

Positively

PENRITH

# Penrith Seniors

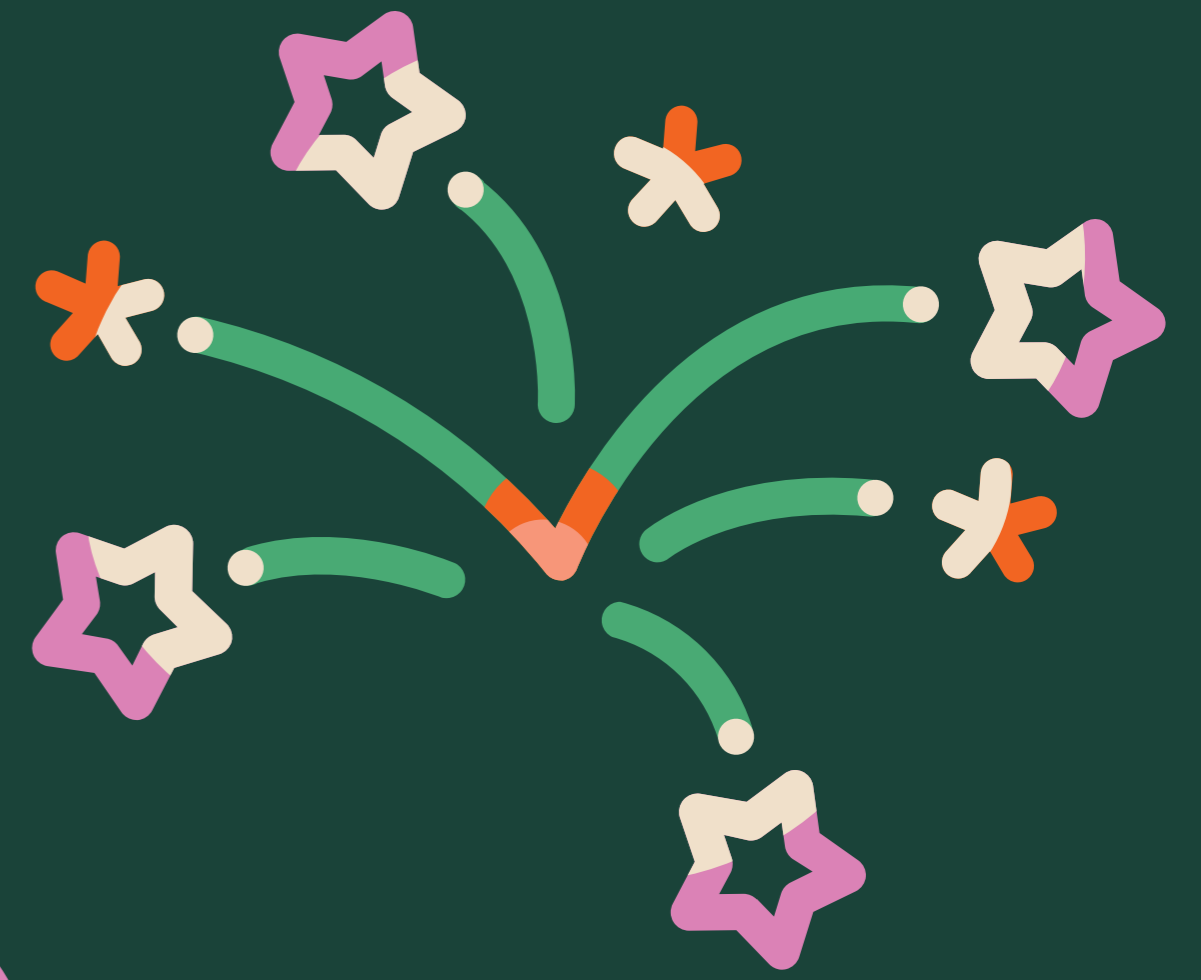
## Festival

## 2025

**Monday 3 March to  
Sunday 16 March 2025**

Join us in celebrating our senior community with our program of free workshops and activities!

ALL  
TICKETS  
ARE  
FREE!



### Monday 3 March

#### Chair Yoga

Mon 3 Mar | 8.30am

The Joan

Chair yoga is a low-impact exercise that uses a chair to help improve flexibility, balance, and strength. Book via: [events.humanitix.com/seniors-festival-chair-yoga-ijfy8ppp](https://events.humanitix.com/seniors-festival-chair-yoga-ijfy8ppp)

#### Mini Seniors Expo

Mon 3 Mar | 9am-10.30am

The Joan

Stalls presented by: Penrith City Council's Road Safety, Waste and Resource Recovery, Libraries and Sustainability teams; Primary Health Network – health and dementia information, the Benevolent Society – My Aged Care navigation, and Guide Dogs NSW.

#### Penrith Seniors Comedy Gala Mon 3 Mar | 9.00am morning tea and 10.30am event

The Joan

Our premier Seniors Festival event! The line-up includes comedians Andrew Barnett (emcee), Anisa Nandaula, Laura Hughes and Sean Woodland. To book, phone 4723 7600 or visit: [thejoan.com.au/events/penrith-seniors-comedy-gala2025](https://thejoan.com.au/events/penrith-seniors-comedy-gala2025)

#### Chair Cardio

Mon 3 Mar | 10.15am

Online

This home workout helps to improve cardio fitness, enhance coordination and build leg strength – all while seated. To book, phone 0411 246 741, email [carol@thirdagefitness.com](mailto:carol@thirdagefitness.com) or visit [bit.ly/SeniorsFestRego](https://bit.ly/SeniorsFestRego)

#### Young at Heart

Mon 3 Mar | 1:30pm

Ripples St Marys

With an emphasis on fun, this is a specially designed fitness class for the over 50s that focuses on low impact, land-based movements. Perfect for those who want to maintain their active lifestyle or just get started. Don't forget to stay for the coffee and chat afterwards! To book, email [ripples@penrith.city](mailto:ripples@penrith.city)

### Tuesday 4 March

#### Whispers of the Past: A Tour of Castlereagh Anglican Cemetery

Tue 4 Mar | 9.30am-10.30am

Castlereagh Anglican Cemetery

Every grave tells a story. Join our Research Services Team as we step back in time and discover the tales of some of the residents of Castlereagh Anglican Cemetery. Please meet at the entrance to the cemetery, located on the corner of Church Street and East Wilchard Road, Cranebrook.

Please wear comfortable walking shoes and bring a bottle of water. The ground may be uneven in some parts. To book, phone: 4732 7891 or visit: [whispersofthepast.eventbrite.com.au](https://whispersofthepast.eventbrite.com.au)  
Wednesday: [whispersofthepastsession2.eventbrite.com.au](https://whispersofthepastsession2.eventbrite.com.au)

#### Grandparents Story Time with Penrith City Libraries

Tue 4 Mar | 10.30am-11.30am

St Marys Library

Enjoy an intergenerational story time where we'll read books together, sing, rhyme and get crafty. Suitable for ages 2-5 with their grandparent or adult carer. For more information, phone 4732 7891 or submit a request at [my.penrith.city](https://my.penrith.city)

#### Kingfisher Cinema Experience – The Best Exotic Marigold Hotel

Tue 4 Mar | 12.30pm-3pm

Kingfisher Grove Retirement Village,  
25 Sparrowhawk Circuit, Jordan Springs

Enjoy the movie, The Best Exotic Marigold Hotel, with complimentary popcorn, ice cream and a glass of sparkling bubbles upon your arrival. Book via Eventbrite: [eventbrite.com/e/kingfisher-cinema-experience-tickets-1080170301449?aff=oddtcreator](https://eventbrite.com/e/kingfisher-cinema-experience-tickets-1080170301449?aff=oddtcreator)

#### Young at Heart

Tue 4 Mar | 1:30pm (land-based exercises)

Ripples St Marys

With an emphasis on fun, this is a specially designed fitness class for the over 50s that focuses on low impact land-based movements. Perfect for those who want to maintain their active lifestyle or just get started. Don't forget to stay for the coffee and chat afterwards! To book, email [ripples@penrith.city](mailto:ripples@penrith.city)

### Wednesday 5 March

#### Pilates

Wed 5 Mar | 8.30am

Online

This pilates floor workout helps to improve core strength, flexibility and coordination – all while using a mat. To book, phone 0411 246 741, email [carol@thirdagefitness.com](mailto:carol@thirdagefitness.com) or visit: [bit.ly/SeniorsFestRego](https://bit.ly/SeniorsFestRego)

#### Grandparents Story Time with Penrith City Libraries

Wed 5 Mar | 10.30am-11.30am

Penrith Library

Enjoy an intergenerational story time where we'll read books together, sing, rhyme and get crafty. Suitable for ages 2-5 with their grandparent or adult carer. For more information, phone 4732 7891 or submit a request at [my.penrith.city](https://my.penrith.city)

#### Young at Heart

Wed 5 Mar | 1:30pm

(water-based exercises)

Ripples St Marys

With an emphasis on fun, this is a specially designed fitness class for the over 50s that focuses on low impact water-based movements. Perfect for those who want to maintain their active lifestyle or just get started. Don't forget to stay for the coffee and chat afterwards! To book, email [ripples@penrith.city](mailto:ripples@penrith.city)

#### Wills & Estate Planning Information Seminar

Wed 5 Mar | 2pm-3.30pm

Kingfisher Grove Retirement Village,  
2 Cuckoo Place, Jordan Springs

This informative session will guide you through the key aspects of creating a will, understanding estate laws and ensuring your wishes are honored. Book via Eventbrite: [eventbrite.com/e/wills-estate-planning-seminar-tickets-1080178315419?aff=oddtcreator](https://eventbrite.com/e/wills-estate-planning-seminar-tickets-1080178315419?aff=oddtcreator)

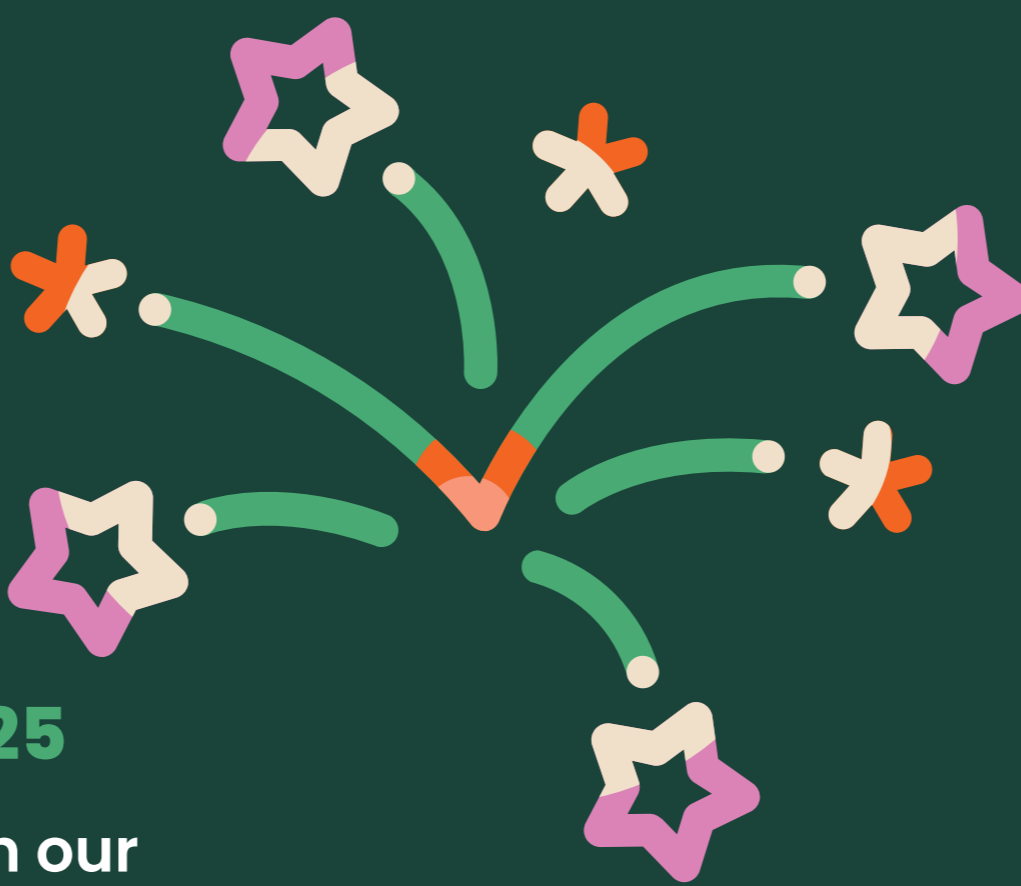


# Penrith Seniors

## Festival 2025

Monday 3 March to Sunday 16 March 2025

Join us in celebrating our senior community with our program of free workshops and activities!



### Brighten up with Colour!

Tue 11 Mar | 11am-1pm

Penrith Bowling & Recreational Club, Woodriff St and Derby St, Penrith

Express yourself and be inspired by art therapy. Lunch included. To book your spot, phone 0477 153 402 or email [katrina.simmons@wesleymission.org.au](mailto:katrina.simmons@wesleymission.org.au)

### Introduction to Chair Yoga and Meditation for Seniors

Tue 11 Mar | 2pm-3pm or 3.30pm-4.30pm

Penrith City Library

Join Suzanne from Glenbrook Yoga for a chair yoga and meditation session. This class consists of gentle stretching, joint rotation, balance and strength work with an emphasis on all the trouble spots – tummy muscles, back-care, hips, necks and shoulders. Suzanne will also discuss some of the tools of yoga therapy including breathwork, meditation and relaxation. To book, phone 4732 7891 or register for the 2pm session at: [introtoyogapenrithone.eventbrite.com.au](https://www.eventbrite.com.au) or the 3.30pm session at: [introtoyogapenrithtwo.eventbrite.com.au](https://www.eventbrite.com.au)

### Wednesday 12 March

#### Movie Morning: Mr. Holmes

Wed 12 Mar | 10am-12pm

St Marys Library

A retired Sherlock Holmes deals with early dementia as he tries to remember his final case, and a mysterious woman whose memory haunts him. To book, phone 4732 7891 or visit: [moviemorningSTM.eventbrite.com.au](https://www.eventbrite.com.au)

#### Cardio Walking

Wed 12 Mar | 10.30am

Online

This cardio endurance workout incorporates standing movements to boost your heart rate and improve stamina. A fun, low-impact session designed for all fitness levels. To book, phone 0411 246 741, email [carol@thirdagefitness.com](mailto:carol@thirdagefitness.com) or visit: [bit.ly/SeniorsFestRego](https://www.bit.ly/SeniorsFestRego)

### Thursday 13 March

#### Healthy Ageing and Bone Health Workshop

Thu 13 Mar | 10am-11.30am

Share My Ability, 1/57 Regentville Rd, Jamisontown

Discover key strategies for osteoporosis prevention and management, combining valuable education with gentle exercises. Learn healthy practices to incorporate into your daily routine, with light refreshments and gift bag included. To book your spot, phone 0405 146 131, email [admin@innovaterebab.com](mailto:admin@innovaterebab.com) or visit: [eventbrite.com.au/e/healthy-ageing-and-bone-health-workshop-tickets-1064135089699?aff=oddtcreator](https://www.eventbrite.com.au/e/healthy-ageing-and-bone-health-workshop-tickets-1064135089699?aff=oddtcreator)



### Thursday 6 March

#### Healthy Ageing and Bone Health Workshop

Thu 6 Mar | 10am-11.30am

Share My Ability, 1/57 Regentville Rd, Jamisontown

Discover key strategies for osteoporosis prevention and management, combining valuable education with gentle exercises. Learn healthy practices to incorporate into your daily routine, with light refreshments and gift bag included. To book your spot, phone 0405 146 131, email [admin@innovaterebab.com](mailto:admin@innovaterebab.com) or visit: [eventbrite.com.au/e/healthy-ageing-and-bone-health-workshop-tickets-1064135089699?aff=oddtcreator](https://www.eventbrite.com.au/e/healthy-ageing-and-bone-health-workshop-tickets-1064135089699?aff=oddtcreator)

#### Are You Good to Go? – Advance Care Planning

Thu 6 Mar | 10am-11.30am

Penrith Regional Gallery, 86 River Road, Emu Plains

Hear from an expert (speaker Maree White) on how you can ensure your medical wishes are heard if you cannot speak for yourself, as well as a death doula (Kirsty Rehtai) on what they do and how they can assist a family at end of life. See a short film with morning tea included. To book your spot, phone Monique Pryce on 4708 8100.

#### Grandparents Story Time with Penrith City Libraries

Thu 6 Mar | 10.30am-11.30am

St Clair Library

Enjoy an intergenerational story time where we'll read books together, sing, rhyme and get crafty. Suitable for ages 2-5 with their grandparent or adult carer. For more information, phone 4732 7891 or submit a request at [my.penrith.city](https://www.my.penrith.city)

#### Understanding Retirement Living

Thu 6 Mar | 10.30am-12pm

Kingfisher Grove Retirement Village, 2 Cuckoo Place Jordan Springs

Explore Kingfisher Grove and its facilities and learn the benefits of retirement living. Free morning tea included. Book via Eventbrite: [eventbrite.com.au/e/understanding-retirement-living-tickets-1080174975429?aff=oddtcreator](https://www.eventbrite.com.au/e/understanding-retirement-living-tickets-1080174975429?aff=oddtcreator)

#### Young at Heart

Thu 6 Mar | 1.30pm

Ripples St Marys

With an emphasis on fun, this is a specially designed fitness class for the over 50s that focuses on low impact land-based movements. Perfect for those who want to maintain their active lifestyle or just get started. Don't forget to stay for the coffee and chat afterwards! To book, email [ripples@penrith.city](mailto:ripples@penrith.city)

### Friday 7 March

#### Building Strength

Fri 7 Mar | 10am

Online

This standing strength class uses dumbbells to build muscle, enhance coordination and improve overall fitness. Don't forget to bring along your dumbbells. To book, call 0411 246 741, email [carol@thirdagefitness.com](mailto:carol@thirdagefitness.com) or visit: [bit.ly/SeniorsFestRego](https://www.bit.ly/SeniorsFestRego)

#### Young at Heart

Fri 7 Mar | 1.30pm

Ripples St Marys

With an emphasis on fun, this is a specially designed fitness class for the over 50s that focuses on low impact land-based movements. Perfect for those who want to maintain their active lifestyle or just get started. Don't forget to bring along your coffee and chat afterwards! The Friday 7 March session will include a secret bake off, with goodies made from our team! To book, email [ripples@penrith.city](mailto:ripples@penrith.city)

### Monday 10 March

#### Better Balance

Mon 10 Mar | 1.30pm

Online

This balance class combines standing and seated exercises to enhance your stability and coordination – all while using a chair for support. To book, phone 0411 246 741, email [carol@thirdagefitness.com](mailto:carol@thirdagefitness.com) or visit: [bit.ly/SeniorsFestRego](https://www.bit.ly/SeniorsFestRego)

### Tuesday 11 March

#### Kingfisher Cinema Experience – The Intern

Tue 11 Mar | 10.30am-1pm

Kingfisher Grove Retirement Village, 25 Sparrowhawk Circuit, Jordan Springs

Enjoy the movie, The Intern, with complimentary popcorn, ice cream and a glass of sparkling bubbles upon your arrival. Book via Eventbrite: [eventbrite.com.au/e/kingfisher-cinema-experience-tickets-1080174122879?aff=oddtcreator](https://www.eventbrite.com.au/e/kingfisher-cinema-experience-tickets-1080174122879?aff=oddtcreator)

#### Chair Strength

Tue 11 Mar | 10.30am

Online

This seated strength class using resistance bands, helps to target your entire body and build strength and improve flexibility. Don't forget to bring along your resistance band and a sturdy chair. To book, phone 0411 246 741, email [carol@thirdagefitness.com](mailto:carol@thirdagefitness.com) or visit: [bit.ly/SeniorsFestRego](https://www.bit.ly/SeniorsFestRego)