



**Penrith Seniors**

# Celebrating NSW Seniors Festival 2023



**"Celebrate Together" from Wednesday 1 February to Sunday 12 February 2023!**  
We have a great program of activities for you to enjoy as part of our Seniors Festival.

## **Penrith Seniors Comedy Gala, premier FREE Event!**

Tuesday 7 February, 9:45am for free morning tea and welcome, Comedy Gala at 10:30am.

**To book your free spot, click here:**

<https://www.thejoan.com.au/events/2023-penrith-seniors-comedy-gala/> or call

The Joan on 4723 7600 to secure your free tickets.

## **Understanding Aged Care Costs**

Thursday 2 February, 10am-12pm  
St Marys Library or Online via Zoom

**To book your free space at this event, click here:** <https://www.eventbrite.com.au/e/understanding-aged-care-costs-tickets-445035803067>

## **Chair Yoga**

Friday 3 February, 11am-12pm  
Penrith Library or Online via Zoom

**To book your free space at this event, click here:** <https://www.eventbrite.com.au/e/chair-yoga-tickets-445588696787>

## **Fun with iPads**

Tuesday 7 February – 10am-12pm  
Penrith Library  
Proudly presented by Digital Literacy Foundation.

**To book your free space at this event, phone the Library on 4732 7891**

## **Grandparents Story Time**

Tuesday 7 February,  
10:30-11:30am – St Marys Library  
Wednesday 8 February,  
10:30-11:30am – Penrith Library  
Thursday 9 February,  
10:30-11:30am – St Clair Library

Suitable for children 3-5 years and their parents, grandparents, or carer.

**FREE session and no booking is required.**

**Author Talk – Joanna Nell**, Tickets \$5

Thursday 9 February, 2pm-3pm  
Penrith Library or Online via Zoom  
Tickets are \$5 and include afternoon tea.

**To book, click here:** <https://www.eventbrite.com.au/e/author-talk-with-joanna-nell-tickets-445664353077>

## **Internet for Beginners**

Wednesday 1 February, 10am-2pm

**To register, please contact the Nepean Community College on 4724 9000.**

## **Computers for Total Beginners**

Friday 3 February, 10am-12pm  
**To register, please contact the Nepean Community College on 4724 9000.**

## **Skype for Beginners**

Wednesday 8 February, 10am-12pm  
**To register, please contact the Nepean Community College on 4724 9000.**

**Sip and Chat Morning Tea** including the "Tree of Life" on the advantages of ageing.  
Thursday 9 February, 10am-11:30am.  
Free coffee, tea or hot chocolate and pastry.

At Cassandra's on the Park,  
131 Queen Street St Marys.

**To register, call Antoinette on 02 4723 927 or 0477 153402 or email [antoinette.hogan@wesleymission.org.au](mailto:antoinette.hogan@wesleymission.org.au)**

## **Cooking Class**

Thursday 9 February, 12pm  
Ripples Leisure Centre, St Marys.

**To book, call 9833 3075 or email [hydrotherapy@penrith.city](mailto:hydrotherapy@penrith.city)**