



# Seniors Festival 2025

Time to shine - Program highlights

3 - 30 March



northern  
beaches  
council

## Seniors Festival 2025 - 'Time to shine'

3 - 30 March

This year's Seniors Festival theme is 'Time to shine'.

The program of free and low-cost activities for residents aged 60 and over is designed to help you meet people, get involved in a new group or activity, learn something different, and have fun.

These are just some of the fantastic events planned for the Seniors Festival. Check out the full program online online at [northernbeaches.nsw.gov.au](http://northernbeaches.nsw.gov.au)



Scan to see the full program and book



## Seniors festival program

### Downsizing information sessions

Are you thinking of downsizing and feeling overwhelmed? Join Julia Dyer as she shares independent advice to help you feel more confident about, and in control of your downsizing journey. Leave with handy cost-effective tips and a strategic plan.

- **Tuesday 4 March, 1 – 3pm or 6 – 8pm**  
Club Belrose, 146 Forest Way, Belrose
- **Wednesday 5 March, 1 – 3pm or 6 – 8pm**  
Mona Vale Bowling Club, Alberts Room, 1598 Pittwater Rd, Mona Vale
- **Friday 7 March, 10am – 12pm**  
Club Totem, 3rd floor, 195 Condamine St, Balgowlah

Cost: \$10 cash at door  
Bookings essential as numbers are limited: 0404 293 485  
Includes light refreshments.

### Improve the end: building your support system

As we age, reduced mobility and loss can mean friendships and connection with family shrinks. Learn how to build networks, connect to valuable resources and discover ways to enhance your 'death literacy'. Plus learn about the Compassionate Connector Program and how you can participate or become a volunteer.

- **Wednesday 5 March, 10am – 12pm**  
Montgomery Theatre, 10 Endeavour Dr, Narrabeen (in RSL ANZAC Village)  
  
Free. Bookings essential as numbers are limited:  
proveda.com.au, search 'events'  
Enquiries: 1300 002 262 or belongclub@proveda.com.au

### Cultivate your game brain! Games on digital devices tutorial

Join Manly Computer Pals for a fun and interactive session and learn why and how to find and play word, brain training, card and other games online. Light refreshments served.

- **Thursday 6 March, 10 – 11am**  
Manly Seniors Centre, 275 Pittwater Road, Manly  
Venue is wheelchair accessible. Limited parking on site and in surrounding streets.

Free for club members, \$10 for visitors. Bookings essential. RSVP by 5 March.  
Bookings and enquiries:  
manlypals@gmail.com  
manlycompals.org.au

### Poetry writing and slam

Join this fun and engaging workshop where you'll explore different forms of poetry and share your work with your fellow poets. Beginner and experienced writers are welcome.

- **Thursday 6 March, 10am – 12pm**  
Avalon Community Centre,  
Room 4,  
59 Old Barrenjoey Rd,  
Avalon Beach

Free. Bookings essential by Monday 3 March as numbers are limited: 8495 5080  
All resources provided.  
Includes light morning tea.

### Tour of Kimbriki HUB

Meet for-purpose organisations Seniors Toy Repairers, Bikes4life, Boomerang Bags and Reverse Garbage. Learn how their volunteers help reduce landfill through repair and reuse. Afterwards enjoy a guided walk through the Eco House & Garden, a light lunch and a bus tour of the Kimbriki site.

- **Thursday 6 March, 10am - 1pm**  
Kimbriki HUB, 1 Kimbriki Rd, Ingleside

Free. Bookings open Monday 10 February and are essential as numbers are limited:  
[northernbeaches.nsw.gov.au](http://northernbeaches.nsw.gov.au) or  
[wasteeducation@northernbeaches.nsw.gov.au](mailto:wasteeducation@northernbeaches.nsw.gov.au)

### Understanding and Preventing Dementia

Join us for a workshop focusing on dementia prevention. Discover valuable insights and practical strategies to help you maintain a healthy brain. Plus explore the latest research and evidence-based approaches to reduce your risk of dementia.

- **Thursday 6 March, 1 – 2pm**  
Montgomery Theatre, 10 Endeavour Dr, Narrabeen (in RSL ANZAC Village)

Free. Online bookings essential as numbers are limited:  
[proveda.com.au](http://proveda.com.au) and search for 'events'  
Enquiries: 1300 002 262 or  
[belongclub@proveda.com.au](mailto:belongclub@proveda.com.au)

### Mental Health and Ageing – tips, tools and bust some myths

A fun and engaging workshop on mental health and ageing. Get tips and tools for supporting your mental health, learn about cognitive decline and bust some myths. Join in a Q&A and meet Pluto the therapy dog.

- **Monday 10 March, 10 – 11am**  
Lifestyle Working Brookvale, North Steyne Room (first floor above cafe),  
117 Old Pittwater Rd, Brookvale

Parking: Myer Warringah Mall car park. Follow zebra crossings through car park back and across the small street to the back of the Lifestyle Working building. Take the lift to the first floor and find the meeting room above the cafe.

Free. Bookings essential by Friday 7 March as numbers are limited:  
reception@silverminds.com.au  
Please indicate if you are allergic to or afraid of dogs.

### Seniors Connect Expo - featuring the Third Age Rock Orchestra

Discover the 40+ local groups and activities for seniors. Chat with representatives from government and peak organisations including Service NSW, Services Australia and Carers NSW. Plus discover how to access services, reduce your living costs, the allowances and benefits available and essentials for planning ahead.

Listen to The Third Age Rock Orchestra and go in the draw to win lucky door prizes, drink vouchers and giveaways.

- **Friday 14 March, 10.30am – 2.30pm**  
Dee Why RSL, Showroom, Level 3, 932 Pittwater Rd, Dee Why

Free. No bookings required.  
Enquiries: 02 8495 6618 or seniors@northernbeaches.nsw.gov.au

### Willandra Wanderings – Walking in nature

Join us for our 5th annual Willandra Wanderings. Enjoy guided walks through 24 acres of picturesque gardens, including the Willandra Waterfall. Plus enjoy, markets stalls, BBQ and more.

- **Saturday 15 March, 9am – 2pm**  
Willandra Retirement Community, 81 Willandra Road, Cromer

Walk is approximately one hour, so a reasonable level of fitness is required. Please wear walking shoes, a sunhat and sunscreen. Street parking available.

Free. Bookings essential due to limited numbers by 13 March  
Bookings and enquiries:  
02 9971 8035 or willandra@australianunity.com.au

### Move and Groove Dance Class

Join MWP Community Care for a morning full of fun, laughter and music in a gentle low-impact class with variations for everyone. Discover how dance helps maintain your balance and prevent falls and is good for fitness, muscle tone, combating sarcopenia and your mental health.

- **Monday 17 March, 11am – 12pm**  
MWP Community Care, 3 Gondola Road, Narrabeen

Free. Bookings essential by Monday 10 March as numbers are limited: 9913 2344

### Safely use our roads and paths

Join this interactive road safety session where you'll find out the latest information on road rules, and valuable tips about safe cars, and road and path use.

- **Tuesday 18 March, 2 – 4pm**  
Cormer Community Centre,  
Main Hall, 150 Fisher  
Road North, Cromer

Free. Bookings essential as numbers are limited:  
northernbeaches.nsw.gov.au  
Enquiries: 8495 5014 or  
roadsafety@  
northernbeaches.nsw.gov.au  
Afternoon tea is included.

### Dementia Wellness Workshop

Learn and share useful strategies to enhance yours or your loved one's quality of life beyond a dementia diagnosis. Explore a strengths-based approach using cognitive ramps to support someone to live their best life.

- **Wednesday 19 March, 12 - 3pm**  
Queenscliff Surf Life Saving Club, North Steyne opposite Collingwood Street, Manly

Free. Bookings:  
forms.gha.com.au/128  
Enquiries: 0417 700 238 or  
tsimons@grouphomes.com.au  
Light lunch provided.

### MAG&M exhibitions: Tour + Tea

Enjoy morning tea and an exhibition tour by MAG&M's curator. Experience the Beaches' high school visual arts talent in Out Front 2025: HSC Visual Arts. Plus explore Residue + Response, a celebration of 50 years of the National Textile Collection touring from Tamworth Regional Gallery.

- **Monday 24 March, 10 – 11.30am**  
Manly Art Gallery & Museum, West Esplanade Reserve, Manly

Cost: \$5. Bookings essential by Monday 17 March as numbers are limited: magam.com.au and click 'Talks & Events'.

### Author Talk: Nicole Alexander, The Limestone Road

Hear author Nicole Alexander discuss her latest novel. From the deserts of Egypt to the rolling hills of South Australia, The Limestone Road is a captivating story about a soldier's courageous journey 'home'.

- **Wednesday 26 March, 1 – 2pm**

Glen Street Library, Cnr  
Glen Street and Blackbutts  
Rd, Frenchs Forest

Cost: \$5 + booking fee.  
Bookings essential as numbers  
are limited: [northernbeaches.nsw.gov.au/library](http://northernbeaches.nsw.gov.au/library)  
Enquiries: 8495 5028 or  
[libraryprograms@northernbeaches.nsw.gov.au](mailto:libraryprograms@northernbeaches.nsw.gov.au)

### Chair yoga for seniors

Experience a safe and accessible way to stay active and improve wellness by focusing on your mobility, flexibility and strength. Suitable for all levels of fitness and mobility. Leave feeling rejuvenated and relaxed.

- **Sunday 30 March, 9 – 10am**

Beacon Hill Scout Hall, 3  
Lee Road, Beacon Hill

Free. Bookings essential by 29  
March as numbers are limited:  
[events.humantix.com](https://events.humantix.com) search for  
'chair yoga for seniors'  
Enquiries: 0419 616 358



Image: Third Age Rock Orchestra



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