

Events and Services in Woollahra

# Seniors Festival

1– 23 February 2023

**Summer of Fun**

Come and join us!



# SENIORS' SUMMER OF FUN. CELEBRATE TOGETHER.

## Events

### Festival Launch with Sunset Concert at Redleaf

**Wednesday 1 February**  
5.00pm–7.00pm  
📍 Woollahra Council

Cost: \$10

The not to be missed opening of our Seniors Festival celebrations launched by the Mayor of Woollahra. Enjoy Jazz and other classical pieces performed by SCEGGS Darlinghurst students and Woollahra Philharmonic Orchestra members as the sun sets over beautiful Sydney harbour.

### Tai Chi Workshops

Weekly on Wednesday  
**25 January–15 February**  
10.30am–11.30am  
📍 Paddington Library

Cost: \$5 per session

Engage the body and mind through a Tai Chi class. Join a qualified teacher from Sydney Vision Tai Chi Qi Gong Health as they share the benefits of this ancient form of Chinese exercise, and get active as you partake in an introductory Tai Chi session.

### Wellbeing for Dementia at Woollahra Gallery at Redleaf

**Thursday 2 February**  
10.30am–12.30pm  
📍 Woollahra Gallery  
at Redleaf

Join us for a gallery tour, wellbeing class and lunch at Woollahra Gallery at Redleaf. This is a dedicated wellbeing class for people living with dementia. Connect with like-minded people, enjoy some light (chair based) exercise and a nutritious lunch. Contact 9302 3600 or email [info@holdsworth.org.au](mailto:info@holdsworth.org.au) to find out more

### Brain Fit Program

**Thursday 2 February**  
11.00am–12.00pm  
📍 Woollahra Library at  
Double Bay

Facilitated by Dementia Australia the Brain Fit program provides information on risk factors, practical steps to improve your brain health and what to do if you are concerned. There is also an opportunity to create your own Brain Health Action Plan.

### Grandparents Story Time

**Sunday 5 February**  
10.30am–11.30am  
📍 Paddington

**Monday 6 February**  
10.30am–11.30am  
📍 Paddington

**Tuesday 7 February**  
10.30am–11.30am  
📍 Watsons Bay

**Wednesday 8 February**  
10.30am–11.30am  
📍 Woollahra Library at  
Double Bay

What better way to celebrate our Grandparents than to bring your Nana, Poppa, Gemma, Geepa, Nonna, Yaya, Babushka, Babs, Gigi or special older friend to our intergenerational Story Time across all Woollahra Libraries locations.

Free

## Tech at Ascham

Weekly on Monday  
**6 February–6 March**  
3.45pm–4.45pm  
📍 Ascham School

A free 5-week course for people aged 55+ years with one-on-one tuition offered by Ascham high school students to help build your tech skills and confidence in a relaxed, informal and supportive environment.

Free

## Give it a go! Wellbeing with Holdsworth

Weekly on Wednesday  
**8–22 February**  
9.30am–1.30pm  
📍 Gaden Community Centre

Join in these free wellbeing classes and lunch at Gaden Community Centre. Connect with like-minded people and enjoy a variety of light exercises and activities. Contact 9302 3600 or email [info@holdsworth.org.au](mailto:info@holdsworth.org.au)

Free

## Men's Chat Group

**Thursday 9 February**  
2.30pm–4.00pm  
📍 Woollahra Library at Double Bay

Come and join the monthly Men's chat group. Topics covered include Dementia and hearing loss and the latest research and developments with Dr Allan Shell, Chairman, Woollahra Dementia Alliance. Contact 9302 3600 or email [info@holdsworth.org.au](mailto:info@holdsworth.org.au)

## Chair Dance Yoga

**Monday 6 February & Monday 20 February**  
10.00am–12.00pm  
📍 Cultural Hub at Woollahra Gallery at Redleaf

Cost: \$10

A great opportunity to try something new and exciting. Give it a go with our experienced instructor who will guide you along the way.

Free

## Tech Savvy Seniors – Introduction to Computers & the Internet

**Friday 10 February**  
10.30am–12.30pm  
📍 Woollahra Library at Double Bay

This workshop for computer beginners will walk you through the basics of what a computer is, what its components are and how it's operated.

## Kokedama Workshop

**Wednesday 8 February**  
10.30am–11.30am  
📍 Watsons Bay Library

Cost: \$5

The art of kokedama originates from Japan and involves wrapping and binding plants in moss and twine, transforming plants into mini works of art. Join Tammy Huynh, from Leaf an Impression for a fun morning creating your own kokedama.

Free

## COA Open Day

**Sunday 12 February**  
11.00am–2.00pm  
📍 COA Centre

Come and join COA Open Day to learn about services available in the community. There will be cakes and knitted goods to purchase, raffles and guessing competitions, demonstrations of healthy activities, food, dance and much more! Contact 9389 0035 or email [coa@coasydney.org](mailto:coa@coasydney.org)



Bookings are essential.  
Scan QR code for more information or visit [woollahra.nsw.gov.au/seniorsfestival](https://woollahra.nsw.gov.au/seniorsfestival)

Free

## **Dementia Friends with Woollahra Dementia Alliance**

**Wednesday 15 February**  
1.30pm–2.30pm  
📍 Woollahra Library at Double Bay

Join Woollahra Dementia Alliance to learn more about becoming a Dementia Friend both as an individual as well as a Dementia Friendly local business. Contact 9302 3600 or email [info@holdsworth.org.au](mailto:info@holdsworth.org.au) to find out more

Free

## **The Woolltones Community Choir**

**Thursday 16 February & Thursday 23 February**  
12.45pm–2.45pm  
📍 St Columba's Uniting Church

Have you always wanted to sing? Come join your local community choir. No auditions, no experience necessary, join us and share the joy of music. To find out more contact [thewoolltones@gmail.com](mailto:thewoolltones@gmail.com)

## **Still life Photography with Hugh Stewart**

**Wednesday 22 February**  
3.00pm–5.00pm  
📍 Cultural Hub, ground floor Woollahra Gallery at Redleaf

**Cost: \$15**

Learn how to set up and photograph a creative still-life in this 2 hr workshop with Woollahra-based photographer Hugh Stewart. Participants are encouraged to bring one or two objects of their own, and together with supplied props create a personalised and original still-life playing with light and compositions. Participants can bring their own cameras or work with the cameras supplied.

Free

## **Tech Savvy Seniors – Introduction to Email and online shopping**

**Friday 17 February**  
10.30am–12.30pm  
📍 Woollahra Library at Double Bay

This workshop covers the basic steps you need to help keep in touch with your family and friends using email, and the basics of online shopping, whether you want to book a holiday or buy groceries.

## **Love Regardless - celebrate love with a special Poetica Petit at Woollahra Gallery at Redleaf**

**Thursday 16 February**  
6.00pm–8.30pm  
📍 Woollahra Gallery at Redleaf

**Cost: \$30 including some light refreshments.**

'Love, regardless' is a new collection of poetic stories by Barbara Kamler, celebrating love that endures. Poetica Petit will host a live performance by actors and a musician, of a selection of love stories from 'Love Regardless'. The performance will be followed by an open mic on the theme of love.

Free

## **Bus to Books**

**Thursday 23 February**  
9.00am–12.30pm  
📍 Woollahra Library at Double Bay

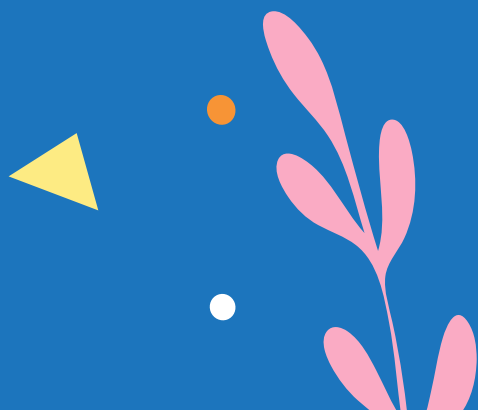
Woollahra Libraries offers a monthly bus service for residents in our LGA who have difficulty accessing the Library due to limited mobility. The Woollahra Libraries Bus to Books service picks you up from your home and takes you to Woollahra Library at Double Bay. During your visit you can access our Library resources and browse and borrow our books, movies, magazines, and much more. Enjoy morning tea and conversation with some new friends before the bus takes you back home.

Free

## **Gallery Tour and afternoon tea**

**Wednesday 22 February**  
10.30am–12.00pm  
📍 Woollahra Gallery at Redleaf

Join Woollahra Gallery at Redleaf Art Director Sebastian Goldspink for a tour and insightful commentary on a current exhibition. Includes afternoon tea at the Cultural Hub.



# Wellbeing Support

## Become a Volunteer

Volunteering is a great way to make new friends, use and develop your skills, connect with your local community and make a real difference. Woollahra Council offers many volunteering opportunities. We welcome volunteers for a number of roles in our Libraries, Bushcare, and Woollahra Gallery at Redleaf.

Visit [woollahra.nsw.gov.au/volunteering](http://woollahra.nsw.gov.au/volunteering) to find out more.

## Woollahra Libraries Home Library Service

Are you unable to come to the Library because of illness or disability?

Home Library Service may be able to help you. Library staff and a volunteer select a wide range of our materials in our collection, which can be delivered to your home.

Visit [woollahra.nsw.gov.au/library/home\\_library\\_service](http://woollahra.nsw.gov.au/library/home_library_service) to find out more

## Healthy & Active for Life

A free 10 week healthy lifestyle program for adults aged 60+ years and over, held quarterly.

Visit [activeandhealthy.nsw.gov.au/home/healthy-and-active-for-life-online/](http://activeandhealthy.nsw.gov.au/home/healthy-and-active-for-life-online/)

## Become a Dementia Friend

To start building a dementia-friendly community, it helps to learn what it is like to live with dementia. A good way to do this is by signing up to become a Dementia Friend.

Learn more about the program and how you can help at: [dementiafriendly.org.au/get-involved/register](http://dementiafriendly.org.au/get-involved/register)

## Wolper MoveWell

Wolper Jewish Hospital's MoveWell Program offers a range of community exercise classes tailored to specific conditions. Classes offered include aqua-aerobics and aquacore, general strengthening, balance and falls prevention. Classes are open to all individuals. A GP medical clearance may be required.

For more information and timetable go to [wolper.com.au/services/movewell/](http://wolper.com.au/services/movewell/)

## Free Walking Groups

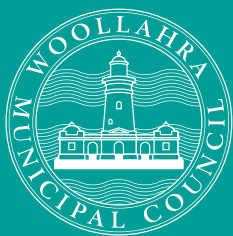
Enjoy a regular social outing catering to all levels of fitness and ability with the backdrop of Sydney Harbour and Centennial Park. Walks usually end at a café for an optional coffee (at walker's expense).

Rose Bay Group:  
Wednesdays  
8.30am–9.30am  
📍 Rose Bay Ferry Wharf

Paddington Group  
(Centennial Park with  
Woollahra Probus Club):  
Thursdays  
10.00am–11.00am  
📍 Depart from the fountain by  
the Homestead Café

Rushcutters Bay Group:  
Fridays  
8.30am–9.30am  
📍 Rushcutters Bay Kiosk

Contact 9391 7000 to  
find out more



Woollahra Council offers additional support services if you are having difficulties due to ill health, age, hardship or disability, including:

- mowing a grass verge
- placing waste bins out for weekly collection
- a monthly bus service to Woollahra Library at Double Bay

Speak to our Customer Experience staff for more details on **9391 7000** or visit [woollahra.nsw.gov.au](http://woollahra.nsw.gov.au)



**Woollahra Gallery**  
at Redleaf

### Woollahra Gallery at Redleaf

Come along and explore the Woollahra Gallery at Redleaf where we invite you to discover and engage with the arts. Visit the four gallery spaces that house a range of diverse exhibitions focusing on contemporary art throughout the year.

Wednesday–Friday:

10.00am–6.00pm

Saturday–Sunday:

10.00am–5.00pm

**Free Admission**

Visit [woollahragallery.com.au](http://woollahragallery.com.au)

## Woollahra Libraries

### Woollahra Libraries

Connecting people and ideas. Our libraries aren't just places of books; they're spaces where you can connect to others in your community, learn new things, develop ideas and feel inspired.

#### Woollahra Library at Double Bay

9391 7100

Mon to Fri: 9.00am–8.00pm

Sat, Sun: 10.00am–4.00pm

#### Paddington Library (Jointly run with City of Sydney)

9391 7988

Mon, Tue: 9.30am–6.00pm

Wed: 12 noon–8.00pm

Thu, Fri: 9.30am–6.00pm

Sat, Sun: 10.00am–4.00pm

#### Watsons Bay Library

9391 7999

Mon, Fri: 2.00pm–5.00pm

Tue, Thu: 9.30am–5.00pm

Wed: 12 noon–7.00pm

Sat, Sun: closed

Visit [woollahra.nsw.gov.au/library](http://woollahra.nsw.gov.au/library) to find out more!

**We welcome your suggestions for future events and programs.**

### Contact Us

[community@woollahra.nsw.gov.au](mailto:community@woollahra.nsw.gov.au)  
9391 7000



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