

Positively

PENRITH

Seniors Festival

Program

2024

"Reach Beyond" from Monday 11 March to Sunday 24 March 2024! We have a great program of activities for you to enjoy as part of our Seniors Festival.



Premier FREE Event at The Joan - the 2024 Penrith Seniors Comedy Gala Tuesday 12 March 2024 | 10.30am

This event including a free morning tea and welcome from 9.30am, Comedy Gala 10.30am. Call 4723 7600 or find the event and register here: thejoan.com.au

 PENRITH
CITY COUNCIL



Craft Card Making

Wednesday 13 March | 10-11.30am
Kingfisher Grove Retirement Village
2 Cuckoo Place, Jordan Springs

Join us for a fun-filled morning of Card Making by a crafts teacher and a free morning tea.

Free. Book via Eventbrite: <https://www.eventbrite.com/e/card-making-seniors-festival-tickets-760075344817?aff=oddtcreator> or phone Tirian on 0427 207 863.

Tales and Tea

Wednesday 13 March
and 20 March | 1-2.30pm
Penrith City Library

Enjoy some afternoon tea as you listen to a short story read by a Library staff member and contribute your thoughts and reflections, or just enjoy the story.

Free. Book via Eventbrite: <https://SFTalesandTea.eventbrite.com.au>, or phone the library on 4732 7891

Friends, Food and Fun Thursday 14 March 2024 10.30am-1.30pm

Floribunda Community Hall
3-4 Floribunda St., Glenmore Park

Lunch and entertainment, celebrating you and friends for the Penrith Seniors Festival.

RSVP 7 March 2024 to: Admin@nepeanfoodservices.org.au or phone Nepean Food Services on 4733 7200.

Scan the QR code for the full Seniors Festival Program 2024.



penrith.city/seniorsfestival

**Learn To Knit and Crochet
with St Marys Knitters**
Thursday 14 March | 10am -12pm
St Marys Library

Join the St Marys Knitters as they guide beginners with their first projects. Participants must bring their own materials.

Free. Book via Eventbrite: <https://https://SFlearntoknitSM.eventbrite.com.au>, or phone the library on **4732 7455**.

Healthy Eating Workshop
Thursday 14 March 2024 | 12-12.30pm
Ripples St Marys

Join our Ripples Dietitian in a fun and engaging cooking class. You'll come away with the tools and skills to take control of your diet and learn how to make a tasty and nutritious meal.

Email for bookings:
ripples@penrith.city or **9833 3000**.

Memoir Writing Workshop
Monday 18 March | 1-3pm
Penrith City Library

Writer Keith Whelan will host a workshop on writing your own personal memoir.

Free. Book via Eventbrite: <https://SFmemoirwriting.eventbrite.com.au>, or phone the library on **4732 7891**.

Seniors Health Information Seminar
Thursday 21 March | 10-11.30am
*Kingfisher Grove Retirement Village
2 Cuckoo Place, Jordan Springs*

Join us for a morning of seniors health education on key topics by a health profession and a free morning tea.

Free. Book via Eventbrite: <https://www.eventbrite.com.au/e/seniors-health-information-seminar-tickets-763242778697?aff=oddtcreator> or phone Tirian on **0427 207 863**.

Movie Screening (M)
Tuesday 19 March | 12.30pm start
Penrith Library

The Book Club – Four lifelong friends' lives are turned upside down to hilarious ends when their book club tackles the infamous Fifty Shades of Grey. Rated M.

Free. Book via Eventbrite: <https://SFmemoirwriting.eventbrite.com.au>, or phone the library on **4732 7891**.

Be in the Know for The Best Way to Go
Wednesday 20 March | 10.30-11.30am
*St Marys Community Centre, Corner of
Great Western Hwy and Mamre Rd, St Marys
(access via 29 Swanston St, St Marys)*

Come learn how you can be more prepared in yours, your family member or loved one's death. A Death Doula, carer and representatives from Nepean Hospital will be guest speakers.

Free. To book ring Monique on **4708 8100** or email hapc@nbmphn.com.au

Movie Screening (M)
Wednesday 20 March | 11am start
Penrith Library

Quartet – At a home for retired musicians, the annual concert to celebrate Composer Giuseppe Verdi's birthday is disrupted by the arrival of Jean, an eternal diva and the former wife of one of the residents. Rated M.

Free. Book via Eventbrite: <https://SFQuartetSM.eventbrite.com.au>, or phone the library on **4732 7455**.

Pelvic Floor Workshop
Tuesday 19 March 2024 | 12-1pm
Ripples St Marys

Pelvic floor safe workshop, learn the structure and function of the pelvic floor and how to keep it safe with a qualified fitness professional.

Email for bookings: ripples@penrith.city or phone **9833 3000**.