

SENIORS FESTIVAL KIAMA 2020

12 February

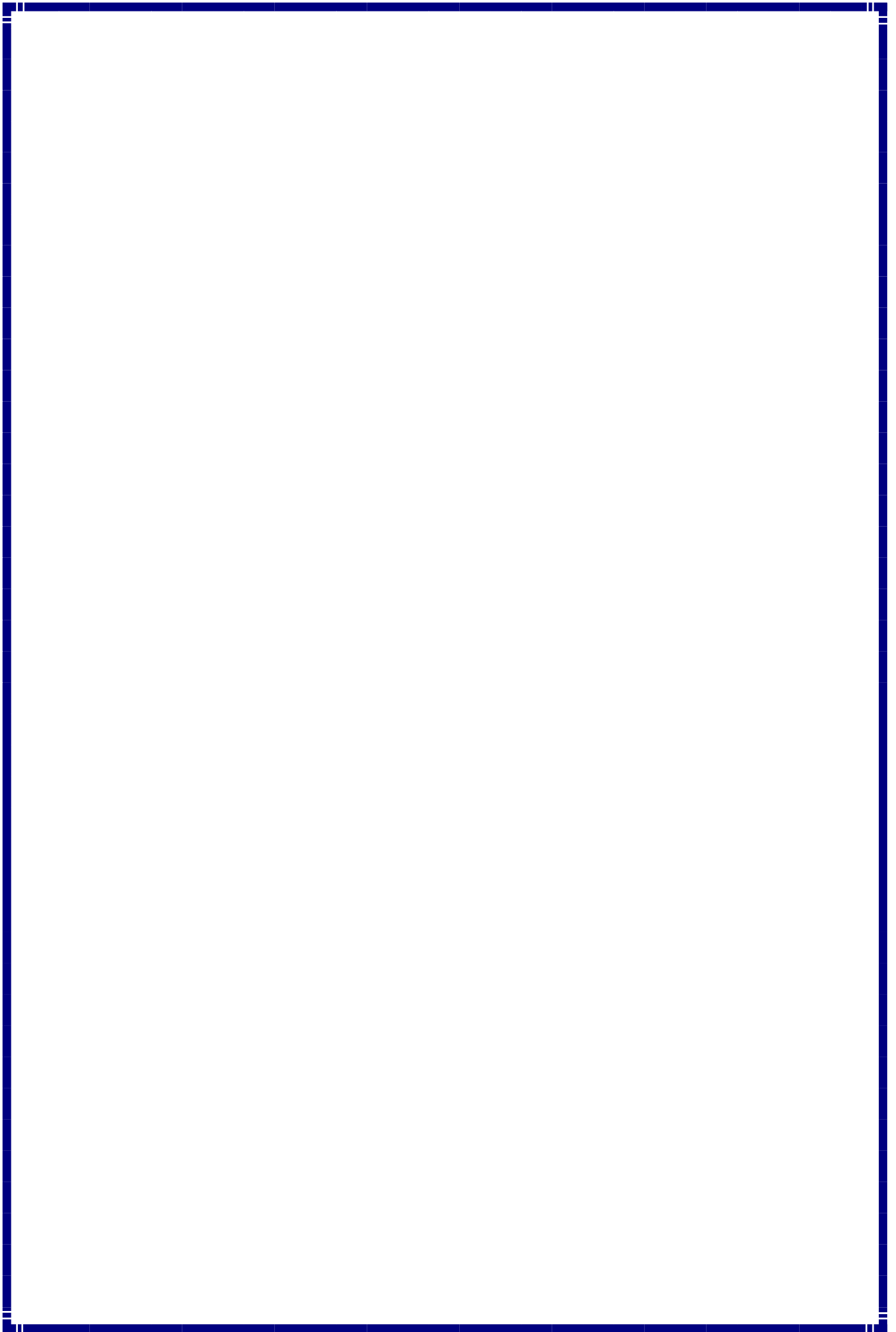
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19 March

Love to Celebrate



KIAMA MUNICIPAL COUNCIL
your council, your community



WELCOME



The theme for the NSW Seniors Festival 2020 is 'Love to Celebrate'.

And the largest seniors' festival in the Southern Hemisphere has provided many ways for you to celebrate, with hundreds

of free and heavily discounted events, workshops, and performances across the state.

The diverse range of experiences on offer will inspire you to be active, socialise, and share your skills and wisdom with your community.

This program provides you a rundown of the events being held in our area.

The Festival starts 12 February and officially wraps up 23 February, although we've managed to add some events beyond this into March.

My thanks to our Seniors Week Committee which has once more put their shoulders to the wheel to bring us such a full and varied program of events.

I encourage everyone to try at least one of the experiences on offer. Have fun and take time to celebrate.

Clr. Mark Honey
Mayor
Kiama Municipal Council

BOOKINGS

For the majority of the events scheduled for the Seniors Festival 2020, bookings are essential. This is so that arrangements can be made for seating and catering at the events. People who do not book may not be catered for or have transport provided.

If you are required to book for an event, you will find the name and contact phone number for 'Bookings' listed.

All bookings must be made directly with the individual listed as the "Bookings Contact" for the event you wish to attend. If transport is going to be provided for a particular event, it will be marked as follows:

Transport is provided

All bookings for transport need to be organised with the 'Bookings' contact of the event you wish to attend.

TRANSPORT



For residents of the Kiama LGA, who are frail aged, people with a disability and their carers, transport may be provided to some events.

If you are not currently registered as a client with Kiama Council's Community Transport Project and require transport please book early, as you will need to be assessed prior to being given transport.

Individuals with access to private transport are encouraged to use it and leave the Community Transport places for those individuals without access to private transport.

If you are able to assist in transporting others to an event you are attending, please advise the "Bookings Contact" when you ring to register. Any assistance will be greatly appreciated

Remember, if you require transport to an event and transport is being provided, you must notify the relevant "Bookings contact" well before the event to secure your spot. Individuals will not be charged for transport.

Kiama Leisure Centre

Four (4) free sessions for the following classes
Between Monday 6 & Friday 10 March

NO bookings required

Class	When	Time
Group Multi	Monday 6/03	11.40am
Aqua Power	Tuesday 7/03	8am
Aqua Gentle	Tuesday 7/03	9am
Aqua Active	Tuesday 7/03	9.45am
Lite Pace	Wednesday 8/03	10.35am
Heart Fit	Wednesday 8/03	12noon
Aqua Power	Thursday 9/03	8am
Aqua Gentle	Thursday 9/03	9am
Aqua Active	Thursday 9/03	9.45am
Group Multi	Friday 10/03	10.35am

No booking required, just turn up

Transport is NOT provided



Sing with 20/20 Vision

DATE: Wednesday 12 and 19 February, from 11am

VENUE: The Church Point Centre
Kiama Anglican Church
2 Terralong Street, Kiama

COST: \$6 includes a light lunch

BOOKINGS: (02) 4232 2066
office@kiamaanglican.org.au

HOURS: Monday-Wednesday: 9am-2pm
Thursday-Friday: 9am-3pm

ACTIVITY: The 'Ukuladies' will be having a singalong. It will be a fun and interactive performance through sacred and secular songs.

RSVP: 10 February

Transport can be arranged – contact Church office



NAVIGATING AGED CARE

DATE: Thursday, 13 February, 10am-12pm

VENUE: Kiama Library Auditorium
7 Railway Street, Kiama

COST: FREE

BOOKINGS: www.trybooking.com/595028

CONTACT: Kiama Library (02) 4233 1133

ACTIVITY:

Join us for short talks on:

- How to plan ahead
- Resources that are available
- What is 'elder abuse'
- Consumer rights
- Navigating the aged care system

RSVP: 10 February

Transport is NOT provided

FREE MOTORISED SCOOTER SAFETY WORKSHOP

DATE: Friday 14 February, 10.30am

VENUE: Kiama Council Chambers
11 Manning Street, Kiama

COST: FREE
Light refreshments will be available

ACTIVITY:

Topics covered include:

- choosing and planning a safe route before setting off
- walking safety
- using a motorised wheelchair/scooter in NSW
- operating a motorised wheelchair/ scooter safely
- learning tips for travelling safely, and
- understanding licensing and registration rules

Practise on the day (BYO scooter) will enable users to plan a route that allows access to a footpath for the entire journey, identify the location of kerb ramps for safe crossings and learn how to leave the kerb to cross the road safely.

BOOKINGS: Kiama Municipal Council (02) 4232 0444
Or council@kiama.nsw.gov.au

SILVER FOX

'DROP IN' COMPUTER SESSION

DATE: Monday 17 Feb 2020

TIME: 3pm-5pm

VENUE: Kiama Community College
7 Railway Parade, Kiama
Ground floor under the Library

COST: FREE for Seniors Week
Usually \$7 per session

BOOKINGS: No need to book - just turn up

ACTIVITY:

Kiama Community College runs a 'Drop In' Computer Session on Monday afternoons, they are offering a FREE Session for Senior's Week.

Do you need some advice on how to use your computer, smart phone or tablet? Pick the Silver Fox's brains, share ideas, learn new tricks and try out new programs.

**KIAMA & SHOALHAVEN
COMMUNITY COLLEGES**



Kiama Campus 02 4232 1050
Shoalhaven Campus 02 4423 0351
www.kcc.nsw.edu.au

BIKE RIDE

JAMBEROO TO KIAMA DOWNS

AND RETURN

DATE: Tuesday, 18 February 2020

TIME: Depart 9am

FROM: Allowrie St in front of the Jamberoo Bowling Club, Jamberoo

COST: FREE

BOOKINGS: Call Dianne - 0419 496 580
or email: secretary@kiamabug.org.au

ACTIVITY:

Ride from Allowrie Street, turn onto bike path at Browns Lane, cross Swamp Road and continue on path to Gainsborough Estate/Kiama Downs junction. Return to Jamberoo via the same route. This is a flat course and suitable for seniors.

There will be a social debrief at a cafe in Jamberoo after.

There is plenty of parking and we can transport some bikes from Kiama if people don't have a bike rack on their car.

The ride will be managed by qualified Bicycle NSW Ride Leaders with the assistance of the Kiama Bicycle User Group (KBUG). The pace of the ride will be managed to suit all participants.

Transport is NOT provided. Bring your own bike and helmet.

RSVP: 11 February 2020

DEMENTIA FRIENDLY DANCING

**Music, physical activity and social interaction
For people with dementia and carers**

DATE: Each Friday, 21 February to 20 March, 2 to 3.30pm

VENUE: Mayflower Retirement Village Auditorium
Belinda Street, Gerringong

COST: Free - afternoon tea provided

There will be a display of blankets made by Club members and their friends for distribution to developing countries.

Transport is NOT provided



KIAMA COMMUNITY GARDEN

Pizza Brunch & Garden Tour

DATE: Tuesday, 7 March, 11am to 1pm

VENUE: Kiama Community Garden
Havilah Place, Kiama
Entry via sports fields beside Blue Haven Retirement Village
Park in Leisure Centre car park.
Disabled parking via Havilah Place, disabled access adjacent. Nearest toilets at sports grounds and Leisure Centre.

COST: \$7.00 for garden tour, brunch, sweets, tea and coffee

BOOKINGS: Denise on (02) 4231 4249
or SMS 0478 227 249

ACTIVITY: Garden tour and pizza brunch. Set menu pizza lunch (all you can eat) plus sweets, tea/coffee.

Garden Tours will run throughout the event.

There will be selected plants for sale.

Demonstration of “No Dig” gardening for elders. No dig means no bending!

RSVP: Essential by 24 February

Transport is NOT provided

TRIVIA COMPETITION

Seniors Competition: Kiama vs Shellharbour

Each area can enter 6 teams of 6 people who are 50 years and over.

U3A Club Competition:

U3A clubs from Kiama, Shellharbour and Wollongong LGA's can enter 2 teams each (50 years and over).

DATE: Thursday, 12 March
Registration from 1pm
Competition 1.30-4pm

VENUE: Shellharbour Civic Centre
76 Cygnet Avenue
Shellharbour City Centre

COST: \$7 per person
includes afternoon tea

RVSP: Friday 6 March

BOOKINGS: Narelle (02) 4221 6007 or
narelle.williams@shellharbour.nsw.gov.au

Transport is NOT provided

LIVING WELL FIESTA



DATE: Thursday 19 March 2020

TIME: 10:00am to 2:00pm

VENUE: Blue Haven Bonaira
14a Bonaira, Kiama

COST: FREE

BOOKINGS: Myriam (02) 4203 4055

ACTIVITIES:

'Pit Stop' health checks and information stalls, including NSW Police, Kiama Men's Shed, Kiama Community College and 'Seniors Safe Driving'. There'll be art workshops and wellness sessions, trike rides, dementia dancing and exercise demonstrations. The Lions Club will have a sausage sizzle and there'll be entertainment by Kiss Arts, Kiama Primary and Kiama High School Bands, Zoe's School of Dance and South American dancers.

Come join us at our new site and let's celebrate Seniors Week together!

Transport is NOT provided

Kiama Council thanks all the people, organisations and local businesses that have contributed to our Seniors Festival.

NSW Government – Family & Community Services

Kiama Municipal Council

Kiama Community Transport

Kiama Anglican Church

Kiama Leisure Centre

Blue Haven Illawarra

Kiama Meals on Wheels

Kiama Library

Kiama Bicycle User Group

Kiama Community Garden

Shellharbour City Council

Gerringong Rotary

and the

Seniors Week Committee



Family &
Community
Services