



NSW Seniors Festival

18 March to 6 April 2022

It's time
to reconnect



COWRA PROGRAM

www.cowracouncil.com.au

FRIDAY 18 MARCH

Cowra Seniors Festival Opening Day

10am – 1pm @ Cowra Aquatic Centre

Hosted by Cowra Community Health, Cowra Council, Cowra U3A and Cowra 3L's

Enjoy a friendly game of cricket, croquet, quoits, seated volley ball, with all mobility levels catered for.

A fun social outing with morning tea and BBQ lunch provided.

Contact Lou Bryant via Hospital Reception to book your place on 02 5338 5600 - RSVP Wednesday 16 March

ALL FREE

MONDAY 21 MARCH

High Tea at CINC

11am – 1pm @ 15 Vaux Street

Hosted by Cowra Neighborhood & Information Centre

Enjoy a friendly chat over a cup of tea

FREE – bookings essential (Limit of 40)

Contact CINC to book on 02 6340 1100 - RSVP Tuesday 15 March

Novelty Bowls

5pm @ Cowra Bowling & Recreation Club

Hosted by Cowra U3A, Cowra 3L's

Games and sausage sizzle included, \$2 entry fee

Contact Robyn to book on 0400 107 539 – RSVP Thursday 17 March

Cowra Croquet Club

9am @ Brougham Park (Every Monday & Wednesday)

Give croquet a try with the friendly ladies from the Croquet Club

New players welcome for Seniors Festival

Instructions provided for newcomers

Enquiries Jenny 0400 395 196

Bookings essential for all 2022 Seniors Festival Events

THURSDAY 24 MARCH

Morning Tea with U3A

10.30am @ Cowra Senior Citizens Centre

Free morning tea

Prizes for most elegant, comical and unusual hats

Contact Robyn to book on 0400 107 539 – RSVP Tuesday 22 March

FRIDAY 25 MARCH

Coffee Concert

Morning tea 10am @ Cowra Civic Centre

90 Minute concert at 11am

Landscapes & Kitchen Tables with Nerida Cuddy and Genni Kane

Hosted by Cowra Civic Centre

Tickets \$20 – Includes tea/coffee, scones and great live music

The launch of a regular monthly Coffee Concerts at Cowra Civic Centre

Service NSW Discover Vouchers welcome - www.services.nsw.gov.au

CINC Community Morning Tea

10:30am @ Cowra Information & Neighborhood Centre, 15 Vaux St

Join the CINC Team for a friendly get together – All Welcome

Free Entry

Cowra Food Hall

9am – 12pm @ Cowra Uniting Church Hall, Darling Street

Show your seniors card and receive extra items

SATURDAY 26 MARCH

Lachlan Valley Railway Open Day

10am – 4pm

Hosted by Lachlan Valley Railway

Free guided tours of the Cowra Rail Heritage Centre

Entry by donation

Bookings essential for all 2022 Seniors Festival Events

SUNDAY 27 MARCH

15TH Great Annual Seniors Trivia Challenge

1.30pm @ Cowra Bowling & Recreation Club

The challenge is on! Raffle, lucky door & prizes for the top 3 tables
\$3 pp with tables of eight players, or we can find you a place!

Pre-booked tickets available from Senior Citizens Club

RSVP to Bev 02 6341 1030 by Wednesday 23 March

MONDAY 28 MARCH

Golf Morning with the Cowra Golf Pro

10am @ Cowra Golf Club

Hosted by Ability Network Ltd

\$10 fee payable to the Golf Pro Shop that morning

6 fun holes of golf, golf clubs and golf balls provided

Capped at 40 participants.

RSVP to Jamie-Lee 0422 088 929 by Friday 18 March

Author Talk at the Library

10.30 – 11.30am @ Cowra Library

Hosted by Cowra Library

Local author and retired school teach, John Willing “A Clutch of Speckled Eggs”, Morning Tea provided

Free – For further information Contact Terry on 63 40 2180

TUESDAY 29 MARCH

Craft Workshop / Macrame Workshop

10am – 1pm @ Education Centre, Cowra Japanese Garden

Hosted by Canimbla CWA, Limit 12

Entry Fee \$10 includes kit and morning tea

Additional kits also available to purchase

Booking essential – Contact Geraldine 0422 353 499

RSVP Friday 25 March



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TUESDAY 29 MARCH

Wills, Power of Attorney & the Public Trustee

10.30 – 11.30am @ Cowra Library

Hosted by Garden & Montgomerie

Presented by Lachlan Patterson, Solicitor, Morning Tea provided

Free – For further information Contact Terry on 63 40 2180

WEDNESDAY 30 MARCH

Annual Seniors Community Lunch

11am – 2pm @ Cowra Bowling & Recreation Club

Enjoy lunch and entertainment in good company

Hosted by Cowra/Grenfell Meals on Wheels

Tickets \$15pp - Pay at the door. Limited to 80

RSVP to Denise 02 6342 4165 by Friday 25 March

Please advise any special dietary requirements - Covid Rules Apply

Introduction to Researching Your Family History

10.30 – 11.30am @ Cowra Library

Hosted by Cowra Family History Group

Morning Tea provided

Free – For further information Contact Terry on 63 40 2180

Cowra Japanese Gardens

When was the last time you visited our wonderful Gardens?

Discounted Entry all day for Seniors Card holders - \$10 pp

Service NSW Discover Vouchers welcome for Entry &

Annual Pass - www.services.nsw.gov.au

Gentle Yoga with Trish Bowler

11.30am @ St John's Church Hall

Free places available for Seniors Festival

Book with Trish on 0418 259 337 as places are limited

Sponsored by Cowra Council

Bookings essential for all 2022 Seniors Festival Events

THURSDAY 31 MARCH

Gentle Yoga @ Morongla Hall with Trish Bowler

10am – 11.30am @ Morongla Hall

Sponsored by Cowra Council

Free yoga class for Seniors Festival

Book with Trish on 0418 259 337 as places are limited

Seniors Festival Cinema “Death on the Nile”

10am @ Cowra Civic Centre

Special Discount for Seniors \$7.50pp

Includes light refreshments - Bookings essential

By phone 02 6340 2130, in person (Civic Centre Box Office in Darling Street) or online www.cowraciviccentre.com.au

Service NSW Discover Vouchers welcome - www.services.nsw.gov.au

Grandparent’s Storytime with a Special “Teddy Bear Picnic”

10.30 – 11.30am @ Cowra Library

Hosted by Cowra Library

Free – For further information Contact Terry on 63 40 2180

FRIDAY 1 APRIL

Songs n Snags In The Park

11am – 2pm @ River Park

Hosted by Cowra/Grenfell Meals on Wheels & Ability Network Ltd

Featuring local artists. RSVP to Denise Makin 02 6342 4165

or Jamie-Lee 0422088929 by Tuesday 29 March

Scams, Hacks & Cyber Safety

10.30 – 11.30am @ Cowra Library

Hosted by Cowra Council

Presented by local IT expert Kyle Dawes, Morning Tea provided

Free – For further information Contact Terry on 63 40 2180

Cowra Food Hall

9am – 12pm @ Cowra Uniting Church Hall, Darling Street

Show your Seniors Card and receive extra items

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FRIDAY 1 APRIL

CINC Community Morning Tea

10.30am @ Cowra Information & Neighborhood Centre, 15 Vaux Street
Join the CINC Team for a friendly get together – All welcome
FREE entry

WEDNESDAY 6 APRIL

Gooloogong Community Lunch - Celebrating Seniors

Hosted by Meals on Wheels
11:30am - 2pm @ Gooloogong Hotel
\$15 pp - Pay at the door
For further information contact Denise on (02) 6342 4165
Please advise any special dietary requirements

EXHIBITION

Cowra Regional Art Gallery

Archibald Prize 2021

19 March – 1 May 2022

Opening Hours: Tues-Sun 10am-4pm

FREE ENTRY

Darling Street, Cowra

www.cowraartgallery.com.au

02 6340 2190

PHOTOGRAPHIC COMPETITION

Theme: Reconnect

Entries to be displayed in the Cowra Library

21 March – 3 April

FREE ENTRY

Prizes awarded for U18's and 18 Years & Up

Email your entry with Name, Section & Mobile Number to:

cowraseniorsfestival@gmail.com

by 4pm Monday 14 March

(Limit of 3 entries per person)

Bookings essential for all 2022 Seniors Festival Events



The 2022 Seniors Festival in Cowra is a community partnership presentation with contributions from the following organisations



CANIMBLA BRANCH



Cowra Family History Group Inc

