



NSW SENIORS FESTIVAL

12-23 FEBRUARY 2020
seniorsfestival.nsw.gov.au



Celebrate Seniors Festival 2020

Armchair Yoga and Meditation

Having trouble with regular yoga? Come and try a session of Armchair Yoga. Wear comfortable clothes.

When: Wednesday, 12 February

Time: 10am-12pm

Where: Narellan Library

Collage Art Workshop

Come along to our collage art workshop hosted by local artist Gara Peart.

When: Friday, 21 February

Time: 1:30pm - 3:30pm

Where: Oran Park Library

Camden Community Garden Talk and Tour

Come and take a tour with local volunteer Steve Cooper and take home a free herb plant.

When: Monday, 24 February

Time: 10am

Where: Camden Library

Macular Degeneration Seminar

Come along to this informative workshop facilitated by orthoptic specialist Tina Xenoulis. The session will run for approximately an hour and a half.

When: Friday, 13 March

Time: 10am

Where: Narellan Library

Seniors Games Morning

Do you like board games? Do you like cake and tea? Why not spend a morning at Oran Park Library and enjoy both of these things?

When: Wednesday, 19 February

Time: 10am

Where: Oran Park Library

Tickets are free

Visit our website to book: www.library.camden.nsw.gov.au/bookings

Bookings available from 13 January 2020.

Refreshments provided at each event

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Enquiries

<http://www.library.camden.nsw.gov.au/>

Contact Narellan Library on 4645 5093