

NSW Seniors Festival

3-16 March 2025

BATHURST

Time to shine



www.bathurst.nsw.gov.au



STARTERS

HOST: Cityfit

TIME: 8:15am-8:45am

LOCATION: 106 Rankin Street Bathurst

EVENT BRIEF: A circuit-based class to help begin your fitness journey. A gentle introduction to exercise where you will learn correct technique.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6331 4344

GOLD RUSH

HOST: Bathurst Community Transport

TIME: 9:00am-4:30pm

LOCATION: Departing from and returning to the rear carpark of McDonalds, 69-71 Durham Street Bathurst

EVENT BRIEF: Travel to Hill End via Turondale, visit History Hill Museum, see the actual tip of Beyers-Holtermann gold nugget and view gold related artefacts. Lunch is at your leisure in Hill End at the Royal Hotel or General Store followed by an afternoon wandering around the old town. Relax on the trip back home returning via historic Sofala.

COST: \$35 (transport only)

ENQUIRIES: Bookings essential. Closing Monday 17 February 2025. Bookings - 6331 3322

LITE PACE

HOST: Cityfit

TIME: 9:30am-10:30am

LOCATION: 106 Rankin Street Bathurst

EVENT BRIEF: An entry level program that will gently introduce you to a range of class types in one session.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6331 4344

CARER WELLNESS PROGRAM

HOST: Dementia Australia

TIME: 9:30am-3:30pm

LOCATION: The Greens on Williams Bowling Club, 29 William Street Bathurst

EVENT BRIEF: This group session is designed to inform strategies to support positive health and wellbeing outcomes for a carer family or friend of a person living with dementia. Participants will be empowered to build self-care skills which improve quality of life in a caring role.

COST: Free

ENQUIRIES: 0409 627 000

STARTERS

HOST: Dedicated to Fitness

TIME: 9:45am-10:30am

LOCATION: 21 Bradwardine Road Bathurst

EVENT BRIEF: A circuit-based class to help begin your fitness journey. A gentle introduction to exercise where you will learn correct technique.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6332 4000

DEMENTIA AUSTRALIA INFORMATION STAND

HOST: Dementia Australia Brain Hub

TIME: 10:00am-2:00pm

LOCATION: Armada Bathurst Shopping Centre, 121 Howick Street Bathurst

EVENT BRIEF: Come along and speak with our Dementia Australia Brain Hub team and pick up some resources/information or simply have a chat. Suitable for anyone who is impacted by dementia or would like to have a greater understanding of how to support people living with dementia.

COST: Free

ENQUIRIES: 0482 161 473

CURRENT AFFAIRS DISCUSSION

HOST: Bathurst U3A

TIME: 10:15am-11:45am

LOCATION: Bathurst Panthers Club, 132 Piper Street Bathurst

EVENT BRIEF: Join the group for a lively discussion with Stuart Pearson about events - Local, National and World

COST: Free

ENQUIRIES: Bookings Essential. Closing Tuesday 25 February 2025. Bookings - 0414 893 033

STRETCH

HOST: Cityfit

TIME: 10:35am-11:05am

LOCATION: 106 Rankin Street Bathurst

EVENT BRIEF: 30 Minute Pilates inspired stretch program to lengthen muscles and increase core strength.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6331 4344



MILD COGNITIVE IMPAIRMENT AND WORRIED ABOUT YOUR MEMORY

HOST: Dementia Australia

TIME: 9:30am-11:00am

LOCATION: The Greens on Williams Bowling Club, 19 William Street Bathurst

EVENT BRIEF: This session provides information about mild cognitive impairment, including diagnosis, progression, treatment and management strategies.

COST: Free

ENQUIRIES: Bookings essential. Closing 5pm Monday 3 March 2025. Bookings 0482 161 473

LAPIDARY

HOST: Bathurst Lapidary and Collectors Club

TIME: 10:00am-12:00pm

LOCATION: Old Rural Fire Shed, Park Street Eglinton

EVENT BRIEF: You are invited to meet with members of the Bathurst Lapidary and Collectors Club for a morning tea and information session on 'What is Lapidary'; the club and its activities; observe demonstrations of what is involved in transforming a stone to a beautiful, polished treasure or piece of jewellery; and view displays of finished pieces by club members. You should leave with enough information to decide if this is a hobby you too might enjoy. This is a hobby seniors can pursue throughout their retirement years

COST: Free

ENQUIRIES: Bookings essential. Closing Wednesday 26 February 2025. Bookings - 6332 5861 or 0427 896 945

BONSAI BUDDIES

HOST: Bathurst U3A

TIME: 10:00am-12:00pm

LOCATION: Bathurst Bushrangers Club, 189A Browning Street Bathurst

EVENT BRIEF: Demonstration and work on Bonsai. Tree not supplied, bring your own tree for groupwork.

COST: Free

ENQUIRIES: Bookings essential. Closing Tuesday 25 February 2025. Bookings 0466 955 946

UKULELE SINGALONG

HOST: Bathurst U3A

TIME: 10:15am-11:15am

LOCATION: CWA Hall, 172 Russell Street Bathurst

EVENT BRIEF: U3A members get together to play ukuleles and singalong, we are happy to have an audience during the festival.

COST: Free

ENQUIRIES: Bookings essential. Closing Tuesday 25 February 2025. Bookings: 0431 821 615

REVITALISE

HOST: Dedicated to Fitness

TIME: 11:00am-11:45am

LOCATION: 21 Bradwardine Road Bathurst

EVENT BRIEF: Revitalise: A mature age class for the young at heart. A low impact workout designed for all levels of fitness. A combination of resistance, cardio, core and flexibility.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6332 4000

JOHN WOOD AND DAVE ALLEN - OUR ROCK N ROLL JOURNEY

HOST: Bathurst RSL Club

TIME: 11:00am-1:30pm

LOCATION: 114 Rankin Street Bathurst

EVENT BRIEF: Enjoy a two-course lunch and Rock n Roll show with Gold Logie Actor and entertainer John Wood and musician Dave Allen!

COST: \$27

ENQUIRIES: Bookings essential. Closing 5:00pm Thursday 27 February 2025 Bookings: 6333 2999

IT STARTS WITH YOU - DEMENTIA FRIENDLY COMMUNITY EDUCATION

HOST: Dementia Australia

TIME: 11:00am-12:00pm

LOCATION: The Greens on Williams Bowling Club, 19 William Street Bathurst

EVENT BRIEF: Come along and understand common myths and stereotypes about dementia and discuss the many ways people can live well with dementia every day. You will learn what a dementia friendly community is and how it benefits the whole community. You will explore practical examples and identify a process for "getting started" as an individual or as a community, to enable your community to be dementia friendly.

COST: Free

ENQUIRIES: Bookings essential. Closing 5pm Monday 3 March 2025. Bookings: 0491 691 842

AQUA

HOST: Cityfit

TIME: 11:30am-12:15pm

LOCATION: 106 Rankin Street Bathurst

EVENT BRIEF: Enjoy the constant support and resistance only water can offer. With minimal impact and self-regulated intensity this class is perfect for everyone. For all fitness levels where every movement offers regression and progression.

COST: Free, Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6331 4344

TUESDAY 4 MARCH (continued) SENIORS FESTIVAL 2025

SENIORS SAFETY SESSION

HOST: Manning Aquatic Centre Bathurst

TIME: 12:15pm-1:15pm

LOCATION: 9 Elizabeth Street Bathurst

EVENT BRIEF: Royal Life Saving Society NSW will be providing a basic CPR/First Aid awareness and water safety information session for seniors. This session will support seniors to feel capable, confident, and connected in their community and homes. Light refreshments will be provided.

COST: Free

ENQUIRIES: Booking and enquiries 6331 3333

CONSUMER ENGAGEMENT INFORMATION SESSION

HOST: Dementia Australia

TIME: 1:00pm-2:00pm

LOCATION: The Greens on Williams Bowling Club, 29 William Street Bathurst

EVENT BRIEF: This session will provide an overview of the three flagship Consumer Engagement programs available at Dementia Australia: Dementia Advocates, Connecting Peers and Dementia-Friendly Communities. You will learn about the broad range of opportunities available with each consumer engagement program. These innovative programs have been codesigned by people living with dementia and their carers to elevate the voices and help meet the needs of people impacted by a dementia diagnosis.

COST: Free

ENQUIRIES: Bookings essential. Closing 5:00pm Monday 3 March 2025.
Bookings: 0409 063 877

ENTRY LEVEL AQUATIC MOVEMENT GROUP FITNESS

HOST: Manning Aquatic Centre Bathurst

TIME: 1:45pm-2:30pm

LOCATION: 9 Elizabeth Street Bathurst

EVENT BRIEF: Gentle Aqua for beginners. 45 minutes session with one of our qualified Group Fitness Instructors. Enjoy the constant support and resistance only water can offer. With minimal impact and self-regulated intensity this class is perfect for all abilities. It is great for overall health, wellbeing, and lots of fun.

COST: \$5

ENQUIRIES: Bookings essential. Closing Thursday 13 March 1:30pm. Bookings: 6331 3333

WEDNESDAY 5 MARCH

SENIORS FESTIVAL 2025

COMMUNICATION AND DEMENTIA

HOST: Dementia Australia

TIME: 9:30am-12:00pm

LOCATION: The Greens on Williams Bowling Club, 29 William Street Bathurst

EVENT BRIEF:

This session will provide information on dementia, the ways we communicate and how changes in communication can occur as a result of dementia. Dementia Australia's facilitators have specialist dementia knowledge, skills and experience.

COST: Free

ENQUIRIES: Bookings essential.
Closing 5:00pm Tuesday 4 March 2025.
Bookings: 0482 161 473

UNDERSTANDING DEMENTIA

HOST: Dementia Australia

TIME: 9:30am-11:30am

LOCATION: Kelso Community Hub, 24 Bonnor Street Kelso

EVENT BRIEF: This session provides an introduction to dementia including an overview of different types of dementia, diagnosis, planning ahead and how to support someone living with dementia

COST: Free

ENQUIRIES: Bookings essential. Closing 5:00pm Tuesday 4 March 2025.
Bookings: 0482 161 473

LITE PACE

HOST: Cityfit

TIME: 10:00am-10:45am

LOCATION: 106 Rankin Street Bathurst

EVENT BRIEF: An entry level program that will gently introduce you to a range of class types in one session.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6331 4344

FREE MUSEUM ENTRY HISTORIC SOCIETY

HOST: Bathurst District Historical Society

TIME: 11:00am-2:00pm

LOCATION: East Wing Bathurst Courthouse, Russell Street Bathurst

EVENT BRIEF: To celebrate Seniors Week the Bathurst District Historical Society will offer free admission for seniors to the Museum. Explore the Museum to discover some of the many treasures from the past. A display of objects will be available to 'touch' and to determine their use.

COST: Free

ENQUIRIES: 6332 2522

DEMENTIA FRIENDLY ACTIVITIES AT HOME

HOST: Dementia Australia

TIME: 1:00pm-3:30pm

LOCATION: The Greens on Williams Bowling Club, 29 William Street Bathurst

EVENT BRIEF: This practical session assists carers looking after someone at home plan engaging activities. It promotes independence and wellbeing by focusing on what the person with dementia can still do.

COST: Free

ENQUIRIES: Bookings essential.
Closing 5:00pm Tuesday 4 March 2025.
Bookings: 0482 161 473

PENRITH SHOPPING TRIP

HOST: Bathurst Community Transport

TIME: 8:30am-4:30pm

LOCATION: Departing from and returning to the rear carpark of McDonalds, 69-71 Durham Street Bathurst

EVENT BRIEF: Travel over the Blue Mountains to Penrith for a shopping day. Discover a multitude of lunch options all in one place.

COST: \$20 (transport only)

ENQUIRIES: Bookings essential. Closing Sunday 23 February 2025. Bookings: 6331 3322

EDIE FOR FAMILY CARERS

HOST: Dementia Australia

TIME: 9:30am-12:30pm

LOCATION: The Greens on Williams Bowling Club, 29 William Street Bathurst

EVENT BRIEF: This session enhances knowledge of dementia through virtual reality technology that allows participants to see the world through the eyes of a person living with dementia.

COST: Free

ENQUIRIES: Bookings essential. Closing 5:00pm Wednesday 6 March 2025. Bookings: 0409 063 877

CYCLE

HOST: Cityfit

TIME: 10:00am-10:30am

LOCATION: 106 Rankin Street Bathurst

EVENT BRIEF: Cycle: 30-minute introduction to indoor cycling to teach you correct cycling technique and positioning, so you can enjoy this great cardio workout.

COST: Free, Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6331 4344

MAKING IT EASY SUPPORT FOR SENIORS

HOST: The Neighbourhood Centre

TIME: 10:00am-12:00pm

LOCATION: 96 Russell Street Bathurst

EVENT BRIEF: Services Australia will provide information about the free support services they provide for seniors. This will include information from the Aged Care Specialists, Financial Information Service and Community Engagement staff.

COST: Free

ENQUIRIES: Bookings preferred. 6332 4866

FREE MUSEUM ENTRY HISTORIC SOCIETY

HOST: Bathurst District Historical Society

TIME: 11:00am-2:00pm

LOCATION: East Wing Bathurst Courthouse, Russell Street Bathurst

EVENT BRIEF: To celebrate Seniors Week the Bathurst District Historical Society will offer free admission for seniors to the Museum. Explore the Museum to discover some of the many treasures from the past. A display of objects will be available to 'touch' and to determine their use.

COST: \$0

ENQUIRIES: 6332 2522

AQUA

HOST: Cityfit

TIME: 11:30am-12:15pm

LOCATION: 106 Rankin Street Bathurst

EVENT BRIEF: Enjoy the constant support and resistance only water can offer. With minimal impact and self-regulated intensity this class is perfect for everyone. For all fitness levels where every movement offers regression and progression.

COST: Free, Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6331 4344

REVITALISE

HOST: Dedicated to Fitness

TIME: 11:00am-11:45am

LOCATION: 21 Bradwardine Road Bathurst

EVENT BRIEF: Revitalise: A mature age class for the young at heart. A low impact workout designed for all levels of fitness. A combination of resistance, cardio, core and flexibility.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6332 4000

UNDERSTANDING CHANGES IN BEHAVIOUR

HOST: Dementia Australia

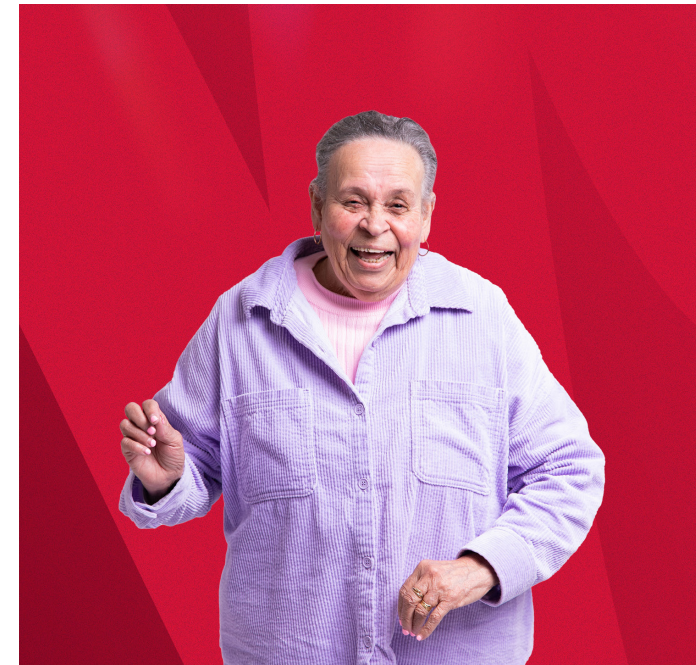
TIME: 1:30pm-4:30pm

LOCATION: The Greens on Williams Bowling Club, 29 William Street Bathurst

EVENT BRIEF: This session provides an introduction to dementia and changes to the brain, effects on behaviour and the impacts of changed behaviour. It will introduce problem solving models, including strategies to minimise and respond to changed behaviour.

COST: Free

ENQUIRIES: Bookings essential. Closing 5:00pm Monday 3 March 2025. Bookings: 0409 063 877



FRIDAY 7 MARCH

SENIORS FESTIVAL 2025

STARTERS

HOST: Cityfit

TIME: 8:15am-8:45am

LOCATION: 106 Rankin Street Bathurst

EVENT BRIEF: A circuit-based class to help begin your fitness journey. A gentle introduction to exercise where you will learn correct technique.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6331 4344

LITE PACE

HOST: Cityfit

TIME: 10:00am-10:45am

LOCATION: 106 Rankin Street Bathurst 2795

EVENT BRIEF: Lite Pace: An entry level program that will gently introduce you to a range of class types in one session.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6331 4344

LUNCH AT TARANA PUB

HOST: Bathurst Community Transport

TIME: 11:00am-2:00pm

LOCATION: Departing from and returning to the rear end of McDonalds, 69-71 Durham Street Bathurst

EVENT BRIEF: Travel to Tarana and enjoy the bistro menu over a relaxing lunch of your choice, with indoor and outdoor seating available.

COST: \$15 (transport only)

ENQUIRIES: Bookings essential. Closing Monday 24 February 2025. Bookings: 6331 3322

FREE MUSEUM ENTRY HISTORIC SOCIETY

HOST: Bathurst District Historical Society

TIME: 11:00am-2:00pm

LOCATION: East Wing Bathurst Courthouse, Russell Street Bathurst

EVENT BRIEF: To celebrate Seniors Week the Bathurst District Historical Society will offer free admission for seniors to the Museum. Explore the Museum to discover some of the many treasures from the past. A display of objects will be available to 'touch' and to determine their use.

COST: Free

ENQUIRIES: 6332 2522

SATURDAY 8 MARCH

SENIORS FESTIVAL 2025

FREE MUSEUM ENTRY HISTORIC SOCIETY

HOST: Bathurst District Historical Society

TIME: 11:00am-2:00pm

LOCATION: East Wing Bathurst Courthouse, Russell Street Bathurst

EVENT BRIEF: To celebrate Seniors Week the Bathurst District Historical Society will offer free admission for seniors to the Museum. Explore the Museum to discover some of the many treasures from the past. A display of objects will be available to 'touch' and to determine their use.

COST: Free

ENQUIRIES: 6332 2522



STARTERS

HOST: Cityfit

TIME: 8:15am-8:45am

LOCATION: 106 Rankin Street Bathurst

EVENT BRIEF: A circuit-based class to help begin your fitness journey. A gentle introduction to exercise where you will learn correct technique.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6331 4344

LITE PACE

HOST: Cityfit

TIME: 9:30am-10:30am

LOCATION: 106 Rankin Street Bathurst

EVENT BRIEF: An entry level program that will gently introduce you to a range of class types in one session.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6331 4344

STARTERS

HOST: Dedicated to Fitness

TIME: 9:45am-10:30am

LOCATION: 21 Bradwardine Road Bathurst

EVENT BRIEF: A circuit-based class to help begin your fitness journey. A gentle introduction to exercise where you will learn correct technique.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6332 4000

CURRENT AFFAIRS DISCUSSION

HOST: Bathurst U3A

TIME: 10:15am-11:45am

LOCATION: Bathurst Panthers Club, 132 Piper Street Bathurst

EVENT BRIEF: Join the group for a lively discussion with Stuart Pearson about events - Local, National and World

COST: Free

ENQUIRIES: Bookings Essential. Closing Tuesday 25 February 2025. Bookings - 0414 893 033

STRETCH

HOST: Cityfit

TIME: 10:35am-11:05am

LOCATION: 106 Rankin Street Bathurst

EVENT BRIEF: 30 Minute Pilates inspired stretch program to lengthen muscles and increase core strength.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6331 4344

MOVIE MATINEE

HOST: Bathurst Library

TIME: 2:00pm-4:00pm

LOCATION: 70-78 Keppel Street Bathurst

EVENT BRIEF: Sit back and enjoy a film screening at Bathurst Library.

COST: Free

ENQUIRIES: Bookings essential. Closing Monday 10 March 2025 12:00pm. 6333 6281



BONSAI BUDDIES

HOST: Bathurst U3A

TIME: 10:00am-12:00pm

LOCATION: Bathurst Bushrangers Club, 189A Browning Street Bathurst

EVENT BRIEF:

Demonstration and work on Bonsai. Tree not supplied, bring your own tree for groupwork.

COST: Free

ENQUIRIES: Bookings essential. Closing Tuesday 25 February 2025. Bookings 0466 955 946

UKULELE SINGALONG

HOST: Bathurst U3A

TIME: 10:15am-11:15am

LOCATION: CWA Hall, 172 Russell Street Bathurst

EVENT BRIEF: U3A members get together to play ukuleles and singalong, we are happy to have an audience during the festival.

COST: Free

ENQUIRIES: Bookings essential. Closing Tuesday 25 February 2025. Bookings: 0431 821 615

HISTORY TALK

HOST: Bathurst Senior Citizens

TIME: 10:30am-12:30pm

LOCATION: Abercrombie House, 311 Ophir Road Bathurst

EVENT BRIEF: Join us for an engaging history talk with Christopher Morgan, on Abercrombie House and the colonial history of Bathurst. After the talk, enjoy a delightful morning tea. You can then embark on a self-guided tour of Abercrombie House at your own pace.

COST: \$20

ENQUIRIES: Bookings essential. Bookings: 0407 224 154

REVITALISE

HOST: Dedicated to Fitness

TIME: 11:00am-11:45am

LOCATION: 21

Bradwardine Road Bathurst

EVENT BRIEF: Revitalise: A mature age class for the young at heart. A low impact workout designed for all levels of fitness. A combination of resistance, cardio, core and flexibility.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6332 4000

AQUA

HOST: Cityfit

TIME: 11:30am-12:15pm

LOCATION: 106 Rankin Street Bathurst

EVENT BRIEF: Enjoy the constant support and resistance only water can offer. With minimal impact and self-regulated intensity this class is perfect for everyone. For all fitness levels where every movement offers regression and progression.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6331 4344

ESTATE PLANNING FOR SENIORS

HOST: NSW Trustee and Guardian

TIME: 2:00pm-3:00pm

LOCATION: The Neighbourhood Centre, 96 Russell Street Bathurst

EVENT BRIEF: Secure your future and protect your loved ones.

In this informative presentation, you will learn about:

- The importance of estate planning for seniors
- The different types of estate planning documents
- How to choose the right executor
- How to avoid common estate planning mistakes
- Q&A session with our expert

COST: Free

ENQUIRIES: 6332 4866



WEDNESDAY 12 MARCH

SENIORS FESTIVAL 2025

NEPEAN BELLE PADDLE-WHEELER

HOST: Bathurst Community Transport
TIME: 8:30am-5:30pm
LOCATION: Departing from and returning to the rear carpark of McDonalds, 69-71 Durham Street Bathurst
EVENT BRIEF: Relax and unwind on the Nepean Belle Paddle-wheeler as you meander through the spectacular Nepean Gorge. Enjoy a delicious and hearty lunch onboard.
COST: \$95 (all inclusive)
ENQUIRIES: Bookings essential. Closing Wednesday 26 February 2025. Bookings - 6331 3322

LITE PACE

HOST: Cityfit
TIME: 10:00am-10:45am
LOCATION: 106 Rankin Street Bathurst
EVENT BRIEF: An entry level program that will gently introduce you to a range of class types in one session.
COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness
ENQUIRIES: 6331 4344

TALK AND TEA

HOST: Bathurst Regional Art Gallery
TIME: 10:30am-12:00pm
LOCATION: 70-78 Keppel Street Bathurst
EVENT BRIEF: Join Bathurst Regional Art Gallery Volunteer Guides for a spotlight talk in the Wynne Prize 2024, Art Gallery of New South Wales Touring Exhibition, followed by morning tea.
COST: Gold Coin Donation for morning tea
ENQUIRIES: Bookings essential - 6333 6555

FREE MUSEUM ENTRY HISTORIC SOCIETY

HOST: Bathurst District Historical Society
TIME: 11:00am-2:00pm
LOCATION: East Wing Bathurst Courthouse, Russell Street Bathurst
EVENT BRIEF: To celebrate Seniors Week the Bathurst District Historical Society will offer free admission for seniors to the Museum. Explore the Museum to discover some of the many treasures from the past. A display of objects will be available to 'touch' and to determine their use.
COST: Free
ENQUIRIES: 6332 2522

ESTATE PLANNING FOR SENIORS

HOST: NSW Trustee and Guardian
TIME: 2:00pm-3:00pm
LOCATION: The Neighbourhood Centre, 96 Russell Street Bathurst
EVENT BRIEF: Secure your future and protect your loved ones. In this informative presentation, you will learn about:

- The importance of estate planning for seniors
- The different types of estate planning documents
- How to choose the right executor
- How to avoid common estate planning mistakes
- Q&A session with our expert

COST: Free
ENQUIRIES: 6332 4866

THURSDAY 13 MARCH

SENIORS FESTIVAL 2025

FIRST NATIONS ELDERS CULTURAL DAY

HOST: Bathurst Regional Council - Community Services
TIME: 10:00am-3:00pm
LOCATION: Meet at Bathurst Local Aboriginal Land Council, 149 Russell Street Bathurst
EVENT BRIEF: First Nations elders are invited to a day of yarns, connecting, wood crafting, weaving and jewellery making. This event will take place outside, pending weather and accessibility of those registered. Transport will be provided for all attending and can be arranged through registering with Bathurst Regional Council's Community Development Team on 02 6333 6523.
COST: Free
ENQUIRIES: Bookings essential - 6333 6523

SHINING A LIGHT ON LOCAL SERVICES

HOST: Bathurst Seymour Centre
TIME: 10:00am-2:00pm
LOCATION: Bathurst RSL, 114 Rankin Street Bathurst
EVENT BRIEF: We invite you to join with local services providers to 'Shine a Light' on what services are available within the local community, to assist seniors to remain living independently at home.
COST: Free
ENQUIRIES: Bookings essential - 6332 1449

CYCLE

HOST: Cityfit
TIME: 10:00am-10:30am
LOCATION: 106 Rankin Street Bathurst
EVENT BRIEF: 30 minute introduction to indoor cycling to teach you correct cycling technique and positioning, so you can enjoy this great cardio workout.
COST: Free, Prior to attending classes please fill out a casual visit form online at d2f.fitness
ENQUIRIES: 6331 4344

ENGLISH COUNTRY DANCING

HOST: Bathurst U3A
TIME: 10:15am-12:00pm
LOCATION: The Baptist Church, 188 Eglinton Road
EVENT BRIEF: A chance to learn fun English Country Dance steps with a live band.
COST: Free
ENQUIRIES: Bookings essential. Closing Tuesday 25 February 2025. Bookings - 6331 4344

COMPUTER COFFEE CLUB

HOST: Bathurst Library
TIME: 10:30am-12:30pm
LOCATION: 70-78 Keppel Street Bathurst
EVENT BRIEF: Do you feel left behind by technology? Join us for Bathurst Library's Computer Coffee Club. Designed for beginners, Computer Coffee Club is a chance to learn more about technology in a relaxed, informal environment, while also meeting new people and enjoying a free afternoon tea. Each month will focus on a different topic and will include fun, hands-on activities to help you gain more confidence.
COST: Free
ENQUIRIES: Bookings essential. Closing Wednesday 12 March 2025. 6333 6281

THURSDAY 13 MARCH (continued) SENIORS FESTIVAL 2025

FREE MUSEUM ENTRY HISTORIC SOCIETY

HOST: Bathurst District Historical Society

TIME: 11:00am-2:00pm

LOCATION: East Wing Bathurst Courthouse, Russell Street

EVENT BRIEF: To celebrate Seniors Week the Bathurst District Historical Society will offer free admission for seniors to the Museum. Explore the Museum to discover some of the many treasures from the past. A display of objects will be available to 'touch' and to determine their use.

COST: Free

ENQUIRIES: 6332 2522

AQUA

HOST: Cityfit

TIME: 11:30am-12:15pm

LOCATION: 106 Rankin Street Bathurst

EVENT BRIEF: Enjoy the constant support and resistance only water can offer. With minimal impact and self-regulated intensity this class is perfect for everyone. For all fitness levels where every movement offers regression and progression.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6331 4344



AROUND THE TRACK

HOST: Bathurst Rail Museum

TIME: 11:30am-1:00pm

LOCATION: 126 Havannah Street Bathurst

EVENT BRIEF: Meet our dedicated volunteers and learn how much work is involved in keeping our HO scale model rail on track, plus see how models of buildings, trees and more are made.

COST: \$5

ENQUIRIES: 6338 2850

REVITALISE

HOST: Dedicated to Fitness

TIME: 11:45am -12:30pm

LOCATION: 21 Bradwardine Road Bathurst

EVENT BRIEF: Revitalise: A mature age class for the young at heart. A low impact workout designed for all levels of fitness. A combination of resistance, cardio, core and flexibility.

COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness

ENQUIRIES: 6332 4000

AUTHOR TALK- NICOLE ALEXANDER IN CONVERSATION

HOST: Bathurst Library

TIME: 6:00pm-7:00pm

LOCATION: 70-78 Keppel Street Bathurst

EVENT BRIEF: Join Nicole Alexander for the launch of her book *The Limestone Road*. From the deserts of Egypt to the rolling hills of South Australia, *The Limestone Road* is a captivating novel about one soldier's courageous journey 'home'. Set In 1944 the book tells the story of returning soldiers Canning Christie and his father Michael. Canning carries the trauma of war while charismatic Michael resumes his womanising ways, intent on concealing his own secret wound. Inexplicably drawn to a vineyard on their land, Canning dreams of producing his own wine. And a chance meeting with Grace Huntley, daughter of the local landowner, offers him hope for that future.

COST: Free

ENQUIRIES: Bookings essential. Closing Wednesday 12 March 2025. Bookings - 6333 6281

GUIDED NIGHT TOUR

HOST: Abercrombie House

TIME: 7:00pm-8:00pm

LOCATION: 311 Ophir Road Bathurst

EVENT BRIEF: This is a special limited-edition evening guided tour of Abercrombie House. Explore the magnificent heritage along with newly restored, rarely seen and private areas of the house with Christopher Morgan.

COST: \$20

ENQUIRIES: Bookings essential - 1800 68 1000

FRIDAY 14 MARCH

SENIORS FESTIVAL 2025

STARTERS

HOST: Cityfit
TIME: 8:15am-8:45am
LOCATION: 106 Rankin Street Bathurst
EVENT BRIEF: A circuit based class to help begin your fitness journey. A gentle introduction to exercise where you will learn correct technique.
COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness
ENQUIRIES: 6331 4344

ZIG ZAG RAILWAY

HOST: Bathurst Community Transport
TIME: 8:45am-3:00pm
LOCATION: Departing from and returning to the rear carpark of McDonalds, 69-71 Durham Street Bathurst
EVENT BRIEF: Soak up the scenery of Australia's historic rail adventure, Zig Zag Railway is just 15mins from the Blue Mountains. Come and enjoy a relaxing ride on the steam locomotive as it hauls you over the great Lithgow Zig Zag.
COST: \$65 (all inclusive)
ENQUIRIES: Bookings essential. Closing Friday 28 February 2025. Bookings - 6331 3322

LITE PACE

HOST: Cityfit
TIME: 10:00am-10:45am
LOCATION: 106 Rankin Street Bathurst
EVENT BRIEF: An entry level program that will gently introduce you to a range of class types in one session.
COST: Free. Prior to attending classes please fill out a casual visit form online at d2f.fitness
ENQUIRIES: 6331 4344

MISS TRAILL'S HOUSE MORNING TEA

HOST: Miss Traill's House
TIME: 10:15am-12:00pm
LOCATION: 321 Russell and Peel Street Bathurst
EVENT BRIEF: Enjoy a relaxed morning tea in the beautiful surroundings of Miss Traill's House and Garden. You can enjoy morning tea in the sunshine and then wander through Miss Traill's House and be amazed at the heritage collection on display. The National Trust shop will be open and there will be a lucky gate prize and a raffle to add to the fun.
COST: \$12
ENQUIRIES: Bookings closing Tuesday 11 March 2025. Bookings: Books Plus at 157 Howick Street Bathurst 2795 - 6332 4232

FREE MUSEUM ENTRY HISTORIC SOCIETY

HOST: Bathurst District Historical Society
TIME: 11:00am-2:00pm
LOCATION: East Wing Bathurst Courthouse, Russell Street Bathurst
EVENT BRIEF: To celebrate Seniors Week the Bathurst District Historical Society will offer free admission for seniors to the Museum. Explore the Museum to discover some of the many treasures from the past. A display of objects will be available to 'touch' and to determine their use.
COST: Free
ENQUIRIES: 6332 2522

SATURDAY 15 MARCH

SENIORS FESTIVAL 2025

GUIDED TOUR

HOST: Autumn Colours Festival, Bathurst Visitor Information Centre
TIME: 11:00am-2:00pm
LOCATION: Tenison Woods Avenue Perthville Convent Heritage Centre
EVENT BRIEF: Event brief: Enjoy a visit to Perthville Convent Heritage Centre, site of the first Convent of the Sisters of Saint Joseph in New South Wales. Begin with morning tea in the Sisters' dining room, followed by a guided tour to view the historic buildings, the beautiful surrounds, the peaceful chapel and the Sisters' cemetery. Tour includes viewing of the various works of the Sisters and samples of their exquisite handiwork. An app of Perthville Convent Heritage Centre is available to download to enhance the enjoyment of your visit.
COST: \$15
ENQUIRIES: 1800 681 000

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LOCATION: East Wing Bathurst Courthouse, Russell Street
EVENT BRIEF: To celebrate Seniors Week the Bathurst District Historical Society will offer free admission for seniors to the Museum. Explore the Museum to discover some of the many treasures from the past. A display of objects will be available to 'touch' and to determine their use.
COST: Free
ENQUIRIES: 6332 2522

THE GREATER WESTERN TO THE HOTEL DUDLEY

HOST: Autumn Colours Festival, Bathurst Visitor Information Centre
TIME: 12:00pm-2:00pm
LOCATION: Meet at the Pillars of Bathurst, Stanley Street Bathurst
EVENT BRIEF: Come along and learn about geographer, historian, and author Ida Lee. Ida was born 11th of February 1865 growing up at Leeholme Kelso, the third daughter of the grazier George Lee and Louisa nee Kite and the granddaughter of William Lee. In 1891 Ida visited England where she later moved to and got married living in Hampstead England. Ida would spend her time exploring the shelves of British libraries discovering logbooks, journals, lost charts, and lost histories. This is where her journey began.
COST: \$15
ENQUIRIES: 1800 681 000

THE CHIFLEY SPIRIT

HOST: Chifley Home and Education Centre
TIME: 12:00pm
LOCATION: 10-12 Busby Street South Bathurst
EVENT BRIEF: Join the Chifley Home staff to hear stories about Ben and Elizabeth Chifley you might not know.
COST: \$15
ENQUIRIES: 6333 6152

BATHURST WAR MEMORIAL CARILLON RECITAL

HOST: Friends of Bathurst War Memorial Carillon (Autumn Colours Festival, Bathurst Visitor Information Centre)
TIME: 1:00pm-1:40pm
LOCATION: Kings Parade Bathurst
EVENT BRIEF: Come and see the launch of the Autumn Colours carillon recitals, performed by a local Bathurst Carillonists on the Bathurst War Memorial Carillon. Please join us in beautiful King's Parade at 1pm for a free recital on our very unique Singing Tower.
COST: Free
ENQUIRIES: 0419 986 580 or 0428 833 745

SUNDAY 16 MARCH

SENIORS FESTIVAL 2025

THE CHIFLEY SPIRIT

HOST: Chifley Home and Education Centre

TIME: 12:00pm

LOCATION: 10-12 Busby Street South Bathurst

EVENT BRIEF: Join the Chifley Home staff to hear stories about Ben and Elizabeth Chifley you might not know.

COST: \$15

ENQUIRIES: 6333 6152

Bathurst Regional Council acknowledges the Wiradjuri People as the Traditional Custodians of the land in the Bathurst Region. We pay respect to Elders, past, present, and emerging and acknowledge all Aboriginal and Torres Strait Islander people who live, work and play in the Bathurst region.

**For general enquires, please contact
Bathurst Regional Council
on 02 6333 6523 or visit bathurst.nsw.gov.au.**



Please note the following changes

- The QR Code on the front cover is incorrect. You can find the program online at www.bathurst.nsw.gov.au
- Dementia Australia will be holding a second event (EDIE for Family Carers) at Kelso Community Hub on Wednesday 5 March from 1pm-4pm. Please contact 02 4962 70 000 for more information
- Estate Planning for Seniors session held on Wednesday 12 March will be held at Bathurst Library. Please contact 6333 6281 for more information
- Bathurst Memorial Entertainment Centre will be holding the Mitchell Conservatorium Seniors Concert on Thursday 13 March from 2:30pm. Please contact 6333 6161 for more information
- Guided Tour of The Perthville Convent Heritage Centre on Saturday 15 March has had a time change and is now starting at 10am
- The Greater Western to The Hotel Dudley on Saturday 15 March is now meeting at the Dudley Hotel
- For general enquiries, please contact Bathurst Regional Council on 6333 6523