

Central Coast Council Seniors Festival

# Event Calendar

11-24 March 2024



*Reach beyond*



# Central Coast Council's Seniors Festival Expo 2024

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Thursday, 21 March,  
10am-1pm

Wyong Racecourse,  
71-73 Howarth Street, Wyong

Join us at the Seniors Festival Expo 2024 to discover a range of services available on the Central Coast.

Connect with local community groups and organisations at Council's 2024 Seniors Festival Expo. Discover the wide range of services, activities and events available to older residents living on the Coast – you could find your next passion!

Explore and gather valuable information from a variety of stallholders from local businesses, services and community groups around the Coast.

A Seniors Festival calico bag for the first 150 attendees only.



# Administrator's message

Seniors Festival 2024 celebrations are set to get your toes tapping and body moving, with an exciting array of activities to keep you entertained over the 2-week festival. Take your pick from a range of activities and events which includes entertainment, craft activities, health and fitness. There is definitely something for everyone.

We have incredible Seniors in our region, 89,000 of them who achieve amazing things and generously donate their time to a number of community and sporting groups, organisations and charities. This Festival is all about celebrating our Seniors and also provides opportunities to get together to promote and celebrate the diversity of older people on the Central Coast.

Council's commitment to strengthening our diverse population, by creating new opportunities for connection, creativity, inclusion and opening the door to local sporting, community and cultural initiatives that strengthen our collective sense of self, is at the heart of the belonging theme of our Community Strategic Plan. This fantastic Seniors Festival certainly delivers that. Enjoy.

Rik Hart



**Please see the calendar for a full list of events**

**Saturday, 24 February - Sunday, 14 April**

<p>9:30am-4:00pm <i>Gosford Regional Gallery</i> Free</p>	<p><b>Exhibition: Atong Atem - Banksia</b> Embark on a journey through the rich tapestry of Australia's diverse history. Join us for a captivating exhibition during Seniors Week where artist, Atong Atem's work 'Banksia' sheds light on the lesser-known history of Australia's first African settlers and considers migrant stories from a non-colonial perspective. The video and photographic series work in conjunction to unveil unique layers of history on a cinematic scale. Enquiries: 4304 7550.</p>
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**Friday, 1 March - Sunday, 31 March**

<p>Mon – Fri: 9:00am-5:00pm Sat: 9:00am-3:00pm Sun: 10:00am-1:00pm <i>The Erina Centre Exhibition Space</i> Free</p>	<p><b>Exhibition: Grandma Moses Showcase</b> Celebrate the artistry of our local Seniors during Seniors Week! Join us for an inspiring showcase featuring a curated selection of works from the 2023 Grandma Moses competition. Immerse yourself and appreciate the artistic legacy of the artists. To find out more visit: <a href="http://centralcoast.nsw.gov.au/whats-on">centralcoast.nsw.gov.au/whats-on</a>. Enquiries: 4304 7071.</p>
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**Saturday, 2 March - Sunday, 7 April**

<p>9:00am-4:00pm <i>Gosford Regional Gallery</i> Free</p>	<p><b>Exhibition: A Central Vision 2024</b> Partnering with the Department of Education, A Central Vision brings together the best artworks from students studying at local public high schools and secondary colleges. This annual exhibition presents the opportunity for selected students to display their artwork in a professional gallery setting, with prizes awarded to a selection of artworks. Spanning across the Community Gallery and the Foyer Gallery spaces, the exhibition features artists from Years 7-12. Enquiries: 4304 7550.</p>
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<b>Monday, 11 March - Sunday, 24 March</b>	
8.30am-9.30am <i>Peninsula Leisure Centre</i> Free - Pre-Booking Required	<b>Senior Strength Training Program</b> Join our Senior Strength Training gym-based over 50s program with a free <i>Member Care</i> appointment and fitness assessment. Bookings essential. Enquiries: 4325 8123 or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a>
8.30am-9.30am <i>Lake Haven Recreation Centre</i> Free	<b>Active Over 50</b> A low impact, low-moderate intensity fitness class specifically designed for over 50s. Classes vary with cardio, conditioning, strength, core training and balance components. Enquiries: 4304 8020.
7:30am-1:30pm <i>Terrigal 50+ Leisure and Learning Centre</i> Free	<b>Craft Sale</b> Explore a treasure trove of handcrafted delights at our Craft Sale, a showcase of talent and creativity on sale during Seniors Festival. Handmade by members of Terrigal 50+ Handicraft Group. Enquiries: 4384 5152.
<b>Monday, 11 March</b>	
7.45am-8.45am <i>Toukley Aquatic Centre</i> Free	<b>Hydro Aqua Fitness</b> This low intensity aqua fitness class focuses on increasing functional mobility and strengthening of joints and muscles, using the warmth and buoyancy of the indoor heated pool to lower impact and strain on the body. Enquiries: 4304 8060 or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a>
8.30am-9.30am <i>Peninsula Leisure Centre</i> Free	<b>Active Over 50</b> A low impact, low-moderate intensity group fitness class specifically designed for over 50s. Classes vary with cardio, conditioning, strength, core training and balance components. Enquiries: 4325 8123 or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a>
9:00am-12:00pm <i>Niagara Park Stadium</i> Free	<b>Central Coast Waves Walking Basketball</b> The Central Coast Waves sporting organisation invite active over 50s to a FREE Walking Basketball COME & TRY morning. If it's something that you enjoy on the day, then you can attend our weekly Waves Walking Basketball Program that takes place once a week at Niagara Park Stadium. Enquiries: 4304 7500 or <a href="mailto:masmith@wyongleagues.com.au">masmith@wyongleagues.com.au</a>

<p>9.00am-10.00am <i>Toukley Aquatic Centre</i> Free</p>	<p><b>Aqua Deep</b> This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Enquires: 4304 8060 or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a></p>
<p>10:00am-11:30am <i>Erina Library</i> Free - Pre-Booking Required</p>	<p><b>Create a Memory Box</b> Learn how to use the Cricut machine and decorate a Memory Box which can be used to assist people with dementia to connect. All materials, including a list of suitable items to add to memory boxes will be provided. To book visit: <a href="https://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4304 7650.</p>
<p>10:00am-12:30pm <i>Tuggerah Library</i> Free - Pre-Booking Required</p>	<p><b>Tech Savvy Seniors: Keeping Safe Online</b> The internet comes with some risks, but there are some simple rules and common-sense behaviours you can follow to protect yourself and help keep yourself safe online. Visit Tuggerah Library and find out information on malware, online scams and phishing, and tips on how to protect yourself online. To book visit: <a href="https://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4350 1560.</p>
<p>10:00am-1:00pm <i>Terrigal 50+ Leisure and Learning Centre</i> Free non-members/ first timers</p>	<p><b>Introduction to Mosaics</b> Non-members/first timers are invited to get creative and learn the art of mosaics, during this NSW Seniors Festival. This workshop is your chance to explore the beauty of mosaic art and embark on a colourful journey of self-expression. Enquiries: 4384 5152.</p>
<p><b>Tuesday, 12 March</b></p>	
<p>7.00pm-7.45pm <i>Toukley Aquatic Centre</i> Free</p>	<p><b>Aqua Deep</b> This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Enquiries: 4304 8060 or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a></p>
<p>8.00am-9.00am <i>Toukley Aquatic Centre</i> Free</p>	<p><b>Shallow Water Aqua Fitness</b> This aqua fitness class is designed with a higher focus on cardiovascular fitness, movement, strength and core stability. Enquiries: 4304 8060 or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a></p>

<p>8:30am-3:00pm  <i>Gosford 50+ Leisure and Learning Centre Inc</i>  Free - Bookings required for Korean Craft activity</p>	<p><b>Gosford 50+ Leisure and Learning Centre Open Day</b>  Have you ever wanted to try your hand at indoor bowls or learn some Korean Craft skills? Perhaps you would prefer to sit and chat with new friends over morning tea or sing-along as our Ukulele group play. At the Gosford 50+ Leisure and Learning Centre, there are many activities you can try and events to attend. Why not come along to our open day and find ways to stay active and healthy. One complimentary cup of tea or coffee per person on the day. Cake and Lunch are available for purchase. Enquiries: 4324 2287.</p>
<p>8.30am - 9.30am  <i>Gosford Olympic Pool</i>  Free</p>	<p><b>Active Over 50 Aqua Fitness</b>  This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. This low intensity aqua fitness class focuses on increasing functional mobility and strengthening of joints and muscles, as well as improving cardiovascular fitness. Enquiries: 4304 7250 or <a href="mailto:gop@centralcoast.nsw.gov.au">gop@centralcoast.nsw.gov.au</a></p>
<p>10:00am,  11:00am,  12:00pm  <i>Laycock Street Community Theatre</i>  Free - Pre-booking Required</p>	<p><b>Theatre Tours</b>  Take a tour of Laycock Street Theatre and find out what happens behind the scenes. Gain exclusive access to the mainstage, backstage, dressing rooms and bio box in our annual NSW Seniors Festival Theatre Tours. Tours commence at 10am, 11am and 12pm and run for approx. 45 minutes each. Groups are limited to 20 people max per tour. RSVP essential. Phone the Box Office to register your interest: 4323 3233 or reserve your place online, visit: <a href="http://centralcoast.nsw.gov.au/theatres/whats-on">centralcoast.nsw.gov.au/theatres/whats-on</a></p>
<p>11:00am-12:00pm  <i>Toukley Library</i>  Free</p>	<p><b>Grandparents Storytime</b>  Grandparents and VIPs are invited to visit our special preschool Storytime with their little ones as we celebrate important older people in our lives. No bookings required. For more information visit: <a href="http://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4350 1540.</p>

## Wednesday, 13 March

<p>10:30am-11:30am <i>Kincumber Library</i> Free</p>	<p><b>Grandparents Storytime</b> Grandparents and VIPs are invited to visit our special preschool Storytime with their little ones as we celebrate important older people in our lives. No bookings required. For more information visit <a href="http://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4304 7641.</p>
<p>10:30am-12:00pm <i>Henry Kendall Gardens Retirement Village</i> Free - Pre-Booking Required</p>	<p><b>Free Candle Making Class</b> Discover how to create eco-friendly candles using soy wax &amp; glass containers with CandleXchange. Learn candle basics, eco tips &amp; how to reuse your fragrance containers. Make 2 candles – one for you and one will be donated to “Relove” a charity for domestic violence survivors. A light morning tea will be offered. Proudly presented by Keyton. To book email: <a href="mailto:tracy.thomas@keyton.com.au">tracy.thomas@keyton.com.au</a> or online at: <a href="https://www.eventbrite.com.au/e/2024-seniors-festival-free-candle-pouring-workshop-for-seniors-tickets-794063514347?aff=ebds_sbddestsearch">eventbrite.com.au/e/2024-seniors-festival-free-candle-pouring-workshop-for-seniors-tickets-794063514347?aff=ebds_sbddestsearch</a></p>
<p>10.30am-11.30am <i>Peninsula Leisure Centre</i> Free</p>	<p><b>Yoga</b> A traditional practice involving a series of poses and stretches, floor and standing exercises with balance work and relaxation. Enquires: 4325 8123 or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a></p>
<p>10:30am-12:30pm <i>Gosford Regional Gallery</i> Free - Pre-Booking Required</p>	<p><b>Seniors Week Gallery Morning Tea</b> In celebration of Seniors Week, the Gosford Regional Gallery would like to invite you to come along and enjoy a free tour of the current exhibition or have a stroll through the peaceful Edogawa Commemorative Gardens. Complimentary morning tea provided. To book visit: <a href="https://www.trybooking.com/CNLIL">https://www.trybooking.com/CNLIL</a> Enquiries: 4304 7550.</p>



<p>11:00am-12:10pm <i>Laycock Street Community Theatre</i> \$22 Pre-Booking Required</p>	<p><b>Queenie van de Zandt in DIVA</b> Australian cabaret chanteuse and musical theatre star, Queenie van de Zandt celebrates the music of iconic songstresses in DIVA. Immerse yourself in an unforgettable performance of songs made famous by legendary musical theatre diva's such as Barbra Streisand and Patti LuPone, the soul sounds of Ella Fitzgerald and Aretha Franklin, as well as the gentle folk tunes of Eva Cassidy and Joni Mitchell. Helpmann nominated, Queenie brings her songs and stories to the stage in this wonderful morning of music. RSVP essential. Phone the Box Office to register your interest: 4323 3233 or Reserve your place online, visit: <a href="http://centralcoast.nsw.gov.au/theatres/whats-on">centralcoast.nsw.gov.au/theatres/whats-on</a></p>
<p>11:00am-12:00pm <i>Gosford Library</i> Free Pre-Booking Required</p>	<p><b>Senior's Lego</b> Why let the grandkids have all the fun? Relax and be creative with Lego. To book visit: <a href="http://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4304 7500.</p>
<p><b>Thursday, 14 March</b></p>	
<p>7.00pm-7.45pm <i>Toukley Aquatic Centre</i> Free</p>	<p><b>Aqua Deep</b> This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Enquiries: 4304 8060 or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a></p>
<p>7.30am-8.30am <i>Peninsula Leisure Centre</i> Free</p>	<p><b>Lite &amp; Easy Aqua Fitness</b> A low-moderate intensity aqua fitness class in the indoor heated pool, suitable for beginners, seniors or those managing injury or illness. Enquiries: 4325 8123 or <a href="http://plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a></p>
<p>7.45am-8.45am <i>Toukley Aquatic Centre</i> Free</p>	<p><b>Hydro Aqua Fitness</b> This low intensity aqua fitness class focuses on increasing functional mobility and strengthening of joints and muscles, using the warmth and buoyancy of the indoor heated pool to lower impact and strain on the body. Enquiries: 4304 8060 or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a></p>

<p>8.30am-9.30am <i>Peninsula Leisure Centre</i> Free</p>	<p><b>Active Over 50</b> A low impact, low-moderate intensity fitness class specifically designed for over 50s. Classes vary with cardio, conditioning, strength, core training and balance components. Enquiries: 4325 8123 or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a></p>
<p>9:30am-2:30pm <i>Terrigal 50+ Leisure and Learning Centre</i> Free</p>	<p><b>Rock n Roll, Cha Cha, Swing, Line Dancing and Zumba</b> Non-members/first timers are invited to unlock the rhythm with a free intro dance class:</p> <ul style="list-style-type: none"> <li>• Rock n Roll: 9.30am to 10.30am</li> <li>• Cha Cha: 10.30am to 11.30am</li> <li>• Swing: 11.30am to 12.00pm</li> <li>• Line Dancing: 12.30pm to 1.00pm</li> <li>• Zumba: 1.30pm to 2.30pm</li> </ul> <p>Complimentary morning tea provided. Lunch is available for purchase between 12.00pm to 12.30pm. Must order by 10.30am. Enquiries: 4384 5152.</p>
<p>10:30am-11:30am <i>Kincumber Library</i> Free</p>	<p><b>Grandparents Storytime</b> Grandparents and VIPs are invited to visit our special preschool Storytime with their little ones as we celebrate important older people in our lives. To book visit: <a href="http://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4304 7641.</p>
<p>10:30am-11:30am <i>Erina Library</i> Free Pre-Booking Required</p>	<p><b>Trivia</b> Test your trivia knowledge at Erina Library. Make up a team or just come along. Who will be crowned trivia champions? To book visit: <a href="http://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4304 7650.</p>
<p>11:00am-11:45am <i>Tuggerah Library</i> Free</p>	<p><b>Grandparents Storytime</b> Grandparents and VIPs are invited to visit our special preschool Storytime with their little ones as we celebrate important older people in our lives. To book visit: <a href="http://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4304 7641.</p>
<p><b>Friday, 15 March</b></p>	
<p>7.00am-8.00am <i>Lake Haven Recreation Centre</i> Free</p>	<p><b>Yoga</b> A traditional practice involving a series of poses and stretches, floor and standing exercises with balance work and relaxation. Enquiries: 4304 8020 or <a href="mailto:lhrc@centralcoast.nsw.gov.au">lhrc@centralcoast.nsw.gov.au</a></p>

<p>8.30am - 9.30am <i>Gosford Olympic Pool</i> Free</p>	<p><b>Active Over 50 Aqua Fitness</b> This low intensity aqua fitness class focuses on increasing functional mobility and strengthening of joints and muscles as well as improving cardiovascular fitness. Enquiries: 4304 7250 or <a href="mailto:gop@centralcoast.nsw.gov.au">gop@centralcoast.nsw.gov.au</a></p>
<p>8.45am-9.45am <i>Toukley Aquatic Centre</i> Free</p>	<p><b>Aqua Deep</b> This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Enquiries: 4304 8060 or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a></p>
<p>9:00am-1:30pm <i>Gosford 50+ Leisure and Learning Centre Inc</i> Free</p>	<p><b>Gosford 50+ Leisure and Learning Centre Open Day</b> Have you ever wanted to try your hand at indoor bowls or learn to dance? Learn to Dance: 12.30-1.30pm. No partner required. Perhaps you would prefer to sit and chat with new friends over morning tea or sing-along as our Ukulele group play. Then come along to our open day at the Gosford 50+ Leisure and Learning Centre where you will find many activities you can try and events to attend while staying active and healthy. One complimentary cup of tea or coffee per person on the day. Cake and Lunch are available for purchase. Enquiries: 4324 2287.</p>
<p>10:00am-11:30am <i>Woy Woy Library</i> Free Pre-Booking Required</p>	<p><b>Create a Memory Box</b> Learn how to use the Cricut machine and decorate a Memory Box which can be used to assist people with dementia to connect. All materials, including a list of suitable items to add to memory boxes will be provided. To book visit: <a href="https://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4304 7555.</p>
<p>10:30am-12:00pm <i>Brentwood Community Centre, Brentwood Village</i> Free Pre-Booking Required</p>	<p><b>Free Candle Making Class</b> Discover how to create eco-friendly candles using soy wax &amp; glass containers with CandleXchange. Learn candle basics, eco tips &amp; how to reuse your fragrance containers. Make 2 candles – one for you and one will be donated to "Relove" a charity for domestic violence survivors. A light morning tea will be offered. Proudly presented by Keyton. To book email: <a href="mailto:tracy.thomas@keyton.com.au">tracy.thomas@keyton.com.au</a> or online at: <a href="https://eventbrite.com.au/e/2024-seniors-festival-free-candle-pouring-workshop-for-seniors-tickets-794057014907?aff=ebdssbdestsearch">eventbrite.com.au/e/2024-seniors-festival-free-candle-pouring-workshop-for-seniors-tickets-794057014907?aff=ebdssbdestsearch</a></p>

10:30am-12pm <i>Kincumber Library</i> Free Pre-Booking Required	<b>Brain Games</b> Improve your memory, boost mental fitness and have loads of fun along the way with some entertaining games to jog your cogs! To book visit: <a href="http://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4304 7641.
11:00am-2:00pm <i>Terrigal 50+ Leisure and Learning Centre</i> Free	<b>Introduction to Card Making</b> Non-members/first timers are invited to discover the joy of crafting. This introduction to Card Making is perfect for beginners and seasoned creators alike. Unleash your creativity, design personalised cards and make something special. Enquiries: 4384 5152.
11.15am-12pm <i>Peninsula Leisure Centre</i> Free	<b>Tai Chi</b> A gentle martial art well known for its health benefits, promoting serenity, balance, coordination and wellbeing. Enquiries: 4325 8123 or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a>
<b>Saturday, 16 March</b>	
8:00am-9:00am <i>Peninsula Leisure Centre</i> Free	<b>Aqua Deep</b> This aqua fitness class is conducted in the deep end of the indoor 50m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Enquiries: 4325 8123 or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a>
<b>Monday, 18 March</b>	
7.45am-8.45am <i>Toukley Aquatic Centre</i> Free	<b>Hydro Aqua Fitness</b> This low intensity aqua fitness class focuses on increasing functional mobility and strengthening of joints and muscles, using the warmth and buoyancy of the indoor heated pool to lower impact and strain on the body. Enquiries: 4304 8060 or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a>
8.30am-9.30am <i>Peninsula Leisure Centre</i> Free	<b>Active Over 50</b> A low impact, low-moderate intensity group fitness class specifically designed for over 50s. Classes vary with cardio, conditioning, strength, core training and balance components. Enquiries: 4325 8123 or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a>

<p>9.00am-10.00am <i>Toukley Aquatic Centre</i> Free</p>	<p><b>Aqua Deep</b> This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Enquiries: 4304 8060 or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a></p>
<p>10:00am-12:30pm <i>Kincumber Library</i> Free Pre-Booking Required</p>	<p><b>Tech Savvy Seniors: Keeping Safe Online</b> The internet comes with some risks, but there are some simple rules and common-sense behaviours you can follow to protect yourself and help keep yourself safe online. Join this session to find out information on malware, online scams and phishing, and tips on how to protect yourself online. To book visit: <a href="http://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4350 1570.</p>
<p>10:00am-11:30am <i>Tuggerah Library</i> Free Pre-Booking Required</p>	<p><b>Create a Memory Box</b> Learn how to use the Cricut machine and decorate a Memory Box which can be used to assist people with dementia to connect. All materials, including a list of suitable items to add to memory boxes will be provided. To book visit: <a href="http://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4350 1560.</p>
<p>10:30am-11:30am <i>Lake Haven Library</i> Free Pre-Booking Required</p>	<p><b>Colour Me Calm</b> Feeling stressed? Join us for a relaxing morning and colour your worries away. Everyone is welcome to drop in and unwind for an hour and take some decorative art pieces home when you're done. Colouring sheets and pencils will be supplied, but you're welcome to bring your own. To book visit: <a href="http://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4350 1570</p>
<p><b>Tuesday, 19 March</b></p>	
<p>7.00pm-7.45pm <i>Toukley Aquatic Centre</i> Free</p>	<p><b>Aqua Deep</b> This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Enquiries: 4304 8060 or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a></p>
<p>8.00am-9.00am <i>Toukley Aquatic Centre</i> Free</p>	<p><b>Shallow Water Aqua Fitness</b> This aqua fitness class is designed with a higher focus on cardiovascular fitness, movement, strength, and core stability. Enquiries: 4304 8060 or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a></p>

<p>8.30am - 9.30am <i>Gosford Olympic Pool</i> Free</p>	<p><b>Active Over 50 Aqua Fitness</b> This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. This low intensity aqua fitness class focuses on increasing functional mobility and strengthening of joints and muscles as well as improving cardiovascular fitness. Enquiries: 4304 7250 or <a href="mailto:gop@centralcoast.nsw.gov.au">gop@centralcoast.nsw.gov.au</a></p>
<p>10:00am-12:00pm <i>Umina Library</i> Free Pre-Booking Required</p>	<p><b>Brain Games</b> Improve your memory, boost mental fitness and have loads of fun along the way with some entertaining games to jog your cogs! To book visit: <a href="http://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4304 7333.</p>
<p>10:30am-12:30pm <i>Tuggerah Library</i> Free Pre-Booking Required</p>	<p><b>Brain Games</b> Improve your memory, boost mental fitness and have loads of fun along the way with some entertaining games to jog your cogs! To book visit: <a href="http://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4304 7333.</p>
<p>10:45am-11:30am <i>Umina Library</i> Free</p>	<p><b>Grandparents Storytime</b> Grandparents and VIPs are invited to visit our special preschool Storytime with their little ones as we celebrate important older people in our lives. No bookings required. For more information visit <a href="http://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4304 7333.</p>
<p><b>Wednesday, 20 March</b></p>	
<p>7:30am-1:30pm <i>Terrigal 50+ Leisure and Learning Centre</i> Free</p>	<p><b>Meet and Greet Morning Tea</b> Embrace the spirit of community at our Meet and Greet. Non-members are welcome, why not come along to our Seniors Festival Meet and Greet Morning Tea and meet new people, develop new friendships, and find ways to stay active and healthy. Enquiries: 4384 5152.</p>
<p>10:00am-12:30pm <i>Tuggerah Library</i> Free Pre-Booking Required</p>	<p><b>Tech Savvy Seniors: Introduction to Smartphones</b> Learn the basics of how to navigate your way around a smartphone with a touchscreen and discover useful apps that are built into your smartphone or available to download. To book visit: <a href="http://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4350 1560.</p>

<p>10.30am-11.30am <i>Peninsula Leisure Centre</i> Free</p>	<p><b>Yoga</b> A traditional practice involving a series of poses and stretches, floor and standing exercises with balance work and relaxation. Enquiries: 4325 8123 or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a></p>
<p><b>Thursday, 21 March</b></p>	
<p>7.00pm-7.45pm <i>Toukley Aquatic Centre</i> Free</p>	<p><b>Aqua Deep</b> This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Enquiries: 4304 8060 or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a></p>
<p>7.45am-8.45am <i>Toukley Aquatic Centre</i> Free</p>	<p><b>Hydro Aqua Fitness</b> This low intensity aqua fitness class focuses on increasing functional mobility and strengthening of joints and muscles, using the warmth and buoyancy of the indoor heated pool to lower impact and strain on the body. Enquiries: 4304 8060 or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a></p>
<p>8.30am-9.30am <i>Peninsula Leisure Centre</i> Free</p>	<p><b>Active Over 50</b> A low impact, low-moderate intensity fitness class specifically designed for over 50s. Classes vary with cardio, conditioning, strength, core training and balance components. Enquiries: 0243 258 123 or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a></p>
<p>10:00am-1:00pm <i>Wyong Race Club</i> Free</p>	<p><b>Central Coast Council's Seniors Festival Expo</b> Council will shine the spotlight on a range of services and resources available to Seniors by bringing them together under one roof at the Seniors Expo on 21 March. The event will feature a variety of stallholders from businesses, services, and community groups around the Central Coast. Visitors will have the opportunity to speak to the organisations first-hand, ask questions and gather resources. Free calico bag for the first 150 attendees. Complete the Seniors Festival Expo passport to go into the draw to win a prize. Check Council's website for terms and conditions. For more information visit <a href="http://centralcoast.nsw.gov.au/seniorsexpo">centralcoast.nsw.gov.au/seniorsexpo</a></p>

<p>10:00am-11:30am <i>Lake Haven Library</i> Free Pre-Booking Required</p>	<p><b>Snapfish Photo Collages Workshop</b> Unleash your creativity and capture a lifetime of memories with this workshop! Learn how to create beautiful collages of your photos with the online photo sharing app Snapfish. To book visit: <a href="https://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 0243 501 570.</p>
<p>10:00am-12:30pm <i>Toukley Library</i> Free Pre-Booking Required</p>	<p><b>Tech Savvy Seniors: Staying safe online</b> The internet comes with some risks, but there are some simple rules and common-sense behaviours you can follow to protect yourself and help keep yourself safe online. Join this session to find out information on malware, online scams and phishing, and tips on how to protect yourself online. To book visit: <a href="https://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4350 1540.</p>
<p>10:30am-12:00pm <i>Brentwood Community Centre, Brentwood Village</i> Free Pre-Booking Required</p>	<p><b>Free Candle Pouring Workshop for Seniors</b> Discover how to create eco-friendly candles using soy wax &amp; glass containers with CandleXchange. Learn candle basics, eco tips &amp; how to reuse your fragrance containers. Make 2 candles – one for you and one will be donated to “Relove” a charity for domestic violence survivors. A light morning tea will be offered. Proudly presented by Keyton and Central Coast Council. To book email <a href="mailto:eventbrite.com.au/e/2024-seniors-festival-free-candle-pouring-workshop-for-seniors-tickets-796741524347?aff=ebdssbdestsearch">eventbrite.com.au/e/2024-seniors-festival-free-candle-pouring-workshop-for-seniors-tickets-796741524347?aff=ebdssbdestsearch</a></p>
<p><b>Friday, 22 March</b></p>	
<p>7.00am-8.00am <i>Lake Haven Recreation Centre</i> Free</p>	<p><b>Yoga</b> A traditional practice involving a series of poses and stretches, floor and standing exercises with balance work and relaxation. Enquires: 4304 8020 or <a href="mailto:lhrc@centralcoast.nsw.gov.au">lhrc@centralcoast.nsw.gov.au</a>.</p>
<p>7.30am-8.30am <i>Peninsula Leisure Centre</i> Free</p>	<p><b>Lite &amp; Easy Aqua Fitness</b> A low-moderate intensity aqua fitness class in the indoor heated pool, suitable for beginners, seniors or those managing injury or illness. Enquires: 4325 8123 or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a></p>



<p>8.30am - 9.30am <i>Gosford Olympic Pool</i> Free</p>	<p><b>Active Over 50 Aqua Fitness</b> This low intensity aqua fitness class focuses on increasing functional mobility and strengthening of joints and muscles as well as improving cardiovascular fitness. Enquires: 4304 7250 or <a href="mailto:gop@centralcoast.nsw.gov.au">gop@centralcoast.nsw.gov.au</a></p>
<p>8.45am-9.45am <i>Toukley Aquatic Centre</i> Free</p>	<p><b>Aqua Deep</b> This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Enquires: 4304 8060 or <a href="mailto:tac@centralcoast.nsw.gov.au">tac@centralcoast.nsw.gov.au</a></p>
<p>10:00am-12:00pm <i>Umina Library</i> Free Pre-Booking Required</p>	<p><b>Cupcake Decorating</b> Be guided through the basics of cake decorating step-by-step at this introductory workshop. All material supplied. To book visit: <a href="https://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4304 7333</p>
<p>10:30pm-12:00pm <i>Kincumber Library</i> Free Pre-Booking Required</p>	<p><b>Card Quilling Workshop</b> Learn how to quill, and design and create some lovely cards for your loved ones. To book visit: <a href="https://libraries.centralcoast.nsw.gov.au/whats-on">libraries.centralcoast.nsw.gov.au/whats-on</a> Enquiries: 4304 7641</p>
<p>10:30am-12:00pm <i>Brentwood Community Centre, Brentwood Village</i> Free Pre-Booking Required</p>	<p><b>Information Session: How To Have An Epic Retirement</b> Join us to hear from Bec Wilson, columnist for The Age and the Sydney Morning Herald, renowned expert on modern retirement, and author of 'How to have an Epic Retirement' published by Hachette. Learn practical steps to live a longer, better, and financially confident life. Proudly presented by Keyton and Central Coast Council. To book email <a href="mailto:stacey.stephenson@keyton.com.au">stacey.stephenson@keyton.com.au</a> or online at: <a href="https://eventbrite.com.au/e/2024-seniors-festival-how-to-have-an-epic-retirement-with-bec-wilson-tickets-795764532137">eventbrite.com.au/e/2024-seniors-festival-how-to-have-an-epic-retirement-with-bec-wilson-tickets-795764532137</a></p>
<p>11.15am-12:00pm <i>Peninsula Leisure Centre</i> Free</p>	<p><b>Tai Chi</b> A gentle martial art well known for its health benefits, promoting serenity, balance, coordination, and wellbeing. Enquiries: 4325 8123 or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a></p>
<p>8:00am-9:00am <i>Peninsula Leisure Centre</i> Free</p>	<p><b>Aqua Deep</b> This aqua fitness class is conducted in the deep end of the indoor 50m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Enquiries: 4325 8123 or <a href="mailto:plc@centralcoast.nsw.gov.au">plc@centralcoast.nsw.gov.au</a></p>

## 2024 Senior Festival Event and Activities Locations

Location	Address	Phone
Bateau Bay Library	Bateau Bay Square, 10 Bay Village Road, Bateau Bay	4350 1580
Brentwood Village	1 Scaysbrook Drive, Kincumber	4368 1333
Erina Library	The Hive, Erina Fair, Erina	4304 7650
Gosford Library	118 Donnison Street, Gosford	4304 7500
Gosford 50+ Leisure and Learning Centre	Cnr Albany Street North & Henry Wheeler Place, Gosford	4324 2287
Gosford Olympic Pool	42 Masons Parade, Point Frederick	4304 7250
Gosford Regional Gallery	36 Webb Street, East Gosford	
Henry Kendall Gardens Retirement Village	150 Maidens Brush Road, Wyoming	4323 2722
Kincumber Library	3 Bungoona Road, Kincumber	4304 7641
Lake Haven Library	Lake Haven Shopping Centre, Goobarabah Avenue, Lake Haven	4350 1570
Lake Haven Recreational Centre	Goobarabah Avenue, Gorokan	4304 8020
Laycock Street Community Theatre	5 Laycock Street, North Gosford	4323 3233
Niagara Park Stadium	18 Washington Avenue, Niagara Park	
Peninsular Leisure Centre	243 Blackwall Road, Woy Woy	4325 8123
Terrigal 50+ Leisure and Learning Centre	Cnr Duffys Road & Terrigal Drive, Terrigal	4384 5152
The Erina Centre Exhibition Space	The Erina Centre Foyer, Erina Fair. NSW 2250	4304 7071
Toukley Aquatic Centre	Heador Street, Toukley NSW 2263	4304 8060
Toukley Library	Corner of Main Road and Victoria Avenue, Toukley	4350 1540
Tuggerah Library	Westfield Tuggerah, 50 Wyong Road, Tuggerah	4350 1560
Umina Library	Cnr West Street and Bullion Street, Umina	4304 7333
Woy Woy Library	Cnr Blackwall Road and Oval Avenue, Woy Woy	4304 7555
Wyong Race Club	71-73 Howarth Street, Wyong	4352 1083





For more information visit  
**[centralcoast.nsw.gov.au/seniors](http://centralcoast.nsw.gov.au/seniors)**  
or phone 4304 7495