

**NSW SENIORS FESTIVAL**

*Love your life!*

**13-24 February 2019**



**13-18 February**

**The LPAC Experience**

Get to know Leichhardt Park Aquatic Centre (LPAC). Enjoy the pool, classes and gym at no cost.  
**Cost:** Free with presentation of valid Seniors Card.  
**Where:** Leichhardt Park Aquatic Centre, Mary St, Lilyfield.  
**When:** During Centre opening hours



**19 - 24 February**

**The AKAC Experience**

Get to know Annette Kellerman Aquatic Centre (AKAC). Enjoy the pool, classes and gym at no cost.  
**Cost:** Free with presentation of valid Seniors Card.  
**Where:** Annette Kellerman Aquatic Centre, Enmore Park, Black Street, Marrickville.  
**When:** During Centre opening hours



**13-24 February**

**The Movie Mingle**

Enjoy an \$8 movie (any session) and complimentary morning tea before 12 noon.\*  
**Cost:** \$8\*  
**Where:** Dendy Newtown and Dendy Opera Quays\*  
**When:** 13-24 February 2019



\*Must present valid Seniors Card; Any current National and State Seniors cards qualify. Offer only available between 13-24 February 2019. Excludes special events, previews and premieres. Only valid at the Dendy Newtown and Dendy Opera Quays box office. Not to be used in conjunction with any other offer.



**13-24 February**

**The Art of Ageing**

The Art of Ageing is a digital photographic exhibition that celebrates the value, experience and contribution older people bring while challenging the perceptions of ageing. The exhibition, produced by the Department of Family and Community Services, is on view at various library locations.  
**Cost:** Free.  
**Where:** Marrickville, St Peters, Stanmore and Ashfield Libraries.  
**When:** During library opening hours.



**Welcome to Senior's Festival 2019!**

I would like to invite you to celebrate Seniors Festival together this February.

Now in its 61st year, NSW Seniors Festival celebrates the important role that seniors play in our community and the contributions they make.

As Valentine's Day falls within this year's festival dates (13 - 24 February), it's apt that the theme for this year's festival is 'Love your life!'

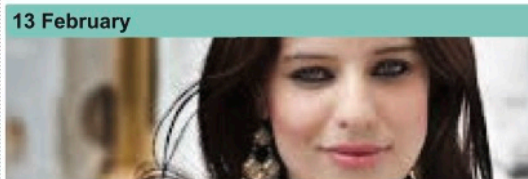
Whether you enjoy escaping to see a good film at the cinema, learning a new dance, or making new friends - I hope you enjoy the array of events on offer.

Alongside the celebrations, this is an opportunity to find new ways to love your life by sampling local activities and programs you might be interested in joining.

Thank you for your contribution to our community and happy Seniors Festival!

*Darcy Byrne*

**Darcy Byrne**  
Inner West Mayor



**13 February**

**Speaker Series: Friday's with my folks**

Author and journalist Amal Awad examines how we, as individuals and as a society, struggle to deal with ageing and illness; inspired by her own changing relationship with her parents.

**Cost:** Free  
**Where:** Marrickville Library, Marrickville Road and Petersham Road, Marrickville.

**When:** 6:30-7:30pm  
**Bookings essential on Eventbrite:**  
[fridayswithmyfolks.eventbrite.com.au](http://fridayswithmyfolks.eventbrite.com.au) or phone 9335 2173.



**14 February**

**Learn the language of film making**

Join acclaimed local film maker and animator Lee Whitmore to discuss how films are developed and how to carry through a good idea. Features a screening of Lee's animated film, 'The Safe House' (26 minutes).

**Cost:** Free  
**Where:** Marrickville Town Hall meeting room  
 Ground floor, Marrickville Town Hall, 303 Marrickville Road, Marrickville.

**When:** 10am-12 noon.  
**Bookings essential on Eventbrite:**  
[languageoffilmarrickville.eventbrite.com.au](http://languageoffilmarrickville.eventbrite.com.au) or phone 9335 2173.



**14 February**

**Seniors Theatre Fun**

Join international theatre director Felicity Nicol for this workshop of gentle games and exercises that inspire connection, community and a bit of fun.

**Cost:** Free. Limit: 25 people.  
**Where:** Leichhardt Town Hall, Corner Norton and Marion Streets, Leichhardt.

**When:** 10:30am-12:30pm  
**Bookings essential on Eventbrite:**  
[seniorsfestivaltheatreleichhardt.eventbrite.com.au](http://seniorsfestivaltheatreleichhardt.eventbrite.com.au)



**15 February**

**Line up for line dancing**

Learn to boot scoot in this mini workshop hosted by the esteemed Robert Fletcher of Here I am Line Dancing. Each 30 minute session will be followed by a complimentary morning tea.

**Cost:** Free  
**Where:** Ashfield Town Hall, 260, Liverpool Road, Ashfield.  
**When:** 9-10am, 10-11am, 11am-12 noon

**Bookings essential on Eventbrite:**  
[seniorslinedance.eventbrite.com.au](http://seniorslinedance.eventbrite.com.au)  
 If you are unable to register via Eventbrite, please phone 9392 5863 or email [seniors@innerwest.nsw.gov.au](mailto:seniors@innerwest.nsw.gov.au)



**18 February**

**Jack Attack**

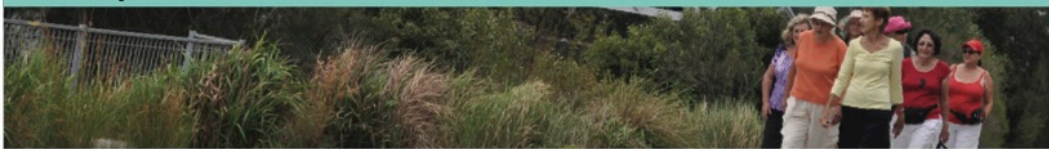
Enjoy a health and wellbeing presentation followed by a fun game of Jack Attack, which is a fast, fun and friendly competition of the sport of lawn bowls.

**Cost:** Free  
**When:** 9:15-11:30am  
**Where:** Leichhardt Bowling and Recreation Club, 88-92 Piper Street, Lilyfield.

**Bookings essential on Eventbrite:**  
[jackattackleichhardt.eventbrite.com.au](http://jackattackleichhardt.eventbrite.com.au)  
 If you are unable to register via Eventbrite, please phone 9392 5563 or email [recreation@innerwest.nsw.gov.au](mailto:recreation@innerwest.nsw.gov.au)

**Event partners**

18 February



### Greenway walking tour

Learn about the transformation of the Inner West GreenWay with a 2.5 km stroll from the Cooks River to Iron Cove; taking in bush care sites, public art, rail heritage, parks and more. The walk finishes at the Bay Run with toilets and bubblers on the way as well as a stop for refreshments at Café Bones. (Light Rail stop nearby).  
**Cost:** Free. Limit: 25 people.  
**Where:** Meet at Lewisham West Light Rail Stop

**When:** 10am-1pm  
**Other details:** Wear sturdy shoes and bring a hat, water bottle, sun screen and wet weather gear.  
**Bookings essential on Eventbrite:**  
[seniorsfestivalgreenwaytour.eventbrite.com.au](http://seniorsfestivalgreenwaytour.eventbrite.com.au)  
If you are unable to register via Eventbrite, please phone **9392 5863** or email [seniors@innerwest.nsw.gov.au](mailto:seniors@innerwest.nsw.gov.au)

19 February



### Strong fit seniors

Get fit and strong with a bay walk or exercise class. Meet at Leichhardt Park Aquatic Centre at 8am for a seniors bay walk. Or try the Strong Seniors class at 8.30am which is designed to help with strength and balance and caters for all levels of fitness. Stay after the walk or the class for a complimentary morning tea.  
**Cost:** Free  
**When:** 8:30am

**Where:** Leichhardt Park Aquatic Centre  
**Bookings essential on Eventbrite:**  
[seniorsfestivalstrongfit.eventbrite.com.au](http://seniorsfestivalstrongfit.eventbrite.com.au)  
If you are unable to register via Eventbrite, please phone **9392 5563** or email [recreation@innerwest.nsw.gov.au](mailto:recreation@innerwest.nsw.gov.au)

20 February



### It's a Seniors A Fair

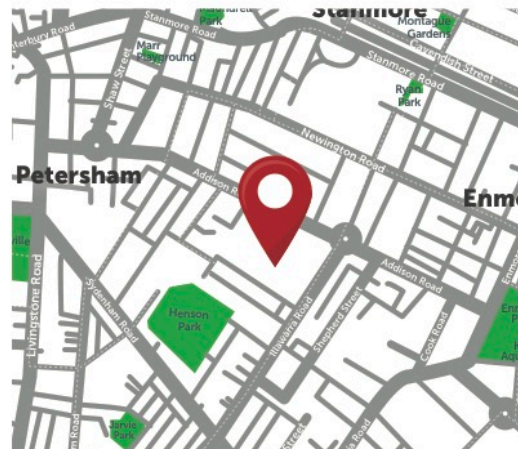
Come to a free festival with entertainment, music, information stalls, art workshops and activities for children. Includes free sausage sizzle, hand massages, gelato cart, and giveaways.

#### Program highlights

- Matt Hollywood, an award winning comedy magician
- Antiques Showcase. Bring along your antiques and other treasures to have them appraised at auction price by experts from Raffan Kelahe & Thomas Auctioneers and Valuers.
- Bring Your energy and water bills for review with the Energy & Water Ombudsman NSW
- Interactive dance performances by Sydney Bollywood and Salsa for Seniors
- Face painting for children
- Visit our expo stalls with local information and activities
- Pick up Council's latest Active and Connected Seniors brochure featuring all seniors events

**Cost:** Free. No RSVP required.  
**Where:** Gumbramorra Hall, 142 Addison Rd, Addison Community Centre, Marrickville.  
**When:** 10-1pm

Parking inside the centre is limited. Public transport is recommended or parking in the back streets.



To access the free bus transport you must book a seat. Please telephone Leichhardt Marrickville Community Transport Group on 9558 6800 for more information and to make a booking.

21 February



### Learn the language of film making

Join acclaimed local film maker and animator Lee Whitmore for a discussion on how films are developed and steps to carry through a good idea. Features a screening of Lee's animated film, 'The Safe House' (26 minutes).  
**Cost:** Free  
**Where:** Leichhardt Library  
**When:** 1-3pm  
**Bookings essential on Eventbrite:** [languageoffilmleichardt.eventbrite.com.au](http://languageoffilmleichardt.eventbrite.com.au) or phone **9392 5966**.

22 February



### Jack Attack

Enjoy a health and wellbeing presentation followed by a fun game of Jack Attack, which is a fast, fun and friendly competition of the sport of lawn bowls.  
**Cost:** Free  
**When:** 9:15-11:30am  
**Where:** Marrickville Bowling & Recreation Club, 91 Sydenham Road, Marrickville  
**Bookings essential on Eventbrite:** [jackattackmarrickville.eventbrite.com.au](http://jackattackmarrickville.eventbrite.com.au) If you are unable to register via Eventbrite, please phone **9392 5563** or email [recreation@innerwest.nsw.gov.au](mailto:recreation@innerwest.nsw.gov.au)

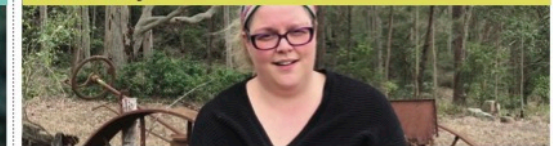
22 February



### Seniors Theatre Fun

Join international theatre director Felicity Nicol for this workshop of gentle games and exercises that inspire connection, community and a bit of fun.  
**Cost:** Free. Limit: 15 people.  
**Where:** Activity Rooms 3 & 4, Ashfield Service Centre, 260, Liverpool Road, Ashfield.  
**When:** 12:30pm-2:30pm  
**Bookings essential on Eventbrite:**  
[seniorsfestivaltheatreash.eventbrite.com.au](http://seniorsfestivaltheatreash.eventbrite.com.au)

23 February



### Seniors Theatre Fun

Join international theatre director Felicity Nicol for this workshop of gentle games and exercises that inspire connection, community and a bit of fun.  
**Cost:** Free. Limit: 25 people.  
**Where:** Balmain Town Hall  
**When:** 1-3pm  
**Bookings essential on Eventbrite:**  
[seniorsfestivaltheatre.eventbrite.com.au](http://seniorsfestivaltheatre.eventbrite.com.au)

24 February



### Carnival of Cultures

Come and celebrate our local diversity with entertainment, foods of the world, and free activities for the whole family.  
**Where:** Ashfield Park. Corner Parramatta Road and Orpington Street, Ashfield  
**When:** 10am-4pm  
**No RSVP necessary.**

Use of public transport to the Carnival is encouraged. A free, accessible shuttle bus will run regularly from Ashfield Civic Centre to the event.  
[www.innerwest.nsw.gov.au/CarnivalofCultures](http://www.innerwest.nsw.gov.au/CarnivalofCultures)

26 February



### Tom Foster Community Centre Open Day

Save the Date.  
Visit Tom Foster Community Care to see what services are provided to older people, people with a disability and carers who live in their own homes within the local area. Join in some fun activities and speak to staff.  
**Cost:** Free  
**Where:** 11-13 Darley Street, Newtown.  
**When:** 10am-1:30pm  
**No RSVP necessary.**  
[www.innerwest.nsw.gov.au/TFCC](http://www.innerwest.nsw.gov.au/TFCC)

### More information

For more information on the Seniors festival visit [www.innerwest.nsw.gov.au/SeniorsFestival](http://www.innerwest.nsw.gov.au/SeniorsFestival) and for more information on other Healthy Ageing programs throughout the year visit [www.innerwest.nsw.gov.au/Seniors](http://www.innerwest.nsw.gov.au/Seniors)

[www.innerwest.nsw.gov.au/WhatsOn](http://www.innerwest.nsw.gov.au/WhatsOn)

[www.innerwest.nsw.gov.au/SeniorsFestival](http://www.innerwest.nsw.gov.au/SeniorsFestival)

Presented by:

[www.innerwest.nsw.gov.au/SeniorsFestival](http://www.innerwest.nsw.gov.au/SeniorsFestival)

