 9719 8102 or
dcc.org.au/whats-on

Slow Flow Vinyasa Yoga: try before you buy

Join this class with an accredited trainer.

3–4pm

Concord Senior Citizens Centre
9-11 Wellbank St, Concord
Book: 0404 032 346

Thursday, 13 March Men's Group

Meet up to discuss topics you find interesting!

1–2:30pm on the second and fourth Thursday of each month.
Drummoyne Community Centre.
10 Cometrowe St, Drummoyne
Book: 9719 8102 or
dcc.org.au/whats-on

Salsa: try before you buy

Learn to salsa dance and meet

new people. All levels including beginners welcome.

10am–12pm Thursdays
Community Hall
Blackwall Point Rd and
Parkview Rd, Chiswick
Book: 0493 109 961 or
ccag2046@gmail.com

Toning and Conditioning: try before you buy

Join this class with an accredited trainer.

10:30–11:30am

Concord Senior Citizens Centre
9-11 Wellbank St, Concord
Book: 0401 887 192

Friday, 14 March

Yin Yoga and Meditation: try before you buy

Join this class with an accredited trainer.

3–4pm

Concord Senior Citizens Centre
9-11 Wellbank St, Concord
Book: 0404 032 346

Concord Garden Club monthly meeting

Interested in joining a garden club? Come to the March meeting and enjoy refreshments, a guest speaker and a display of pot plants, floral art and flowers, fruit and vegetables.

11am–1pm

Concord Community Centre
1A Gipps St, Concord
Book: 0407 033 329

Mahjong: free trial

Play, or learn, this ancient game of skill, strategy and luck in a friendly environment.

2–4pm (weekly in School Term)
Drummoyne Community Centre
10 Cometrowe St, Drummoyne
Book: 9719 8102 or
dcc.org.au/whats-on

Saturday, 15 March Cavalcade of Fashion

The 'Cavalcade of History and Fashion' is a not-for-profit community group whose custodians collect, preserve and display historic fashion dating from the late 1700s. This display will feature a range of items with commentary about their history. To be followed by morning tea. \$10 entry.

10:30am–12:30pm

City of Canada Bay Museum
1 Bent St, Concord
Book: canadabayheritage.asn.au

Introduction to Croquet

Meet new people in a friendly environment while learning a new skill! This is a popular low-impact sport played mostly by seniors. For more information visit strathfieldcroquet.com.

4–6pm

Strathfield Croquet Club
50 Redmyre Rd, Strathfield
Book: Text/call 0408 629 888



Needlecraft

Join the Bay Quilters: they knit, sew, crochet, embroider and quilt, all while enjoying each other's company!

1:30–4pm (1st & 3rd Saturday of each month).

Drummoyne Community Centre
10 Cometrowe St, Drummoyne
Book: 9719 8102 or
dcc.org.au/whats-on

Sunday, 16 March Dragon Sports Association Open Day

A free Open Day at DSA Dragon Boat Club for those looking to join our seniors' team (50+). Experience the excitement of

competitive dragon boating, meet the team, and enjoy a day on the water. No experience required, all fitness levels welcome.

9:30–11:30am

Uhrs Point Reserve
490 Concord Rd, Rhodes
Book: dsadragon.org/free-trial

*** Please note: some organisations are offering a free trial of their program during Seniors Festival. If you want to attend more than once, membership or additional costs may be required, so please check when booking.**

Need help to get to any of these activities? Community transport is available:

- Access Sydney Community Transport: 8241 8000

For more information or help to book, email: ccbcommunityservices@canadabay.nsw.gov.au, call 9121 0039 or visit bit.ly/ccbseniors

For more information about each of these events visit www.canadabay.nsw.gov.au/whats-on

CITY OF CANADA BAY SENIORS FESTIVAL 2025

City of Canada Bay Swimming Centres

Cabarita and Drummoyne Swimming Centres will be offering free access to the pools for seniors with a valid concession card, on the following specified dates:

- **3-9 March:** free access at Cabarita Pool (Cabarita Road, Concord)
- **10-16 March:** free access at Drummoyne Pool (1p Henley Marine Drive, Drummoyne)

Additionally, seniors are invited to a special Breakfast at Cabarita Pool on Friday, 7 March at 9am or morning tea at Drummoyne on Friday, 14 March at 10am. No bookings required.

Please note: both pools are wheelchair accessible with lifts, ramps and pool hoists.

Visit bit.ly/swimmingcentres 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 the Seniors Fit For Life Classes from 3–16 March.

- Fit For Life Moves is a low-to-moderate intensity class for over-50s with stable health conditions. Session times are as follows:

Mondays & Wednesdays:

10:30am for 45mins.

Tuesdays & Thursdays:

11:30am for 45mins.

- Fit For Life Strength is an over-50s class using free weights and machines to improve strength and function. Session times are as follows:

Mondays: 11:30am.

Fridays: 10:30am.

8 Gipps St, Concord. Accessible parking and lift on site. Call 9121 0244 to book your spot.

Bus Trips for Seniors

Council runs bus trips for seniors for a cost.

Call 9911 6595 or visit bit.ly/ccbseniors for more information or a sign-up form.

Home Library Service

The City of Canada Bay Home Library Service provides service to:

- Residents who are unable to access the library because of illness or disability
- Residential facilities such as hostels, nursing homes and aged care facilities
- Full-time carers
- Residents convalescing

New clients may need to provide a doctor's certificate confirming eligibility for the service. We will select items based on your interests and deliver them to your home every four weeks. For more information call 9911 6211.

