

WELCOME

Welcome to the Bellingen Shire 2025 Seniors Festival!

All events in this program are FREE to Bellingen Shire residents:

- Aged 60+
- Aboriginal and Torres Strait Islander people 50+
- People over 50 with a lifelong disability.
- Carers of seniors are encouraged to attend and take part in the celebrations.

Please check Council's website for any updates to the program.

www.bellingen.nsw.gov.au/Community/Community-Support/Ageing-well/Seniors-Festival

BENEFITS OF PARTICIPATION

- Social connection
- Learn new skills
- Stay active
- Discover support services
- Engage the mind and body



This symbol indicates that the event is fully accessible.



BELLINGEN
SHIRE COUNCIL

SENIORS FESTIVAL NSW 2025 TIME TO SHINE!



6655 7300

community@bellingen.nsw.gov.au

WWW.BELLINGEN.NSW.GOV.AU





AQUA AEROBICS

Come and try a free aqua-aerobics class. Low-impact, high-energy, and loads of fun!

BELLINGEN SWIM CENTRE

- Mon 3rd, 10th March
- Thurs 6th, 13th March
- Sat 8th, 15th March

6655 1688

DORRIGO SWIM CENTRE

- Wed 5th, 12th March

6657 2578



TECHNOLOGY HELP

Need a hand with your phone, tablet, or laptop?
Drop by your local library for free tech help!

BELLINGEN LIBRARY: THURS 6 MARCH 10AM -11:30AM
URUNGA LIBRARY: WED 12 MARCH 10AM-11:30AM
DORRIGO LIBRARY: THURS 13 MARCH 10AM-11:30AM



MOVEMENT @ MYLESTOM HALL

Gentle movement class to loosen the joints and relax your body and mind.

TUESDAY 4 MARCH & TUESDAY 11 MARCH: 10:00AM-11:00AM
BOOKINGS: 6655 7300



VINTAGE FILM CLUB SCREENINGS

DORRIGO LIBRARY: FRIDAY 7 MARCH @ 2:00PM

Screening: "Lucky Grandma"

Darkly funny crime drama about a grandma who gets caught up in a wild underworld adventure. Bookings: 6657 2234



BELLINGEN LIBRARY: FRIDAY 14 MARCH @ 2PM

Screening "Mary Shelley"

A captivating biopic about the woman behind Frankenstein. Bookings: 6655 1744

HERITAGE WALKING TOUR - URUNGA

1 hour guided heritage walking tour of Urunga township.
Comfortable shoes and a water bottle a must!

FRIDAY 7 MARCH & FRIDAY 14 MARCH @ 4:00PM
BOOKINGS: 0418 415 032



WATER TREATMENT TOUR - DORRIGO



Ever wondered how clean water gets to your tap? Join us for a guided tour of the local water treatment plant.

THURSDAY 14 MARCH @ 10:00AM
MEET CASOURINA ST RESERVE, DORRIGO BOOKINGS: 6655 7300

CREATIVE CONNECTIONS

Dorrigo U3A and Dorriggo Support Centre bring to you a fascinating presentation on Creative Connections with art therapist Amy Doyle.
Complimentary lunch provided.

THUR 13 MARCH 10AM-1PM HICKORY HOUSE BOOKINGS: 6657 2896



BELLINGEN MEMORIAL HALL TOUR & SERVICES EXPO

Join us for a guided tour of the Bellinggen Memorial Hall.
Explore community services and organisations that support the community and enjoy a FREE morning tea!

THURSDAY 6 MARCH
10:00AM-12:30PM

BELLINGEN MEMORIAL HALL & BMH STUDIO

PALLIATIVE CARE TALK

Informative discussion with palliative care experts about living well and dying well. Free lunch for registered participants

BELLINGEN MEMORIAL HALL
12:30PM-2:00PM
BOOKINGS 6655 7300



FREE LUNCH @ THE BELLINGEN SHOWGROUNDS

Enjoy a FREE lunch with friends and neighbours. The Bellinggen LIONS Club is hosting lunch at the Bellinggen Showgrounds

SUNDAY 9 MARCH - 11:30AM-1:00PM
BELLINGEN SHOWGROUNDS - 36 HAMMOND ST.
BOOKINGS CONTACT JOHN: 0428 166 281

