



PENRITH

REIMAGINE AGEING FESTIVAL

←... 2021 ...→
◆ 13 APRIL - 30 APRIL ◆



2021 REIMAGINE AGEING FESTIVAL

Age doesn't have to be a barrier to staying independent, enjoying life, learning new skills and staying connected. Penrith City Council's Reimagine Festival is a wonderful opportunity for older people to make new friends or get together with old friends and enjoy a variety of different activities in a COVID-Safe way.

From gardening workshops, exercises that help improve strength, balance and flexibility and digital literacy workshops there's something for everyone at the Festival. Most activities are free for people aged 50 years and above and run by friendly local community organisations.

For more information about the festival, please contact Council on 4732 7777.



WELCOME TO THE REIMAGINE AGEING FESTIVAL 2021

I am thrilled to welcome you to the Reimagine Ageing Festival 2021 – your chance to be connected and to celebrate in a safe and healthy environment.

It has been a difficult time in Penrith's history. Since January last year we've experienced drought and bushfires, a global pandemic and major flooding. It's about time we had something to celebrate, and that is what the Reimagine Ageing Festival is all about.

We want to say thanks and turn a spotlight on the contributions our older residents make – whether through volunteering, caring for family or passing on their knowledge and experience to younger generations.

This year's NSW Seniors Festival theme is 'In our nature', and what recent events have shown me is that in Penrith it is in our nature to be resilient and, most of all, to be kind.

In that spirit of kindness, Council has worked with a range of community organisations to put together a fantastic program of events and activities. Over the next 17 days, we invite you to try something new, get active and connect with your community in COVID-Safe ways.

Council is committed to helping all our residents, regardless of age and ability, to live a healthy, engaged and active life. We want Penrith to be a city in which you can get involved, meet new people and be stimulated, no matter what your stage of life.

I would like to commend the community organisations and Council staff who have put this wonderful program together. I would also like to acknowledge these organisations for their ongoing work to support Penrith's older residents.

I encourage you to dive right in and make the most of the 2021 Reimagine Ageing Festival!

**COUNCILLOR
KAREN MCKEOWN OAM**
PENRITH MAYOR



GRAB YOUR FREE BRAIN TRAINING PACK!

Visit any Penrith City Library branch from Tuesday 13 April to Friday 23 April to pick up your free Brain Training Pack.

The pack contains puzzles, mindfulness activities and other treats to sharpen your brain and memory and keep you thinking quickly.

Packs are limited to one per person and are available while stocks last.

TUESDAY 13 APRIL TO FRIDAY 23 APRIL

10am - 12pm
at Penrith City Library,
601 High Street, Penrith

GET TO KNOW YOUR COMPUTER

Head to St Clair and District Men's Shed to learn how to use a computer or tablet, to access email, join social media and the basics about programs such as Word. The courses will be ongoing for those who are interested. For all men.

THURSDAY 15 APRIL

9am - 2pm
at St Clair and District Men's Shed,
181 Mamre Road, Orchard Hills

FREE EVENT HOSTED BY

St Clair and District Men's Shed

Bookings essential.

Call Andrew on 0410 640 750 or
email scadms2016@gmail.com

INTERACTIVE MUSIC ENGAGEMENT EXPERIENCE

This interactive music engagement will get local aged care residents and their families moving and grooving!

WEDNESDAY 14 APRIL

at Heritage Kingswood
Aged Care Facility,
29 George Street Kingswood
and Summit Care
Aged Care St Marys,
57 Saddington Street, St Marys

FREE EVENT HOSTED BY

Noro Music Therapy

Due to COVID-19 vulnerability, this event is only open to aged care facility residents and family members.

STRENGTH AND BALANCE EXERCISE CLASS

You're invited to a strength and balance exercise class led by an Accredited Exercise Physiologist. Learn about the benefits of exercise and physical activity and find out that it can be fun, safe and improve your quality of life!

MONDAY 19 APRIL

12pm - 1pm
at Ripples Leisure Centre,
Charles Hackett Drive, St Marys

FREE EVENT HOSTED BY
Ripples Leisure Centre

Bookings essential.

Email mirna.shukri@penrith.city
or call 4732 7594.

TAI CHI @ TOM'S CHURCH

A 30-minute Tai Chi session for people over 50. Learn some Tai Chi Chu'an principles that can help increase gross muscle strength, improve balance, and reduce falls.

Please wear loose clothing, shoes and bring a water bottle.

TUESDAY 20 APRIL

10:30am
at St Thomas' Anglican Church,
29 Callisto Drive, Cranebrook

COMPUTER SKILLS FOR SENIORS @ TOM'S CHURCH

Learn how to use a computer and find your way around a range of useful apps. Find out how to search on the internet, stay safe and connect with others online and much more. Drop in anytime between 1pm and 4pm to learn some new skills in a relaxed and friendly environment.

MONDAY 19 APRIL

Drop in, 1pm – 4pm
at St Thomas' Anglican Church,
29 Callisto Drive, Cranebrook

FREE EVENT HOSTED BY
St Thomas' Anglican Church

Open community event, no need to register.

FREE EVENT HOSTED BY
St Thomas' Anglican Church

Open community event,
no need to register.

INTRODUCTION TO APPS AND E-BOOKS

Bring your tablet or smartphone along and take part in the introduction to apps and e-books session.

You will learn how to download and use apps, like the Service NSW app for quick COVID-Safe QR Code Check-Ins, the Senior's card app and the Penrith Library app.

TUESDAY 20 APRIL

10:30am

at Penrith City Library,
601 High Street, Penrith

FREE EVENT HOSTED BY

Penrith City Library

Bookings are essential and can be made here <https://www.eventbrite.com.au/e/introduction-to-apps-and-ebooks-tickets-146678147287>

COOKING CLASS

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.

TUESDAY 20 APRIL

12pm - 1pm

at Ripples Leisure Centre,
Charles Hackett Drive, St Marys

FREE EVENT HOSTED BY

Ripples Leisure Centre

Bookings essential. Email mirna.shukri@penrith.city or call 4732 7594.

SENIORS MORNING TEA

Join Nepean Food Service and Mable for morning tea and hear about your rights as ageing Australians, maintaining health, wellbeing and social connections, and accessing support as your needs change. We want you to feel Safe, Supported and Connected as you age.

TUESDAY 20 APRIL

9:30am – 11am

at South Penrith Neighbourhood Centre, 3 Trent Street, South Penrith

WEDNESDAY 21 APRIL

9am – 10:30am

at Jordan Springs Hub,
2/6 Cullen Avenue, Jordan Springs

FREE EVENT HOSTED BY

Nepean Food Services and Mable

Bookings essential.

For TUESDAY call Mirella on 0434 775 578.

For WEDNESDAY call Mark on 4733 7200.

GRANDPARENTS DAY AT TINY TOMS @ TOM'S CHURCH

Sing, play, do some craft and have some fun. Don't forget to bring your grandchildren! Tiny TOMS is a playgroup run for babies, toddlers and pre-schoolers. Adults' morning tea is provided but please bring along snacks for your grandchild. Parents and carers welcome too!

WEDNESDAY 21 APRIL

10am - 11:30am

at St Thomas' Anglican Church,
29 Callisto Drive, Cranebrook

FREE EVENT HOSTED BY

St Thomas' Anglican Church

Open community event, no need to register.

YOGA SESSION

Join our qualified Yoga teacher to safely stretch your body and practice some mindfulness-based stress busting. A class for all levels.

WEDNESDAY 21 APRIL

12pm - 1pm

at Ripples Leisure Centre,
Charles Hackett Drive, St Marys

FREE EVENT HOSTED BY

Ripples Leisure Centre

Bookings essential. Email mirna.
shukri@penrith.city or call 4732 7594.

HYDROTHERAPY EXERCISE CLASS

Take part in a fun class in our heated hydrotherapy pool. Led by our Accredited Exercise Physiologists, you'll be shown how to improve muscle strength, heart health, balance and bone strength, all to the tune of your favourite songs!

THURSDAY 22 APRIL

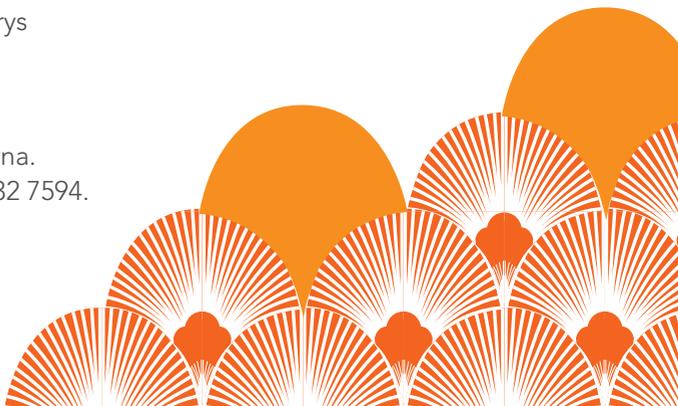
11am - 12pm

at Ripples Leisure Centre,
Charles Hackett Drive, St Marys

FREE EVENT HOSTED BY

Ripples Leisure Centre

Bookings essential. Email mirna.
shukri@penrith.city or call 4732 7594.





SENIORS DIGITAL LITERACY MINI WORKSHOP

Improve your digital literacy and find your way around a range of apps. Book one session, or all four!

9am – 10am:

Getting to know your device

10:15am – 11:15am:

Getting started online

11:30am – 12:30pm:

The absolute basics

12:30pm – 1pm:

Morning tea

1pm – 2pm:

Connecting to others online

THURSDAY 22 APRIL

9am – 2pm

at Nepean Community College,
The Mondo, Westfield Penrith Plaza,
High Street, Penrith

FREE EVENT HOSTED BY

Nepean Community College

Bookings essential. Call 4724 9000
or drop into the College.

INTRODUCTION TO APPS AND E-BOOKS @ TOM'S CHURCH

Visit the pop-up library to Learn more about the Penrith Library. Join on the day – it's free – and start accessing your Library resources straight away.

Bring your tablet or smartphone along and take part in the introduction to apps and e-books session.

You will learn how to download and use apps, like the Service NSW app for quick COVID-Safe QR Code Check-Ins, the Senior's card app and the Penrith Library app.

THURSDAY 22 APRIL

10:30am

at St Thomas' Anglican Church,
29 Callisto Drive, Cranebrook

FREE EVENT HOSTED BY

St Thomas' Anglican Church
and Penrith City Library

Open community event, no need to register.

STAY STRONG TO KEEP MOVING

Over 55s are invited to try a 30-minute low impact group fitness session, find out more about nutrition, how to use the MyFitnessPal app and the importance of physical exercise. You'll also receive a gift pack to help you on your fitness journey and enjoy morning tea while chatting to our friendly trainers.

THURSDAY 22 APRIL

11:30am – 12:30pm
at PCYC, Station Street, Penrith

FREE EVENT HOSTED BY
PCYC

Bookings essential.
Email jfrecklinton@pcycnsw.org.au
or call 4732 1755.

CRAFT CIRCLE FOR WOMEN

Craft circle is a happy place for women to enjoy the company of others, learn new skills and help disadvantaged community members through craft.

FRIDAY 23 APRIL

9:30am - 12pm
at Penrith Baptist Church, Morello
Terrace, Caddens

FREE EVENT HOSTED BY
Penrith Baptist Church

Bookings essential. Call Shirley
on 4733 8997.

WILL DAVIES - AUTHOR TALK

Join the Library as we livestream author Will Davies, to discuss his new book Secret and Special. Davies' book tells the untold story of the Z Special Unit and Operations, the precursor to the elite SAS, and the extraordinary feats they undertook in the Pacific during the Second World War. Ask questions and enjoy this virtual event in the company of other like-minded history buffs.

FRIDAY 23 APRIL

10:30am at Penrith City Library,
601 High Street, Penrith

Cost: \$5 for livestream talk in the Library (includes morning tea), free for participants over Zoom.
Email LibProgramsTeam@penrith.city for link.

HOSTED BY

Penrith City Library

Bookings are essential and can be made here <https://www.eventbrite.com.au/e/author-talk-with-will-davies-tickets-142997682919>



SENIORS AND CHILDRENS PLAY

Take a trip down Memory Lane! Share some time with younger community members and engage in some competitive fun.

Children under 10 are welcome to come along.

FRIDAY 23 APRIL

12pm - 1pm
at Ripples Leisure Centre,
Charles Hackett Drive, St Marys

FREE EVENT HOSTED BY
Ripples Leisure Centre

Bookings essential. Email
mirna.shukri@penrith.city
or call 4732 7594.

FINISHING STRONG NOW YOU'RE A GRANDPARENT!

Local grandparents, Jim and Lesley will take a deep dive into the awesome privilege and scary responsibility of what it means to be a grandparent.

FRIDAY 23 APRIL

7pm – 8pm
at St Thomas' Anglican Church,
29 Callisto Drive, Cranebrook

FREE EVENT HOSTED BY
St Thomas' Anglican Church

Open community event, no need to register.



LOOKING AFTER YOUR HEART SEMINAR @ TOM'S CHURCH

Learn the symptoms of a heart attack and staying healthy when you have a heart condition.

SATURDAY 24 APRIL

10:30am
at St Thomas' Anglican Church,
29 Callisto Drive, Cranebrook

FREE EVENT HOSTED BY
St Thomas' Anglican Church

Open community event, no need to register.



POP UP SERVICES @ TOM'S CHURCH

Drop in and enjoy a free sausage sandwich or take part a free gardening workshop with the team from Bunnings. You'll also have the chance to talk with a range of service providers about your benefits and needs, including the Active Care Network, Anglicare, Nepean Blue Mountains Local Health District, Nepean Food Services, Service NSW, Sydwest Multicultural Services and Wentworth Healthcare.

MONDAY 27 APRIL

10am – 2pm
at St Thomas' Anglican Church,
29 Callisto Drive, Cranebrook

FREE EVENT HOSTED BY
St Thomas' Anglican Church

Open community event, no need to register.

DEMENTIA SEMINAR @ TOM'S CHURCH

Take part in this important talk about Dementia. Resources and helpful information will be available.

THURSDAY 29 APRIL

10:30am
at St Thomas' Anglican Church,
29 Callisto Drive, Cranebrook

FREE EVENT HOSTED BY
St Thomas' Anglican Church

Open community event, no need to register.

FAMILY TREE HIGH TEA @ TOM'S CHURCH

Come along for a free high tea! And, while you treat your tastebuds, enjoy a talk from the Nepean Family History Society about how to research your family tree.

THURSDAY 29 APRIL

2pm at
St Thomas' Anglican Church,
29 Callisto Drive, Cranebrook

FREE EVENT HOSTED BY
St Thomas' Anglican Church

Numbers are limited, bookings essential on 4730 3434

CRAFT CIRCLE FOR WOMEN

Craft circle is a happy place for women to enjoy the company of others, learn new skills and help disadvantaged community members through craft.

FRIDAY 30 APRIL

9:30am - 12pm
at Penrith Baptist Church,
Morello Terrace, Caddens

FREE EVENT HOSTED BY
Penrith Baptist Church

Bookings essential.
Call Shirley on 4733 8997.



Penrith City Council
601 High street
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🌐 penrithcity.nsw.gov.au

PENRITH
CITY COUNCIL

