



# NSW SENIORS FESTIVAL 2018

ACTIVITIES IN  
BUNGENDORE & BRAIDWOOD

*Let's Do More Together!*

## THURS 5 APRIL

### Tai Chi for Arthritis

*Come and discover Tai Chi for better health.*

**Where:** Gundillion

Community Hall, 4274

Cooma Road, Gundillion

**Time:** 4pm

**Cost:** FREE

**Contact:** Norma Hannah  
02 4847 1222

## FRI 6 APRIL

### Tai Chi for Arthritis

*Come and discover Tai Chi for better health.*

**Where:** Hospital Veranda,

Braidwood Health Service,  
Monkittee Street, Braidwood

**Time:** 10am - 11am

**Cost:** FREE

**Contact:** Helen Small & Irene  
Wolford 0409 931 568

### Tech Savvy Seniors - Intro to Computers

*Join Queanbeyan-Palerang  
library staff for a computer  
assistance session.*

**Where:** Braidwood Library

**Time:** 10am - 12pm

**Cost:** FREE

## MON 9 APRIL

### Braidwood Golf Club

*Braidwood Golf Club is  
offering nine holes for free to  
seniors.*

**Where:** Braidwood Golf  
Club, Coronation Avenue,  
Braidwood

**Time:** 9am - 12pm

**Cost:** Golf clubs, balls and  
tees are available at no  
charge if required.

### Tai Chi for Arthritis

*Come and discover Tai Chi  
for better health.*

**Where:** Hospital Veranda,  
Braidwood Health Service,  
Monkittee Street

**Time:** 10am - 11am

**Cost:** FREE

**Contact:** Ken Thomas &  
Sandra Hand 0448 818 644

## TUE 10 APRIL

### Tai Chi for Arthritis

*Come and discover Tai Chi  
for better health.*

**Where:** Braidwood

Servicemen's Club,  
Coronation Avenue,  
Braidwood

**Time:** 9.30am - 11am

**Cost:** FREE

**Contact:** Irene Wolford &  
Sandra Hand 02 4846 1088

### Braidwood Men's Shed Open Day

*The Braidwood Men's Shed  
opens its doors for you to  
discover how the Men's Shed  
movement can benefit your  
health and wellbeing. Free  
BBQ from noon - 1.00pm,  
coffee and biscuits all day.*

**Where:** Cowper Street,  
Braidwood

**Time:** 10am - 3pm

**Cost:** FREE

**Contact:** Kevin Lang  
02 4842 2213  
kmlang@sctelco.net.au

### Braidwood Quilters Quarters

*Bring something that may  
need mending if you like and  
we will try and fix it. Free  
morning tea.*

**Where:** Braidwood Scouts  
Centre, 13 Coghill St

**Time:** 10am - 12pm

**Cost:** FREE

### Women's Health and Wellbeing

*Join local Women's Health  
Nurse, Sue Green for an  
information session on  
why women should put  
themselves first.*

**Where:** Bungendore Library

**Time:** 1.30pm - 2pm

**Cost:** FREE

## WED 11 APRIL

### Lake George Men's Shed Open Day

*Visit the Men's Shed & chat  
about how you can get  
involved in great community  
projects.*

**Where:** Bungendore Railway  
Good Shed in 46 Majara St

**Time:** 10am - 4pm

**Cost:** FREE

**Contact:** Gary Harb  
0435 255 464  
gary.harb@gmail.com

### Road Safety Quiz - Take the Challenge!

*Road rules change every  
year and this fun quiz session  
is designed to update your  
knowledge of the road  
rules and learn some new  
strategies to safely use the  
road. Prizes will be handed  
out for the winners.*

**Where:** Braidwood Library

**Time:** 10am - 11am

**Cost:** FREE

## THUR 12 APRIL

### Tai Chi for Arthritis

*Come and discover Tai Chi  
for better health.*

**Where:** Gundillion

Community Hall, 4274 Cooma  
Road, Gundillion

**Time:** 4pm

**Cost:** FREE

**Contact:** Norma Hannah  
02 4847 1222

## FRI 13 APRIL

### Tai Chi for Arthritis

*Come and discover Tai Chi  
for better health.*

**Where:** Hospital Veranda,  
Braidwood Health Service,  
Monkittee Street

**Time:** 10am - 11am

**Cost:** FREE

**Contact:** Helen Small & Irene  
Wolford 0409 931 568

### Tech Savvy Seniors - Intro to Internet

*Join Queanbeyan-Palerang  
library staff for a crash course  
on navigating the internet.*

**Where:** Braidwood Library

**Time:** 10am - 12pm

**Cost:** FREE

### BRAG Annual Members Exhibition Opening Night

*An eclectic exhibition of  
Braidwood Community Arts  
Group members' artwork.*

**Where:** 45 Wallace Street,  
Braidwood

**Time:** 6pm - 8pm

**Cost:** FREE

Exhibition dates 14-16 April &  
27-29 April 10.00am - 3.00pm

**QPRC** 