

# Seniors Festival Program

1 February – 28 February 2023



*Celebrate Together*



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# Seniors Festival

*Strength training for seniors*

Come in and try one of our classes, have a swim or just get moving! As part of Seniors Week 1-12 February we are encouraging Seniors to take part in one of our group fitness classes between February. Contact our team on the numbers below for group fitness times.

- **yoga/pilates classes**
- **body tone classes**
- **stay active classes**
- **aqua aerobic classes**

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Springwood Aquatic & Fitness Centre  
**4723 5111**

Katoomba Sports & Aquatic Centre  
**4780 5156**

*Get active. Stay healthy. Enjoy life...*



Dear Resident

The NSW Seniors Festival is the largest festival for seniors in the Southern Hemisphere. It is all about acknowledging and celebrating these remarkable and irreplaceable members of our community. And we're doing that with a month-long program of events from **1 February to 28 February**.

The theme for the Seniors Festival for 2023 focuses on **'Celebrate Together'**.

**In 2023, the Seniors Festival will focus on activities that help connect us, whether that be face-to-face, online or both.**

I would like to acknowledge the hard work of contributing Blue Mountains community organisations and businesses in developing this extensive program of events to help our seniors connect.

I am confident that the Blue Mountains Seniors Festival for 2023 will be successful, as we pay tribute to our seniors across the Mountains.

A stylized, handwritten signature in black ink, consisting of several sweeping, overlapping lines that form a cursive name.

**Councillor Mark Greenhill OAM**  
Mayor of the City of Blue Mountains

# 1 February to 28 February

## Ben's Cafe - Seniors \$19 meal and coffee deal

<b>Venue</b>	Ben's Café, 10 Benang Street, Lawson
<b>Time</b>	8.30am – 2pm
<b>Cost</b>	\$19
<b>Host</b>	Ben's Café Lawson and Blue Mountains Food Services
<b>Contact</b>	0434 314 254

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We aim to provide an inclusive space where all members of the community can gather and create great moments, while young people with disabilities are given opportunities to work and connect.

When you visit Ben's Cafe, you're more than a customer, you're part of a social enterprise that supports our community.

Choose from one of the following meal options and your choice of a small barista-made coffee or tea:

- Soup of the day
- Fish, chips & salad
- Bacon & Egg Sarnie
- Vegetarian quiche and salad

Simply show your Seniors Card to get this special treat.

# Wednesday 1 February

## Connecting Blue Mountains Seniors

- Venue**    Belong Blue Mountains  
Mid Mountains Neighbourhood Centre  
9 New Street, Lawson
- Time**     9.30 – 1pm
- Cost**      FREE
- Host**      Belong Blue Mountains
- Contact**   Sonda Mitchell on 4759 2592  
Please RSVP by 31 January 2023
- 

Come for a day full of insightful information on the importance of self advocacy and how to be more tech savvy whilst enjoying a lovely Devonshire Tea and sausage sizzle afterwards.



# 1, 8, 15 & 22 February 2023

## Yoga and Relaxation

<b>Venue</b>	Springwood Presbyterian Church 160 Macquarie Road, Springwood
<b>Time</b>	9.30 – 10.30am
<b>Cost</b>	\$10
<b>Host</b>	Springwood Neighbourhood Centre
<b>Contact</b>	Springwood Neighbourhood Centre Reception 4751 3033

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Yoga and relaxation help to keep the mind and body fit and supple.

These classes run weekly during school terms and are for senior women. Bookings are not necessary, just turn up in loose comfortable clothing with a water bottle and mat.





# 1, & 15 February 2023

## RRR Revolution Recycle Redesign Recreate

**Venue** Springwood Neighbourhood Centre  
104-108 Macquarie Road, Springwood

**Time** 1.30 – 3pm (Wednesdays fortnightly)

**Cost** FREE

**Host** Springwood Neighbourhood Centre

**Contact** Tonje Akerholt 0423 797 001 or 4751 3033

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Bring along your own project!

The aim of this group is to turn old things into something else, for example redesigning a pair of jeans into a beaded tote bag. Knitters, sewers, crocheters, felters, crafters, drawers and designers are all welcome.



# 1, & 15 February

## Seniors discounts -

**10% off at Blue Mountains Visitor Information Centres**

- Venue** Glenbrook Visitor Information Centre (off the Great Western Highway, Glenbrook) and Echo Point Visitor Information Centre (Echo Point Road, Katoomba)
- Time** Glenbrook open Monday to Saturday 8.30 – 3.30pm Sunday, 8.30am – 3pm. Echo Point open 7 days, 9am – 4pm
- Host** Blue Mountains Visitor Information Centre
- Contact** 1300 653 408
- 

Whether you are visiting for the day or have a longer trip planned, our Visitor Information Centres can help you plan your perfect Blue Mountains experience. Browse our local and Australian-made products, plan your escape with our knowledgeable local staff and receive a 10% discount if you hold a Seniors Card.

Make the most of your Blue Mountains escape – Go Blue and stay a night or two!



# 1-19 February

## Follies and Frolics on exhibition

<b>Venue</b>	Norman Lindsay Gallery, 14 Norman Lindsay Crescent, Faulconbridge
<b>Time</b>	10am – 4pm, Thursday-Monday
<b>Cost</b>	Tickets are \$15 for seniors (or 2 for 1 for Seniors Festival), a guided tour
<b>Host</b>	National Trust of Australia
<b>Contact</b>	4751 1067 or at <a href="mailto:nlg@nationaltrust.com.au">nlg@nationaltrust.com.au</a>

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The Norman Lindsay Gallery is the former home of the illustrious artist and author, Norman Lindsay (1879-1969). Now open as a gallery and run by the National Trust (NSW), it displays the artist's oil paintings, watercolors, etchings, ship models, sculptures plus characters from his classic children's book, *The Magic Pudding*.

Currently on exhibition is 'Follies and Frolics', a celebration of revelry, parties, and bacchanalian feasts! This exhibition includes Norman Lindsay's artworks that depict the joy of life in all its spontaneity and foolishness.

Gift shop and landscaped grounds are available, and the café is open Wednesday-Sunday (café bookings 4751 9611).



# 2, 16, 23 February

## Tai Chi Qigong

<b>Venue</b>	Blue Mountains Theatre & Community Hub Green Room (access via car park), 104–108 Macquarie Road, Springwood
<b>Time</b>	10 – 11am
<b>Cost</b>	\$15
<b>Host</b>	Springwood Neighbourhood Centre Co-operative
<b>Contact</b>	Centre Reception on 4751 3033

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Qigong is a gentle flowing form of 18 movements that are designed to improve your general health and wellbeing, reduce mental stress and physical tension, while cultivating relaxation and energy.

It refines the essence and movements of Yang-style Tai Chi into a form that is easy and quick to learn. It also improves balance, posture and co-ordination.

Anna (certified Qigong teacher) will guide you through the movements.



# Fridays (3, 10, 17 & 24) February

## Social Cards

**Venue** Springwood Presbyterian Church  
160 Macquarie Road, Springwood

**Time** 1 – 4pm

**Cost** \$2

**Host** Springwood Neighborhood Centre

**Contact** Tonje Akerholt 0423 797 001 or 4751 3033

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Join our friendly group for an afternoon of card playing.

Various board and card games available, or bring your own.  
We meet weekly throughout the year.





# Friday 3 & 24 February

## Art Social

- Venue** Springwood Presbyterian Church,  
160 Macquarie Road, Springwood
- Time** 10am – 12.30pm
- Cost** \$5
- Host** Springwood Neighbourhood Centre
- Contact** Reception at Springwood Neighbourhood Centre 4751 3033
- 

Paint, draw and create! All ages are welcome to come and join our friendly group of budding artists. Discover mutual opportunities to develop and share your skills. You are invited to connect with others in a warm social environment. Bookings not required, just turn up.



# 4 - 17 February

## Free entry to the Mountains City Art Gallery

<b>Venue</b>	Blue Mountains Cultural Centre 30 Parke Street, Katoomba
<b>Time</b>	Weekdays 10am – 5pm, Weekends 10am – 4pm
<b>Cost</b>	FREE entry for seniors
<b>Host</b>	Blue Mountains Cultural Centre
<b>Contact</b>	Cultural Centre Reception 4780 5410

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Visit the Blue Mountains City Art Gallery, you will receive free entry to visit two fabulous portrait exhibitions, Blue Mountains Portraits 2023 and The Semblance of Things: portraits by Nick Stathopoulos.

Blue Mountains Portraits is the Cultural Centre's annual celebration of the local community and its diverse members. The Semblance of Things is a comprehensive survey of Nick Stathopoulos' portraits from the past 30 years documenting the evolution of his hyper-real style. While at the Cultural Centre stop by the Gallery Café for some delicious treats.

*Image: The white shirt – portrait of Tané Andrews 2021, acrylic & oil on poly-cotton, 153 x 80 cm.*

*Image: Courtesy Art Gallery of NSW*





# Saturday 4 February

## Artist Talk with Nick Stathopoulos

**Venue** Blue Mountains Cultural Centre  
30 Parke Street, Katoomba

**Time** 11am – 12 pm

**Cost** FREE for seniors

**Host** Blue Mountains Cultural Centre

**Contact** Cultural Centre Reception 4780 5410

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Join exhibiting artist Nick Stathopoulos for a floor talk in the gallery; an exciting opportunity to walk around the exhibition with Nick and hear the fascinating stories behind his paintings.

**Tickets through Eventbrite. Special seniors price code is “SeniorsFestival2023” please quote this when booking via Eventbrite or Reception.**



# 6 & 10 February

## 60+ Strong Strengthening Exercise Classes

**Venue** Lawson Anglican Church Hall  
13 Honour Avenue, Lawson

**Time** Weekdays at 9am and 10.15am

**Cost** \$90 (10-week term)

**Host** Markesha Hartshorn

**Contact** 0403 536 753

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60+ Strong Strengthening Exercise Classes, build not only strong bodies, they also build strong friendships, and, a supportive and caring community.



**60+ Strong**



# Mondays (6, 13, 20 & 27) February

## Scrabble Group

**Venue** Springwood Neighbourhood Centre Reception  
**Time** 1–3pm  
**Cost** Free  
**Host** Springwood Neighbourhood Centre  
**Contact** Tonje Akerholt 4751 3033

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Get your scrabble on and enjoy a cuppa at Springwood Neighbourhood Centre's drop in lounge with other word- minded folk.



# Mondays (6, 13, 20 & 27) February

## Seated Yoga

**Venue** Blue Mountains Theatre & Community Hub  
104–108 Macquarie Road, Springwood

**Time** 10am & 11.15am

**Cost** \$5

**Host** Springwood Neighborhood Centre

**Contact** Tonje Akerholt 0423 797 001 or 4751 3033

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Yoga is a wonderful way to regain or maintain strength, flexibility and balance. Seated yoga is particularly beneficial for seniors who have reduced mobility.

The session is run by a qualified instructor. Bookings are essential as these classes are very popular.



# Tuesday 7 February

## Van Gogh and VoVos

**Venue** 125 Wentworth Street, Blackheath  
**Time** 10am – 1pm  
**Cost** FREE  
**Host** Blackheath Area Neighbourhood Centre (BANC)  
**Contact** Bookings essential as numbers are limited.  
4787 7770

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Following on from BANC's very enjoyable Matisse and Mocktails in 2022, this year we are excited to offer another creative opportunity.

Come and connect with Jade, Jo and others, make some art, and have some fun!



# Tuesday 7 February

## Blaxland Bring a Friend Lunch

- Venue** Blaxland Community Centre (Entrance via Short Street)  
**Time** Arrive from 11.30am. Meal served 11.45 – 12pm  
**Cost** 2 course meal \$7 each person  
**Host** Blue Mountains Food Services  
**Contact** For more information and to make a booking call 4759 2811
- 

My Aged Care eligible residents.

Join us at our Community Restaurant for more than just a meal!  
Gather and chat with others from your community over a freshly prepared home cooked meal.

Bookings are essential.



# Tuesday 7 February

## Lucky Starr and Roland Storm

- Venue** Katoomba RSL Club  
86 Lurline Street, Katoomba
- Time** 11am
- Cost** \$15 members / \$20 non- members (includes morning tea)
- Host** Katoomba RSL Club
- Contact** Rachael Skinner 4782 2624
- 

Tickets available online [trybooking.com/cersq](https://trybooking.com/cersq) or available on the day at the cashier.





# 7, 14, 21, & 28 February

## FUNctional Fitness

<b>Venue</b>	Falconbridge Community Hall 9–9A Home Street, Falconbridge
<b>Time</b>	9.30 – 10.30am
<b>Cost</b>	\$10
<b>Host</b>	Springwood Neighbourhood Centre
<b>Contact</b>	Reception at Springwood Neighbourhood Centre 4751 3033

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Movement to music for older people at your own pace in a relaxed, friendly atmosphere. Gillian, the group's facilitator, is an experienced and qualified fitness trainer. Life is movement, movement is energy, energy brings vitality; vitality enables.



# 7 & 10 February

## Tai Chi & Qigong for beginners – Seniors

**Venue** Glenbrook Park near the Visitor Information Centre car park  
(weather permitting)

**Time** 10 – 11am

**Cost** FREE

**Host** Mandy Eagle - Tai Chi chacha

**Contact** 0400 676 066

**What to wear** Loose comfortable clothing, flat soled shoes

**What to bring** Sun screen and insect repellent, a hat and water.

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Bookings Not required.

Tai chi is a non-competitive martial art known for its self-defense techniques and health benefits. As a form of exercise, it combines gentle physical exercise and stretching with mindfulness.

Tai chi can improve balance control, fitness, and flexibility, and helps cut the risk of falls in older people.



身体好  
Good Health

Tai Chi Cha cha

# Wednesday 8 February

## CILLA – You're My World Morning Melodies Concert

- Venue** Blue Mountains Theatre & Community Hub  
104 – 108 Macquarie Road, Springwood
- Time** 10am – 12.30pm (concert starts at 11am)
- Cost** \$22, includes Morning Tea from 10am
- Host** Blue Mountains City Council, Springwood Neighbourhood Centre, Belong Neighbourhood Centre & Blue Mountains Theatre
- Contact** The box office on 4723 5050 or book online  
[bluemountainstheatre.com.au](http://bluemountainstheatre.com.au)

Join us for our very first Morning Melodies concert of the year when acclaimed performer Danielle O'Malley and her awesome band, take you on a mesmerizing journey into the world of legendary British pop icon and diva Cilla Black.

Described as a 'cracker of a show', this hugely successful production features O'Malley's powerhouse vocals and wonderful humour. All of Cilla's massive hits from the 60s and 70s are included: *Alfie, Step Inside Love, Going Out of My Head, Anyone Who Had a Heart, What the World Needs Now, You're My World, and more.*



# Wednesday 8 February

## Wildlife of our Blue Mountains' Waterways

<b>Venue</b>	Glenbrook Lagoon beach, from Glenbrook Road near Olivet Street, follow the pathway to the beach
<b>Time</b>	10am – 12.30pm
<b>Cost</b>	FREE (morning tea included)
<b>Host</b>	Blue Mountains City Council – Healthy Waterways team
<b>Contact</b>	0434 475 448 to RSVP. Numbers are limited

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Did you know that turtles are one of the oldest species on our planet?

Or that platypus live amongst us in our lower Mountains' creeks?

Find out more about these fascinating creatures from our team of wildlife educators. Hear how the 'Turtle Island' pilot program, a safe-haven for turtle eggs and hatchlings, is now being trialled in other parts of Australia.

You will also meet some LIVE TURTLES! and hear how Turtle Rescue are protecting them.

Join us for some fascinating talks and enjoy beautiful water views with a delicious (FREE!) morning tea.

Please note there are no toilet facilities.



# Seniors Festival – Calendar of Events

## 1 February to 28 February

### Ben's Cafe

Seniors \$19 meal and coffee deal  
Lawson

## Wednesday 1 February

### Connecting Blue Mountains Seniors

Mid Mountains Neighbourhood Centre,  
Lawson

## 1, 8, 15 & 22 February 2023

### Yoga and Relaxation

Springwood Presbyterian Church,  
Springwood

## 1, & 15 February 2023

### RRR Revolution Recycle Redesign Recreate

Springwood Neighbourhood Centre,  
Springwood

## 1 February to 12 February

### Seniors discounts -10% off at Blue Mountains Visitor Information Centres

Glenbrook Visitor Information Centre

## 1-19 February 2023

### Follies and Frolics on exhibition

Norman Lindsay Gallery, Faulconbridge

## 2, 16, 23 February

### Tai Chi Qigong

Blue Mountains Theatre & Community Hub

## Fridays (3, 10, 17 & 24) February

### Social Cards

Springwood Presbyterian Church,  
Springwood

## Friday 3 & 24 February

### Art Social

Springwood Presbyterian Church,  
Springwood

## 4 - 17 February

### Free entry to the Mountains City Art Gallery

Blue Mountains Cultural Centre

## Saturday 4 February

### Artist Talk with Nick Stathopoulos

Blue Mountains Cultural Centre

## 6 & 10 February

### 60+ Strong Strengthening Exercise Classes

Lawson Anglican Church Hall

## Mondays 5, 13, 20, & 27 February

### Scrabble Group

Springwood Neighbourhood Centre

## Mondays 6, 13, 20 & 27 February

### Seated Yoga

Blue Mountains Theatre & Community Hub,  
Springwood

## Tuesday 7 February

### Van Gogh and VoVos

Wentworth Street, Blackheath

## Tuesday 7 February

### Blaxland Bring a Friend Lunch

Blaxland Community Centre (Entrance via  
Short Street)

## Tuesday 7 February

### Lucky Starr and Roland Storm

Katoomba RSL Club

## 7, 14, 21, & 28 February

### FUNctional Fitness

Faulconbridge Community Hall

## 7 & 10 February

### Tai Chi & Qigong for beginners – Seniors

Glenbrook Park near the Visitor Information  
Centre car park (weather permitting)

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## Supporting Partners & Sponsors of the 2023 Seniors Festival

- Belong Blue Mountains Katoomba, Mid Mountains & Lower Mountains Neighbourhood Centre • Ben's Café Lawson
- Blue Mountains City Council • Blue Mountains Cultural Centre • Blue Mountains Community legal Centre
- Blue Mountains Leisure Centres • Blue Mountains Radio 89.1 FM • Blue Mountains Visitor Information Centres
- Carer Gateway Services • Central Tablelands legal Centre • Healthy Water ways • Katoomba RSL Club
- Tai Chi Cha Cha • Winmalee Neighbourhood Centre • Peppercorn Services • Australian Government
- Sydney University • Norman Lindsay Art Gallery • Valley Heights Railway Museum

**Wednesday 8 February**  
**CILLA – You're My World Morning**  
**Melodies Concert**  
Blue Mountains Theatre & Community Hub

**Wednesday 8 February**  
**Wildlife of our Blue Mountains'**  
**Waterways**  
Glenbrook Lagoon beach

**Wednesday 8 February**  
**Lawson Bring a Friend Lunch**  
Lawson Community Centre

**Wednesday 8 February**  
**Blackheath Bring a Friend Lunch**  
Bates Hall

**Thursday 9 February**  
**Seniors Week Free Computer classes**  
Winmalee Neighbourhood Centre

**Thursday 9 February**  
**Springwood Bring a Friend Lunch**  
Blue Mountains Theatre & Community Hub

**Friday 10 February**  
**Katoomba Bring a Friend Lunch**  
Katoomba Community Centre (Civic Place)

**Friday 10 February**  
**Art Meets History Remix**  
Katoomba Library Meeting Rooms

**Saturday 11 February**  
**'Strong Women Staying Vibrant'**  
**Women's Forum**  
Wentworth Falls School of Arts

**Saturday 11 February**  
**History Tour of Glenbrook Town Centre**

**Sunday 12 February**  
**Special 'One-for-one' deal for Seniors**  
Valley Heights Rail Museum

**Tuesday 14 February**  
**Katoomba Heritage Tour**  
Tour leaves from Katoomba Station  
Commuter Carpark

**Wednesday 15 February**  
**Senior's Week Information Expo**  
Blackheath

**17 February**  
**Discover Wentworth Falls Lake tour**  
Wentworth Falls Lake, Sinclair Street

**Saturday 18 February**  
**Learn how to reduce your energy bills**  
Mechanics Institute Hall, Lawson

**Monday 20 February**  
**Seniors Week Recognition Awards**  
Blue Mountains Theatre and Community Hub

**Wednesday 22 February**  
**Dance Well Blue Mountains**  
Phillips Hall, Blackheath

**Saturday 25 February**  
**Moving with Portraits**  
Blue Mountains Cultural Centre

**Sunday 26 February**  
**Special 'One-for-one' deal for Seniors**  
Valley Heights Rail Museum

**Sunday 26 February**  
**Dreams of Falling**  
Blue Mountains Cultural Centre

**Tuesday 28 February**  
**Engaging with Ageing**  
Blue Mountains Theatre and Community Hub

**1-28 February**  
**Person-Centred Emergency**  
**Preparedness Planning**  
By appointment or over the phone

- Blackheath Area Neighbourhood Centre
- Blue Mountains Library • Blue Mountains Food Services
- Blue Mountains Theatre and Community Hub
- Lyrebird Movement • Springwood Neighbourhood Centre Co-op
- Older Women's Network • Services Australia

For a hard copy of the program please call 4780 5000 or get a copy from Council libraries or Customer Service Counters.





# Wednesday 8 February

## Lawson Bring a Friend Lunch

- Venue** Lawson Community Centre  
9 New Street, Lawson
- Time** Arrive from 11.30am  
Meal served 11.45am – 12pm
- Cost** 2 course meal \$7 each person
- Host** Blue Mountains Food Services
- Contact** For more information and to make a booking call 4759 2811
- 

Bookings are essential.

My Aged Care eligible residents.

Join us at our Community Restaurant for more than just a meal!  
Gather and chat with others from your community over a freshly prepared home cooked meal.



# Wednesday 8 February

## Blackheath Bring a Friend Lunch

- Venue** Bates Hall  
(Cnr Great Western Highway & Gardiner Crescent)
- Time** Arrive from 11.30am  
Meal served 11.45am – 12pm
- Cost** 2 course meal \$7 each person
- Host** Blue Mountains Food Services
- Contact** For more information and to make a booking call 4759 2811
- 

Bookings are essential.

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# Thursday 9 February

## Seniors Week Free Computer classes

<b>Venue</b>	Winmalee Neighbourhood Centre 62 Whitecross Road, Winmalee
<b>Host</b>	Winmalee Neighbourhood Centre
<b>Contact</b>	4754 4050

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These workshops will find out what our seniors want to learn on their computers. Whether you're looking for an introduction to using a computer, or want to improve your know-how when it comes to certain programs or computer applications, these workshops are for you.

Technology offers extensive benefits for seniors, from making it easier to stay in touch with friends and family to staying active and meeting doctors virtually. Computers also make daily tasks like grocery shopping and paying bills even easier. Instead of leaving your house or having to deal with mailing forms, you can simply take care of these tasks online using a home computer.

Bookings essential.



# Thursday 9 February

## Springwood Bring a Friend Lunch

- Venue** Blue Mountains Theatre & Community Hub  
104 – 108 Macquarie Road, Springwood
- Time** Arrive from 11.30am  
Meal served 11.45am – 12pm
- Cost** 2 course meal \$7 each person
- Host** Blue Mountains Food Services
- Contact** For more information and to make a booking call 4759 2811
- 

Bookings are essential.

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# Friday 10 February

## Katoomba Bring a Friend Lunch

- Venue** Katoomba Community Centre (Civic Place)  
81-83 Katoomba Street, Katoomba
- Time** Arrive from 11.30am  
Meal served 11.45 – 12pm
- Cost** 2 course meal \$7 each person
- Host** Blue Mountains Food Services
- Contact** For more information and to make a booking call 4759 2811
- 

Bookings are essential.

My Aged Care eligible residents.

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Gather and chat with others from your community over a freshly prepared home cooked meal.







# Friday 10 February

## Art Meets History Remix

- Venue** Katoomba Library Meeting Rooms  
30 Parke Street, Katoomba
- Time** 10.30am – 12pm
- Cost** FREE. Bookings essential as places are limited
- Host** Blue Mountains Library
- Contact** Book online at [library.bmcc.nsw.gov.au](http://library.bmcc.nsw.gov.au)  
or call any Library branch.
- 

History and craft! Find out more about the Blue Mountains Library's Local Studies photograph collection and learn how to transform an old black and white photograph into a mixed media artwork using thread, coloured pens, paper and more.

We'll hear from John Merriman, the Library's Local Studies Librarian, about how to access photos from the Library's collection and then work with artist, Naomi Oliver, on a photo from the collection to breathe new life into history!



# Saturday 11 February

## 'Strong Women Staying Vibrant' Women's Forum

<b>Venue</b>	Wentworth Falls School of Arts, Great Western Highway, Wentworth Falls
<b>Time</b>	10am – 3.30pm
<b>Cost</b>	FREE
<b>Host</b>	Older Women's Network (OWN) Blue Mountains

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This full FREE day of interaction and interests for women starts with morning tea, offering an opportunity to mingle with other like-minded women, whilst spending time collecting brochures from our information stalls.

Speakers during the forum are varied and will include experts on -

- Health and Wellness information
- Financial management
- Cyber Security
- The Blue Mountains Edible Trail founder with a hands-on display of how to grow and prepare with herbs
- Stories from strong women living in our local community
- Participate in a variety of movement classes including Tai Chi
- Be part of the endless possibilities of what we can do if we are involved in our local Women's Shed
- All this and more

All Welcome - Lunch is included

FULL PROGRAM AVAILABLE CLOSER TO THE DATE



# Saturday 11 February

## History Tour of Glenbrook Town Centre

<b>Venue</b>	Glenbrook Town Centre
<b>Time</b>	10 – 11am (or as otherwise agreed)
<b>Cost</b>	FREE
<b>Contact</b>	David 0477 188 885

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Come along on a history walk through the town centre of Glenbrook, starting at Glenbrook Park you will be taken on a guided tour of the town where you will see and hear of the local history of Glenbrook including the alignment of Cox's Road that passed through Glenbrook Park, the history of the railways, the station masters cottage, the early school, churches, post office and various other historical sites.

The Glenbrook Visitors Information Centre can also be inspected. The walk will finish in Glenbrook Park near to shops and facilities. Visitors may meet for an informal (bring or buy your own) morning tea in the park after the event.

Please RSVP to this event by 3 February.

# Sunday 12 February

## Special 'One-for-one' deal for Seniors

<b>Venue</b>	Valley Heights Rail Museum, 17b Tusculum Road, Valley Heights
<b>Time</b>	10am – 4pm (last ride 3.15pm)
<b>Cost</b>	\$15 (plus you can bring another Senior at no charge)
<b>Host</b>	Valley Heights Rail Museum
<b>Contact</b>	Keith Ward 4702 1222

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Museum Open Day with ride\*

Enjoy a wonderful day out with a 20 minute steam or diesel hauled heritage ride\* aboard the Valley Heights Mixed or the 1890s Sydney Steam Tram. Later enjoy all the Museum's great experiences and activities.

Book online to reserve your ride time\*

[valleyheightsrailmuseum.info/visit](http://valleyheightsrailmuseum.info/visit)

*\*NB rides subject to operational conditions.*



# Tuesday 14 February

## Katoomba Heritage Tour

<b>Venue</b>	Tour leaves from Katoomba Station Commuter Carpark
<b>Time</b>	10.30am – 12.30pm
<b>Cost</b>	FREE
<b>Host</b>	Dr Ruth Longdin
<b>Contact</b>	Please RSVP to this tour by contacting 4780 5546

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Join Professional Historian and Heritage Consultant Dr Ruth Longdin for an accessible and interesting walking tour of Katoomba's history and heritage.

Through Katoomba's built heritage we will explore the history of Katoomba, the broader region's history, the nature of heritage and its future.

Following the tour enjoy some well deserved lunch at the Carrington or alternatively bring your own lunch and enjoy this under the trees of the Carrington.

Wear comfortable shoes and sun hat.





# Wednesday 15 February

## Senior's Week Information Expo

<b>Venue</b>	25 Wentworth Street, Blackheath
<b>Time</b>	Drop-in between 2 – 4pm
<b>Cost</b>	FREE
<b>Host</b>	Blackheath Area Neighbourhood Centre (BANC), with Central Tablelands Blue Mountains Community Legal Service, Services Australia and Wellways Australia
<b>Contact</b>	BANC 4787 7770

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Blackheath Area Neighbourhood Centre (BANC) will provide information about its services, including Blackheath Cares, Cybershed and HUFF and will serve delicious afternoon tea.

Central Tablelands and Blue Mountains Community Legal Service will be there providing free legal information and resources, so come along and have a chat with a lawyer.

Services Australia - Aged Care Specialists will answer your questions with regard to home and residential care - registering with My Aged Care; types of care available, age pension implications. Also, learn how to create, access and use Services Australia, My Aged Care and Medicare online accounts.

Join us to find out more about what Wellways Australia has to offer unpaid carers. The first 15 carers to register for free services from Carer Gateway will be offered the opportunity to enjoy a morning tea cruising on the Nepean Belle.



# Friday 17 February

## Discover Wentworth Falls Lake tour

<b>Venue</b>	Wentworth Falls Lake, Sinclair Street Meet at the covered barbecue area
<b>Time</b>	10am – 12.30pm
<b>Cost</b>	FREE! (morning tea included)
<b>Host</b>	Blue Mountains City Council – Healthy Waterways team
<b>Contact</b>	0434 475 448 to RSVP. Numbers are limited

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Wentworth Falls Lake is a beautiful and popular recreation area with natural bushland and accessible walking paths and boardwalks. Join our knowledgeable guide, Nathan on an easy walk to discover some of its many secrets.

Hear some stories of Wentworth Falls history and find out why the lake is here.

Learn about the flora and fauna that make their home in the bushland and surrounds.

See beautiful sculptures of local native seedpods and plants carved in sandstone.

Discover the wonders of our precious Blue Mountains swamps which don't occur anywhere else in the world!

Join us on an easy, accessible walk and enjoy beautiful water views and delicious (FREE!) morning tea.



# Saturday 18 February

## Learn how to reduce your energy bills

- Venue** Mechanics Institute Hall  
Great Western Highway, Lawson
- Time** 11am – 1pm
- Cost** FREE
- Host** Climate risk expert Winton Evers from Sunshine Project has conducted more than 300 audits to reduce household energy costs. Join him to learn simple, easy ways to keep your electricity and gas bills down.
- Contact** Sunshine project: Winton 0415 666 061  
[winton@sunshineproject.org.au](mailto:winton@sunshineproject.org.au)  
[sunshineproject.org.au](http://sunshineproject.org.au)
- 

Bring a copy of your gas and electricity bill and Winton will help you to decipher it.

- Learn to calculate the costs per hour of heating and other appliances.
- Learn whether a solar system is a good option for you.



# 20 February 2023

## Seniors Week Recognition Awards

<b>Venue</b>	Blue Mountains Theatre and Community Hub 104 – 108 Macquarie Road, Springwood
<b>Time</b>	10am – 12pm
<b>Cost</b>	FREE
<b>Host</b>	Blue Mountains City Council
<b>Contact</b>	4780 5546

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Celebrate the contributions that individuals and organisations have made to the Seniors of the Blue Mountains community.



# 22 February

## Dance Well Blue Mountains

- Venue** Phillips Hall, CNR Great Western Highway and Gardiner Crescent, Blackheath
- Time** 9.30 – 11.30 am with morning tea
- Cost** FREE
- Host** Blackheath Area Neighbourhood Centre (BANC)
- Contact** Bookings essential as numbers are limited.  
4787 7770  
Want to know more? Email [dancebluemountains@gmail.com](mailto:dancebluemountains@gmail.com)
- 

Fancy a Fox Trot? A Sexy Swing? Or a ChaChaCha?

Come along and dance the morning away with some easy to learn Latin dance moves with Brendon Midson, a professional Latin dance teacher.

Enjoy a sumptuous morning tea in the break with friendly chatter and lots of laughs. Beginners and experienced are all welcome as well as those with mobility issues. We can accommodate all.





# Saturday 25 February

## Moving with Portraits

<b>Venue</b>	Blue Mountains Cultural Centre 30 Parke Street, Katoomba
<b>Time</b>	10.30am – 12.30pm
<b>Cost</b>	\$33 adult / \$16.50 seniors festival special price & concession card holders
<b>Host</b>	Blue Mountains Cultural Centre
<b>Contact</b>	Cultural Centre Reception 4780 5410

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Following the success of Moving with Sculptures workshop in 2022, Lyrebird Movement and the Blue Mountains Cultural Centre will again host an inclusive movement workshop for adults and seniors! You will have fun and connect with each other through guided movement in a supportive environment.

Taking inspiration from creative elements in the portraits on show, we will explore the connection between emotions & the body, play with shadow and light & celebrate the richness of our own life experiences accompanied by beautiful music.

No dance experience necessary. Open to ages 16 to 120.  
This workshop may be taken while seated.

**Tickets through Eventbrite. Special seniors price code is “SeniorsFestival2023” please quote this when booking via Eventbrite or Reception.**



# Sunday 26 February

## Special 'One-for-one' deal for Seniors

<b>Venue</b>	Valley Heights Rail Museum 17b Tusculum Road, Valley Heights
<b>Time</b>	10am – 4pm (last ride 3.15pm)
<b>Cost</b>	\$15 (plus you can bring another Senior at no charge)
<b>Host</b>	Valley Heights Rail Museum
<b>Contact</b>	Keith Ward 4702 1222

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Museum Open Day with ride\*

Enjoy a wonderful day out with a 20 minute steam or diesel hauled heritage ride\* aboard the Valley Heights Mixed or the 1890s Sydney Steam Tram. Later enjoy all the Museum's great experiences and activities.

Book online to reserve your ride time\*

[valleyheightsrailmuseum.info/visit](http://valleyheightsrailmuseum.info/visit)

*\*NB rides subject to operational conditions*



# Sunday 26 February

## Dreams of Falling

<b>Venue</b>	Blue Mountains Cultural Centre, 30 Parke Street, Katoomba
<b>Time</b>	1 – 3pm
<b>Cost</b>	\$27 adult / \$17 seniors festival special price & concession card holders
<b>Host</b>	Blue Mountains Cultural Centre
<b>Contact</b>	Cultural Centre Reception 4780 5410

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Dreams of Falling magically combines music with poetry and prose, mainly penned by Walkley Award-winning writer John Shand (best known as The Sydney Morning Herald's long-term theatre and music critic). John (spoken word, percussion) is joined by Rebecca Daniel (1741 violin, viola, vocals) and Leigh Birkett (guitars).

The diaphanous music, ranging from Celtic folk to improvised dialogues and soundscapes, can be an end in itself as well as framing the writing (also by Carol Major and Dylan Thomas). The pieces are variously meditative, searing, humorous, erotic or surreal, creating a series of sonic dreams in which to forget a more prosaic world.

**Tickets through Eventbrite. Special seniors price code is *"SeniorsFestival2023"* please quote this when booking via Eventbrite or Reception.**



# Tuesday 28 February

## Engaging with Ageing

- Venue** Blue Mountains Theatre and Community Hub  
(Meeting Room 1), 104 – 108 Macquarie Road, Springwood
- Time** 11am – 12pm
- Cost** FREE  
Bookings essential as places are limited
- Host** Blue Mountains Library
- Bookings** Book online at [library.bmcc.nsw.gov.au](http://library.bmcc.nsw.gov.au) or call any Library branch.
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Join Blue Mountains Library and author Anne Ring for an informative look at growing older plus tips and practical information based on Anne's recently published book, *Engaging with Ageing*.

Anne is an 80 year old health sociologist whose understanding of ageing comes from extensive personal and professional experience. Her PHD thesis looked at 50 years of health, body image and ageing issues as presented in the media and she continues to write about these and other ageing topics as well as being "old and happy about it".

# 1-28 February

## Person-Centred Emergency Preparedness Planning

**Venue** By appointment or over the phone  
**Host** Peppercorn Services and Belong Be Ready  
**Contact** Peppercorn P-CEP Facilitator Sally Weymouth  
4587 0225 or 0490 036 184  
[sweymouth@peppercorn.org.au](mailto:sweymouth@peppercorn.org.au)  
[peppercorn.org.au](http://peppercorn.org.au)

Belong Be Ready Facilitators  
Meredith Vasilescu, Megan Thomas & Bec Evers  
4782 1117 or 0490 680 755  
[revers@belongbm.org.au](mailto:revers@belongbm.org.au)  
[belongbm.org.au](http://belongbm.org.au)

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Person-Centred Emergency Preparedness (P-CEP) guides individuals through planning for their next emergency. The information is free and begins with a discussion that is unique for each person. The P-CEP tool is used to consider emergencies that could occur, identifies who needs to be contacted for assistance, safe places to go or stay, and what needs to be taken along.

Emergencies can also take place within the home. The conversation considers self-assessment of risk, current preparedness and support needs in emergency situations. Please call or email to arrange an appointment, or simply to have a phone conversation.

*This project is funded through a grant from the Australian Government.*







# 2023 Seniors Festival Program Partners and Sponsors

- Belong Blue Mountains Katoomba, Mid Mountains & Lower Mountains Neighbourhood Centre
- Ben's Café Lawson
- Blackheath Area Neighbourhood Centre
- Blue Mountains City Council
- Blue Mountains Cultural Centre
- Blue Mountains Library
- Blue Mountains Food Services
- Blue Mountains Leisure Centres
- Blue Mountains Radio 89.1 FM
- Blue Mountains Visitor Information Centres
- Blue Mountains Theatre and Community Hub
- Carer Gateway Services Wellways
- Central Tablelands legal Centre
- Healthy Waterways
- Katoomba RSL Club
- Lyrebird Movement
- Springwood Neighbourhood Centre Co-op
- Tai Chi Cha Cha
- Winmalee Neighbourhood Centre
- Peppercorn Services
- Australian Government
- Older Women's Network
- Services Australia
- Sydney University
- Norman Lindsay Art Gallery
- Valley Heights Railway Museum



All events will be promoted by Blue Mountains Radio throughout the month

