



# NSW SENIORS FESTIVAL 2018

## ACTIVITIES IN QUEANBEYAN

# Let's Do More Together!

### 4 - 15 APRIL 42<sup>nd</sup> Street

Secure your seat to this classical and beloved tale.

**Where:** The Q - Queanbeyan Performing Arts Centre  
**Time:** Session times vary  
**Cost:** \$55 for seniors. Bookings and information on 02 6285 6290.

### WED 4 APRIL Consumer Rights for Seniors

Enjoy morning tea and a chat with Jenny Beath from the NSW Department of Fair Trading about your consumer rights as a senior.

**Where:** Goodwin Day Club, 138 Monaro St, Queanbeyan  
**Time:** 10.30am - 11.30am  
**Cost:** FREE

### Euchre - Card Game of Royalty

Prepared to get hooked on this fun and easy-to-play card game. Be guided by our local card experts.

**Where:** Queanbeyan Senior Citizens Association, Salvation Army Church, 8-10 Morisset St, Queanbeyan  
**Time:** 1.30pm - 3.30pm  
**Cost:** FREE

### Money Matters, You're the Boss!

An open discussion with Joy from Salvation Army Moneycare about money matters.

**Where:** Queanbeyan Library, 6 Rutledge Street, Queanbeyan  
**Time:** 2pm - 3pm  
**Cost:** FREE

### Game on!

Drop in and join in the fun of a games afternoon showcasing good old-fashioned board and card games.

**Where:** Queanbeyan Library, 6 Rutledge Street, Queanbeyan  
**Time:** 4pm - 6pm  
**Cost:** FREE

### THUR 5 APRIL Step into Fitness with Goodwin

Come along and observe Goodwin's over 65s FREE fitness classes. Sign-up available on the day.

**Where:** Goodwin Day Club, 138 Monaro Street, Queanbeyan  
**Time:** 9.15am - 10.15am  
**Cost:** FREE

### NSW Police and QPRC Anti-theft Screw Day

Secure your number plate with anti-theft screws and receive information on the NSW Police Next of Kin program.

**Where:** Collett St carpark, next to Kmart  
**Time:** 9.30am - 12pm  
**Cost:** FREE

### Healthy Headspace

Get to know the team at Flourish Australia Queanbeyan and how they can support your mental health and wellbeing.

**Where:** Queanbeyan Library, 6 Rutledge Street, Queanbeyan  
**Time:** 2pm  
**Cost:** FREE

### Tech Savvy Seniors - Intro to Computers

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

**Where:** Queanbeyan Library, 6 Rutledge Street, Queanbeyan  
**Time:** 1pm - 3pm  
**Cost:** FREE

### FRI 6 APRIL Warrigal and You

Chat to Eddie Boyle from Warrigal about how it is supporting older people to access home services and create inspiring communities.

**Where:** Queanbeyan Library, 6 Rutledge Street, Queanbeyan  
**Time:** 10.30am - 11.30am  
**Cost:** FREE

### Carpet Bowls

Get active and chase the kitty to win! Enjoy a game of bowls with the Seniors Citizens Association.

**Where:** Salvation Army Church, 8-10 Morisset Street, Queanbeyan  
**Time:** 1.30pm - 3pm  
**Cost:** FREE

### 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 strategies to safely use the road. Prizes will be handed out for our winners.

**Where:** Queanbeyan Library, 6 Rutledge Street, Queanbeyan  
**Time:** 2pm - 3pm  
**Cost:** FREE

### SAT 7 APRIL Colour Mania

Try your hand at the Queanbeyan Library's adult colouring-in group.

**Where:** Queanbeyan Library Activity Room, 6 Rutledge Street, Queanbeyan  
**Time:** 10am - 12pm  
**Cost:** FREE

### MON 9 APRIL 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:** Queanbeyan Library, 6 Rutledge Street, Queanbeyan  
**Time:** 10.30am - 11am  
**Cost:** FREE

### Planning for the Future - Making a Will

RMB Lawyers will explain the laws concerning one of the most important legal documents you will ever have to make.

**Where:** Queanbeyan Library, 6 Rutledge Street, Queanbeyan  
**Time:** 2pm - 3pm  
**Cost:** FREE

## TUE 10 APRIL

### Step into Fitness with Goodwin

Come along and observe Goodwin's over 65s FREE fitness classes. Sign-up available on the day.

**Where:** Goodwin Day Club, 138 Monaro Street, Queanbeyan  
**Time:** 9.15am - 10.15am  
**Cost:** FREE

### Let's Paint

Gather at the Queanbeyan Art Society for a fun paint-up session, all equipment is provided. Morning tea available for a gold coin donation.

**Where:** Queanbeyan Art Society, 6 Trinculo Place, Queanbeyan  
**Time:** 10am - 12pm  
**Cost:** FREE  
For more information contact Rosanna Burston 0418 863 428

### If in Doubt, Don't! - Scams Awareness

Chat with Jenny Beath from the NSW Department of Fair Trading about keeping yourself safe from scams.

**Where:** Queanbeyan Library, 6 Rutledge Street, Queanbeyan  
**Time:** 2pm - 3pm  
**Cost:** FREE

## WED 11 APRIL

### Story Time with Seniors

Enjoy a story and activities presented by special guest storytellers. Morning tea provided.

**Where:** Queanbeyan Library Activity Room, 6 Rutledge Street, Queanbeyan  
**Time:** 10am - 11am  
**Cost:** FREE

### Uniting Home and Community Care Open Day

Learn how to stay independent and healthy as you age.

**Where:** Queanbeyan Uniting Church, Corner of Crawford & Rutledge Streets, Queanbeyan  
**Time:** 10am - 11am  
**Cost:** FREE  
For more information 1800 864 846 or uniting.org

### Static Motorbike Display with Veteran MC Federal Chapter and Ulysses Canberra Branch

More motorcycle riders across the country are growing older and "live to ride." Mingle with those of us "growing old disgracefully" and check out the machines we ride. Enjoy a free lunch at The Q from midday, supported by Meals on Wheels Queanbeyan.

**Where:** The Q carpark  
**Time:** 11am - 1pm  
**Cost:** FREE

### Accessible Bus Display with Q City Transit

Hop aboard one of Q City Transit's accessible buses to view its design features and get up to speed on local bus services available to seniors in our community.

**Where:** The Q carpark  
**Time:** 11am - 1pm  
**Cost:** FREE

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**Time:** 1.30pm - 3.30pm  
**Cost:** FREE

### Do you know your Consumer Rights?

Join Jenny Beath from the NSW Department of Fair Trading to learn about your consumer rights and responsibilities.

**Where:** Queanbeyan Library, 6 Rutledge Street, Queanbeyan  
**Time:** 2pm - 3pm  
**Cost:** FREE

## 12 APRIL - 6 MAY

### Queanbeyan Region Heritage Festival - My Culture, My Story

Explore your own history and find out how to preserve it as well as discovering the wealth of history, museums and galleries in our region.

**Where:** Various locations  
**Cost:** FREE  
For more information contact Brigid Whitbread on 02 6285 6256.

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**Where:** Queanbeyan Library Activity Room, 6 Rutledge Street  
**Time:** 10am - 11am  
**Cost:** FREE

### Free Concert by Phil Major

Come along and join the fun with Phil's exuberant entertainment and amazing singing. Tea, coffee and biscuits included. Come along for a song, a dance and a cuppa.

**Where:** Goodwin Day Club, 138 Monaro Street, Queanbeyan  
**Time:** 10.30am - 11.30am  
**Cost:** FREE

### Tech Savvy Seniors - Intro to the Internet

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

**Where:** Queanbeyan Library, 6 Rutledge Street, Queanbeyan  
**Time:** 1pm - 3pm  
**Cost:** FREE

### Queanbeyan Golf Club

Queanbeyan Golf Club is offering nine holes for free for seniors.

**Where:** Queanbeyan Golf Club, 5 Brown Street, Queanbeyan  
**Time:** 1pm - 4pm  
**Cost:** Golf equipment hire is also free for limited numbers. Bookings essential.

### Come and Try Croquet

Experience the fun and enjoyment of playing croquet. All equipment is provided but please wear fully-enclosed flat shoes.

**Where:** Queanbeyan Croquet Club, 22 Farrer Place, Queanbeyan  
**Time:** 9.30am - 12pm  
**Cost:** FREE  
**Contact:** 02 6249 7771 or 0439 943 901

## FRI 13 APRIL

### Family History Workshop

Learn about strategies and resources to help you collect your family history.

**Where:** Queanbeyan Library, 6 Rutledge Street, Queanbeyan  
**Time:** 10am - 11am  
**Cost:** FREE

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