

Positively

PENRITH

FREE



Penrith Seniors Festival 2026

Live

Life

in

Colour

Monday 2 March to Sunday 15 March

Event Calendar

| MARCH | | | | | |
|---------------|---|---------------|--|---------------|---|
| MON 2 | Seniors Festival Expo Penrith Seniors Comedy Gala Live Life in Colour Fun Day Young at Heart Fitness Program | TUE 3 | High Street History Walk Young at Heart Fitness Program | WED 4 | Scam Awareness Information Session Young at Heart Fitness Program |
| MON 9 | Plan and Prepare for Emergencies Workshop | TUE 10 | | WED 11 | Discover 3D Printing |
| MON 6 | Young at Heart Fitness Program | THU 5 | Healthy Ageing and Bone Health Workshop Movie Morning: Tracks Young at Heart Fitness Program | THU 12 | Live Life in Colour Fun Day Aged Care Information Session Kingfisher Grove Tour |
| MON 13 | Penrith Community Kitchen Awards and afternoon tea | | | | |

Positively

PENRITH

Free Event



Penrith Seniors Comedy Gala

Relax and have a laugh!



the Joan

Monday 2 March

Morning tea at The Joan
and Expo in the Mondo
9am-10:30am

Comedy Gala at The Joan
10:30am-11:30am

Expo in the Mondo
11:30am-12:30pm

Book your spot:
4723 7600
or visit
thejoan.com.au



 **PENRITH
CITY COUNCIL**

penrith.city/seniorsfestival

Seniors Festival Expo

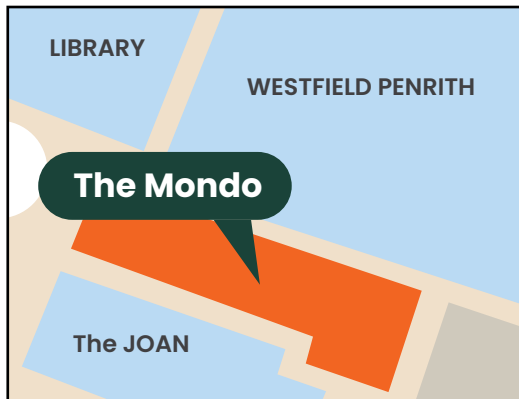
Penrith City Council

DROP-IN

Discover services that support our seniors community, including NDIS, My Aged Care, housing, transport and other essential resources. Enjoy fun activities with games, giveaways and competitions. Add your creativity to our Seniors Community Mural or give hula hooping a try. For the full list of stall holders, see pages 17–23.

When: Monday 2 March,
9am–10:30am and 11:30am–12:30pm

Where: The Mondo, located between Westfield and the Joan Sutherland Performing Arts Centre



Cost: FREE

For more information, contact:

@ majorevents@penrith.city

☎ (02) 4732 7777

Live Life in Colour – Fun Day

Nepean Food Services

Join us for a creative day of painting mason jars and canvases. Morning tea and lunch will be provided.

When: Monday 2 March, 10am–1:30pm

Where: Londonderry Hall, 360 Carrington Rd,
Londonderry

Cost: FREE

Bookings: @ Ditte@nepeanfoodsolutions.org.au
☎ (02) 4733 7200

Young at Heart Fitness Program

Ripples Leisure Centre

A fun, low-intensity workout designed especially for seniors. Enjoy a variety of gentle land and water-based exercises, then relax with a cup of tea or coffee and connect with friends.

When: Monday 2 March to Friday 6 March,
1:30pm–2:15pm

Where: Ripples Leisure Centre, Creek Road, St Marys

Cost: FREE

Bookings: @ ripples@penrith.city ☎ (02) 9833 3000

High Street History Walk

Penrith City Libraries


Join Penrith City Libraries' Research Services team for a guided walk along Penrith's High Street and uncover the stories, landmarks and hidden gems that shaped our City.

When: Tuesday 3 March, 9:30am–10:30am

Where: Meet at St Stephens Anglican Church,
252 High Street, Penrith

Cost: FREE

Bookings:  highsthistory.eventbrite.com.au

 (02) 4732 7891

Scan the QR code to book your spot:



Scam Awareness Information Session

Penrith City Libraries

Services Australia presents an informative session offering practical tips to protect yourself and your community from scams.



We'll cover:

- What is a scam?
- Phishing scams
- How to report a scam
- What to do if you've been scammed
- Scam awareness resources

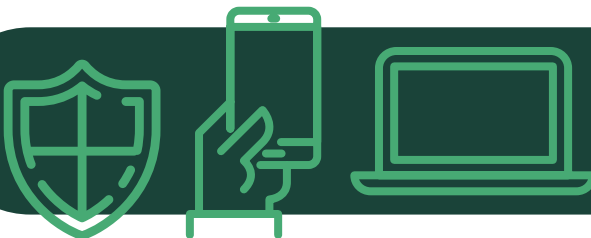
When: Wednesday 4 March, 10:30am–12pm

Where: William Garner Room, St Marys Library,
207 Queen Street, St Marys

Cost: FREE

Bookings:  scamawareness-stmarys.eventbrite.com.au
 (02) 4732 7891

Scan the QR code to book your spot:



Healthy Ageing and Bone Health Workshop

Innovate Rehab

Discover key strategies for osteoporosis prevention and management, combining valuable education with gentle exercises. Learn healthy practices to incorporate into your daily routine.

Light refreshments and a gift bag included.

When: Thursday 5 March, 10am–11:30am

Where: Share My Ability, 1/57 Regentville Rd,
Jamisontown

Cost: FREE

Bookings:  HealthyAgeingAndBoneHealth.eventbrite.com.au

 0405 146 131

Scan the QR code to book your spot:



Movie Morning: *Tracks*

Penrith City Libraries



Join us for a special screening of ***Tracks*** (rated M), starring Mia Wasikowska and based on the bestselling memoir by Robyn Davidson. This inspiring film follows Robyn's extraordinary 2,700km solo journey across the Australian desert, accompanied only by her dog Diggity, 4 camels, and at intervals, Rick Smolan, a charismatic National Geographic photographer.

Enjoy a morning of cinema, connection and conversation in a relaxed and welcoming setting. Light refreshments will be served.

When: Thursday 5 March, 10:30am–12:30pm

Where: Peter Goodfellow Theatre,
Penrith City Library, 601 High St, Penrith

Cost: FREE

Bookings:  moviemorningtracks.eventbrite.com.au
 (02) 4732 7891

Scan the QR code to book your spot:



Plan and Prepare for Emergencies Workshop

Penrith City Council – Sustainability and Resilience


Do you have a plan for what to do in an emergency or disaster? Being prepared can make all the difference. Thinking about and creating a plan for yourself and your household (including pets) can help reduce stress when the unexpected happens.

Join us to assess your preparedness and explore Person-Centred Emergency Preparedness (P-CEP). Starting the P-CEP conversation will help you develop a tailored plan for your needs and those of your household.

When: Monday 9 March, 10am–11:30am

Where: Thornton Community Centre,
61 Lord Sheffield Cct, Penrith

Cost: FREE

Bookings:  events.humanitix.com/penrith-pcep
 (02) 4732 7983

Scan the QR code to book your spot:



Discover 3D Printing

Penrith City Libraries

Curious about new technology? This engaging session will explore the fascinating world of 3D printing.

We'll cover:


- What 3D printing is and how it works
- Its incredible uses today
- A live demonstration of a 3D printer in action
- Plus, take home a free 3D-printed keychain, ornament or bookmark!

When: Wednesday 11 March, 10:30am–12pm

Where: William Garner Room, St Marys Library,
207 Queen St, St Marys

Cost: FREE

Bookings:  discover3dprinting.eventbrite.com.au

 (02) 4732 7891

Scan the QR code to book your spot:



Live Life in Colour – Seniors Fun Day

Nepean Food Services

Join us for a fun day of crafting flower arrangements. Morning tea and lunch will be provided.

When: Thursday 12 March, 10am–1:30pm

Where: Floribunda Hall, 3-4 Floribunda Ave,
Glenmore Park

Cost: FREE

Bookings: @ Ditte@nepeanfoodsolutions.org.au

☎ (02) 4733 7200



Aged Care Information Session

Penrith City Libraries

Services Australia will present an informative session about aged care.

The session will cover:

- Determining care needs
- Help at home
- Residential care income and assets
- Residential care fees and charges
- Pension implications


Tea, coffee and light refreshments will be provided.

When: Thursday 12 March, 10:30am–12pm

Where: Peter Goodfellow Theatre,
Penrith Library, 601 High Street, Penrith

Cost: FREE

Bookings:  agedcareinfosession.eventbrite.com.au

 (02) 4732 7891

Scan the QR code to book your spot:



Kingfisher Grove Tour and Morning Tea

Join us for a relaxed tour and morning tea at Kingfisher Grove Retirement Village. Learn about the lifestyle, comfort and peace of mind that retirement living can offer. Whether you're planning ahead or simply curious, come along, ask questions and experience the warm, vibrant community that makes Kingfisher Grove feel like home.



When: Thursday 12 March, 10:30am–12pm

Where: Kingfisher Grove Retirement Village,
Sparrowhawk Cct, Jordan Springs

Cost: FREE

Bookings: @ tirian.mcmanus@keyton.com.au

☎ 0427 207 863

Seniors Week 2026



PENRITH
CBD CORP

Live Life in Colour



A wonderful opportunity to connect, learn, and celebrate life in all its colour.

Join us for a delightful afternoon celebrating our seniors and the rich contributions they make to our community. Enjoy a relaxed **afternoon tea, live entertainment**, and the presentation of the **Karen McKeown OAM, Member for Penrith Senior of the Year Award** plus short presentations and a **mini-information expo**, offering practical guidance on:

- Wealth and estate planning
- Wills and legal matters
- Health and wellbeing
- Real Estate affordable downsizing
- Active core fitness
- Banking safety and security
- NSW Services information
- Travel local and abroad

Date: Friday 13 March 2026

Venue: Penrith RSL

Events at Eight Function Rooms
For details, please check Penrith RSL
for tickets





Penrith Seniors Expo

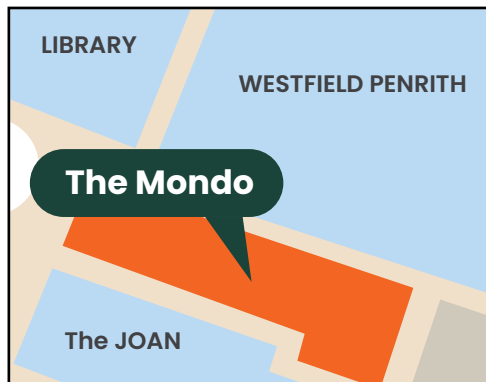
See pages 17–23 for the organisations taking part in the expo.*

FREE

DROP-IN

When: Monday 2 March
9am–10:30am and 11:30am–12:30pm

Where: The Mondo
– located
between
Westfield
Penrith and The
Joan Sutherland
Performing Arts
Centre



*Expo stalls are subject to change.


Australian Red Cross – Urban Climate Resilience

 1800 733 276

 redcross.org.au

Working with communities to prepare for extreme heat and heatwaves.


Bolton Clarke

 1300 221 122

 boltonclarke.com.au

Not-for-profit, in-home and community-based aged care provider.


BreastScreen NSW

 132 050

 breastscreen.nsw.gov.au

Free breast screening mammograms (breast x-rays).


Community Culture

 1300 646 444

 activecarenetwork.org.au

Transport provider for medical, shopping, and social outings.


Department of Health, Disability and Ageing

 1800 020 103

 health.gov.au

Helping you navigate aged care.


Digital Literacy Foundation

 1300 446 024

 digitalliteracy.org.au

Teaching skills to get online confidently and safely.


Energy & Water Ombudsman NSW

 1800 246 545

 ewon.com.au

Independent water and energy dispute resolution.

Link Wentworth Community Housing

 13 14 21

 linkwentworth.org.au

Homelessness services, social, disability and affordable housing.

Nepean Community College

 (02) 4724 9000

 www.ncc.nsw.edu.au

Local, inclusive and life changing community college.


Nepean Food Services Inc

 (02) 4733 7200

 nepeanfoodservices.org.au

Meal delivery service also offering social support, local community activities and volunteer opportunities.

Nepean Multicultural Access

 (02) 9833 2416

 nma.org.au


Aged care assistance for culturally and linguistically diverse communities.

NSW Health – Healthy Ageing

 activeandhealty.nsw.gov.au

Encouraging seniors to stay physically active, socially connected and engaged in preventative health.

Penrith City Council – Waste and Resource Recovery

 (02) 4732 7532

 penrithcity.nsw.gov.au

Education programs on reducing landfill, reusing and repairing items, and making environmentally responsible choices.


Penrith City Council – Road Safety Program

 (02) 4732 7853

 penrithcity.nsw.gov.au

Senior driver licensing, pedestrian safety, safer driving tips and road safety awareness.

Penrith City Council – Sustainability and Resilience


 (02) 4732 8216

 penrithcity.nsw.gov.au

Information and activities focused on practical actions for creating a healthier, more resilient community.




Penrith City Libraries

 (02) 4732 7891

 penrith.city/library

Access to books and collections, information services, community programs and events.


Seniors Rights Service

 (02) 9281 3600

 seniorsrightsservice.org.au

Free legal advice, aged care advocacy and information.

Silverchain

 1300 650 803

 silverchain.org.au

Caring for Australians with in-home health and aged care.


St Vincent de Paul Society NSW (Vinnies)

 retailvolunteering@vinnies.org.au

 vinnies.org.au

Supporting community connections through volunteering opportunities.


Sydney Region Aboriginal Corporation

 (02) 4721 1536

 srac.ngo

Providing culturally safe support services for First Nations communities.


SydWest Multicultural Services

 (02) 9621 6633

 sydwestms.org.au

Supporting people of all backgrounds with settlement, aged care, disability and housing assistance.


The Benevolent Society

 1800 236 762

 benevolent.org.au

Supporting you to live a happy, healthy and connected life in your own home and community for longer.

Wellways Carer Gateway

 1800 422 737

 wellways.org

Supporting carers in our community.


Wendy's Home Care

 (02) 4587 5999

 wendyshome.com.au

In-home care services to support people to live well at home.


Wentworth Healthcare

 (02) 4708 8100

 nbmphn.com.au

Improving the health and wellbeing of seniors in our community.


Wesley Mission – Care Finder Program

 (02) 9263 5555

 wesleymission.org.au

Supporting you to navigate My Aged care, understand your options and find support that meets your needs.

365 Care

 1300 365 248

 365care.com.au

Supporting clients, families and carers to navigate aged care and disability systems.

THEATRE



Macbeth

By William Shakespeare

10 – 14 March

Western Sydney exclusive. Sport for Jove brings their award-winning, high-energy production to The Joan. Contemporary, and fiercely alive, it's Shakespeare at its most thrilling and utterly electric.

MUSIC



Graeme Connors

What Next?

19 March

50 years, 20 albums, countless hits.

From iconic hits to his latest album, country music legend Graeme Connors delivers storytelling, surprises, and pure live magic. Another leap forward from the master of the unexpected.

THEATRE



GRIMM

Tales by the Brothers Grimm

26 June

The latest tour de force from the team behind 1984. Shake & Stir Theatre Co brings the Brothers Grimm to life with daring imagination and vibrant storytelling. Adventure, magic, and unforgettable tales await.

COMEDY



The Gospel According to Paul: The Second Coming

13 – 15 August

Direct from the Sydney Theatre Company stage! Jonathan Biggins returns as Paul Keating in this witty, incisive look at the former PM's legacy, charm and razor-sharp satire.

Supported by

 PENRITH CITY COUNCIL

597 High Street, Penrith
thejoan.com.au | 02 4723 7600

PENRITH
PERFORMING
& VISUAL ARTS



Village

Café

Join us at Village Café from February to November – a relaxed event where you can enjoy a good cup of coffee and connect with others in your community.

You'll also have the chance to speak with local support services and get free advice on a range of topics, including health and wellbeing.



Second Thursday of each month



9:30am–11:30am



Wainwright Park, Bringelly Rd, Kingswood



Third Thursday of each month



9:00am–11:00am



Wattle Park, 4 Wattle Ave, North St Marys



Fourth Thursday of each month



9:30am–11:30am



Wilson Park, Seventh Ave, Llandilo



Find out more at penrith.city/villagecafe



[Penrith.city/seniors](https://penrith.city/seniors)

