



CELEBRATE TOGETHER



# SENIORS festival

1 – 28 February 2023

# MAYOR'S WELCOME

Welcome to Willoughby's Seniors Festival Celebrations for 2023.



This year the NSW Seniors Festival theme is 'Celebrate Together'. Willoughby Council has created an exciting program with more than 30 free or specially discounted features where older residents can reconnect through art, online learning, cooking, painting and other exciting activities.

The ever popular annual Variety Concert will take place at the easily accessible Zenith Theatre. Join us for an afternoon of entertainment provided by The Noteable Theatre Company who will perform a showcase of adored Stage Shows, as well as performance by a local community choir and cultural dance groups whilst enjoying a delicious complimentary lunch box from Blend Cafe.

Other events include "Healthy Ageing" webinar by the eminent geriatrician Professor Susan Kurrle, a Sydney Harbour Cruise plus many more activities including health talks, social lunches, botanical walks, music, exhibitions and open days.

The range of activities and events demonstrates our region's 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 and 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. All programs and activities may be subject to change.

# SENIORS GALA CONCERT

TUESDAY 21 FEBRUARY | 12 NOON - 2.30PM

The Zenith Theatre

Cnr McIntosh Street and Railway Street, Chatswood

\$7

PER PERSON

## BOOKINGS OPEN 1 FEBRUARY

Phone: 9777 7555 (call for wheelchair bookings)

Scan the QR code below to book online or visit

[www.trybooking.com/CEEOM](http://www.trybooking.com/CEEOM)

This year the Seniors Gala Concert will take place at the easily accessible, Covid-safe Zenith Theatre.

Enjoy entertainment provided The Noteable Theatre Company who will perform a showcase of adored Stage Shows along with performances by a local community choir and cultural dance groups.

A delicious complimentary lunch box will be provided on arrival. This event will sell out, so book early!

Parking at the Zenith Carpark is complimentary with validation.



# HEALTHY AGEING WEBINAR

TUESDAY 14 FEBRUARY | 12.30PM - 2PM

WEBINAR ON ZOOM

FREE

BOOKINGS OPEN 9 JANUARY 2023

Scan the QR code below or visit  
<http://bitly.ws/xela>

Eminent geriatrician **Professor Susan Kurrle**, will be coming to us live to discuss how to age successfully and what options are available when you can no longer stay at home.

A Zoom link will be sent to registered participants two days prior to the event.  
For enquires please email  
[ellen.miller@willoughby.nsw.gov.au](mailto:ellen.miller@willoughby.nsw.gov.au)





# SYDNEY HARBOUR CRUISE

FRIDAY 10 FEBRUARY | 10.30AM - 2.30PM

Meeting at the Dougherty Community Centre  
7 Victor Street, Chatswood

\$65

PER PERSON

## BOOKINGS ESSENTIAL

Phone: 9777 7824

Payment: In person at the Dougherty Community Centre (card only)

### At Home with Willoughby Captain Cook Cruise with top deck lunch.

Come and enjoy a delicious two course a-la-carte lunch (menu available on request) served on the top deck, add sunshine and a relaxed casual atmosphere as we cruise the harbour. Top this off with a million-dollar view, a little sightseeing commentary and you have the perfect lunch escape.

Booking and pre-payment is required for this cruise by Friday 27 January 2023. Ticket price includes lunch and transport per person. **No refunds** on cancellation.

For more information email [debi.rose@willoughby.nsw.gov.au](mailto:debi.rose@willoughby.nsw.gov.au) or [ita.flynn@willoughby.nsw.gov.au](mailto:ita.flynn@willoughby.nsw.gov.au)



# INNER EDGE DRIFTING

WEDNESDAY 18 JANUARY - SUNDAY 12 FEBRUARY

Art Space on The Concourse

409 Victoria Avenue, Chatswood

FREE

BOOKING NOT REQUIRED

Phone: 9777 7972

Email: [cassandra.hard-lawrie@willoughby.nsw.gov.au](mailto:cassandra.hard-lawrie@willoughby.nsw.gov.au)

A Willoughby City Council curated group exhibition, *Inner Edge Drifting* explores the cultural space experienced by people living in Western cultures (specifically Australia) who have Asian roots. This third cultural space (often referred to within the experiences of third culture kid) is examined through different artistic mediums to provide an understanding of what it means to negotiate multiple traditions, influences and values.

Open Hours:

11am - 5pm Wednesday,

Thursday and Sunday;

11am - 8pm Friday and Saturday



Image: Mai Nguyen-Long, *Warrior Cat and Poo Balls*, 2017-2023, unglazed and glazed clay

# INTERSTICES

## NAVIGATING SPACE AND INTERSPACE

### WEDNESDAY 18 JANUARY - SUNDAY 5 FEBRUARY

Incinerator Art Space, 2 Small Street, Willoughby

FREE

BOOKING NOT REQUIRED

Phone: 0427 550 415

Email: [gomthi.art@gmail.com](mailto:gomthi.art@gmail.com)

A group exhibition presented by Riti Malik, Jacqueline McBeath and Gomathi Suresh. Through the materiality of clay, these artists investigate their connection to the environment and the spaces we live in; their relationship with their bodies, and how that is connected to their inner selves; their connections as women, and creatives.

Open Hours: 10am - 4pm, Wednesday to Sunday



Image: Jacqueline McBeath, *Each a Goddess*, 2022, porcelain and slate

# NORTHSIDE WELLNESS – FELDENKRAIS

WEDNESDAY 1,8,15,22 FEBRUARY | 10AM - 11AM

Dougherty Community Centre

7 Victor Street, Chatswood

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7800

Email: [dcc@willoughby.nsw.gov.au](mailto:dcc@willoughby.nsw.gov.au)

Would you like to see Wellness in action? At Northside Wellness we don't see ageing as a disease. We want to embrace all the opportunities that life has to offer, and make sure we are in the best possible shape to meet them.

**Join our open day events** – Feldenkrais facilitates learning about movement, posture and breathing to ultimately increase the ease and range of our movement, improve flexibility and coordination.

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





# BE CONNECTED – ALL ABOUT DATA

## THURSDAY 2 FEBRUARY | 11AM - 12 NOON

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7900

Email: [library@willoughby.nsw.gov.au](mailto:library@willoughby.nsw.gov.au)

Internet data is used any time we connect to the internet to browse the web, check emails or use online streaming services such as YouTube.

Find out more about data, from choosing a data plan and managing your data, to tips to help you save money when at home or away.



# WILLOUGHBY COMMUNITY MEN'S SHED

## THURSDAY 2, 9, 16, 23 FEBRUARY | 10AM - 1PM

Warners Park

The Outpost Northbridge

FREE

BOOKING NOT REQUIRED

Just come and join us

Email: [information@willoughbymensshed.com](mailto:information@willoughbymensshed.com)

What's it all about? **Join our Thursday Open Days** for a cuppa and to learn more about 'The Shed' – open to men and women of all ages, both skilled and unskilled.

A safe and friendly environment where time can be spent working alongside like-minded people on a range of personal, shed and community projects or simply visiting for a 'cuppa and chat'.

'The Shed' operates Monday to Friday from 10am to 3pm (except Public Holidays).



# TECH BAR – TECH HELP WITH YOUR DEVICES

## FRIDAY 3, 10, 17, 24 | 11AM - 12 NOON

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7900

Email: [library@willoughby.nsw.gov.au](mailto:library@willoughby.nsw.gov.au)

Get free tech help at Chatswood Library in English, Mandarin and Cantonese. If you need help with your mobile device, computer or just want to learn how to access the library's free eBooks, eMagazines and movies then please register for your one-on-one session now.



# COME AND TRY CROQUET

SATURDAY 4 FEBRUARY AND SUNDAY 19 FEBRUARY  
10AM – 12 NOON

669A Pacific Highway, Chatswood

FREE

BOOKINGS ESSENTIAL BY 29 JANUARY 2023

Phone: 0407 195 112 or 0450 204 729

Email: [info@chatswoodcroquet.org.au](mailto:info@chatswoodcroquet.org.au)

Croquet provides participants with gentle outdoor exercise and use of playing strategies to exercise the mind. It is a fun activity that encourages social interaction. New members are provided with support and training so they can quickly enjoy social games.

Wear comfortable clothes, including slacks, trousers, or shorts with flat soled shoes. Sun protection recommended.

The club will provide all the equipment needed.

Morning tea provided along with a chat under the nicely shaded seating area beside the lawns. For more information go to

[https://youtu.be/ltTNS\\_zp1wo](https://youtu.be/ltTNS_zp1wo)





# MAKING MAGIC WITH PAPER AND YARN

## SATURDAY 4 FEBRUARY | 11AM - 12:30PM

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7900

Email: [library@willoughby.nsw.gov.au](mailto:library@willoughby.nsw.gov.au)

Let out your inner artist and get creative, meet like-minded people and make new friends.

Enjoy a range of craft activities, from paper flowers and simple macramé to embroidery buttons and pom-pom key rings.

Materials will be provided.





# ART ON MONDAYS

MONDAY 6 FEBRUARY | 1PM - 3PM

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7900

Email: [library@willoughby.nsw.gov.au](mailto:library@willoughby.nsw.gov.au)

Express yourself through art, have fun and explore ways to make art on paper. For absolute beginners and others, wishing to create and discuss art. At the end of the class you will be amazed at what you can accomplish.

Classes will be led by Sally Aplin, a well-qualified Willoughby artist and teacher who will keep you engaged in learning. Sessions are run on the first Monday of the month. Material will be included unless specified. This event is suitable for age 16+.



# NORTHBRIDGE QUILTERS OPEN DAY

TUESDAY 7 FEBRUARY | 11AM - 1.30PM

Warners Park Community Centre

The Outpost, Northbridge

FREE

BOOKING NOT REQUIRED

Just turn up!

Northbridge Quilters Meeting and Open Day, enjoy beautiful quilts on display with demonstrations of hand quilting and English paper piecing techniques. Northbridge Quilters make quilts for StreetWorks and Mary's House, and drainage and wig bags for North Shore Hospitals.



# TECH BUDDY CLUB

TUESDAY 7 FEBRUARY | 11AM - 12 NOON

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7900

Email: [library@willoughby.nsw.gov.au](mailto:library@willoughby.nsw.gov.au)

Tech Buddy Club is for tech-curious seniors interested in learning about computers and mobile technology. Held on the first Tuesday of the month, each session includes a short presentation and group discussion. You can ask your own questions or learn how others are using technology for everyday life. You can use the library's devices or bring along your own.



# SECRET BUSINESS LIBRARY TOUR

## VARIOUS DATES

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7900

Email: [library@willoughby.nsw.gov.au](mailto:library@willoughby.nsw.gov.au)

Would you like to know how Chatswood Library works behind the scenes? There is more to your library than meets the eye! Please join the "Secret Business Library" tour to find out more.

English: Wednesday 8 February 2pm - 2.45pm

Tuesday 21 February 2pm - 2.45pm

Cantonese: Tuesday 7 February 2pm - 2.45pm

Mandarin: Wednesday 15 February 2pm - 2.45pm

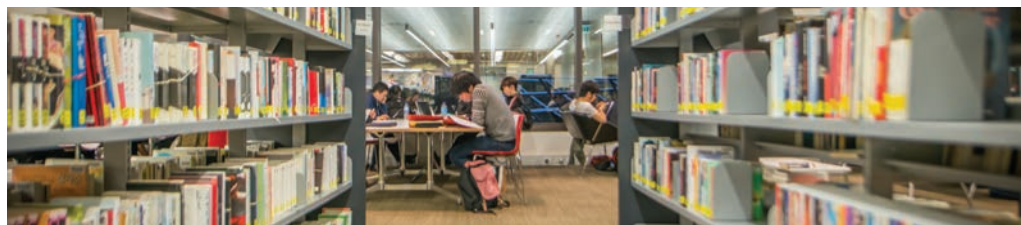
Korean: Tuesday 28 February 2pm - 2.45pm

你們想了解車士活圖書館 (Chatswood Library) 的幕後運作嗎?

歡迎參加「圖書館幕後秘密」導覽團, 一起來尋找其中的「秘密」吧!

你们了解车士活图书馆 (Chatswood Library) 的幕后运作吗? 欢迎参加「图书馆幕后秘密」导览团, 一起来寻找其中的「秘密」吧!

채스우드 도서관이 내부에서 어떻게 운영되는지 궁금하세요? 시크릿 비즈니스 도서관 투어에 여러분을 초대합니다



# FOREVER CLOUDS

8 FEBRUARY - 26 FEBRUARY | 10AM - 4PM

Incinerator Art Space

2 Small Street, Willoughby

FREE

BOOKING NOT REQUIRED

Phone: 0414 217 417

Email: [gaiastarace@gmail.com](mailto:gaiastarace@gmail.com)

From celestial realms to mere weather conditions, clouds are seen as untouchable, always impermanent, floating between the sky and the earth in a perpetual state of stillness and movement. Forever Clouds is a visually captivating solo exhibition by Gaia Starace. Featuring a site-specific installation, paintings and sculptures, the exhibition teases our perception of reality and invites one's unique interpretation of the timeless and unbounded formations of clouds.



Image: Gaia Starace, *Blue Clouds*, 2022, oil on canvas



# CITY OF TREES IN WILLOUGHBY VIRTUAL TOUR

## THURSDAY 9 FEBRUARY | 11AM - 12 NOON

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7900

Email: [library@willoughby.nsw.gov.au](mailto:library@willoughby.nsw.gov.au)

Having received excellent feedback from the community on Paul Knox's interesting City of Trees in Willoughby presented in 2022, he would like to continue his virtual tour of Willoughby with you. Please join us to find out more varieties of significant trees in public spaces and consider their stories. You will be amazed to learn about trees around you, understand their value and get a deeper engagement with our everyday environment.

Paul is a landscape architect with over 30 years' experience in all levels of public and private design. Inspired by Sophie Cunningham's City of Trees, he is eager to share with you his version of city of trees in the Willoughby area.



# SOCIAL LUNCH CLUB

8 FEBRUARY AND 22 FEBRUARY | 12.30PM - 2PM

Dougherty Community Centre

7 Victor Street, Chatswood

**\$16.50**  
PER PERSON

## BOOKINGS ESSENTIAL

Phone: 9777 7830

Email: [ingrid.green@willoughby.nsw.gov.au](mailto:ingrid.green@willoughby.nsw.gov.au)

Come and enjoy a delicious 2-course meal and a glass of wine at the **At Home with Willoughby Social Lunch Club**.

### Menu 8 February

Salmon with potato and celeriac mash, honey baby carrots and peas

Apple crumble with cream

Tea and coffee, glass red/white wine

### Menu 22 February

Satay chicken, pineapple salsa and steamed coconut rice

Sweet citrus crepes with vanilla cream

Tea and coffee, glass red/white wine

Great opportunity to meet up with old friends and make new ones at the easily accessible, Covid-safe Dougherty Community Centre. All food sourced locally and prepared in-house by our talented chef Jason Sherwill. Payment is by card only on arrival. Cash is not accepted.



# GETTING STARTED WITH YOUR FAMILY HISTORY

## FRIDAY 10 FEBRUARY | 11AM - 12 NOON

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7900

Email: [library@willoughby.nsw.gov.au](mailto:library@willoughby.nsw.gov.au)

Have you been putting off getting your family history documents in order? Are you unsure on where to start and what to do? Do you want to organise your family history for the benefit of your family? Chatswood Library is offering a presentation to get you started on organising your documents, photographs and family memorabilia to enable items to be found and indexed. Topics include family trees, filing systems, primary and secondary resources and digitisation.



# MUSIC DOCUMENTARY MOVIE

SATURDAY 11 FEBRUARY | 10AM - 12 NOON

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7900

Email: [library@willoughby.nsw.gov.au](mailto:library@willoughby.nsw.gov.au)

Reminisce over music from the 1960s with the 2008 music documentary "The Wrecking Crew". It didn't matter if it was Nat "King" Cole, Frank Sinatra, Nancy Sinatra, The Monkees, The Byrds or The Beach Boys, the incredible skills of session musicians The Wrecking Crew brought the flair and musicianship that made the American "west coast sound".

Six years in a row in the 1960s and early 1970s, the Grammy for "Record of the Year" went to Wrecking Crew recordings. And now, THE WRECKING CREW tells the story in pictures and that oh, so glorious sound, telling the story of the unsung musicians that provided the backbeat, the bottom and the swinging melody that drove many of the number one hits of the 1960s.

Running time is 101mins. Popcorn will be provided.





# SAFER DRIVING FOR SENIORS WORKSHOP

## WEDNESDAY 15 FEBRUARY | 10AM - 1PM

Dougherty Community Centre  
7 Victor Street, Chatswood

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7735

Email: [road.safety@willoughby.nsw.gov.au](mailto:road.safety@willoughby.nsw.gov.au)

This popular three-hour workshop will explain:

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

Run by a professional, experienced facilitator.

Refreshments provided.





# ARTARMON PARKLANDS GARDEN TOUR

WEDNESDAY 15 FEBRUARY | 10AM - 12PM

Artarmon Parklands Community Garden

1A Burra Road (end of Burra Road), Artarmon

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7753 or 0419 466 869

Email: [jan.felton@willoughby.nsw.gov.au](mailto:jan.felton@willoughby.nsw.gov.au)

Join us for a tour of the Artarmon Parklands Community Garden located on the former Artarmon bowling green. See the great range of vegetables, herbs and fruit trees grown by the gardeners as well as view their new chicken coop and run.

Learn some handy gardening tips and find out about seed saving and sorting over a light morning tea. Ensure you have good sun protection (sunhat/sunscreen), good walking shoes and bring drinking water.

Getting there: Turn left at the end of Burra Road and go down access road to garden on left. Garden is wheelchair accessible.



# ACCESSING AGED CARE SERVICES WEBINAR

居家養老服務在線講座(粵語)

WEDNESDAY 15 FEBRUARY | 1.30PM - 2.30PM

WEBINAR ON ZOOM – CANTONESE

FREE

## BOOKINGS ESSENTIAL

Scan the QR code below or visit  
[www.trybooking.com/988013](http://www.trybooking.com/988013)

Join the webinar to learn about My Aged Care (the Commonwealth funded aged care services), the services and support available, the assessment process and aged care reforms. Presenters are from the Australian Nursing Home Foundation and Services Australia.

什麼是我的高齡服務 (My Aged Care) ? 如何註冊?

什麼是登門護理老人服務 (Home Care) ?

講員來自澳華療養院基金及  
Services Australia (Centrelink)。



# ACCESSING AGED CARE SERVICES WEBINAR

THURSDAY 16 FEBRUARY | 1.30PM - 2.30PM

WEBINAR ON ZOOM – ENGLISH

FREE

## BOOKINGS ESSENTIAL

Scan the QR code below or visit  
[www.trybooking.com/988020](http://www.trybooking.com/988020)

### Do you need help at home?

Join the webinar to learn about My Aged Care (the Commonwealth funded aged care services), the services and support available, the assessment process and aged care reforms. Presenter is from Carers NSW.



# ACCESSING AGED CARE SERVICES WEBINAR

## 居家养老服务在线讲座 (普通话)

FRIDAY 17 FEBRUARY | 1.30PM - 2.30PM

WEBINAR ON ZOOM – MANDARIN

FREE

BOOKINGS ESSENTIAL

Scan the QR code below or visit  
[www.trybooking.com/988027](http://www.trybooking.com/988027)

Join the webinar to learn about My Aged Care (the Commonwealth funded aged care services), the services and support available, the assessment process and aged care reforms. Presenter is from CASS.

什么是我的高龄服务 (My Aged Care)? 如何注册?

什么是登门护老服务 (Home Care)?

讲员来自华人服务社。





# ART TALKS BY ART GALLERY NSW

## VARIOUS DATES

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7900

Email: [library@willoughby.nsw.gov.au](mailto:library@willoughby.nsw.gov.au)

Tour Guides from the Art Gallery of NSW will share with you their selection of artworks related to 'Celebrate Together' from the collections. Come find some interesting and inspiring facts and stories about these artworks and join us in celebrating this year's Seniors Festival. Contents of the English, Mandarin and Cantonese sessions are different.

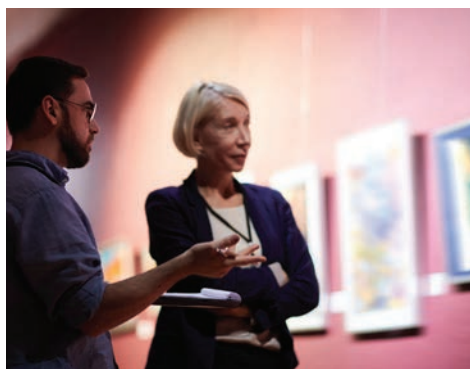
English: Thursday 16 February 2023, 11.30am - 12.30pm

Cantonese: Thursday 16 February 2023, 10am - 11am

Mandarin: Thursday 23 February 2023, 11am - 12 noon

新南威爾士州美術館的導覽將與您分享他們從館藏中挑選有關“一起慶祝”為題的藝術品。歡迎參加，認識一些關於這些藝術品的有趣及鼓舞人心的故事，與我們一起慶祝今年的長者節。英語、普通話及廣東話各場內容均不相同。

新南威爾士州美術館的導覽將與您分享他們從館藏中挑選有關“一起慶祝”為題的藝術品。歡迎參加，認識一些關於這些藝術品的有趣及鼓舞人心的故事，與我們一起慶祝今年的長者節。英語、普通話及廣東話各場內容均不相同。





# POETRY WORKSHOP – A DUST OF SNOW

MONDAY 20 FEBRUARY | 1PM - 3PM

Dougherty Community Centre

7 Victor Street, Chatswood

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7952

Email: [mosaic@willoughby.nsw.gov.au](mailto:mosaic@willoughby.nsw.gov.au)

Explore short perceptive poems, share some special moments of life and craft a poem of your own. Language help available on demand.

The way a crow, brushed down on me,  
The dust of snow, from a hemlock tree,  
Has given my heart a change of mood,  
And saved some part of a day I'd rued.  
- *Robert Frost*

Finished poems can be displayed on Council's website.  
Afternoon tea provided



# NORTHSIDE WELLNESS – QI GONG OPEN DAY

WEDNESDAY 1,8,15,22 FEBRUARY | 1PM - 2PM

Dougherty Community Centre

7 Victor Street, Chatswood

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7800

Email: [dcc@willoughby.nsw.gov.au](mailto:dcc@willoughby.nsw.gov.au)

Qi Gong 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.

This class is about embracing all the opportunities life has to offer by making sure we are in the best possible shape to meet them.

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



# BLACKOUT POETRY WORKSHOP

## WEDNESDAY 22 FEBRUARY | 2PM - 3PM

Chatswood Library

LG 409 Victoria Avenue, Chatswood

FREE

BOOKINGS ESSENTIAL

Phone: 9777 7900

Email: [library@willoughby.nsw.gov.au](mailto:library@willoughby.nsw.gov.au)

Come together to experiment with creative writing using blackout poetry. Blackout poetry is when a page of text is completely blacked out except for a select few words. When only these words are visible, a brand new story is created from the existing text.

Have some fun and have a go at creating your own! Materials will be provided.



# LOWER NORTH SHORE VOLUNTEER EXPO

THURSDAY 23 FEBRUARY | 11AM - 1PM

Dougherty Community Centre

7 Victor Street, Chatswood

FREE

BOOKING NOT REQUIRED

Phone: 9777 7826

Email: [jackie.playle@willoughby.nsw.gov.au](mailto:jackie.playle@willoughby.nsw.gov.au)

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

Come along to find out how to get involved with a range of organisations from delivering Meals on Wheels, helping on bus outings, assisting with community lunches and much more!





# DCC KNITTING GROUP OPEN DAY

## THURSDAY 23 FEBRUARY | 12.30PM - 2PM

Dougherty Community Centre  
7 Victor Street, Chatswood

FREE

BOOKING NOT REQUIRED

Phone: 9419 3447 or 9451 2229

Come and join the DCC Knitting Group where knitters come to meet, share and make friends on a weekly basis, all whilst knitting for those in need. All items are donated to the less fortunate in our local community through The Salvation Army, local Nursing Homes, Stewart House, Street Works, Wayside Chapel and many others.

Our Seniors Week Open Day will showcase our efforts and provide you with an opportunity to share ideas, learn new skills and make new friends. Needles and yarn provided along with plenty of hands-on expertise and light refreshments.

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





# SAVINGS FINDER PROGRAM

THURSDAY 23 FEBRUARY | 2PM - 3PM

Dougherty Community Centre

7 Victor Street, Chatswood

FREE

BOOKING NOT REQUIRED

Phone: 137 788

Email: [nenita.hammer@service.nsw.gov.au](mailto:nenita.hammer@service.nsw.gov.au)

## Get a boost on your budget

With seniors feeling the squeeze on their household budgets, the NSW Government is offering a range of financial supports to help drive your dollar further. Come along to find out about discounts and rebates available through the Savings Finder Program specifically designed to assist seniors. The talk is presented by Services NSW North Sydney.



# HOW TO MAKE MOVIES SHOW AND TELL

## WEDNESDAY 8 FEBRUARY | 7PM - 9PM

Dougherty Community Centre  
7 Victor Street, Chatswood

FREE

BOOKING NOT REQUIRED

Phone: 0412 649 401

Email: [president@sydneyvideomakers.org.au](mailto:president@sydneyvideomakers.org.au)

**The Sydney Video Makers Club** is a group of like-minded people who enjoy making videos. There are many aspects of making an interesting video which includes:

- Script Writing
- Pre-production planning
- Shoot – Execution of the Shoot
- Post Production – Editing, Music, Foley, Voice Over

If you'd like to know more join us at our Show and Tell session.



# SIMPLE FRESH MEALS ON A BUDGET

THURSDAY 23 FEBRUARY | 5.30PM - 7PM

Commercial Kitchen, Dougherty Community Centre

7 Victor Street, Chatswood

\$5

PER PERSON

BOOKINGS ESSENTIAL – LIMITED SPACES

Phone: 9777 7800

Email: [dcc@willoughby.nsw.gov.au](mailto:dcc@willoughby.nsw.gov.au)

## Cooking demonstration

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 diet as you age and practical tips to keep you cooking and enjoying it.

Taste testing session at the end of cooking demonstration.

No previous cooking experience necessary.



# STAYING INDEPENDENT AT HOME

FRIDAY 24 FEBRUARY | 10.30AM - 11.30AM

Dougherty Community Centre

7 Victor Street, Chatswood

FREE

## BOOKINGS ESSENTIAL

Phone: 9777 7831

Email: [kate.valente@willoughby.nsw.gov.au](mailto:kate.valente@willoughby.nsw.gov.au)

Want to stay at home and independent for as long as possible but need some support to do so? Join our experienced **At Home with Willoughby** Aged Care team who will take you through:

- How to access basic entry level aged care services through My Aged Care.
- Explain what the Commonwealth Home Support Program (CHSP) is and what type of services are available through this program.
- Outline proposed changes to the aged care system.

Light refreshments provided.



# BEATING TIME

MONDAY 27 FEBRUARY | 1.15PM - 2.15PM

Dougherty Community Centre

7 Victor Street, Chatswood

FREE

BOOKINGS ESSENTIAL BY 23 FEBRUARY

Phone: 9968 3550 or 0431 434 105

Email: [mcleod@optusnet.com.au](mailto:mcleod@optusnet.com.au)

Beating Time, Willoughby's multicultural community choir for seniors, meets on Mondays at the Dougherty Community Centre from 12.30pm - 2.45pm each week. Led by one of Sydney's most experienced Directors of Music, Margot McLaughlin, the choir has a varied repertoire and has performed at local functions such as Meals on Wheels Social Lunches, Citizenship ceremonies, Community of Choirs and the Blackheath Choir Festival.

Come and join our open rehearsal where you can hear us sing, and have the chance to join in.





# SENIOR HEALTH AND FITNESS DAY

MONDAY 27 FEBRUARY | 8AM - 1PM

Willoughby Leisure Centre

2 Small Street, Willoughby

FREE

BOOKINGS ESSENTIAL

Phone: 9958 5799

Email: [leisure@willoughby.nsw.gov.au](mailto:leisure@willoughby.nsw.gov.au)

Seniors will be given full access to the Health Club (gym) and group fitness classes at Willoughby Leisure Centre from 8am to 1pm on Monday 27 February, 2023.

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.

The Group Fitness Timetable can be viewed on the website [www.willoughbyleisure.com.au](http://www.willoughbyleisure.com.au)



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[www.willoughby.nsw.gov.au](http://www.willoughby.nsw.gov.au)

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