



BELLINGEN
SHIRE COUNCIL

Supported by



Seniors Festival 2023

Date	Event	Time	Location	Bookings
Thurs 2 Feb	Film screening of "Elvis" Explore the life and music of Elvis Presley.	2:00pm	Old Gazette Theatre. Dorrigo	6655 7300
Sat 4 Feb	Vintage Film Club at the Library Free film screening followed by afternoon tea and discussion	2:00pm	Dorrigo Library	6657 2234
Tues 7 Feb	Stepping On – Introduction to the <i>Stepping On</i> 7 week falls prevention program. Improve confidence, strength and balance and learn how to stay active and independent.	10am-12noon	Bellingen St Margarets Church	1800 255 774
	Seated Chair Yoga – Laugh sing and move to a variety of songs from the 60s & 70s. Increase fitness, strength and range of motion. Entire class can be done seated or supported by chairs if required.	11am-12noon	Urunga Neighbourhood Centre	6655 6993
	Grandparents Storytime bring your grandchildren along to this fun and interactive morning of songs, rhyming and stories followed by morning tea.	10:30-11:30	Urunga Library	6655 6444
	Fishing at Mylestom: Learn basic flyfishing skills in a relaxed setting with views of the river.	9:30am-12noon	Mylestom Cricket Oval	Allan 0427 457 725
	Carers Gateway Information session and morning tea: Find out what support and services exist for carers, learn how to navigate the carer gateway and meet other carers in similar situations.	10:30am – 12:30pm	Hickory House Dorrigo	6657 2896

Wed 8 Feb	Grandparents Storytime - bring your grandchildren along to this fun and interactive morning of songs, rhyming and stories followed by morning tea.	10:30am-11:30am	Dorrigo Library	6657 2234
	Grandparents Storytime - bring your grandchildren along to this fun and interactive morning of songs, rhyming and stories followed by morning tea.	10:30am-11:30am	Bellingen Library	6655 1744
	Cultural Rainforest Walk: Listen, learn and explore the beautiful World Heritage Dorrigo National Park on this guided tour with Aboriginal Ranger Matt Flanders.	10am-11:30am	Dorrigo Rainforest Centre 6657 5913	6657 5913
Thurs 9 Feb	FREE Lunch and Service stalls: Guest speakers, entertainment, free giveaways and more.	11am-2pm	Bellingen Golf Club 6655 7300	6655 7300
Fri 10 Feb	Heritage Walk: Find out about the history of Urunga. Ensure you wear comfortable walking shoes.	5pm-6pm	Urunga Museum	Susan: 0418 415 032
Sat 11 Feb	Vintage Film Club at the Library Free film screening followed by afternoon tea and discussion	2:00pm	Bellingen Library	6655 1744
	Dorrigo Supper Dance: Enjoy a social evening of dance with young and old.	6:30pm	Dorrigo Community Hall	Amanda 0434 889 027
Tues 14 Feb	Carers Gateway Information session and morning tea: Find out what support and services exist for carers and meet other carers in a similar situation. Moring tea provided.	10:30am - 12noon	Bellingen Citizens Centre	6655 7300
Wed 15 Feb	Retirement Seminar How to plan for retirement, understand the options which are available to you and learn strategies that can help you achieve your goals. Wisdom Wealth Services.	11am-12noon	Bellingen Library	6655 7300

Thurs 16 Feb	Recycled Crafting: Join local artist and craft extraordinaire Sharon Fitzpatrick and create a unique wall-hanging using recycled materials.	10am - 12noon	Urunga Neighbourhood Centre	6655 6993
	Mobile Hearing Australia Bus: Free hearing check using modern audiology screening technology.	9:00am - 12:30pm	Urunga	No booking required
	Retirement Seminar How to plan for retirement, understand the options which are available to you and learn strategies that can help you achieve your goals. Wisdom Wealth Services.	11am-12noon	Hickory House – Dorrigo Support Centre	6655 7300
Sat 18 Feb	Vintage Film Club at the Library Free film screening followed by afternoon tea and discussion	2:00pm	Urunga Library	6655 6444
Tues 21 Feb	Stories in Nature: Join Giri Mazella and share in laughter and playful techniques for creative ageing. Come alone or bring a friend or carer.	10:00am – 12noon	Mylestom Alma Doepel Park	6655 7300
Wed 22 Feb	Hearing Australia Bus: Free hearing checks using modern audiology screening technology.	9:30am-12:30pm	Hickory St in front of the Cheeky Sparrow Cafe	No booking required
Thurs 23 Feb	Water Supply Tour: Find out where your water comes from and how it's treated and processed.	10am-11am	Casuarina St. Dorrigo	6655 7300
	Mobile Hearing Australia Bus: Free hearing check using modern audiology screening technology.	9:30am-12:30pm	Waterfall Way outside St Andrews church	No booking required
	FREE Community Lunch: Enjoy a relaxed lunch and chat with others from the community. Everyone welcome!	12pm-2pm	Never Never Mind Café, Dorrigo	0438 735 904

Fri 24 Feb	Mobile Hearing Australia Bus: Free hearing check using modern audiology screening technology.	9:30am-12:30pm	Bonville St outside the Urunga Library	No booking required
-------------------	--	----------------	--	------------------------