



NSW SENIORS FESTIVAL 2023

Free events in the City of Canada Bay
February/March 2023



City of
Canada Bay

Wednesday, 1 February

Gentle aerobic exercise

Concord Senior Citizen's Club

9/11 Wellbank St, Concord

9–10am

Contact: Barry 0401 887 192

Yoga

Concord Senior Citizen's Club

9/11 Wellbank St, Concord

3–4pm

Contact: Barry 0401 887 192

Korean calligraphy

Do you speak Korean? Learn and practice calligraphy in this weekly class.

The Learning Space at The Connection

Building 2/30 Shoreline Dr, Rhodes

10:10am–12pm

Contact: Sarah 9911 6318 (English) or 9063 8808 (Korean)

Thursday, 2 February

Introduction to tablets

Learn more about how to use your tablet.

Concord Library

60 Flavelle St, Concord

10am–12pm

Contact: Sarah 9911 6318

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

Contact: techshedd@canadabayshed.com

Ballet class

Concord Senior Citizen's Club

9/11 Wellbank St, Concord

8:45–10:15am

Contact: Barry 0401 887 192

Thursday, 2 February
For the Love of Music

Listen to tunes and learn more about the history of music.

Drummoyne Community Centre
10 Cometrowe St, Drummoyne

1–2:30 pm

Contact: 9719 8102 or
info@dcc.org.au

A tour of the Embroiderer's Guild

This tour includes Gallery 76, Collection and Library at the Embroiderer's Guild.

76 Queen St, Concord West
10–11am

Contact: Janet 9743 2501 or
info@embroiderersguildnsw.org.au

Friday, 3 February
Greek Friendship Group

Do you speak Greek? Come along to our Greek friendship group for morning tea and great conversations in Greek!

Concord Library
60 Flavelle St, Concord
10am–12pm
Contact: Sarah 9911 6318

Yoga for beginners

Concord Senior Citizen's Club
9/11 Wellbank St, Concord
2–3pm
Contact: Barry 0401 887 192

Yoga

Concord Senior Citizen's Club
9/11 Wellbank St, Concord
3–4pm
Contact: Barry 0401 887 192

Saturday, 4 February
Memories to Share

Share your memories of the 50s, 60s and 70s at this special 'show and tell' event. Bring some photographs of your first car or school days, your oldest item of clothing or whatever you'd like to share!

City of Canada Bay Museum

1 Bent Street, Concord

10am–12pm

Contact: Lois 9744 8528 or
heritage@canadabayheritage.asn.au

Introduction to croquet

Come and try croquet! Dress casually with flat closed shoes, and bring a hat, sunglasses, water bottle and washable (cotton) gloves to wear when using club equipment. Visit strathfieldcroquet.com for more information.

Strathfield Croquet Club
50 Redmyre Rd, Strathfield

3–5pm

Contact: Elizabeth 0417 402 369

Monday, 6 February
Handicraft

Make items for charity.
Concord Senior Citizen's Club
9/11 Wellbank St, Concord
9am–11:30am
Contact: Barry 0401 887 192

Pilates for active seniors

Drummoyne Community Centre
10 Cometrowe St, Drummoyne
9:45–10:30am
Contact: 9719 8102

Art group

Concord Senior Citizen's Club
9/11 Wellbank St, Concord
10am–1pm
Contact: Barry 0401 887 192

Toning and conditioning

Concord Senior Citizen's Club
9/11 Wellbank St, Concord
1:30–2:30pm
Contact: Barry 0401 887 192

Gentle aerobic exercise

Concord Senior Citizen's Club
9/11 Wellbank St, Concord
2:30–3:30pm
Contact: Barry 0401 887 192

Yoga for beginners

Concord Senior Citizen's Club
9/11 Wellbank St, Concord
5:30–6:30pm
Contact: Barry 0401 887 192

Yin Yoga (Relaxation)

Concord Senior Citizen's Club
9/11 Wellbank St, Concord
6:30–7:30pm
Contact: Barry 0401 887 192

Tuesday, 7 February
Tap dancing class

Concord Senior Citizen's Club
9/11 Wellbank St, Concord
9–10am
Contact: Barry 0401 887 192

A tour of the Embroiderer's Guild

This tour includes Gallery 76, Collection and Library at the Embroiderer's Guild.
76 Queen St, Concord West
10–11:00am
Contact: Janet 9743 2501 or
info@embroiderersguildnsw.org.au

An introduction to gentle yoga

Drummoyne Community Centre
10 Cometrowe St, Drummoyne
11:15am–12:15pm
Contact: 9719 8102 or
info@dcc.org.au

Table tennis

Concord Senior Citizen's Club
9/11 Wellbank St, Concord
6–8:30pm
Contact: Barry 0401 887 192

Art group

Concord Senior Citizen's Club
9/11 Wellbank St, Concord
7–10pm
Contact: Barry 0401 887 192

**Wednesday, 8 February
Gentle aerobic exercise**

Concord Senior Citizen's Club
9/11 Wellbank St, Concord
9–10am
Contact: Barry 0401 887 192

Yoga

Concord Senior Citizen's Club
9/11 Wellbank St, Concord
3–4pm
Contact: Barry 0401 887 192

**Thursday, 9 February
All Aboard Bus Trip: Kiama**

Never been on a Canada Bay seniors bus trip? Try it out on this beautiful scenic drive to Kiama! This is an all-day trip, starting at 8am. Bring your camera.
Bookings essential to secure your spot.
Contact: Zoe 9121 0014

Ballet class

Concord Senior Citizen's Club
9/11 Wellbank St, Concord
8:45am–10:15am
Contact: Barry 0401 887 192

Keep Stepping!

Gentle exercise session for seniors.
Drummoyne Community Centre
10 Cometrowe St, Drummoyne
9:30–10:30am
Contact: 9719 8102

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
Contact:
techshedders@canadabayshed.com

Toning and conditioning class

Join this exercise session with hand weights and floor work.
Concord Senior Citizen's Club
9/11 Wellbank St, Concord
10:30–11:30am
Contact: Barry 0401 887 192

Men's Group

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

**Friday, 10 February
Garden Club**

This event includes a plant competition, plant sale and morning tea.
Concord Community Centre
1a Gipps Street, Concord
11am–1:30pm
Contact: Maureen 0407 033 329

Mahjong

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

Yoga for beginners

Concord Senior Citizen's Club
9/11 Wellbank St, Concord
2–3pm
Contact: Barry 0401 887 192

Yoga

Concord Senior Citizen's Club
9/11 Wellbank St, Concord
3–4pm
Contact: Barry 0401 887 192

**Saturday, 11 February
Memories to Share**

Share your memories of the 50s, 60s and 70s at this special 'show and tell' event. Bring some photographs of your first car or school days, your oldest item of clothing or whatever you'd like to share!
City of Canada Bay Museum
1 Bent Street, Concord
10am–12pm
Contact: Lois 9744 8528 or
heritage@canadabayheritage.asn.au

Memories to Share

Share your memories of the 50s, 60s and 70s at this special 'show and tell' event. Bring some photographs of your first car or school days, your oldest item of clothing or whatever you'd like to share!
City of Canada Bay Museum
1 Bent Street, Concord
2–4pm
Contact: Lois 9744 8528 or
heritage@canadabayheritage.asn.au

**Sunday, 12 February
Introduction to Croquet**

Strathfield Croquet Club
50 Redmyre Rd, Strathfield
Come and try croquet! Dress casually with flat closed shoes, and bring a hat, sunglasses, water bottle and washable (cotton) gloves to wear when using club equipment. Visit strathfieldcroquet.com for more information.
3–5pm
Contact: Elizabeth 0417 402 369

**Monday, 13 February
Bingo Bonanza**

Join us for a fun afternoon of Bingo. There will be light refreshments, prizes and laughter!

Concord Library Function Room
60 Flavelle St, Concord

2–3:30pm

Contact: Zoe 9121 0014

**Wednesday, 15 February
Gentle Groove**

A free flowing and creative dance session.

*There are 10 free places for newcomers to experience Gentle Groove. Book now, don't miss out!

Drummoyne Community Centre

10 Cometrowe St, Drummoyne

9:15–10:15am

Contact: 9719 8102

**Wednesday, 15 March
Coffee with the Choir**

Come along to this morning tea and performance by the Canada Bay Choir and Concord High School Chamber Ensemble.

Cabarita Conservatory

138 Cabarita Rd, Cabarita

Coffee from 9:30am, concert

10–11:30am

Contact: Mel 99116244 or

melissa.blain-woodley@canadabay.nsw.gov.au

Home Library Service

The City of Canada Bay Home Library Service provides:

- Service to residents unable to access the library because of illness or disability
- Service to residential facilities such as hostels, nursing homes and aged care facilities
- Service to residents who are full time carers
- Service to residents convalescing.

No age restrictions apply. 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 please contact Council's Home Library Officer on 9911 6211.

Bay Connection — outings for over 55s

The City of Canada Bay provides a program of bus outings for people over 55 years who live in our Council area.

Bay Connection bus trips are designed for people who live at home who would like to get out of the house and enjoy the company of others from our area.

Destinations include the Blue Mountains, historical houses, botanic gardens and other locations in and around Sydney.

For more information, please contact Lorna on 9911 6587 or visit our website: canadabay.nsw.gov.au

