

Central Coast Seniors Festival
Event Calendar

3-16 March 2025



Time to shine

Central Coast Council's Seniors Festival Expo 2025

**Thursday, 6 March 2025,
10am - 1pm**

Gosford Showground,
Showground Road, Gosford

**Friday, 14 March 2025,
10am - 1pm**

Wyong Race Club,
71-73 Howarth Street, Wyong

Join us at the Seniors Festival Expo 2025 to discover a range of services available on the Central Coast.

Connect with local community groups and organisations at Council's Seniors Festival Expo. Discover the wide range of services, activities and events available to older residents living on the Coast – you could find your next passion!

Explore and gather valuable information from a variety of stallholders from local businesses, services and community groups around the Coast.

A Seniors Festival calico bag is available for the first 100 attendees.



Mayor's message

Seniors Festival celebrations are all about celebrating our seniors and their contribution to our community in the workforce, volunteering, as neighbours, friends, parents and grandparents.

This year's theme is 'It's Time to Shine' and we've put together a range of activities over 12 days, at multiple locations across the region, for you to enjoy.

There really is something for everyone. Choose from free health and fitness classes, dancing and entertainment, library activities, educational seminars and workshops, art exhibitions, author talks, discounted tickets to shows and much more.

We are fortunate to have incredible seniors who love life on the Central Coast. Many are actively involved in their local community, generously donating time and knowledge to community and sporting groups, organisations and charities. We acknowledge the importance of this contribution and the wealth of experience seniors bring.

Council is committed to creating opportunities for connection, creativity, inclusion and cultural initiatives and this festival delivers that, in a fun and friendly environment.

I encourage you to explore this year's exciting program - it's your 'Time to Shine'.

**Mayor of the Central Coast,
Lawrie McKinna**



Please see the calendar for a full list of events

Monday 10 February

<p>9:30am-11:30am <i>Blue Haven Community Centre</i> Free Bookings essential</p>	<p>Talking with Seniors Roadshow Talking with Seniors Roadshow is a series of FREE professional information sessions on a range of topics important to seniors living on the Central Coast. Sophie Roberts, Dietitian from Central Coast Local Health District will be talking on Eating Well for Strength and Independence and Nicola Rosenthal from Catholic Healthcare will be talking on Falls Prevention at this month's Roadshow. Bookings essential: centralcoast.nsw.gov.au/whats-on Enquiries: 4304 7224.</p>
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Saturday 15 February to Sunday 23 March

<p>9:30am-5pm <i>Gosford Regional Gallery</i> Free</p>	<p>Art in Conflict <i>Art in Conflict</i> is a touring exhibition of contemporary art from the Australian War Memorial. A showcase of responses to war, the exhibition includes more than 70 paintings, drawings, films, prints, photography and sculptures. The exhibition has been assisted by the Australian Government's Visions of Australia program. Enquiries: 4304 7550.</p>
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<p>9:30am-5pm <i>Gosford Regional Gallery</i> Free</p>	<p>Ethan-James Kotiau: <i>Dandhi – Grounded</i> An exhibition by Ethan-James Kotiau about being connected to the land, the waterways, and culture. It's about remembering where we come from—our roots, our language—and how that gives us strength. These works reflect the balance between holding onto traditions and growing from them, showing the positive impact it has on us and the generations to come. Enquiries: 4304 7550.</p>
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Thursday 20 February

<p>10am-11am <i>Trusted Home Care, The Blake Room</i> Free Includes morning tea</p>	<p>Free Aged Care Information Session An information session for seniors living at home who would like more information on government funding to support them living at home for longer. We will discuss what a Home Care Package is and the support you can get at home. Enquiries: 1300 685 088.</p>
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Tuesday 25 February to Wednesday 26 February

25 February,
8pm

26 February,
2pm and 8pm

*The Art House,
Wyong*

Concession: \$65

Bookings essential

The Wharf Revue: The End Of The Wharf As We Know It

The Art House Presents, A Soft Tread Production, The Wharf Revue: The End Of The Wharf As We Know It. After twenty-five years in the harsh and unforgiving spotlight of politics, The Wharf Revue has decided to step away from public life. Many public figures who've appeared in the show regularly over the years are lining up for a place in the final hurrah: Keating, Howard, Downer, Costello, Gillard, Abbott, Carr and other throwbacks too numerous to mention.

Bookings essential: theartousewyong.com.au/whats-on Enquiries: 4335 1485 or email tickets@theartousewyong.com.au

Saturday 1 March to Sunday 23 March

9:30am–5pm

*Gosford Regional
Gallery*

Free

Central Vision

Partnering with the Department of Education, A *Central Vision* brings together the best artworks from students studying at local Public Secondary High Schools. This annual exhibition presents the opportunity for selected students to display their artwork in a professional gallery setting, with prizes being awarded to a selection of artworks.

Enquiries: 4304 7550.

Monday 3 March to Friday 14 March

7:30am-1:30pm

*Terrigal 50 +
Leisure and
Learning Centre*

Free (excludes
concert)

Terrigal 50+ Leisure and Learning Centre Open Day

Non-members are welcome to come, see and participate in all activities during Seniors Festival (excluding Concert). Come and try something new or find a new passion.

Enquiries: 4384 5152.

<p>7:30am-2pm <i>Terrigal 50+ Leisure and Learning Centre</i> Free to attend Items as priced</p>	<p>Terrigal 50+ Leisure and Learning Centre Craft Sale Come and see the many wonderful craft items on sale during Seniors Festival. Handmade by members of Terrigal 50+ Handicraft Group. Enquiries: 4384 5152.</p>
<p>Monday 3 March to Sunday 16 March</p>	
<p>7:30am-8:30am <i>Peninsula Leisure Centre</i> Free Bookings essential</p>	<p>Join our Senior Strength Training program Each weekday morning from 3-16 March inclusive, join our Senior Strength Training Gym-Based Over 50s program with a free Member Care appointment and fitness assessment. Bookings essential. Enquiries: 4325 8123 or email plc@centralcoast.nsw.gov.au</p>
<p>8:30am-9:30am <i>Lake Haven Recreation Centre</i> Free</p>	<p>Active Over 50 Each weekday morning from 3-16 March inclusive. A low impact, low-moderate intensity fitness class specifically designed for over 50s. Classes vary with cardio, conditioning, strength, core training and balance components. Enquiries: 4304 8020.</p>
<p>Monday 3 March</p>	
<p>9am-10am <i>Toukley Aquatic Centre</i> Free Bookings essential</p>	<p>Aqua Deep This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Bookings essential: tac@centralcoast.nsw.gov.au Enquiries: 4304 8060.</p>
<p>10:15am-10:45am <i>Online via Zoom</i> Free Bookings essential</p>	<p>Chair Cardio: Online Exercises with Carol Stay fit and active from the comfort of your home with our online seated cardio class! Join Carol for a fun workout that improves your cardio fitness and builds leg strength while seated. Enjoy heart-healthy movements and enhance your coordination, all from your lounge room. Class is free—just bring your chair! Bookings essential Enquiries: 0411 246 741 or email carol@thirddagefitness.com.au</p>

<p>10:30am-11:30am <i>Tuggerah Library</i> Free Bookings essential</p>	<p>Read Me A Story Join us for some stories and poems from different eras read aloud that will evoke memories and personal connections. The session will end with a simple craft activity. Bookings essential: centralcoast.nsw.gov.au/whats-on Enquiries: 4350 1560.</p>
<p>1pm-3pm <i>Gosford Golf Club</i> \$10 Includes refreshments Bookings essential</p>	<p>Downsizing Information Session Are you thinking of downsizing? Is your home no longer serving the purpose you bought it for? Join Julia Dyer for independent advice to help you overcome the overwhelm and feel more confident and in control on your downsizing journey. Leave with a strategic plan, so you can transition with ease. Bookings essential: info@downsizingconnections.com.au Enquiries: 0404 293 485 or email hello@juliadyer.com.au</p>
<p>Tuesday 4 March</p>	
<p>7am-7:45am <i>Toukley Aquatic Centre</i> Free Bookings essential</p>	<p>Aqua Deep This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Bookings essential: tac@centralcoast.nsw.gov.au Enquiries:4304 8060.</p>
<p>8am-9am <i>Toukley Aquatic Centre</i> Free Bookings essential</p>	<p>Shallow Water Aqua Fitness This aqua fitness class is designed with a higher focus on cardiovascular fitness, movement, strength and core stability. Bookings essential: tac@centralcoast.nsw.gov.au Enquiries: 4304 8060</p>
<p>8:30am-9:30am <i>Gosford Olympic Pool</i> Free</p>	<p>Active Over 50 Aqua Fitness This low intensity aqua fitness class focuses on increasing functional mobility and strengthening of joints and muscles as well as improving cardiovascular fitness. Enquiries: 4304 7250 or email gop@centralcoast.nsw.gov.au</p>

<p>9am-10am <i>Gwandalan Community Hall</i> Free</p>	<p>Mind+Move Seated Exercise Low intensity building to higher energy exercises designed to help improve core strength, mobility, body control and sleep quality. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>
<p>9:30am-11:30am <i>Woy Woy Library</i> Free Bookings essential</p>	<p>Talking with Seniors Roadshow Talking with Seniors Roadshow is a series of FREE professional information sessions on a range of topics important to seniors living on the Central Coast. Nicole Czinner and Sally Sallaway from Central Coast Local Health District will be talking on Dementia Services at this Roadshow. Booking essential: centralcoast.nsw.gov.au/whats-on Enquiries: 4304 7224.</p>
<p>10am-11am <i>Gwandalan Community Hall</i> Free</p>	<p>Mind+Move: Zumba Recreates the original moves you love at a lower-intensity. A fun all body workout that introduces easy-to-follow moves. Focusing on balance, range of motion and coordination. Enquiries: 0478 282 765.</p>
<p>10am-11am <i>Lake Haven Library</i> Free</p>	<p>Grandparents Babytime Babytime is a special program of songs, rhymes and simple stories for infants aged 0 to 24 months. It provides a fun session of songs, rhymes and an opportunity to read with your grand-baby. Enquiries: 4350 1570</p>
<p>10:30am-11:30am <i>Erina Library</i> Free Bookings essential</p>	<p>Blackout Poetry Workshop Celebrate Seniors Festival and Poetry Month at Erina Library. There is only one rule for making blackout poetry – have fun! Less is more in this quirky, creative medium. All materials supplied. Bookings essential: centralcoast.nsw.gov.au/whats-on Enquiries: 4304 7650.</p>
<p>11am-12pm <i>Gwandalan Community Hall</i> Free</p>	<p>Mind+Move: Remain Active An ongoing fitness, balance, and flexibility program to build strength and flexibility to help increase your energy and maintain your mobility. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>

<p>11am-12:30pm <i>Tuggerah Library</i> Free Includes refreshments Bookings essential</p>	<p>Brain Games for Seniors Come and have fun playing some games and solving puzzles to challenge your brain, stimulate your memory, improve concentration and boost your brain power! Refreshments included. Bookings essential: centralcoast.nsw.gov.au/whats-on Enquiries: 4350 1560.</p>
<p>1pm-2:30pm <i>Lake Haven Library</i> Free Bookings essential</p>	<p>Tech Basics for Seniors Learn the basics of using technology. This introductory session will cover safe web browsing and how to create an email address. Please bring an internet-connected or wifi enabled device. You may borrow a library device however you may need to share a tablet with others in the workshop. Bookings essential: centralcoast.nsw.gov.au/whats-on Enquiries: 4350 1570.</p>
<p>6:30pm-8:30pm <i>Peninsula Community Centre</i> \$10</p>	<p>Weekly Dance with Wendy Dance includes Square Dancing, Rounds/Mixers. Your first night is free! Great exercise for your mind and body. Also good for the soul and a great way to socialise. Enquiries: Wendy Alexander 0429 444 241 or email ccoceanwaves@gmail.com</p>
<p>5:30pm-6:30pm <i>Erina Leagues Club</i> Free Bookings essential</p>	<p>Positive Ageing Activities for a Healthy Life This workshop will look at ways that mature aged people can manage their health outcomes with regards to social and physical activity, prescription medications and alcohol and other drug use. Bookings essential: erinaCDAT@gmail.com Enquiries: 0451 145 262.</p>
<p>Wednesday 5 March</p>	
<p>8:30am-9am <i>Online via Zoom</i> Free Bookings essential</p>	<p>Pilates: Online Exercises with Bree Stay fit and active from the comfort of your home with our online Pilates class! Join Bree for a fun floor workout that improves your core strength and flexibility. Enjoy heart-healthy movements and enhance your coordination, all while using your mat. Class is free—just bring your mat along! Bookings essential. Enquires: 0411 246 741 or email carol@thirdagefitness.com.au</p>

<p>10am-12pm <i>Keyton Brentwood Village</i> Free Includes morning tea Supplies included Bookings essential</p>	<p>Free Candle Making Class Discover how to create eco-friendly candles using soy wax and glass containers with CandleXchange. Learn candle basics, eco tips and how to reuse your candle containers. Make 2 candles - one for you and one will be donated to a local charity for domestic violence survivors. A light morning tea will be offered. Bookings essential. Enquiries: 4323 2722 or 4368 1333 or email tracy.thomas@keyton.com.au</p>
<p>10am-1pm <i>Lake Munmorah 50+ Leisure and Learning Centre</i> Free</p>	<p>Lake Munmorah 50+ Leisure and Learning Centre Open Day Come see our displays and videos of our activities or try your hand at indoor bowls. Enjoy a "cuppa" and a chat with our friendly members about what's on offer at our club.</p>
<p>10am-11am <i>Lake Haven Library</i> Free</p>	<p>Grandparents Toddlertime Toddlertime aims to develop language, literacy and numeracy skills for children aged 2-3 years as well as help grandparents better engage with their grandchildren through songs, stories and activities. Enquiries: 4350 1570 or online at centralcoast.nsw.gov.au/whats-on</p>
<p>10am-11am <i>Ettalong 50+ Leisure and Learning Centre</i> Free Includes morning tea</p>	<p>Ettalong 50+ Leisure and Learning Centre Open Day Come and join us for a free morning tea and see what our club has to offer. Enquiries: 4304 7222.</p>
<p>10:30am- 11:30am <i>Kincumber Library</i> Free</p>	<p>Grandparents Storytime Join us for a special Storytime, as we celebrate grandparents and those special older people in our lives with a range of books, songs and craft. Enquiries 4350 1570 or online at centralcoast.nsw.gov.au/whats-on</p>

<p>10:30am-11:30am <i>Peninsula Leisure Centre</i> Free</p>	<p>Yoga A traditional practice involving a series of poses and stretches, floor and standing exercises with balance work and relaxation. Enquiries: 4325 8123 or email plc@centralcoast.nsw.gov.au</p>
<p>11am-12pm <i>Lake Haven Library</i> Free</p>	<p>Grandparents Storytime Storytime encourages a love of reading and creativity for preschool children aged 3-5 years using stories, songs and a fun craft activity. Enquiries: 4350 1570 or online at centralcoast.nsw.gov.au/whats-on</p>
<p>2pm-4pm <i>Tuggerah Community Hall</i> \$8</p>	<p>Round Dancing Lessons Pelican Promenaders Round Dance Club is a friendly social group sharing a common interest in dancing every Wednesday. Round Dance is choreographed ballroom dancing incorporating Waltz, Two Step, Rumba, Cha Cha and Foxtrot. It is non competitive and open to anyone interested in learning and dancing in a fun and friendly atmosphere. Enquiries: 0409 938 345.</p>
<p>Thursday 6 March</p>	
<p>7am-7:45am <i>Toukley Aquatic Centre</i> Free</p>	<p>Aqua Deep This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Enquiries: 4304 8060 or email tac@centralcoast.nsw.gov.au</p>
<p>7:30am-8:30am <i>Peninsula Leisure Centre</i> Free</p>	<p>Lite and Easy Aqua Fitness A low-moderate intensity aqua fitness class in the indoor heated pool, suitable for beginners, seniors or those managing injury or illness. Enquires: 4325 8123 or email plc@centralcoast.nsw.gov.au</p>
<p>9am-10am <i>Our Lady of Loreto Gardens</i> Free</p>	<p>Mind+Move: Seated Exercise Low intensity building to higher energy exercises designed to help improve core strength, mobility, body control and sleep quality. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>

<p>9am-10am <i>Kincumber Neighbourhood Centre</i> Free</p>	<p>Mind+Move: Seated Exercise Low intensity building to higher energy exercises designed to help improve core strength, mobility, body control and sleep quality. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>
<p>9:30am-10:30am <i>Keyton Henry Kendall Village</i> Free</p>	<p>Mind+Move: Seated Exercise Low intensity building to higher energy exercises designed to help improve core strength, mobility, body control and sleep quality. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>
<p>10am-11am <i>Kincumber Neighbourhood Centre</i> Free</p>	<p>Mind+Move: Zumba Recreates the original moves you love at a lower-intensity. A fun all body workout that introduces easy-to-follow moves. Focusing on balance, range of motion and coordination. Enquiries: 0478 282 765.</p>
<p>10am-11am <i>Bolton Clarke Wyong Community Hub</i> Free</p>	<p>Navigating My Aged Care: Monthly Free Information Sessions Navigating My Aged Care can feel overwhelming, but you don't have to do it alone. We're here to make the process simple and stress-free, guiding you every step of the way. Whether you're exploring support options for yourself or a loved one, we are here to help you understand the system and give you guidance on how to access the right services. Held monthly on the first Thursday. Enquiries: 1300 655 444.</p>
<p>10am-11:30am <i>Umina Beach Library</i> Free Bookings essential</p>	<p>CPR and First Aid Talk for Seniors Council Lifeguards will provide seniors with CPR and first aid information along with some practical components. Bookings essential: centralcoast.nsw.gov.au/whats-on Enquires: 4304 7333.</p>

<p>10am–1pm <i>Gosford Showground</i> Free</p>	<p>Central Coast Council's Seniors Festival Expo - Gosford Council will shine the spotlight on a range of services and resources available to Seniors by bringing them together under one roof at the Gosford Seniors Expo. The event will feature a variety of stallholders from businesses, services, and community groups around the Central Coast. Visitors will have the opportunity to speak to the organisations first-hand, ask questions and gather resources. Free calico bag for the first 100 attendees. Complete the Seniors Festival Expo passport to go into the draw to win a prize. Check Council's website for terms and conditions. Enquiries: 4350 5281 or online at centralcoast.nsw.gov.au/whats-on</p>
<p>10:15am-11:15am <i>Our Lady of Loreto Gardens</i> Free</p>	<p>Mind+Move Circuit Class Move through timed exercise stations, each targeting a different muscle group. This engaging format combines light cardio, strength and balance exercises to boost strength and coordination in a fun, supportive setting. Enquiries: 0478 282 765.</p>
<p>10:30am–12pm <i>Erina Library</i> Free Bookings essential</p>	<p>Exercise your Brain Join us at Erina Library and exercise your brain - no yoga mats or lycra required. Try out word puzzles and play games designed to sharpen your memory and problem-solving skills. Bookings essential: centralcoast.nsw.gov.au/whats-on Enquiries 4304 7650.</p>
<p>10:30am-11:30am <i>Kincumber Library</i> Free</p>	<p>Grandparents Storytime Join us for a special Storytime, as we celebrate grandparents and those special older people in our lives with a range of books, songs and craft. Enquiries: 4304 7641 or online at centralcoast.nsw.gov.au/whats-on</p>
<p>10:30am-11:30am <i>Keyton Henry Kendall Village</i> Free</p>	<p>Mind+Move: Remain Active An ongoing fitness, balance, and flexibility program to build strength and flexibility to help increase your energy and maintain your mobility. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>

<p>11am-12pm <i>Kincumber Neighbourhood Centre</i> Free</p>	<p>Mind+Move: Remain Active An ongoing fitness, balance, and flexibility program to build strength and flexibility to help increase your energy and maintain your mobility. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>
<p>11am-2pm <i>Terrigal 50+ Leisure and Learning</i> \$25 Includes lunch Bookings essential</p>	<p>Terrigal 50+ Leisure and Learning Centre Seniors Festival Concert Come along to our Seniors Festival Entertainment Concert "<i>They Call Me Bruce</i>", which is an amazing, unique music and comedy act. Includes lunch. Bookings essential: Terrigal50plus@outlook.com Enquiries: 4384 5152.</p>
<p>Friday 7 March</p>	
<p>8:45am-9:45am <i>Toukley Aquatic Centre</i> Free Bookings essential</p>	<p>Aqua Deep This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Bookings essential: tac@centralcoast.nsw.gov.au Enquiries: 4304 8060.</p>
<p>9am-10am <i>Bateau Bay Community Hall</i> Free</p>	<p>Mind+Move: Seated Exercise Low intensity building to higher energy exercises designed to help improve core strength, mobility, body control and sleep quality. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>
<p>10am-10:30am <i>Online via Zoom</i> Free Bookings essential</p>	<p>Building Strength: Online Exercises with Carol Stay fit and active from the comfort of your home with our online standing strength class! Join Carol for a fun workout using dumbbells to build muscle and improve overall fitness. Enhance your strength and coordination, all while standing. Class is free—just bring your dumbbells along! Bookings essential. Enquires: 0411 246 741 or email carol@thirddagefitness.com.au</p>

<p>10am–11:30am <i>Keyton Brentwood Village</i> Free Bookings essential</p>	<p>In Conversation with Aunty Di - A Community Connect Author Event You're warmly invited to a special Seniors Festival event featuring Dianne O'Brien (Aunty Di) as she shares her incredible memoir, <i>Daughter of the River Country</i>. From a victim of the stolen generation to a story of resilience, survival, and hope, this is an event not to be missed. A light morning tea will be offered after the event. Bookings essential. Enquiries: 4368 1333</p>
<p>10am-11am <i>Bateau Bay Community Hall</i> Free</p>	<p>Mind+Move: Zumba Recreates the original moves you love at a lower-intensity. A fun all body workout that introduces easy-to-follow moves. Focusing on balance, range of motion and coordination. Enquiries: 0478 282 765</p>
<p>10am-11:30am <i>Lake Haven Library</i> Free Bookings essential</p>	<p>Exercise your Brain Join us at Lake Have Library and exercise your brain - no yoga mats or lycra required! Try out word puzzles, trivia and play games designed to sharpen your memory and problem-solving skills. Bookings essential: centralcoast.nsw.gov.au/whats-on Enquiries: 4350 1570</p>
<p>11am-12pm <i>Bateau Bay Community Hall</i> Free</p>	<p>Mind+Move: Remain Active An ongoing fitness, balance, and flexibility program to build strength and flexibility to help increase your energy and maintain your mobility. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765</p>
<p>7:30pm <i>The Art House</i> Concession: \$96 Bookings essential</p>	<p>The Two Amigos! Back by popular demand, Aussie music legends, Glenn Shorrock and Brian Cadd will return to The Art House in March 2025. Our very own "Two Amigos" will be joined onstage by their 5-piece band to present an evening full of wonderful music, poignant memories and loads of laughs guaranteeing that this will be far more than your average stroll down memory lane. Bookings essential: theartousewyong.com.au/whats-on Enquiries: 4335 1485 or email tickets@theartousewyong.com.au</p>

Saturday 8 March

8am-9am
Peninsula Leisure Centre
Free

Aqua Deep

This aqua fitness class is conducted in the deep end of the indoor 50m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout.

Enquiries: 4325 8123 or email plc@centralcoast.nsw.gov.au

Monday 10 March

9am-10am
Toukley Aquatic Centre
Free
Bookings essential

Aqua Deep

This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout.

Bookings essential: tac@centralcoast.nsw.gov.au.
Enquiries: 4304 8060.

9am-Art, Drawing and Craft.
12pm-Cards
1:30pm-Table Tennis
Gosford 50+ Leisure and Learning Centre
Free
Includes activity and a tea/coffee

Gosford 50+ Leisure and Learning Centre Open Day

Have you ever wanted to try your hand at table tennis? Or perhaps you want to try some Korean inspired craft or finish that painting you started last year. Why not learn to draw or play the 5 Crowns Card game? At the Gosford 50+ Leisure and Learning Centre there are many activities you can try and events to attend. Why not come along to our Seniors Festival Open Day and meet new people, develop new friendships and find ways to stay active and healthy. Every visitor will have an opportunity to have a free cuppa and talk with the volunteers that run the Centre.

Enquiries 4324 2287.

10:30am-11:45am
Tuggerah Library
Free
Bookings essential

Dog Walking Safety

Join Doggie Dates Collective and connect with their local branch, Central Coast Doggie Dates, an active social dog-walking community. Learn practical tips to keep you and your dog safe while walking in public areas, along with strategies and advice for handling any unexpected challenges you might encounter.

Bookings essential: centralcoast.nsw.gov.au/whats-on
Enquires: 4350 1560.

<p>1:30pm-2pm <i>Online via Zoom</i> Free Bookings essential</p>	<p>Better Balance: Online Exercises with Carol Stay fit and active from the comfort of your home with our online balance class! Join Carol for a fun workout that combines standing and seated exercises to enhance your stability and coordination. Improve your balance while using a chair for support. Class is free—just bring your chair along! Bookings essential. Enquires: 0411 246 741 or email carol@thirddagefitness.com.au</p>
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Tuesday, 11 March

<p>7am-7:45am <i>Toukley Aquatic Centre</i> Free</p>	<p>Aqua Deep This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Enquiries: 4304 8060 or email tac@centralcoast.nsw.gov.au</p>
<p>8am-9am <i>Toukley Aquatic Centre</i> Free</p>	<p>Shallow Water Aqua Fitness This aqua fitness class is designed with a higher focus on cardiovascular fitness, movement, strength and core stability. Enquiries: 4304 8060 or email tac@centralcoast.nsw.gov.au</p>
<p>8:30am-9:30am <i>Gosford Olympic Pool</i> Free</p>	<p>Active Over 50 Aqua Fitness This low intensity aqua fitness class focuses on increasing functional mobility and strengthening of joints and muscles as well as improving cardiovascular fitness. Enquiries: 4304 7250 or email gop@centralcoast.nsw.gov.au</p>

<p>9am-Craft and Indoor Bowls 1pm-Rummikub and Ukelele <i>Gosford 50+ Leisure and Learning Centre</i> Free Includes activity and a tea/coffee</p>	<p>Gosford 50+ Leisure and Learning Centre Open Day Have you ever wanted to try your hand at Indoor Bowls? Or perhaps you want to complete some of your own craft projects with like minded people. Why not learn to play Rummikub or sit, listen and sing along to our Ukelele players as they play your favourite songs? At the Gosford 50+ Leisure and Learning Centre there are many activities you can try and events to attend. Why not come along to our Seniors Festival Open Day and meet new people, develop new friendships and find ways to stay active and healthy. You may even find a great bargain in our Op Shop which is open daily. Every visitor will have an opportunity to have a free cuppa and talk with the volunteers that run the Centre. Enquiries 4324 2287.</p>
<p>9am-10am <i>Gwandalan Community Hall</i> Free</p>	<p>Mind+Move: Seated Exercise Low intensity building to higher energy exercises designed to help improve core strength, mobility, body control and sleep quality. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>
<p>10am-11am <i>Gwandalan Community Hall</i> Free</p>	<p>Mind+Move: Zumba Recreates the original moves you love at a lower-intensity. A fun all body workout that introduces easy-to-follow moves. Focusing on balance, range of motion and coordination. Enquiries: 0478 282 765.</p>
<p>10am-11am <i>Lake Haven Library</i> Free</p>	<p>Grandparents Babytime Babytime is a special program of songs, rhymes and simple stories for infants aged 0 to 24 months. It provides a fun session of songs, rhymes and an opportunity to read with your grand-baby. Enquiries: 4350 1570.</p>

<p>10:30am-11am <i>Online via Zoom</i> Free Bookings essential</p>	<p>Chair Strength: Online Exercises with Carol Stay fit and active from home with our online seated strength class using resistance bands! Join Carol for a fun workout that targets your entire body while seated, helping you build strength and improve flexibility. Just bring your resistance band and a sturdy chair along—class is free! Bookings essential. Enquires: 0411 246 741 or email carol@thirddagefitness.com.au</p>
<p>10:30am-11:30am <i>Umina Beach Library</i> Free</p>	<p>Grandparents Special Preschool Storytime Preschool aged children and their families are invited to bring along a Very Important 'Senior' Person (VIP) for a morning of stories, songs and craft. For children aged 3-5 and their special guests. Enquiries: 4304 7333.</p>
<p>11am-12pm <i>Gwandalan Community Hall</i> Free</p>	<p>Mind+Move: Remain Active An ongoing fitness, balance, and flexibility program to build strength and flexibility to help increase your energy and maintain your mobility. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>
<p>1pm-2:30pm <i>Lake Haven Library</i> Free Bookings essential</p>	<p>Tech Basics for Seniors Learn the basics of using technology. This introductory session will cover safe web browsing and how to create an email address. Please bring an internet-connected or wifi enabled device. You may borrow a library device however you may need to share a tablet with others in the workshop. Bookings essential: centralcoast.nsw.gov.au/whats-on Enquiries: 4350 1570.</p>
<p>6:30pm-8:30pm <i>Peninsula Community Centre</i> \$10</p>	<p>Weekly Dance with Wendy Dance includes Square Dancing, Rounds/Mixers. Your first night is free! Great exercise for your mind and body. Also good for the soul and a great way to socialise. Enquiries: Wendy Alexander 0429 444 241 or email ccoceanwaves@gmail.com</p>

Wednesday 12 March

<p>9am-Colouring-in 1pm- Scrapbooking <i>Gosford 50+ Leisure and Learning Centre</i> Free Includes activity and a Tea/Coffee</p>	<p>Gosford 50+ Leisure and Learning Centre Open Day Do you enjoy colouring-in or scrapbooking your families special events? At the Gosford 50+ Leisure and Learning Centre there are many activities you can try and events to attend. Why not come along to our Seniors Festival Open Day and meet new people, develop new friendships and find ways to stay active and healthy. You may even find a great bargain in our Op Shop which is open daily. Every visitor will have an opportunity to have a free cuppa and talk with the volunteers that run the Centre. Enquiries 4324 2287.</p>
<p>10am-12pm <i>Keyton Henry Kendall Village</i> Free Includes morning tea Supplies included Bookings essential</p>	<p>Free Candle Making Class Discover how to create eco-friendly candles using soy wax and glass containers with CandleXchange. Learn candle basics, eco tips and how to reuse your candle containers. Make 2 candles - one for you and one will be donated to a local charity for domestic violence survivors. A light morning tea will be offered. Bookings essential. Enquiries: 4323 2722 or 4368 1333 or email tracy.thomas@keyton.com.au</p>
<p>10am-11am <i>Lake Haven Library</i> Free</p>	<p>Grandparents Toddlertime Toddlertime aims to develop language, literacy and numeracy skills for children aged 2-3 years as well as help grandparents better engage with their grandchildren through songs, stories and activities. Enquiries: 4350 1570</p>
<p>10:30am-11am <i>Online via Zoom</i> Free Bookings essential</p>	<p>Cardio Walking: Online Exercises with Carol Stay fit and active from home with our online walking class for cardio endurance! Join Carol for an energising workout that incorporates standing movements to boost your heart rate and improve stamina. Enjoy a fun, low-impact session designed for all fitness levels—bring your enthusiasm and get ready to move! Bookings essential Enquires: 0411 246 741 or email carol@thirddagefitness.com.au</p>

10:30am-11:30am <i>Peninsula Leisure Centre</i> Free	Yoga A traditional practice involving a series of poses and stretches, floor and standing exercises with balance work and relaxation. Enquiries: 4325 8123 or email plc@centralcoast.nsw.gov.au
10:45am-11:45am <i>Woy Woy Library</i> Free	Invite your Grandparents Storytime! Enjoy a special Storytime! Invite your grandparents along for an enjoyable set of stories, songs and craft. Enquiries: 4304 7555.
11am-12pm <i>Lake Haven Library</i> Free	Grandparents Storytime Storytime encourages a love of reading and creativity for preschool children aged 3-5 years using stories, songs and a fun craft activity. Enquiries: 4350 1570.
2pm-4pm <i>Tuggerah Community Hall</i> \$8	Round Dancing Lessons Pelican Promenaders Round Dance Club is a friendly social group sharing a common interest in dancing every Wednesday. Round Dance is choreographed ballroom dancing incorporating Waltz, Two Step, Rumba, Cha Cha and Foxtrot. It is non competitive and open to anyone interested in learning and dancing in a fun and friendly atmosphere. Enquiries: 0409 938 345.
Thursday 13 March	
7am-7:45am <i>Toukley Aquatic Centre</i> Free	Aqua Deep This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Enquiries: Reception 4304 8060 or email tac@centralcoast.nsw.gov.au
7:30am-8:30am <i>Peninsula Leisure Centre</i> Free	Lite and Easy Aqua Fitness A low-moderate intensity aqua fitness class in the indoor heated pool, suitable for beginners, seniors or those managing injury or illness. Enquiries: 4325 8123 or email plc@centralcoast.nsw.gov.au

<p>9am-10am <i>Our Lady of Loreto Gardens</i> Free</p>	<p>Mind+Move: Seated Exercise Low intensity building to higher energy exercises designed to help improve core strength, mobility, body control and sleep quality. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>
<p>9:30am-Darts 10am>Show <i>Gosford 50+ Leisure and Learning Centre</i> Darts Free <i>Includes a tea/ coffee</i> Show \$10 Includes morning tea</p>	<p>Gosford 50+ Leisure and Learning Centre Open Day Would you like to learn how to play darts? Or would you prefer to chat, enjoy morning tea and watch a show put on by professional singers and dancers? (<i>\$10 charge for the morning tea and show</i>) At the Gosford 50+ Leisure and Learning Centre there are many activities you can try and events to attend. Why not come along to our Seniors Festival Open Day and meet new people, develop new friendships and find ways to stay active and healthy. You may even find a great bargain in our Op Shop which is open daily. Every visitor will have an opportunity to have a free cuppa and talk with the volunteers that run the Centre. Bookings essential. Enquiries: 4324 2287.</p>
<p>9:30am-10:30am <i>Keyton Henry Kendall Village</i> Free</p>	<p>Mind+Move: Seated Exercise Low intensity building to higher energy exercises designed to help improve core strength, mobility, body control and sleep quality. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>
<p>10am-11am <i>Kincumber Neighbourhood Centre</i> Free</p>	<p>Mind+Move: Zumba Recreates the original moves you love at a lower-intensity. A fun all body workout that introduces easy-to-follow moves. Focusing on balance, range of motion and coordination. Enquiries: 0478 282 765.</p>
<p>10:15am-11:15am <i>Our Lady of Loreto Gardens</i> Free</p>	<p>Mind+Move: Circuit Class Move through timed exercise stations, each targeting a different muscle group. This engaging format combines light cardio, strength and balance exercises to boost strength and coordination in a fun, supportive setting. Enquiries: 0478 282 765.</p>

<p>10:30am-11:30am <i>Keyton Henry Kendall Village</i> Free</p>	<p>Mind+Move: Remain Active An ongoing fitness, balance, and flexibility program to build strength and flexibility to help increase your energy and maintain your mobility. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>
<p>11am-12pm <i>Kincumber Neighbourhood Centre</i> Free</p>	<p>Mind+Move Remain Active An ongoing fitness, balance, and flexibility program to build strength and flexibility to help increase your energy and maintain your mobility. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>
<p>11am-12pm <i>Tuggerah Library</i> Free</p>	<p>Grandparents Special Preschool Storytime Preschool aged children and their families are invited to bring along a Very Important 'Senior' Person (VIP) for a morning of stories, songs and craft. For children aged 3-5 and their special guests. Enquiries: 4350 1560.</p>
<p>1pm-3pm <i>Lake Haven Library</i> Free Bookings essential</p>	<p>First Aid Refresher for Seniors Refresher first aid basics for seniors. Bookings essential: centralcoast.nsw.gov.au/whats-on Enquiries: 4350 1570.</p>
<p>Friday 14 March</p>	
<p>10am-1pm <i>Wyong Race Club</i> Free</p>	<p>Central Coast Council's Seniors Festival Expo - Wyong Council will shine the spotlight on a range of services and resources available to Seniors by bringing them together under one roof at the Wyong Seniors Expo. The event will feature a variety of stallholders from businesses, services, and community groups around the Central Coast. Visitors will have the opportunity to speak to the organisations first-hand, ask questions and gather resources. Free calico bag for the first 100 attendees. Complete the Seniors Festival Expo passport to go into the draw to win a prize. Check Council's website for terms and conditions. Enquiries: 4350 5281 or online at centralcoast.nsw.gov.au/whats-on</p>

<p>8:45am-9:45am <i>Toukley Aquatic Centre</i> Free</p>	<p>Aqua Deep This aqua fitness class is conducted in the deep end of the indoor 25m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Enquires: 4304 8060 or email tac@centralcoast.nsw.gov.au</p>
<p>9am-10am <i>Bateau Bay Community Hall</i> Free</p>	<p>Mind+Move: Seated Exercise Low intensity building to higher energy exercises designed to help improve core strength, mobility, body control and sleep quality. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>
<p>9:30am-Ukelele and Indoor Bowls 1pm-Mahjong and Ballroom Dancing <i>Gosford 50+ Leisure and Learning Centre</i> Free Includes activity and a tea/coffee</p>	<p>Gosford 50+ Leisure and Learning Centre Open Day How many of you would like to learn to dance or play Mahjong? Perhaps you would prefer to participate in a game of Indoor Bowls? Or maybe you just enjoy sitting and listening to music? At the Gosford 50+ Leisure and Learning Centre there are many activities you can try and events to attend. Why not come along to our Seniors Festival Open Day and meet new people, develop new friendships and find ways to stay active and healthy. You may even find a great bargain in our Op Shop which is open daily. Every visitor will have an opportunity to have a free cuppa and talk with the volunteers that run the Centre. Enquiries: 4324 2287.</p>
<p>10am-11am <i>Bateau Bay Community Hall</i> Free</p>	<p>Mind+Move: Zumba Recreates the original moves you love at a lower-intensity. A fun all body workout that introduces easy-to-follow moves. Focusing on balance, range of motion and coordination. Enquiries: 0478 282 765.</p>
<p>11am-12pm <i>Bateau Bay Community Hall</i> Free</p>	<p>Mind+Move: Remain Active An ongoing fitness, balance, and flexibility program to build strength and flexibility to help increase your energy and maintain your mobility. Exercises will include light cardio, strength and resistance exercises, balance, flexibility and stretching. Enquiries: 0478 282 765.</p>

<p>11:15am-12:15pm <i>Peninsula Leisure Centre</i> Free</p>	<p>Tai Chi A gentle martial art well known for its health benefits, promoting serenity, balance, coordination and wellbeing. Enquiries: 4325 8123 or email plc@centralcoast.nsw.gov.au</p>
<p>Saturday 15 March</p>	
<p>8am-9am <i>Peninsula Leisure Centre</i> Free</p>	<p>Aqua Deep This aqua fitness class is conducted in the deep end of the indoor 50m heated pool, where participants use a buoyancy belt and equipment such as noodles and aqua dumbbells for a whole-body workout. Enquiries: 4325 8123 or email plc@centralcoast.nsw.gov.au</p>
<p>Tuesday 7 April</p>	
<p>9:30am-11:30am <i>Blue Haven Community Centre</i> Free</p>	<p>Talking with Seniors Roadshow Talking with Seniors Roadshow is a series of FREE professional information sessions on a range of topics important to seniors living on the Central Coast. Jacqui Bilson from Bilson Law will be talking about Power of Attorney and Enduring Guardianship and Sophie Morgan from Morgans Financial will be talking about Retirement Planning and the new Aged Care Act. Bookings essential: centralcoast.nsw.gov.au/whats-on Enquiries: 4304 7224.</p>



2025 Senior Festival Events and Activities Locations

Location	Address	Phone
Bateau Bay Community Hall	1 Rushby Street, Bateau Bay	4332 7450
Blue Haven Community Centre	1 Aspley Court, Blue Haven	4306 7900
Bolton Clarke Wyong Community Hub	14 Pacific Highway, Wyong	1300 655 444
Erina Leagues Club	18 Ilya Avenue, Erina	4365 2233
Erina Library	The Hive, Erina Fair, Erina	4304 7650
Ettalong 50+ Leisure and Learning Centre	Cnr Broken Bay Road and Karingi Street, Ettalong	4304 7222
Gosford 50+ Leisure and Learning Centre	Cnr Albany Street North and Henry Wheeler Place, Gosford	4324 2287
Gosford Golf Club	22 Racecourse Road, Gosford	4337 3300
Gosford Olympic Pool	42 Masons Parade, Point Frederick	4304 7250
Gosford Regional Gallery	36 Webb Street, East Gosford	4304 7550
Gosford Showground	Showground Road, Gosford	4323 4423
Gwandalan Community Hall	2W Koowong Road, Gwandalan	4972 5695
Keyton Brentwood Village	1 Scaysbrook Drive, Kincumber	4368 1333
Keyton Henry Kendall Village	9 Kalawarra Road, Wyoming	4323 2722
Kincumber Library	3 Bungoona Road, Kincumber	4304 7641
Kincumber Neighbourhood Centre	20-22 Kincumber Street, Kincumber	4363 1044
Lake Haven Library	Lake Haven Shopping Centre, Goobarabah Avenue, Lake Haven	4350 1570
Lake Haven Recreational Centre	Goobarabah Avenue, Gorokan	43048020
Lake Munmorah 50+ Leisure and Learning Centre	1 Acacia Avenue, Lake Munmorah	4358 8390
Our Lady of Loreto Gardens	1 Minnesota Road, Hamlyn Terrace	4311 0300
Peninsula Community Centre	93 McMasters Road, Woy Woy	4306 7900
Peninsula Leisure Centre	243 Blackwall Road, Woy Woy	4325 8123
Terrigal 50+ Leisure and Learning Centre	Cnr Duffys Road and Terrigal Drive, Terrigal	4384 5152
The Art House	19/21 Margaret Street, Wyong NSW	4335 1485
Toukley Aquatic Centre	Heador Street, Toukley NSW 2263	4304 8060
Trusted Home Care, The Blake Room	2 Ilya Avenue, Erina	1300 685 088
Tuggerah Community Hall	9 Anzac Road, Tuggerah	0409 938 345
Tuggerah Library	Westfield Tuggerah, 50 Wyong Road, Tuggerah	4350 1560
Umina Beach Library	Cnr West Street and Bullion Street, Umina	4304 7333
Woy Woy Library	Cnr Blackwall Road and Oval Avenue, Woy Woy	4304 7555
Wyong Race Club	71-73 Howarth Street, Wyong	4352 1083



For more information visit
centralcoast.nsw.gov.au/seniors
or phone 4304 7495