

# Event Program



## Sutherland Shire SENIORS FESTIVAL

11 to 24 March 2024 | REACH BEYOND



[sutherlandshire.nsw.gov.au/seniorsfest2024](http://sutherlandshire.nsw.gov.au/seniorsfest2024)

SUTHERLANDSHIRE

### MAR 23 SENIORS FESTIVAL EXPO 2024

A celebratory FREE showcase of the wide range of services available to support and enhance your life in our local area. Come chat directly with service providers. Or explore the many local art, music, and historical groups and learn how you can get involved.



**Drop-in anytime**  
10:00am to 3:00pm  
Tradies Gymea, 57 Manchester Road, Gymea

**BREAKOUT SESSION**

**Understanding the Financial Complexities of Residential Aged Care**  
10.30am to 11.30am

Join Simon Boyland of Zenith Aged Care for a presentation designed to assist you to better understand the financial complexities of the residential aged care system.

**FREE | BOOKINGS REQUIRED**  
[sutherlandshire.nsw.gov.au/aged-care](http://sutherlandshire.nsw.gov.au/aged-care)  
02 9710 0892

**BREAKOUT SESSION**

**Intergenerational Film: "The Ripple Effect"**  
12.30pm to 1.30pm

"The Ripple Effect" is a local film project that captures students and aged care residents participating in an 8-week program. Observe the power of intergenerational connection and its benefits. After the film we will unpack it Q&A style, hosted by Susie Smither.

**FREE | BOOKINGS REQUIRED**  
[sutherlandshire.nsw.gov.au/ripple-effect](http://sutherlandshire.nsw.gov.au/ripple-effect)  
02 9710 0892



[sutherlandshire.nsw.gov.au/expo](http://sutherlandshire.nsw.gov.au/expo)

**MAR 11 - 24**

**\$10 Movies for seniors at Hoyts Cronulla Square**  
Enjoy special screenings of *Force of Nature: The Dry 2*, *The Great Escaper* and *Bob Marley: One Love* for just \$10 including food and beverage. Check with Hoyts for screening times and details.

02 9003 3930  
2 Cronulla Street, Cronulla

### Council Events | Community Group Events

Program details correct at time of print. Community Group Events are run independently of Sutherland Shire Council. Council does not take responsibility for the delivery of these events.



**MAR 11 - 22**

**SGSCC Seniors Festival Classes**

Choose from 12 courses, including fitness, tech-savvy workshops, a Death Café and a Sip & Paint Tea Party. All with complimentary refreshments and "treats" on the day!

**FREE | BOOKINGS REQUIRED**  
02 9528 3344

**St George and Sutherland Community College**  
127-129 Sutherland Road, Jannali

**MAR 12**

**Benefits of Mindfulness Meditation for Seniors**  
10.30am to 11.30am

Join Beaté Stellar to learn about the benefits of mindfulness for your overall wellbeing, and learn techniques to help you in your everyday life.

**FREE | BOOKINGS REQUIRED**  
[libraries.sutherlandshire.nsw.gov.au/seniors](http://libraries.sutherlandshire.nsw.gov.au/seniors)  
02 9710 0351

**Sutherland Library**  
30-36 Belmont Street, Sutherland

**MAR 12**

**Reaching Out - Finding Balance & Preventing Falls**  
10.00am to 1.00pm

Come along for an engaging and interactive presentation centered on the topic of balance and fall prevention among older Australians.

**FREE | BOOKINGS REQUIRED**  
[leanne.hatzikirakos@svha.org.au](mailto:leanne.hatzikirakos@svha.org.au)  
or 02 8508 3300

**St Vincent's Care Services**  
The HUB, 15 The Avenue, Heathcote

**MAR 12 + 19**

**The District Singers Open Days**  
6.00pm to 8.00pm

Do you enjoy singing, are you interested in joining a harmony choir? Join us to unleash your inner songbird, make new friends, and experience the joy of music.

**FREE | DROP-IN**  
0409 812 980

**The District Singers Inc**  
Gynea Baptist Church, 2-10 Tea Gardens Avenue, Kirrawee

**MAR 13**

**Nature Walk Lucas Heights Conservation Area**  
9.00am to 12.00pm

Join botanist Dan Clarke for a guided nature walk through this seldom visited reserve and see conservation work up-close. 6km walk, not suitable for wheelchairs or walking frames.

**FREE | BOOKINGS REQUIRED**  
[sutherlandshire.nsw.gov.au/nature-walk](http://sutherlandshire.nsw.gov.au/nature-walk)  
02 9524 5672

**Lucas Heights Conservation Area**  
ANSTO car park, 178 New Illawarra Rd, Lucas Heights

**MAR 13**

**Healthy Ageing Seminar**  
10.00am to 11.30am

What does Healthy Ageing mean to you? Come along for this interactive seminar to explore how you can plan the years ahead, to live your life to the full. Morning tea provided.

**FREE | BOOKINGS REQUIRED**  
02 9520 7022

**Engadine Community Services (ECS)**  
1034-1036 Old Princes Highway, Engadine

**MAR 13**

**Read With Cats**  
1.30pm to 3.30pm

Did you know that reading to cats helps strengthen the human-cat bond and can even comfort your favourite feline friend? Come along to test this theory for yourself.

**FREE | BOOKINGS REQUIRED**  
[libraries.sutherlandshire.nsw.gov.au/seniors](http://libraries.sutherlandshire.nsw.gov.au/seniors)  
02 9710 0351

**Sutherland Shire Council Animal Shelter**  
8 Production Avenue, Taren Point

**MAR 13**

**Taiko Drumming Circle**  
11.00am to 12.00pm  
1.00pm to 2.00pm

Join us at Hazelhurst Gardens for a free community taiko drumming circle. A chance to meet new people, feel the rhythm, get active and have fun! Drums provided.

**FREE | BOOKINGS REQUIRED**  
[sutherlandshire.nsw.gov.au/taiko](http://sutherlandshire.nsw.gov.au/taiko)  
02 9710 0892

**Hazelhurst Arts Centre**  
782 Kingsway, Gymea

**MAR 13**

**Art in the Garden**  
2.00pm to 4.00pm

Be inspired by the Hazelhurst Gardens as we explore painting with watercolour. Perfect for beginner artists!

**FREE | BOOKINGS REQUIRED**  
[hazelhurst.sutherlandshire.nsw.gov.au/garden-art](http://hazelhurst.sutherlandshire.nsw.gov.au/garden-art)  
02 8536 5700

**Hazelhurst Art Centre**  
782 Kingsway, Gymea

**MAR 14**

**Aqua Extravaganza**  
8.00am to 10.00am

Dive into our celebratory Seniors Aqua Aerobics class. Double the fun with two dynamic instructors and a capacity of 60. Followed by a light morning tea.

**MEMBERSHIP OR PASS | BOOKINGS REQUIRED**  
[leisure.sutherlandshire.nsw.gov.au/AquaE](http://leisure.sutherlandshire.nsw.gov.au/AquaE)  
02 8536 9777

**Sutherland Leisure Centre**  
1 Rawson Avenue, Sutherland

**MAR 14**

**Taming Technology**  
10.30am to 11.30am

Join the library's resident technology gurus to learn about a current technology trend.

**FREE | BOOKINGS REQUIRED**  
[libraries.sutherlandshire.nsw.gov.au/seniors](http://libraries.sutherlandshire.nsw.gov.au/seniors)  
02 9710 0351

**Sutherland Library**  
30-36 Belmont Street, Sutherland

**MAR 14**

**Tai Chi Demonstration**  
1.30pm to 2.30pm

Interested in Tai Chi? Join us for a live demonstration of this holistic practice that promotes physical and mental well-being.

**FREE | DROP-IN**  
02 9520 7022

**Engadine Community Services (ECS)**  
Engadine Town Square, Engadine

**MAR 14**

**Join us for Tango!**  
7.30pm to 8.30pm

You're invited to join us to learn the basic steps of the universal and ageless Argentinian Tango, its embrace and its fantastic music.

**FREE | BOOKINGS REQUIRED**  
0403 887 796

**Tango Sur Dance School**  
Jannali Community Hall, Corner Mary Street and Jannali Avenue, Jannali

**MAR 15**

**Taster Session With the Sylvania Knitters**  
10.00am to 11.00am

Have a yarn while breaking the yarn. Whether you're a knitting or crochet novice or you've been doing it for decades, all welcome.

**FREE | DROP-IN**  
[libraries.sutherlandshire.nsw.gov.au/seniors](http://libraries.sutherlandshire.nsw.gov.au/seniors)  
02 9710 0351

**Sylvania Library**  
Southgate Shopping Centre Basement, Port Hacking Road, Sylvania

**MAR 15**

**Surfing for Seniors**  
9.30am to 12.30pm

It's never too late to learn to surf! Take part in a small group surf lesson with Cronulla Surf Academy with lifeguard surf safety session. Followed by Caringbah Rotary sausage sizzle.

**FREE | BOOKINGS REQUIRED**  
[sutherlandshire.nsw.gov.au/surfing-snr](http://sutherlandshire.nsw.gov.au/surfing-snr)  
02 9710 0892

**Wanda Beach Surf Lifesaving Club**  
2 Marine Esplanade, Cronulla

**MAR 15 + 22**

**Guided Tours of Art Express**  
10.00am to 11.00am (15th)  
11.00am to 12.00pm (22nd)

Take part in a guided tour of ARTEXPRESS 2024 to hear insights about the works on show and the processes behind them.

**FREE | BOOKINGS OPEN 1 MAR**  
[hazelhurst.sutherlandshire.nsw.gov.au/guided-tour](http://hazelhurst.sutherlandshire.nsw.gov.au/guided-tour)  
02 8536 5700

**Hazelhurst Art Centre**  
782 Kingsway, Gymea

**MAR 18**

**Aboriginal Bushfood Walk**  
10.00am to 11.30am

Learn about Aboriginal bushfood. Take a stroll as you learn about Australian native plants, heritage and Aboriginal language. Suitable for walking frames.

**FREE | BOOKINGS REQUIRED**  
[sutherlandshire.nsw.gov.au/bushfood-walk](http://sutherlandshire.nsw.gov.au/bushfood-walk)  
02 9524 5672

**Joseph Banks Native Plants Reserve**  
Manooka Place, Kareela Road, Sylvania

**MAR 18**

**Vertical Gardening Workshop With the Veggie Lady**  
10.00am to 11.30am

Learn about the types of vertical gardens from commercial walls to DIY home vertical gardens. Look at creative ways to reuse materials to make your own wall garden.

**FREE | BOOKINGS REQUIRED**  
[libraries.sutherlandshire.nsw.gov.au/seniors](http://libraries.sutherlandshire.nsw.gov.au/seniors)  
02 9710 0351

**Sutherland Library**  
30-36 Belmont Street, Sutherland

**MAR 18**

**Let's Chat About ... Laughing Yoga**  
10.30am to 12.00pm

It's often said that laughter is the best medicine. Experience the mental, emotional and physical benefits of sustained, intentional laughter in this introductory class.

**FREE | BOOKINGS REQUIRED**  
[libraries.sutherlandshire.nsw.gov.au/seniors](http://libraries.sutherlandshire.nsw.gov.au/seniors)  
02 9710 0351

**Menai Library**  
Allison Crescent, Menai

**MAR 19**

**Wills and Estates Presentation**  
10.30am to 11.30am

Learn how to make informed decisions about your Wills and Estate. Hear from experts who will share their advice to help you plan for your future and answer your questions.

**FREE | BOOKINGS REQUIRED**  
[libraries.sutherlandshire.nsw.gov.au/seniors](http://libraries.sutherlandshire.nsw.gov.au/seniors)  
02 9710 0351

**Sutherland Library**  
30-36 Belmont Street, Sutherland

**MAR 20**

**Friends by the Beach - Seniors Day**  
10.30am to 2.00pm

Get together with friends by the beach (or meet new ones!) for a series of free activities at Cronulla RSL from local businesses and community groups.

**FREE | BOOKINGS RECOMMENDED**  
02 9523 6833

**Cronulla RSL**  
38 Gerrale Street, Cronulla

**MAR 20**

**Reach Beyond - Open Day**  
11.00am to 1.30pm

Come take part in our Open Day, with entertainment, lunch and raffles. Ask questions about My Aged Care and hear about the services and activities available.

**\$20 | RSVP BY 13 MAR**  
02 9525 6806

**Better Connected Community Services**  
Caringbah Senior Citizens Hall, 386 Port Hacking Road, Caringbah

**MAR 21**

**Joanna Nell Presents 'Mrs Winterbottom Takes a Gap Year'**  
10.30am to 11.30am

Join Joanna Nell, beloved author and advocate for positive ageing, to explore this lovely odyssey of Mrs Winterbottom and her unforgettable experiences.

**FREE | BOOKINGS REQUIRED**  
[libraries.sutherlandshire.nsw.gov.au/seniors](http://libraries.sutherlandshire.nsw.gov.au/seniors)  
02 9710 0351

**Sutherland Library**  
30-36 Belmont Street, Sutherland

**MAR 21**

**How to Downsize Your Home With Ease**  
2.00pm to 3.30pm

Wondering where to start and what choices are available to you? This informative session includes Q&A with a panel of experts to help you make the move without the stress.

**FREE | BOOKINGS REQUIRED**  
0411 522 233

**Sydney Vendor Advocates**  
Club Kirrawee, Mezzanine Room, 101 Oak Road, Kirrawee

**MAR 21**

**High Tea Social**  
11.00am to 1.30pm

Serving a selection of sandwiches, small savouries, sweet treats and bottomless tea and coffee.

**\$17 | BOOKINGS REQUIRED**  
02 9526 2077

**Karimbla Restaurant**  
Miranda Community Centre, 93 Karimbla Road, Miranda

**MAR 21**

**Terrarium Workshops**  
10.00am | 11.00am | 12.00pm

Learn how to make your own Terrarium of succulents in a glass bowl... and take it home with you!

**FREE | BOOKINGS REQUIRED**  
02 9522 8400

**Southgate Sylvania Shopping Centre**  
Corner Princess Highway and Port Hacking Road, Sylvania

**MAR 24**

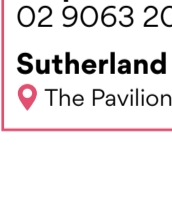
**Handel's "Messiah"**  
2.00pm to 4.30pm

Celebrate 50 years of Sutherland Shire Choral Society. Be moved by an 18-piece orchestra and 80-person strong choir as they fill The Pavilion with the sounds of Handel's Messiah.

**FROM \$39 | BOOKINGS REQUIRED**  
[thepavilionarts.au](http://thepavilionarts.au)  
02 9063 2006

**Sutherland Shire Choral Society**  
The Pavilion, 30 Eton Street, Sutherland

### APR 4 SENIORS FESTIVAL CONCERT



Our popular FREE concert extravaganza is back! Enjoy a dazzling show at The Pavilion Performing Arts Centre.

**4 APRIL**  
10.00am and 1.00pm  
The Pavilion  
30 Eton Street, Sutherland

**BOOKINGS OPEN**  
7 MARCH

**Bookings**  
In person: Thu-Fri 10.00am-4.00pm, Pavilion Box Office  
By phone: 02 9063 2006  
Online: [sutherlandshire.nsw.gov.au/seniors-concert](http://sutherlandshire.nsw.gov.au/seniors-concert)



**Monique Hontez** Performing the hits of Shirley Bassey.  
**Suzie Q & Toby J** Defying gravity with spectacular aerial feats.  
**Ettingshausens Dancers** Show-stopping dance numbers.  
**Ryan Mead** Strumming your country music favourites.  
**Susie Smither** Master of Ceremonies.

