

# Media Release

---



14 January 2019

## Keep cool and healthy for Seniors Festival

Being healthy and enjoying a good life will be made easier for residents as part of the NSW Seniors Festival next month.

The festival promotes inclusive communities and provides an opportunity for seniors to participate in a variety of free workshops and low-cost events.

Mayor of Camden, Cr Peter Sidgreaves said the he looked forward to seeing local seniors enjoying themselves during the festival.

“Seniors play a pivotal role in our community and this is a great chance to keep them active and healthy whilst giving back,” Cr Sidgreaves said.

“This year’s theme is “Love your life” and Council is providing many opportunities to do just that, including free pool entry to local seniors, a Shabby to Sheik Workshop and two concerts to name a few.

“We want to encourage our local seniors enjoy themselves, try something new and improve their health while using our facilities and meeting new people this Seniors Festival.”

Free Seniors Festival activities include:

### Take the Plunge – Free Pool Entry

- **Where:** Mount Annan Leisure Centre and Camden War Memorial Pool
- **When:** During operating hours: Wednesday 13 February to Sunday 24 February

### Make it a Watercolour Workshop

- **Where:** Camden Library
- **When:** Friday 15 February, 10am-12pm

### Macular Degeneration Seminar

- **Where:** Narellan Library
- **When:** Tuesday 19 February, 10am-11.30am

---

#### Media Contact:

Chris Georgakopoulos  
Acting Media Officer  
Camden Council

PO Box 183, CAMDEN NSW 2570

Phone: 4645 5616 Mobile: 0439 484 071

Email: [christopher.georgakopoulos@camden.nsw.gov.au](mailto:christopher.georgakopoulos@camden.nsw.gov.au)

# Media Release

---

## Diabetes and the Eye Seminar

- **Where:** Narellan Library
- **When:** Tuesday 19 February, 1pm-2.30pm

## Shabby to Sheik Workshop

- **Where:** Narellan Library
- **When:** Wednesday 20 February, 10am-12pm

## Macramé for Seniors Workshop

- **Where:** Oran Park Library
- **When:** Friday 22 February, 10am-12pm

## PrYme Pilates and Café Connect

- **Where:** Mount Annan Leisure Centre
- **When:** Wednesday 27 February, 10.30am

## Introduction to Technology Session and Café Connect

- **Where:** Narellan Library
- **When:** Friday 15 March, 10am

Low cost Seniors Festival events include:

## Seniors Festival Concert

- **Where:** Camden Civic Centre
- **When:** Wednesday 20 March, 10am-12pm

## Dementia Specific Concert

- **Where:** Camden Civic Centre
- **When:** Tuesday 26 March, 11am-1.30pm

---

### Media Contact:

Chris Georgakopoulos  
Acting Media Officer  
Camden Council

PO Box 183, CAMDEN NSW 2570

Phone: 4645 5616 Mobile: 0439 484 071

Email: [christopher.georgakopoulos@camden.nsw.gov.au](mailto:christopher.georgakopoulos@camden.nsw.gov.au)



# Media Release

---

## Bus Trip to Kiama

- **Where:** Kiama and surrounding area
- **When:** Friday 29 March, 8.30am

For more information visit Camden Council's website: [www.camden.nsw.gov.au](http://www.camden.nsw.gov.au)

**ENDS**

---

**Media Contact:**

Chris Georgakopoulos  
Acting Media Officer  
Camden Council

PO Box 183, CAMDEN NSW 2570

Phone: 4645 5616 Mobile: 0439 484 071

Email: [christopher.georgakopoulos@camden.nsw.gov.au](mailto:christopher.georgakopoulos@camden.nsw.gov.au)