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.



SENIORS FESTIVAL NSW 2025 TIME TO SHINE!





6655 7300

community@bellingen.nsw.gov.au

WWW.BELLINGEN.NSW.GOV.AU







































AQUA AEROBICS 5

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



BELLINGEN MEMORIAL HALL TOUR & SERVICES EXPO



Join us for a guided tour of the Bellingen 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**





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 Bellingen LIONS Club is hosting lunch at the Bellingen Showgrounds

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



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.

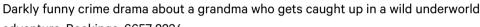
TUESDAY 4 MARCH & TUESDAY 11 MARCH: 10:00AM-11:00AM

BOOKINGS: 6655 7300

VINTAGE FILM CLUB SCREENINGS 👆

DORRIGO LIBRARY: FRIDAY 7 MARCH @ 2:00PM

Screening: "Lucky Grandma"



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 CASAURINA ST RESERVE, DORRIGO BOOKINGS: 6655 7300

CREATIVE CONNECTIONS &

Dorrigo U3A and Dorrigo 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



















