

PENRITH SENIORS - CELEBRATING NSW SENIORS FESTIVAL 2022

'RECONNECT' FROM 25 MARCH TO 3 APRIL

Are you aged 50 or over? Come along to these **FREE** activities and events taking place online and in the City to celebrate Seniors Festival.

FRIDAY 25 MARCH

2PM **Online 'Crafternoon' with Na'ama Atzmon-Simon** hosted by Penrith Library via Zoom. Register here: www.eventbrite.com.au/e/online-crafternoon-with-naama-atzmon-simon-tickets-265743956327

MONDAY 28 MARCH

10AM **Online Retro Trivia Fun** hosted by Penrith Library via Zoom. Register here: www.eventbrite.com.au/e/online-retro-trivia-fun-tickets-265748790787

12PM **Yoga class** for all levels at St Clair Leisure Centre. Call 9833 3000 or email ripples@penrith.city

TUESDAY 29 MARCH

11AM **Penrith Seniors Comedy Gala** at The Joan. Morning tea from 10am. Ticket numbers are limited, conditions apply. Call 4723 7600 or register here: www.thejoan.com.au/events/penrith-seniors-comedy-gala/

6PM **Writing Your Family History Webinar** with Keith Whelan hosted by Penrith Library via Zoom. Register here: www.eventbrite.com.au/e/writing-your-family-history-webinar-tickets-266561872737

6PM **Hydrotherapy class** at Ripples Hydrotherapy Centre in St Marys. Bookings are required - email hydrotherapy@penrith.city

WEDNESDAY 30 MARCH

9.30AM **Hearing tests** at Penrith and St Marys Library branches until noon.

10AM **Healthy Happy Hearts** activities at Erskine Park Community Hall, 57 Peppertree Drive. To register, call 9834 2708 or 0415 383 884.

10.30AM **Grandparents Story Time Online** hosted by Penrith Library via Zoom. Register here: <https://pclstorytimeonline2022.eventbrite.com.au>

12PM **Cooking Class** at St Clair Leisure Centre. Call 9833 3000 or email ripples@penrith.city

THURSDAY 31 MARCH

8AM and 6PM **Hydrotherapy class** at Ripples Hydrotherapy Centre in St Marys. Bookings required, email hydrotherapy@penrith.city

9.30AM **Hearing tests** at Penrith and St Marys Library branches until noon.

10.30AM **Seniors' High Tea** at Penrith Golf Club. To register, call 4733 7200.

FRIDAY 1 APRIL

10AM **Online Chair Yoga** hosted by Penrith Library via Zoom. Register here: www.eventbrite.com.au/e/online-chair-yoga-tickets-266563838617

10AM **Stroll and Chat with Mable** on the Great River Walk, Penrith. Tea, coffee. To attend, call 0434 775 578 or email mirella.manna@mable.com.au

12PM **Children and Seniors Play Date** at St Clair Leisure Centre. Call 9833 3000 or email ripples@penrith.city