

Seniors Festival Program

1 – 31 March 2025



Time to Shine



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Information correct as of 7 February 2025



Seniors Festival

Strength training for seniors

Come in and try one of our classes, have a swim or just get moving! As part of Seniors Festival, from 1-31 March we are encouraging seniors to take part in one of our group fitness classes. Contact our team on the numbers below for group fitness times.

- **yoga/pilates classes**
- **body tone classes**
- **stay active classes**
- **aqua aerobic classes**

Springwood Aquatic & Fitness Centre
4723 5111

Katoomba Sports & Aquatic Centre
4780 5156

Get active. Stay healthy. Enjoy life...



Dear Resident

The NSW Seniors Festival is the largest festival for seniors in the Southern Hemisphere. It is all about acknowledging and celebrating these remarkable and irreplaceable members of our community.

And we're doing that with a month-long program of events from **1 March to 31 March.**

The theme for the Seniors Festival for 2025 is '**Time to Shine!**'

In 2025, the Seniors Festival will focus on activities that help connect, engage and empower us.

I would like to acknowledge the hard work of contributing Blue Mountains community organisations and businesses in developing this extensive program of events to help our seniors connect.

I am confident that the Blue Mountains Seniors Festival for 2025 will be successful, as we pay tribute to our seniors across the Mountains.

A stylized, handwritten signature in black ink, consisting of several sweeping, overlapping lines that form a cursive name.

Councillor Mark Greenhill OAM
Mayor of the City of Blue Mountains

1 – 31 March

Ben's Café Seniors Meal Deal

Venue	Ben's Café, 10 Benang Street, Lawson
Time	8.30am – 2pm, Monday – Saturday
Cost	\$10
Host	Ben's Café Lawson and Blue Mountains Food Services
Contact	0434 314 254

We aim to provide an inclusive space where all members of the community can gather and create great moments, while young people with disabilities are given opportunities to work and connect.

When you visit Ben's Cafe, you're more than a customer, you are part of a social enterprise that supports our community.

Choose from one of the following meal options and a cup of tea or small barista-made coffee:

- Soup of the day
- Fish & Chips
- Avocado Smash
- Beef & Vegetable Pie

Simply show your Seniors Card to get this special treat.
Please note: Bens Cafe is open Monday to Saturday only.



2 – 16 March

Free entry to the Mountains City Art Gallery

Venue	Blue Mountains Cultural Centre, 30 Parke St, Katoomba
Time	Weekdays 10am – 5pm, Weekends 10am – 4pm
Cost	\$5.50 Adults / \$3.30 Concession / FREE NSW Seniors Cardholders and Insight Members
Host	Blue Mountains Cultural Centre
Contact	4780 5410 or email culturalcentre@bmcc.nsw.gov.au

The Cultural Centre showcases innovative, diverse, distinctive, and creative cultural programs for the enjoyment of residents and visitors to the Blue Mountains. During these dates the current exhibition will be Blue Mountains Portraits 2025, the Cultural Centre's annual celebration of the local community and its diverse members.

The Blue Mountains Cultural Centre encompasses the Blue Mountains City Art Gallery, Katoomba Library and Into the Blue, an interactive exhibition that explores the history and natural landscape of the Blue Mountains. Visitors can also enjoy the viewing platform that takes in stunning panoramic vistas of Katoomba and the Jamison Valley.

On arrival, please visit Reception to receive your free ticket.



Maria Harding with her artwork Bound to the Bower at the Blue Mountains Cultural Centre main entry stairs

2 – 16 March

Devonshire Tea at the Gallery Café

Venue	Blue Mountains Cultural Centre, 30 Parke St, Katoomba
Time	Weekdays 10am – 4pm, Weekends 10am – 3.30pm
Cost	\$10 (NSW Seniors Cardholders and Insight Members)
Host	Blue Mountains Cultural Centre
Contact	4780 5410 or email culturalcentre@bmcc.nsw.gov.au

Devonshire tea includes scones, jam, cream and a choice of tea or coffee. Sit in the morning sunshine at the Gallery Café and enjoy this classic treat.



Mondays (3,10,17, 24, 31 March)

Chair Yoga

Venue	Winmalee Neighbourhood Centre 62 White Cross Rd, Winmalee
Time	2 – 3pm
Cost	\$10
Host	Winmalee Neighbourhood Centre
Contact	4754 4050

Whether you are new to chair yoga or have been practicing for years, its many benefits are undeniable.

This age-old practice includes physical postures, breathing techniques and meditation, and can be done regardless of your fitness level. It offers numerous benefits for individuals of all ages and fitness levels. It promotes flexibility, strength, and improved posture, all while being accessible for those with limited mobility.

This gentle practice reduces stress, enhances mental clarity, and increases overall wellbeing, making it an ideal exercise option for a diverse range of individuals.



Monday 3 March

Bus Outing – River Cat to Barangaroo

Venue	River Cat to Barangaroo, bus departs Blue Mountains Neighbourhood Centres
Time	11am – 12pm
Cost	\$10
Host	Belong Blue Mountains Neighbourhood Centre
Contact	4759 2592

Travel on the Belong Blue Mtns bus to Rydalmere before boarding the River Cat to Barangaroo.

There's always something exciting happening in Sydney's newest waterfront precinct. Take in the view from the Sky Deck tour, walk through the amazing public art trail and explore the wonderful Barangaroo Reserve.

Bus pickup is from Katoomba, Mid Mtns and Lower Mtns Neighbourhood Centres.

Note: The cost covers the bus trip.

Please bring your Opal and Seniors Cards for the Ferry. Morning tea and lunch are at your own expense.

Bookings are essential.



Mondays (3, 10, 17, 24, 31 March)

Scrabble Group

Venue	Springwood Neighbourhood Centre 104 - 108 Macquarie Rd, Springwood
Time	12 – 3pm
Cost	FREE
Host	Springwood Neighbourhood Centre
Contact	4751 3033

Get your scrabble on and enjoy a cuppa at Springwood Neighbourhood Centre's drop in lounge with other word-minded folk.





Mondays (3, 10, 17, 24, 31 March)

Seated Yoga

Venue	Springwood Sports Club (Room 1) 83 Macquarie Road, Springwood
Time	10 – 11am
Cost	\$10
Host	Springwood Neighbourhood Centre
Contact	4751 3033

Yoga is a wonderful way to regain or maintain strength, flexibility and balance. Seated yoga is particularly beneficial for seniors who have reduced mobility.

The session is run by a qualified instructor.

Bookings are essential as these classes are very popular.



3 – 16 March

Seniors' Discount at Blue Mountains Visitor Information Centres

Venue	Glenbrook Visitor Information Centre (off the Great Western Highway, Glenbrook) and Echo Point Visitor Information Centre (Echo Point Road, Katoomba)
Time	Echo Point, Katoomba – open 7 days a week 9am – 3pm Glenbrook – open 7 days a week Mon – Sat 8.30am – 3.30pm and Sun 8.30am – 3pm
Host	Blue Mountains Visitor Information Centres
Contact	1300 653 408

Whether you're visiting for the day or have a longer trip planned, our Visitor Information Centres can help you plan your perfect Blue Mountains experience.

Browse our local and Australian-made products, plan your escape with our knowledgeable local staff, and receive a **10% discount if you hold a Seniors Card.**

Make the most of your Blue Mountains escape – go blue and stay a night or two!



Tuesday 4 March

The Swing Sisters at Katoomba RSL

(Seniors Week Show)

Venue	Katoomba RSL, 82-86 Lurline St, Katoomba
Time	11.30am – 1.30pm (Doors open at 11am)
Cost	\$15 for Club Members (\$20 for Non-Members Includes Morning Tea)
Host	Katoomba RSL
Contact	4782 2624. Get tickets trybooking.com/CXQVG or available from cashier in the club

'Time to Shine' Celebrate and Come Together with THE SWING SISTERS plus a tribute to the Legendary Ladies of Song. A Morning full of music, memories, fun and laughter.

Please note: Parking is available in the car park at the front of the club, Members & Guests will be required to sign in upon entry to the club.



Tuesdays (4 and 11 March)

Seniors and Cyber Security

Venue	Winmalee Neighbourhood Centre 62 White Cross Rd, Winmalee
Time	12.30 – 2pm
Cost	FREE
Host	Winmalee Neighbourhood Centre
Contact	4754 4050

Cyber security has become increasingly important in today's digital age and every person regardless of age, culture, location, or financial means should have the opportunity to have strong security knowledge and systems in place.

The Cyber Security Learning Hub will, via workshops and through a mix of interactive content, knowledge checks, and valuable resources, present the necessary tools to gain the knowledge, skills, confidence and the importance of the overall cyber security skills required in everyday life in today's digital world.



Tuesdays (4, 11, 18 and 25 March)

FUNctional Fitness

Venue	Faulconbridge Community Hall 9a Home St, Faulconbridge
Time	9.30 – 10.30am
Cost	\$10
Host	Springwood Neighbourhood Centre
Contact	4751 3033

Movement to music for older people at your own pace in a relaxed, friendly atmosphere.

Gillian, the group's facilitator, is an experienced and qualified fitness trainer.

Life is movement, movement is energy, energy brings vitality; vitality enables.



Tuesdays (4 and 18 March)

Springwood Crafters

Venue	Springwood Neighbourhood Centre 104 - 108 Macquarie Rd, Springwood
Time	1 – 3pm
Cost	FREE
Host	Springwood Neighbourhood Centre
Contact	4751 3033

Bring along a craft project to work on and catch up with others who enjoy making something new out of something old.

Tea, coffee and snacks provided.



Springwood Neighbourhood
Centre Co-operative Ltd

Wednesday 5 March

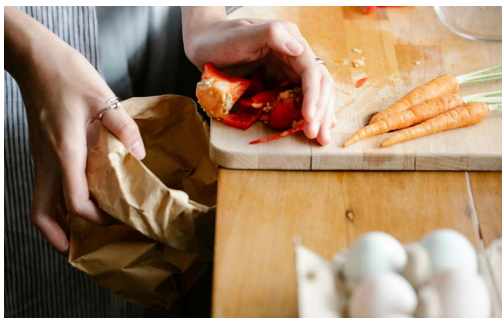
How to Avoid Food Waste Workshop

Venue	Belong Blue Mountains Lower Mountains Neighbourhood Centre 33 Hope St, Blaxland
Time	1.30 – 2.30pm
Cost	FREE
Host	Belong Blue Mountains Neighbourhood Centre and Blue Mountains City Council
Contact	4739 1164

Want to learn how you could save up to \$1,000 per year by simply planning and making clever choices when buying food, and using leftovers? Then this workshop is for you!

Includes afternoon tea.

Bookings are essential.





Wednesdays (5,12, 19, 26 March)

Art of Mindfulness

Venue	Winmalee Neighbourhood Centre 62 White Cross Rd, Winmalee
Time	2 – 3pm
Cost	FREE
Host	Winmalee Neighbourhood Centre
Contact	4754 4050

Mindfulness practices may help people manage stress, cope better with serious illness and reduce anxiety and depression. Winmalee Neighbourhood Centre has a new program, The Art of Mindfulness.

The program runs every week and practices Mindful Art, where the focus is on being present, and giving yourself permission to create and play.

This is a great way to slow down, de-stress and create some slow art pieces where the focus is on the journey rather than the final product. Various art materials will be explored including pens/pencils, watercolour and collage. No art experience needed, and all supplies are provided.



Wednesdays (5, 12, 19, 26 March)

Qigong / Tai Chi

Venue	St Hildas Church Hall, 88 Katoomba St, Katoomba
Time	9.30 – 10.30am
Cost	One class for free (first timers)
Host	Anna Fisher – Step Towards Health
Contact	0408 155 031

Learn the ancient art of Qigong to cultivate energy, and 10 form Tai Chi.

This class involves easy, safe, gentle flowing movements to increase flexibility, strengthen joints and muscles and improve breathing.

Wear loose comfortable clothing in which you can move and breathe easily and flat soled shoes.

- Reduce Stress
- Connect with others
- Centre and ground yourself
- Improve balance and posture

No previous experience required. Bookings are essential.



Thursday 6 March

Behind the Portraits

Venue	Blue Mountains Cultural Centre, 30 Parke St, Katoomba
Time	11 – 11.30am
Cost	\$5.50 adult / \$3.20 Concessions / Free for NSW Seniors card holders and Insight Members
Host	Blue Mountains Cultural Centre
Contact	4780 5410 or email culturalcentre@bmcc.nsw.gov.au

Join us at the Blue Mountains Cultural Centre for a special Behind the Portraits curator-led tour of the Blue Mountains Portraits 2025 exhibition.

Hear stories about the artists and learn about the works on display.

Free for Seniors.

Please purchase Adult and Concession tickets on the day of the tour.



Blue Mountains Portraits People's Choice Winner 2024, Charmayne O'Hara, The Shade of the Morning Sun 2023, oil on canvas. Photo: Silversalt

Thursday (6, 13, 20, 27 March)

Qigong / Tai Chi

Venue	Falconbridge Community Hall 9a Home St, Falconbridge
Time	10 – 11am
Cost	One class for free (first timers)
Host	Anna Fisher – Step Towards Health
Contact	0408 155 031

Learn the ancient art of Qigong to cultivate energy, and 10 form Tai Chi.

This class involves easy, safe, gentle flowing movements to increase flexibility, strengthen joints and muscles and improve breathing.

Wear loose comfortable clothing in which you can move and breathe easily and flat soled shoes.

- Reduce Stress
- Connect with others
- Centre and ground yourself
- Improve balance and posture

No previous experience required. Bookings are essential.



Thursdays (6, 13, 20, 27 March)

Thursdays@Ten Choir

Venue	Blackheath Uniting Church Hall 43 Govetts Leap Rd, Blackheath
Time	10am – 12pm
Cost	\$5 per couple
Host	Thursdays@Ten Choir
Contact	Julie Brackenreg 0401 516 482

Come along to the Thursday@Ten Choir and enjoy the joining in with our singers as we enjoy making music together.

This new inclusive friendly group welcomes new members.

A delicious morning tea is also available on the day.



Fridays (7, 14, 21 and 28 March)

Gentle Groove – a movement/dance class

Venue	Blackheath Presbyterian Church Hall 123-125 Wentworth St, Blackheath
Time	9.30 – 10.30am
Cost	First timers – \$15 / Class packages available.
Host	Renata Commisso – Move and Groove
Contact	0433 986 969 or register online moveandgroovedance.com.au/book-now/

Gentle Groove is a movement and dance class for older individuals, led by experienced facilitators from the industry and local community.

This one hour session offers gentle exercises and energising creative movement designed to improve balance posture and flexibility in a supportive environment.

No experience necessary - wear comfortable clothing.

Bookings are essential as places are limited.



Saturday 8 March

Turtles of Glenbrook Lagoon

Intergenerational wildlife event

Venue	Glenbrook Lagoon Beach Entry via Glenbrook Road near Olivet St (follow the pathway to the picnic area)
Time	10am – 12.30pm
Cost	FREE
Host	Blue Mountains City Council – Healthy Waterways team
Contact	0434 475 448 (Wednesday to Friday)

Discover more about these fascinating creatures from Ricky Spencer, Associate Professor of Ecology at Western Sydney University. Hear how the Turtle Island pilot program, a safe haven for turtle eggs and hatchlings, is now being trialled in other parts of Australia.

Get up close with some adorable LIVE turtles and hear how Turtle Rescues has saved over 2500 turtles!

For Grandparents, seniors, parents, carers and little people.

Please note there are no toilet facilities on site.

Seating on site is limited, please bring a camp chair if you have one. Includes a delicious morning tea.

Bookings are essential.



Photo: Dr Ricky Spencer

Saturdays (8, 22 and 29 March)

Seniors Computer Classes for beginners

Venue	Various
Time	10am – 12pm
Cost	FREE
Host	Blue Mountains City Council & Nepean Community College
Contact	4780 5546 (to book)

Nepean Community College (RTO ID 1223) is hosting three senior's computer classes across Katoomba, Lawson and Blaxland. The FREE Classes will be overseen by a fully qualified trainer. Each class will take up to 15 seniors who each will be matched with a young person from Council's Youth Council to assist you with the class exercises.

The course will focus on the following:

- Identifying and avoiding common scams
- Blocking numbers and emails
- Meal Delivery and Supermarket apps

Bookings are essential.

- **Sat 8 March** - Katoomba (Nepean Community College Training Rooms, 27 Parke St, Katoomba)
- **Sat 22 March** - Blaxland (Sharon Burrige Hall, Blaxland Community Centre, 33 Hope St, Blaxland)
- **Sat 29 March** - Lawson (Grace Tooth Dining Room, Mid Mountains Neighbourhood Centre, 9 New St, Lawson)



9 – 16 March

Norman Lindsay Gallery Tour

Venue	Norman Lindsay Gallery, 14 Norman Lindsay Cres, Faulconbridge
Time	10am – 4pm, Thursday – Monday
Cost	Tickets for Seniors are half price (\$7.50) or two for one. includes a guided tour
Host	National Trust of Australia
Contact	4751 1067 or at nlg@nationaltrust.com.au

The Norman Lindsay Gallery is the former home of the illustrious artist and author, Norman Lindsay (1879-1969). Now open as a gallery and run by the National Trust (NSW), it displays the artist's oil paintings, watercolours, etchings, ship models, sculptures plus characters from his classic children's book, The Magic Pudding.

A guided tour to the original painting and etching studio is included in the entry.

Bring a picnic to enjoy in the maintained gardens and frolic among the sculptures.



Tuesday 11 March

Tai Chi and Qigong for beginners

Venue	Glenbrook Park (next to the Visitor Information Centre)
Time	10 – 11 am
Cost	FREE
Host	Mandy Eagle
Contact	0400 676 066

Tai chi is a non-competitive martial art known for its self-defence techniques and health benefits. As a form of exercise, it combines gentle physical exercise and stretching with mindfulness.

Tai chi can improve balance control, fitness, and flexibility, and helps cut the risk of falls in older people.

What to wear: Loose comfortable clothing, flat soled shoes

What to bring: Sunscreen and insect repellent, a hat and water.



身体好
Good Health

Tai Chi Cha cha

Tuesday 11 March

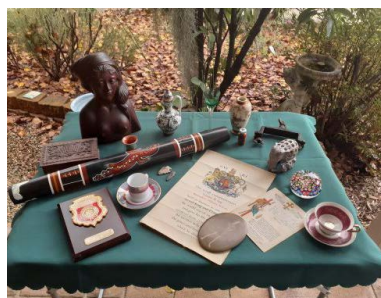
Show and Tell

Venue	Blue Mountains Theatre and Community Hub (Meeting Room 2), 106 Macquarie Rd, Springwood
Time	9.30am – 12pm
Cost	\$10
Host	Blue Mountains Association of Cultural Heritage Organisations Inc (BMACHO)
Contact	0410198737 or at committee@bluemountainsheritage.com.au

A few years ago (2016) BMACHO's history conference at Mt Victoria had the theme of 'Artefact', when we were treated to a fascinating day of storytelling by numerous speakers who captured our imagination.

We are holding this event to allow people to once again tell their stories. We urge you to drag out the family or town memorabilia and bring it along with a short story describing its provenance. It could be a photo, or an old tool, some jewellery or a doll, a precious book, a certificate or a pipe! Each speaker will be given 10-15 minutes to share their tale of days gone by.

Morning tea provided.



Seniors Festival – Calendar of Events

1-31 March

Ben's Café – Seniors Meal Deal
Lawson

2-16 March

Free Entry to Blue Mountains
City Art Gallery
Katoomba

2-16 March

Devonshire Tea at the Gallery Café
Katoomba

Mondays (3,10,17,24, 31 March)

Chair Yoga
Winmalee Neighbourhood Centre

Monday 3 March

Bus Outing River Cat to Bangaroo
Pick up Neighbourhood Centres

Mondays (3,10,17,24, 31 March)

Scrabble Group
Springwood Neighbourhood Centre

Mondays (3,10,17,24, 31 March)

Seated Yoga
Various locations

3-16 March

Seniors' Discount
Glenbrook, Echo Point and Katoomba
Visitor Information Centres

Tuesday 4 March

The Swing Sisters
Katoomba RSL

Tuesdays (4 and 11 March)

Seniors and Cyber Security
Winmalee Neighbourhood Centre

Tuesdays (4, 11,18,25 March)

FUNctional Fitness
Faulconbridge Community Hall

Tuesdays (4 and 18 March)

Springwood Crafters
Springwood Neighbourhood Centre

Wednesday 5 March

How to Avoid Food Waste Workshop
Blaxland

Wednesday (5,12, 19, 26 March)

Art of Mindfulness
Winmalee Neighbourhood Centre

Wednesdays

(5, 12, 19 and 26 March)

Qigong / Tai Chi
St Hildas Church Hall, Katoomba

Thursday 6 March

Behind the Portraits
Katoomba

Thursdays (6, 13, 20, 27 March)

Qigong /Tai Chi
Faulconbridge Community Hall

Thursdays (6, 13, 20, 27 March)

Thursday@Ten Choir
Blackheath Uniting Church Hall

Friday (7, 14, 21, 28 March)

**Gentle Groove movement
and dance class**
Blackheath Presbyterian Church Hall

Saturday 8 March

**Turtles of Glenbrook Lagoon –
Intergenerational wildlife event**
Glenbrook Lagoon Beach

Saturdays (8, 22, 29 March)

Seniors Computer Class
Various locations

9 – 16 March

Norman Lindsay Gallery Tour
Norman Lindsay Gallery, Faulconbridge

Tuesday 11 March

Tai Chi and Qigong for Beginners
Glenbrook Park

Tuesday 11 March

Show and Tell
Springwood

Supporting Partners & Sponsors of the 2025 Seniors Festival

- Anglicare
- Belong Blue Mountains Neighbourhood Centre
- Bens Café Lawson
- Blackheath Golf & Community Club
- Blackheath Area Neighbourhood Centre
- Blue Mountains Association of Cultural Heritage Organisations Inc.
- Blue Mountains City Council
- Blue Mountains Cultural Centre
- Blue Mountains Food Services
- Blue Mountains Leisure Centres
- Blue Mountains Libraries
- Blue Mountains Theatre and Community Hub
- Blue Mountains Visitor Information Centres • Care Finder
- Glenbrook and District Historical Society
- Healthy Waterways

Tuesday 11 March
How to Avoid Food Waste Workshop
Lawson

Wednesday 12 March
Djembe Drum Circle and Creative Dance workshop
Senior Citizens Centre, Katoomba

Wednesday 12 March
Morning Melodies Concert: Stephen Fisher-King's HITS AND MEMORIES
Blue Mountains Theatre and Community Hub, Springwood

Wednesday 12 March
Lawson Bring a Friend Lunch
Lawson

Wednesday 12 March
Demystifying Aged Care – A Forum for Seniors
Katoomba

Thursday 13 March
Dementia and Wellbeing Navigation information session
Katoomba Neighbourhood Centre

Friday 14 March
Katoomba Bring a Friend Lunch
Civic Place, Katoomba

Saturday 15 March
The Rockin' Recliners and Thursdays@ Ten Inclusive Choir in Concert
Blackheath Golf Club

Monday 17 March
Dementia and Wellbeing Navigation information session
Lawson

Monday 17 March
Bus Outing River Cat to Bangaroo
Pick up Neighbourhood Centres

Tuesday 18 March
Leura Garden Club Workshop and Demonstrations
St Albans Church Hall, Leura

Tuesday 18 March
Blaxland Bring a Friend Lunch
Sharon Burridge Hall, Blaxland

Wednesday 19 March
Intergenerational Storytime
Katoomba Library

Wednesday 19 March
Demystifying Aged Care forum
Springwood

Thursday 20 March
Springwood Bring a Friend Lunch
Springwood

Saturday 22 March
Historical Tour of Central Glenbrook
Glenbrook Visitor Information Centre

Monday 24 March
Dementia and Wellbeing Navigation information session
Lawson

Monday 24 March
Katoomba Bring a Friend Lunch
Civic Place, Katoomba

Monday 24 March
Seniors Week Recognition Awards
Springwood

Tuesday 25 March
Tai Chi and Qigong for beginners
Glenbrook Park

Wednesday 26 March
Blackheath Bring a Friend Lunch
Bates Hall, Blackheath

Thursday 27 March
Acoustic Club
Springwood Presbyterian Church

Friday 28 March
Intergenerational Story Time
Springwood

Friday 28 March
Campbell Rhododendron Gardens tour
Blackheath

- Katoomba Mens Shed
- Katoomba RSL Club
- Leura Garden Club
- Move and Groove
- National Trust
- Nepean Community College
- Norman Lindsay Art Gallery
- Seniors Rights Service
- Services Australia
- Single Assessment Service NSW Health Nepean Blue Mountains LHD
- Springwood Neighbourhood Centre
- Step Towards Health
- Tai Chi Cha Cha
- Thursdays@Ten Choir
- Registered Charity
- Valley Heights Railway Museum
- Winmalee Neighbourhood Centre

For a hard copy of the program please call 4780 5000 or get a copy from Council libraries or Customer Service Counters.

Tuesday 11 March

How To Avoid Food Waste Workshop

Venue	Belong Blue Mountains Mid Mountains Neighbourhood Centre, 9 New St, Lawson
Time	1.30 – 2.30pm
Cost	FREE
Host	Belong Blue Mountains Neighbourhood Centre and Blue Mountains City Council
Contact	4759 2592

Want to learn how you could save up to \$1,000 per year by simply planning and making clever choices when buying food, and using leftovers?

Then this workshop is for you!

Includes afternoon tea.

Bookings are essential.



Wednesday 12 March

Djembe Drum Circle and Creative Dance workshop for Seniors

Venue	Senior Citizens Centre 81-83 Katoomba St, Katoomba
Time	10 – 11.30am
Cost	\$15 for 1 hour class
Host	Belong Blue Mountains Neighbourhood Centre
Contact	4782 1117

Notes Come along to 30 minutes of djembe fun - playing beginner djembe rhythms and experimenting with call and response rhythms and drumming games!

Then 30 minutes of creative dance fun - exploring individual and whole group creative movement activities, with a variety of dance props.

Includes a delicious morning tea.

Bookings are essential.



Wednesday 12 March

Morning Melodies Concert: Stephen Fisher-King's HITS AND MEMORIES

Venue	Blue Mountains Theatre and Community Hub 106 Macquarie Rd, Springwood
Time	11am – 12.30pm, Morning tea from 10am
Cost	\$24
Host	Blue Mountains City Council, Springwood Neighbourhood Centre & Blue Mountains Theatre
Contact	4780 5050 or book online bluemountainstheatre.com.au

Award winning performer Stephen Fisher-King and his awesome band take you back to the days when you'd jump in your car, wind down your window, flick on your radio and sing along to all your favourite songs at the top of your voice.

This fabulous concert features the best music from incredible artists including John Denver, Don McLean, Elvis, Roy Orbison, Simon & Garfunkel and more, along with some of the greatest hits from Broadway musicals. Relive the glory days of timeless music and cherished memories.

Includes morning tea.



Wednesday 12 March

Andy Macqueen Talk and Bring a Friend Lunch

Lawson Community Lunch

Venue	Grace Tooth Dining Room Mid Mountains Community Centre, New St, Lawson
Time	11.30am – 1pm
Cost	\$7 each
Host	Blue Mountains Food Services
Contact	4759 2811

Andy combines wide interests in writing, history, the bush, archival research, and passion for the environment. He has written six books mainly to do with the cultural and environmental history of the Blue Mountains.

Andy lives in the Blue Mountains with his wife Liz, who is a potter. They are both proactive conservation volunteers, specialising in remote wilderness areas. In 2019 Andy was awarded the Order of Australia Medal (OAM) for his contribution to the environment and conservation.

In a previous life Andy worked as a professional water resources engineer and hydrologist in the Northern Territory and Western Australia.

Includes main meal, dessert and tea/coffee.

Bookings are essential.



Wednesday 12 March

Demystifying Aged Care – A Forum for Seniors

Venue	Blue Mountains Cultural Centre (Workshop Room) 30 Parke St, Katoomba
Time	10.30 am to 12pm
Cost	FREE
Host	Blue Mountains Library, Services Australia, Care Finder, Seniors Rights Service, Single Assessment Service NSW Health Nepean Blue Mountains LHD and Blue Mountains City Council
Contact	Book in person at any Library branch, phone 4780 5040 or 4780 5750 or visit bit.ly/BMLibEventBookings

Join the experts from Services Australia, Care Finder and Seniors Rights Service, Single Assessment Service NSW Health Nepean Blue Mountains LHD and Blue Mountains City Council to work out how to navigate the aged care systems to find out what is best for you or your loved ones.

There will be an information session followed by a chance to chat one-on-one with each service. Enjoy a delicious morning tea as well as an opportunity to find out about Home Library Services.

Bookings are essential.



Services
Australia



Seniors Rights
Service

LEGAL | ADVOCACY | INFORMATION



Anglicare

BLUE
MOUNTAINS
LIBRARY



blue
mountains
City Council

Thursday 13 March

DAWN (Dementia and Wellbeing Navigation) Program Information Session

Venue	Belong Blue Mountains – Katoomba Neighbourhood Centre 81-83 Katoomba St, Katoomba
Time	10.30am – 12pm
Cost	FREE
Host	Belong Blue Mountains Neighbourhood Centre
Contact	4782 1117

The DAWN (Dementia and Wellbeing Navigation) program is a multidisciplinary program to empower and support people with dementia who live at home along with their carers.

Sessions are at home or centre based and there is no cost involved. Please come along and chat with our Occupational Therapists to find out more how the program may be of benefit to you.

Includes a delicious morning tea.

Bookings preferred for catering purposes.



Friday 14 March

Jennifer Deane Talk and Bring a Friend Lunch Katoomba Community Lunch

Venue	Civic Place, Katoomba St, Katoomba
Time	11.30am – 1pm
Cost	\$7 each
Host	Blue Mountains Food Services
Contact	4759 2811

Jennie Deane moved in 2015 to call the Blue Mountains home and her connection with her surroundings lead her to create more landscapes.

She enjoys many forms of art and has created a 'LOOKOUT' book and exhibition, which showcases 25 beautiful Blue Mountains lookouts, created in different mediums. She creates quirky, sometimes whimsical art, often from my daydreaming imagination. She is inspired by her beautiful surroundings, her young daughters and constantly exploring beyond her pen and watercolour.

Includes main meal, dessert and tea/coffee.

Bookings are essential.



Saturday 15 March

The Rockin' Recliners (Katoomba Men's Shed Band) and Thursdays@Ten Inclusive Choir in Concert

Venue	Blackheath Golf Club, Brightlands Ave, Blackheath
Time	3.30 – 5pm
Cost	FREE
Host	Blackheath Golf Club
Contact	4787 8406

Come and enjoy an afternoon of 60's rock and dancing, old time singing and sing along with Thursdays at Ten Choir and Katoomba Men's Band.

Drinks and snacks will be available for those who need to have a breather. Dinner is also available at the gourmet Bistro from 5pm after the concert.





Monday 17 March

DAWN (Dementia and Wellbeing Navigation) Program Information Session

Venue	Belong Blue Mountains, Mid Mountains Neighbourhood Centre, 9 New St, Lawson
Time	10.30 – 12pm
Cost	FREE
Host	Belong Blue Mountains Neighbourhood Centre
Contact	4759 2592

The DAWN (Dementia and Wellbeing Navigation) program is a multidisciplinary program to empower and support people with dementia who live at home along with their carers.

Sessions are at home or centre based and there is no cost involved. Please come along and chat with our Occupational Therapists to find out more how the program may be of benefit to you.

Includes a delicious morning tea.

Bookings preferred for catering purposes.



Monday 17 March

Bus Outing – River Cat to Barangaroo

Venue	River Cat to Barangaroo, bus departs Blue Mountains Neighbourhood Centres
Time	11am – 12pm
Cost	\$10
Host	Belong Blue Mountains Neighbourhood Centre
Contact	4759 2592

Travel on Belong Blue Mtns bus to Rydalmere before boarding the River Cat to Barangaroo There's always something exciting happening in Sydney's newest waterfront precinct. Take in the view from the Sky Deck tour, walk through the amazing public art trail and explore the wonderful Barangaroo Reserve.

Bus pickup from Katoomba, Mid Mtns and Lower Mtns Neighbourhood Centres.

Note: The cost covers the bus trip.

Please bring your Opal and Seniors Cards for the Ferry. Morning Tea and Lunch are at your own expense.

Bookings are essential.



Tuesday 18 March

Leura Garden Club Talks and Demonstrations

Venue	St Albans Church Hall, Megalong Rd, Leura
Time	10.15am
Cost	\$5 (cash only - pay at the door)
Host	Leura Garden Club
Contact	Elizabeth Ginsburg 0406 691 244 for bookings

Come and hear from Australian Native Plants Rescue Nursery expert speak about Australian Native Plants the dos and don'ts to keep your plant's thriving.

A Horticulturist will also be on hand to give a talk about planting & caring for indoor & outdoor potted plants.

This will be followed by a demonstration on preparing healthy, simple recipes you can try at home, using garden plants and herbs. This includes free sample tastings and recipe handouts.

Some potted plants and healthy recipes used in the demonstrations will be available for purchase.

Enjoy morning tea on arrival followed by formal speakers and ramble through a local garden.

Transport provided to and from the garden for those without a car, and a raffle will be held on the day. All are welcome.



Tuesday 18 March

Shared Reading NSW and Bring a Friend Lunch Blaxland Community Lunch

Venue	Sharon Burridge Hall, 33 Hope St, Blaxland
Time	11.30am – 1pm
Cost	\$7 each
Host	Blue Mountains Food Services
Contact	4759 2811

Something special happens when you bring people together to share a story, out loud. By reading together, you create a space where people bring their full attention to the thoughts and emotions that have been expressed with skill and care by a talented writer.

Shared Reading volunteers are trained to encourage people to engage with the story they are reading and with each other in a way that is completely free from judgement.

Includes main meal, dessert and tea/coffee.

Bookings are essential.



Wednesday 19 March

Intergenerational Storytime presented by Katoomba Library and Belong Blue Mountains

Venue	Katoomba Library, 30 Parke St, Katoomba
Time	11am – 12pm
Cost	FREE
Host	Blue Mountains Library and Belong Blue Mountains Neighbourhood Centre
Contact	4782 1117

Grandparents, seniors, parents, carers and little people; please join us for a wonderful Library Storytime where we will read stories, sing rhymes and enjoy a craft activity.

This will be followed by a morning tea and a chance to chat and enjoy this celebration of all ages!

Includes morning tea.

Bookings are essential.



Wednesday 19 March

Demystifying Aged Care – A Forum for Seniors

Venue	Blue Mountains Theatre and Community Hub 106 Macquarie Rd, Springwood
Time	10.30am – 12pm
Cost	FREE
Host	Blue Mountains Library, Services Australia, Seniors Rights Service Care Finder, Single Assessment Service NSW Health Nepean Blue Mountains LHD and Blue Mountains City Council
Contact	Book in person at any Library branch, phone 4780 5040 or 4780 5750 or visit bit.ly/BMLibEventBookings

Join the experts from Services Australia, Care Finder, Seniors Rights Service, Single Assessment Service NSW Health Nepean Blue Mountains LHD and Blue Mountains City Council to work out how to navigate the aged care system to find out what is best for you or your loved ones.

There will be an information session followed by a chance to chat one-on-one with each service. Enjoy a delicious morning tea as well as an opportunity to find out about Home Library Services.

Includes morning tea. Bookings are essential.



Services
Australia



Seniors Rights
Service

LEGAL | ADVOCACY | INFORMATION



Anglicare

BLUE
MOUNTAINS
LIBRARY



Thursday 20 March

Jennifer Deane talk and Bring a Friend Lunch

Springwood Community Lunch

Venue	Blue Mountains Theatre and Community Hub 106 Macquarie Rd, Springwood
Time	11.30am – 1pm
Cost	\$7 each
Host	Blue Mountains Food Services
Contact	4759 2811

Jennie Deane moved in 2015 to call the Blue Mountains home and her connection with her surroundings lead her to create more landscapes.

She enjoys many forms of art and has created a 'LOOKOUT' book and exhibition, which showcases 25 beautiful Blue Mountains lookouts, created in different mediums. She creates quirky, sometimes whimsical art, often from my daydreaming imagination. She is inspired by her beautiful surroundings, her young daughters and constantly exploring beyond her pen and watercolour.

Includes main meal, dessert and tea/coffee. Bookings are essential.



Saturday 22 March

Historical Tour of Central Glenbrook

Venue	Glenbrook Visitor Information Centre Great Western Highway, Glenbrook
Time	9am
Cost	FREE
Host	Glenbrook & District Historical Society Inc.
Contact	Doug Knowles 4751 3275 or 0414 154 695, or email glenbrookdhs@gmail.com

A guided one-hour tour of Central Glenbrook covering the history from the coming of the railway in 1867 to the present time.

Doug Knowles conducts our Historical Walks program and has extensive knowledge of Glenbrook and its history.

Our History Walks are a great way to learn the history of this area.



Council pensioner concessions



Pensioners may be eligible to get concessions on their ordinary rates and domestic waste management service charge.

Eligible ratepayers are entitled to receive up to a maximum of \$310 per year.

This is made up of a statutory rebate of \$250 plus an additional Council-funded rebate on the domestic waste service charge of \$60.

To receive the maximum concession, you must be eligible on or before 1 July of the financial year. If you become an eligible pensioner after 1 July, you will be eligible to receive a reduced rebate as follows:

- Eligible on or before 1 July – maximum concession \$310
- Eligible on or before 1 October – maximum concession \$232.50
- Eligible on or before 1 January – maximum concession \$155
- Eligible on or before 1 April – maximum concession \$77.50

Please note: in some cases concessions may be backdated up to two years. This is assessed on a case-by-case basis.

Find out more about rates and pensioner concessions: bmcc.nsw.gov.au/residents/Rates-and-charges/rates-and-charges-explained



Monday 24 March

DAWN (Dementia and Wellbeing Navigation) Program Information Session

Venue	Belong Blue Mountains Mid Mountains Neighbourhood Centre 9 New St, Lawson
Time	10.30am – 12pm
Cost	FREE
Host	Belong Blue Mountains
Contact	4739 1164

The DAWN (Dementia and Wellbeing Navigation) program is a multidisciplinary program to empower and support people with dementia who live at home along with their carers.

Sessions are at home or centre based and there is no cost involved. Please come along and chat with our Occupational Therapists to find out more how the program may be of benefit to you.

Includes a delicious morning tea.

Bookings are essential.



Monday 24 March

Michael Duffy Talk and Bring a Friend Lunch

Katoomba Community Lunch

Venue	Civic Place, Katoomba Street, Katoomba
Time	11.30am – 1pm
Cost	\$7 each
Host	Blue Mountains Food Services
Contact	4759 2811

Michael is a Blue Mountains local and a former crime reporter and founder of the BAD Sydney Crime Writers Festival.

On moving to the Blue Mountains, he decided to write a series of crime novels that would reflect the unique character of our towns and landscape, and the effect they have on people. "Country affects character," he says, "just like it affects wine. I want to write crime novels in which the people and places -- and the weather! - are as important as the crimes."

Includes main meal, dessert and tea/coffee.

Bookings are essential.



Monday 24 March

Seniors' Week Recognition Awards

Venue	Blue Mountains Theatre and Community Hub 106 Macquarie Rd, Springwood
Time	10am – 12pm
Cost	FREE
Host	Blue Mountains City Council
Contact	4780 5546

Celebrate the contributions that individuals and organisations have made to the Seniors of the Blue Mountains community.



Tuesday 25 March

Tai Chi and Qigong for beginners

Venue	Glenbrook Park (next to the Visitor Information Centre)
Time	10 – 11am
Cost	FREE
Host	Mandy Eagle
Contact	0400 676 066

Tai chi is a non-competitive martial art known for its self-defence techniques and health benefits. As a form of exercise, it combines gentle physical exercise and stretching with mindfulness.

Tai chi can improve balance control, fitness, and flexibility, and helps cut the risk of falls in older people.

What to wear: Loose comfortable clothing, flat soled shoes

What to bring: Sunscreen and insect repellent, a hat and water.



Tai Chi Cha cha

身体好
Good Health

Wednesday 26 March

Michael Duffy Talk and Bring a Friend Lunch Blackheath Community Lunch

Venue	Bates Hall, Great Western Highway, Blackheath
Time	11.30am – 1pm
Cost	\$7 each
Host	Blue Mountains Food Services
Contact	4759 2811

Michael is a Blue Mountains local and a former crime reporter and founder of the BAD Sydney Crime Writers Festival.

On moving to the Blue Mountains, he decided to write a series of crime novels that would reflect the unique character of our towns and landscape, and the effect they have on people. "Country affects character," he says, "just like it affects wine. I want to write crime novels in which the people and places -- and the weather! - are as important as the crimes."

Includes main meal, dessert and tea/coffee.

Bookings are essential.



Thursday 27 March

Acoustic Club

Venue	Springwood Presbyterian Church 160 Macquarie Rd, Springwood
Time	7.30 – 10.30pm
Cost	\$7
Host	Springwood Neighbourhood Centre
Contact	4751 3033

Springwood Acoustic Club convenes a friendly, inclusive round-robin every 4th Thursday at the Springwood Presbyterian Church Hall.

Anyone who wants to have the chance can sing a song, recite a poem or story, or just listen in.



Friday 28 March

Intergenerational Storytime

Venue	Blue Mountains Theatre & Community Hub (Meeting Room 1), 106 Macquarie Road, Springwood
Time	11am – 12pm
Cost	FREE
Host	Blue Mountains Library and Springwood Neighbourhood Centre
Contact	4751 3033

Grandparents, seniors, parents, carers and little people; please join us for a wonderful Library Storytime where we will read stories, sing rhymes and enjoy a craft activity.

This will be followed by a morning tea and a chance to chat and enjoy this celebration of all ages!

Includes morning tea.

Bookings are essential.

Friday 28 March

Campbell Rhododendron Gardens tour

Venue	1 Bacchante St, Blackheath. Meet at the Lodge on site
Time	10am – 12.30pm
Cost	FREE
Host	Blue Mountains City Council – Healthy Waterways team
Contact	0434 475 448 (Wednesday to Friday)

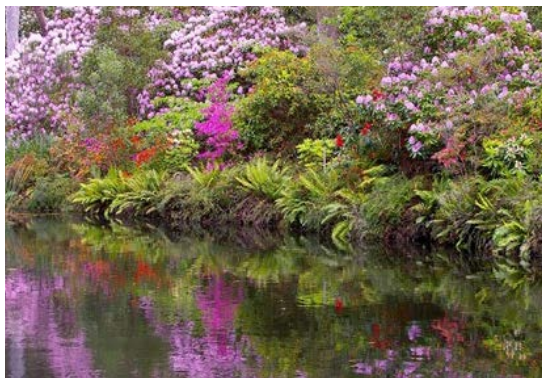
Join our knowledgeable guide, Nathan on a walk to discover some of the many wonders of the Rhododendron Gardens - a unique garden with exotics planted underneath and amongst the existing native eucalyptus trees and shrubs.

Hear stories of Blackheath history and learn about the flora and fauna that make their home in the bushland and surrounds.

For anyone interested in Blue Mountains' wildlife, nature and local history.

Includes a delicious morning tea.

Bookings are essential.



2025 Seniors Festival Program Partners and Sponsors

- Anglicare
- Belong Blue Mountains Neighbourhood Centre
- Bens Café Lawson
- Blackheath Golf & Community Club
- Blackheath Area Neighbourhood Centre
- Blue Mountains Association of Cultural Heritage Organisations Inc.
- Blue Mountains City Council
- Blue Mountains Cultural Centre
- Blue Mountains Food Services
- Blue Mountains Leisure Centres
- Blue Mountains Libraries
- Blue Mountains Theatre and Community Hub
- Blue Mountains Visitor Information Centres
- Care Finder
- Glenbrook and District Historical Society
- Healthy Waterways
- Katoomba Mens Shed
- Katoomba RSL Club
- Leura Garden Club
- Move and Groove
- National Trust
- Nepean Community College
- Norman Lindsay Art Gallery
- Seniors Rights Service
- Services Australia
- Single Assessment Service NSW Health Nepean Blue Mountains LHD
- Springwood Neighbourhood Centre
- Step Towards Health
- Tai Chi Cha Cha
- Thursdays@Ten Choir
- Registered Charity
- Valley Heights Railway Museum
- Winmalee Neighbourhood Centre



All events will be promoted by Radio Blue Mountains throughout the month



Time to Shine



