

# NSW Seniors Festival

11-24 March 2024



# Reach Beyond!

IN THE COWRA SHIRE!





## COWRA SENIORS FESTIVAL OPENING

Hosted by Cowra Council  
Venue: Cowra Aquatic Centre  
Contact: Council Community Projects ph. 6340 2086  
Cost: Free!

*Join us for morning tea and a complimentary cuppa from the River Park Cafe after the Aqua MIPS class.*

MARCH  
**11**

**Monday  
10 AM**



## GEOMETRIC PAINTING WORKSHOP

Hosted by Canimbla CWA  
Venue: Nguluway Room  
RSVP: Tuesday, 5 March 2024  
Contact: Geraldine ph. 0422 353 499  
Cost: \$10 pp payable on the day.  
Morning tea included.

MARCH  
**12**

**Tuesday  
9.30 AM**



## WOODSTOCK VILLAGE LUNCHEON

Hosted by Cowra/Grenfell Meals on Wheels  
Venue: Royal Hotel Woodstock  
RSVP: Tuesday, 5 March 2024  
Contact: Meals on Wheels Office ph. 6342 4165  
Cost: \$20 pp payable on the day  
Please advise any special dietary requirements

MARCH  
**12**

**Tuesday  
11.30 AM to  
2:00 PM**



## PARDEY PHOTOGRAPHIC COLLECTION

Hosted by Cowra Family History Group  
Venue: Nguluway Room  
RSVP: Monday 11 March 2024  
Contact: Cheryl ph. 0439 048 541 or  
cherylmac0753@gmail.com  
Cost: Free! Morning tea included.

MARCH  
**13**

**Wednesday  
10 AM to  
12:00 PM**



*Could your ancestors' photos be included in it?  
Come along and find out!*



## COWRA LIBRARY AUTHOR TALK

Hosted by Central West Libraries  
Venue: Cowra Library, 77 Darling St, Cowra  
Contact: Cowra Library ph. 6340 2180  
Cost: Free! Bookings essential via 6340 2180 or online at - [tinyurl.com/CowraEngagingWithAgeing](https://tinyurl.com/CowraEngagingWithAgeing)

Meet author Anne Ring as she discusses her book, *Engaging With Ageing: What Matters as We Grow Older*

MARCH  
**13**

**Wednesday**  
**2:30 PM to**  
**3:30 PM**



## LIBRARY UP LATE - YARN SPINNERS

Hosted by Central West Libraries  
Venue: Cowra Library, 77 Darling St, Cowra  
Contact: Cowra Library ph. 6340 2180  
Cost: Free!

*Join Jane Tasker & Bel Bryant for a special spinning session at the Cowra Library. Beginners welcome!*

MARCH  
**13**

**Wednesday**  
**6 PM to**  
**8PM**



## MORNING TEA WITH U3A

Hosted by Cowra U3A  
Venue: Cowra Senior Citizens Centre  
RSVP: Monday 11 March 2024  
Contact: Robyn ph. 0400 107 539  
Cost: Free

*Theme: Handbags! Bring along your smallest, biggest, oldest or funniest handbags. Lots of prizes up for grabs!*

MARCH  
**14**

**Thursday**  
**10:30 AM**



## GOOLOONG VILLAGE LUNCHEON

Hosted by Cowra/Grenfell Meals on Wheels  
Venue: Gooloogong Hotel  
RSVP: Thursday, 7 March 2024  
Contact: Meals on Wheels Office ph. 6342 4165  
Cost: \$20 pp payable on the day  
Please advise any special dietary requirements

MARCH  
**14**

**Thursday**  
**11:30 AM to**  
**2 PM**





## AFTERNOON TEA WITH COWRA SENIORS CITIZENS CLUB

Hosted by Cowra Senior Citizens Club  
Venue: Cowra Senior Citizens Centre  
RSVP: Monday 11 March 2024  
Contact: Robyn ph. 0400 107 539  
Cost: Free

*Join in the board game fun!*

MARCH  
14

Thursday  
2 PM



## COWRA FOOD HALL

Venue: Cowra Uniting Church Hall, Darling Street  
Show your seniors card and receive extra items.

MARCH  
15

Friday  
9 AM to  
12 PM



## CINC COMMUNITY MORNING TEA

Hosted by Cowra Information & Neighbourhood Centre  
Venue: CINC, 15 Vaux Street, Cowra  
Contact: CINC Office ph. 6340 1100  
Cost: Free!

MARCH  
15

Friday  
10:30 AM

# MADE IN AUSTRALIA CONCERT



MARCH  
15

Friday  
2 PM

Hosted by Cowra Council  
Venue: Club Cowra, 101 Brisbane St  
Contact: Club Cowra ph. 6342 1144  
Cost: Free, but bookings essential  
Tickets available via Club Cowra

*Headlined by Australia's favourite entertainers, Eddie Daniels and Suzie Lee, this concert takes the audience down a time warp of Australia's best home-grown music. The show features songs from Col Joye, Judy Stone, Slim Dusty, John Williamson, Olivia and The Seekers to name a few. Pop into Club Cowra for lunch before the Show!*





## MOVIE AFTERNOON - THE HOLDOVERS

Hosted by Cowra Council  
Venue: Cowra Civic Centre  
Cost: \$10 pp (includes drink)  
Contact: Cowra Civic Centre ph. 6340 2130  
Tickets: [cowraciviccentre.com.au](http://cowraciviccentre.com.au) or at the box office

*From acclaimed director Alexander Payne, The Holdovers follows a cranky teacher (Paul Giamatti) at a New England prep school who is forced to remain on campus during Christmas break to babysit the handful of students with nowhere to go.*

MARCH  
**16**

**Saturday**  
**1.30 PM**



## LACHLAN VALLEY RAILWAY OPEN DAY

Hosted by Lachlan Valley Railway Society  
Venue: Cowra Rail Heritage Centre, 3 Campbell St  
Contact: LVR ph. 6342 4999  
Cost: Donation

MARCH  
**17**

**Sunday**  
**10 AM**  
**to 1 PM**



## 16TH ANNUAL SENIORS TRIVIA CHALLENGE

Hosted by Cowra U3A & Cowra Senior Citizens Club  
Venue: Cowra Bowling Club  
RSVP: Wednesday, 13 March 2024  
Contact: Bev ph. 0427 956 700  
Cost: \$5 pp payable at door (includes afternoon tea)  
Bowling Club courtesy bus available - 0428 765 685

MARCH  
**17**

**Sunday**  
**1:30 PM**

*The Challenge is on again! Raffle, lucky door and prizes for the top three tables. Table/Teams of eight or we can find you a place!*



## HIGH TEA AT CINC

Hosted by Cowra Information & Neighbourhood Centre  
Venue: CINC, 15 Vaux Street, Cowra  
Contact: CINC Office ph. 6340 1100  
Cost: Entry by gold coin donation  
Bookings essential (Limit of 50)

MARCH  
**18**

**Monday**  
**11 AM**



## COWRA M&D LUNCHTIME THEATRE

Hosted by Cowra Musical and Dramatic Society  
and BaptistCare at Home - Cowra

Venue: Club Cowra

Cost: \$10 pp includes a light lunch plate

**First 50 tickets booked are free!**

Tickets available via Club Cowra

Contact: Club Cowra ph. 6342 1144

*25-minute show*

MARCH  
**19**

**Tuesday  
12 PM**



## COWRA ANNUAL SENIORS COMMUNITY LUNCH

Hosted by Cowra/Grenfell Meals on Wheels

Venue: Cowra Bowling Club/Cowra Golf Club

RSVP: Wednesday, 13 March 2024

Contact: Meals on Wheels Office ph. 6342 4165

Cost: \$20 pp

*With guest speaker, Lesley Burns – Aged Care  
Specialist Officer with Services Australia*

MARCH  
**20**

**Wednesday  
11 AM to  
2 PM**



## COWRA M&D LUNCHTIME THEATRE

Hosted by Cowra Musical and Dramatic Society  
and BaptistCare at Home - Cowra

Venue: Club Cowra

Cost: \$10 pp includes a light lunch plate

**First 50 tickets booked are free!**

Tickets available via Club Cowra

Contact: Club Cowra ph. 6342 1144

*25-minute show*

MARCH  
**21**

**Thursday  
1 PM**



## COWRA FOOD HALL

Venue: Cowra Uniting Church Hall, Darling Street

Show your seniors card and receive extra items.

MARCH  
**22**

**Friday  
9 AM to  
12 PM**



## CINC COMMUNITY MORNING TEA

Hosted by Cowra Information & Neighbourhood Centre  
Venue: CINC, 15 Vaux Street, Cowra  
Contact: CINC Office ph. 6340 1100  
Cost: Free!

MARCH  
22

Friday  
10:30 AM



## NOVELTY BOWLS

Hosted by Cowra U3A & Cowra Senior Citizens Club  
Venue: Cowra Bowling Club  
RSVP: Friday 22 March 2024  
Contact: Robyn ph. 0400 107 539  
Cost: \$2 pp (includes sausage sizzle)

MARCH  
25

Monday  
5 PM

## COWRA FESTIVAL OF INTERNATIONAL UNDERSTANDING WITH GUEST NATION - ITALY!



**Cowra Festival**  
of International Understanding  
*Yindyangidyal Ngurambang*

**22-24 March 2024**

**FESTA ITALIANA**

**CARNIVAL**  
**Saturday 23 March**  
**with FREE CONCERT**  
**and FIREWORKS**

Rides, Performances, Stalls,  
Bar, Rotary Duck Race, All You  
Can Eat Pizza Competition,  
Bocce Tournament, Fireworks  
and more!

Entertainment by

- Jay and Giselle Pirrelli
- The Troppo Troupe
- Shane Kerr





**FESTIVAL DINNER**

Cowra Showground Pavillion  
Friday 22 March

**STREET PARADE**

Saturday 23 March

Window Displays, Italian Cultural Workshops, Food, Arts and Crafts.



 Cowra Festival

 Cowra Festival

 [www.cowracouncil.com.au/Community/Festival-of-International-Understanding](http://www.cowracouncil.com.au/Community/Festival-of-International-Understanding)

The 2024 Seniors Festival in Cowra is a community partnership presentation with contributions from the following organisations.



Meals on Wheels  
Cowra-Grenfell



COWRA U3A Inc.

COWRA UNIVERSITY OF THE THIRD AGE  
ABN 95 665 959 647



Cowra 3L's  
Leisure, Laughter and Learning  
For over 50's  
Cowra & District Senior Citizens Club Inc



THE COWRA SERVICES CLUB LTD



Canimbla Branch



COWRA  
Information & Neighbourhood Centre



COWRA  
CIVIC  
CENTRE



Cowra  
Council

