



NSW
GOVERNMENT



Cowra
Council

NSW Seniors Festival

3-16 March 2025



*It's Time
to Shine*

IN THE COWRA SHIRE!



COWRA SENIORS FESTIVAL OPENING

Hosted by Cowra Council
Venue: Cowra Aquatic Centre
Contact: Council Community Development Team
on 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
03

Monday
10:00 AM



COWRA CEMETERY TOUR

Hosted by Cowra Family History Group
Venue: Cowra Cemetery / Nguluway Room
RSVP: Friday, 28 February 2025
Contact: Cheryl ph. 0439 048 541 or
cherylmac0753@gmail.com
Cost: \$5 payable on the day.

Discover parts of Cowra's history on this gentle walking tour. Please meet at the carpark near the Uniting/Methodist section, just past the Indonesian graves, using the entrance closest to Canowindra Rd. Remember to wear sensible walking shoes and a hat. Morning tea will follow at the Nuguluway Room.

MARCH
04

Tuesday
8:45 AM



WILLS & POWER OF ATTORNEY INFORMATION SESSION @ COWRA LIBRARY

Time: 10.00 to 11.30am
Cost: Free
RSVP: Book directly with Library on 6340 2180
Presented by Golsbys Solicitors

MARCH
04

Tuesday
10:00 AM to
2:00 PM



ADVANCED CARE DIRECTIVE INFORMATION SESSION @ COWRA LIBRARY

Time: 12.00 to 1.00pm
Cost: Free
RSVP: Book directly with Library on 6340 2180
With Gareth Danis, BaptistCare Home Services Cowra

MARCH
04

Tuesday
12:00 PM to
1:00 PM



WOODSTOCK VILLAGE LUNCHEON

Hosted by Cowra/Grenfell Meals on Wheels
Venue: Royal Hotel Woodstock
RSVP: Tuesday, 25 February 2025
Contact: Meals on Wheels Office ph. 6342 4165
Cost: \$20 pp payable on the day
Please advise any special dietary requirements

MARCH
04

Tuesday
11:30 AM to
2:00 PM



COME AND TRY CROQUET!

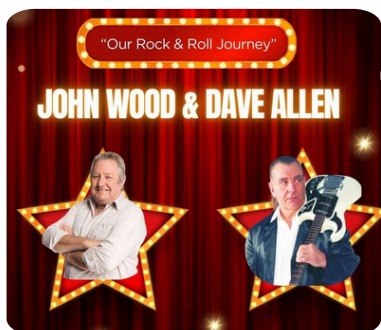
Hosted by Cowra Croquet Club
Venue: Cowra Croquet Club, Brougham Park
Contact: Jenny ph. 0400 395 196
Cost: Free!

Come and try a friendly game of Croquet and join us for a cuppa afterwards. Only a hat and a comfortable pair of flat shoes required. All equipment will be supplied.

MARCH
05

Wednesday
9:00 AM to
10:00 AM

JOHN WOOD AND DAVE ALLEN "OUR ROCK AND ROLL JOURNEY"



MARCH
05

Wednesday
11:00 AM

Hosted by Cowra Council
Venue: Club Cowra, 101 Brisbane St
Contact: Club Cowra ph. 6342 1144

Morning Tea sponsored by
BaptistCare at Home - Cowra
Cost: Free, but bookings essential
Tickets available via Club Cowra

Gold Logie Winner John Wood - actor & performer of many television series, movie roles & theatre productions has teamed up with vocalist, musician and front man from 'Rock around the World', Dave Allen. A Rock & Roll Journey showcases vocals, guitars, drums, congas and blues harp played by this professional and talented duo.



BE CONNECTED FREE ONE ON ONE TECH SESSION

Time: 10.00 to 12.00pm (half hour sessions only)
Venue: Cowra Library
Cost: Free
RSVP: Book directly with Library on 6340 2180

MARCH
06

Thursday
10:00 AM to
12:00 PM



MORNING TEA WITH COWRA U3A

Hosted by Cowra U3A
Venue: Cowra Senior Citizens Centre
RSVP: Monday 3 March 2025
Contact: Robyn ph. 0400 107 539
Cost: Free

MARCH
06

Thursday
10:30 AM

Theme: Time to Shine - Bring along your favourites and most interesting candlesticks!



GOOLOOGONG VILLAGE LUNCHEON

Hosted by Cowra/Grenfell Meals on Wheels
Venue: Gooloogong Hotel
RSVP: Thursday, 27 February 2025
Contact: Meals on Wheels Office ph. 6342 4165
Cost: \$20 pp payable on the day
Please advise any special dietary requirements

MARCH
06

Thursday
11:30 AM to
2:00 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
07

Friday
10:30 AM



COWRA FOOD HALL

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

MARCH
07

Friday
9:30 AM
to 11:30 AM



BANJO

The poetry of Banjo Patterson. The music of Coldplay. The power of contemporary dance.

Venue: Cowra Civic Centre
Contact: Cowra Civic Centre ph. 6340 2130
Cost: \$40pp tickets online or at the box office

MARCH
07

Friday
7:00 PM



MOVIE AFTERNOON - BRIDGET JONES: MAD ABOUT THE BOY

Hosted by Cowra Council
Venue: Cowra Civic Centre
Cost: \$10 pp (inc. drink) Luxe Seats
\$20 pp (inc. drink/popcorn) Emperor Recliners
Contact: Cowra Civic Centre ph. 6340 2130
Tickets: cowraciviccentre.com.au or at the box office

MARCH
08

Saturday
1:30 PM



LACHLAN VALLEY RAILWAY HERITAGE TRAIN RIDES

Hosted by Lachlan Valley Railway Society
Venue: Cowra Rail Heritage Centre, 3 Campbell St
Contact: Cass Mendham – 0411 790 021
Cost: Seniors free! Normal fares apply to all other passengers (subject to available seating).
Trains depart Cowra station at: 10am, 10.30am, 11am and 11.30am. *A 98-year old rail motor train will convey passengers on a short, 25-minute return journey from the station to the Lachlan River.*

MARCH
09

Sunday
10:00 AM
to 1:00 PM



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
10

Monday
11:00 AM



RIVER PARK TWILIGHT GAMES

Hosted by Cowra U3A, Cowra Senior Citizens Club and BaptistCare at Home - Cowra
Venue: River Park, Cowra
Contact: Robyn ph. 0400 107 539
RSVP: Friday 7 March 2025
Cost: \$2 pp (including sausage sizzle)

MARCH
10

Monday
5:00 PM



DORSET BUTTON EMBROIDERY WORKSHOP

Hosted by CWA of NSW - Canimbla Branch
Venue: Nguluway Room
RSVP: Tuesday 4 March 2025
Contact: Geraldine ph. 0422 353 499
Cost: \$5 pp, (includes morning tea)

MARCH
11

Tuesday
9:30 AM



COWRA M&D LUNCHTIME THEATRE ABSOLUTELY FABULOUS

Hosted by Cowra Musical and Dramatic Society
Venue: Club Cowra
Cost: \$10 pp includes a light lunch plate
Tickets available via Club Cowra
Contact: Club Cowra ph. 6342 1144
25-minute show featuring one episode of the 1990s British TV comedy, Absolutely Fabulous.

MARCH
11

Tuesday
12:00 PM



COME AND TRY CROQUET!

Hosted by Cowra Croquet Club
Venue: Cowra Croquet Club, Broughham Park
Contact: Jenny ph. 0400 395 196
Cost: Free!

Come and try a friendly game of Croquet and join us for a cuppa afterwards. Only a hat and a comfortable pair of flat shoes required. All equipment will be supplied.

MARCH
12

Wednesday
9:00 AM to
10:00 AM



COWRA ANNUAL SENIORS COMMUNITY LUNCH

Hosted by Cowra/Grenfell Meals on Wheels
Venue: Cowra Bowling Club
RSVP: Wednesday, 5 March 2025
Contact: Meals on Wheels Office ph. 6342 4165
Cost: \$20 pp
Awesome entertainment on the day!

MARCH
12

Wednesday
11:00 AM to
2:00 PM



LIBRARY-UP-LATE AUTHOR TALK NICOLE ALEXANDER

Hosted by Central West Libraries
Venue: Cowra Library
Cost: Free
RSVP: Book directly with Library on 6340 2180 or
online via Eventbrite
*Meet author Nicole Alexander to celebrate the
launch of her latest book, The Limestone Road.*

MARCH
12

Wednesday
6:00 PM to
8:00 PM



BE CONNECTED FREE ONE ON ONE TECH SESSION

Time: 10.00 to 12.00pm (half hour sessions only)
Venue: Cowra Library
Cost: Free
RSVP: Book directly with Library on 6340 2180

MARCH
13

Thursday
10:00 AM to
12:00 PM



COWRA M&D LUNCHTIME THEATRE ABSOLUTELY FABULOUS

Hosted by Cowra Musical and Dramatic Society
Venue: Club Cowra
Cost: \$10 pp includes a light lunch plate
Tickets available via Club Cowra
Contact: Club Cowra ph. 6342 1144
*25-minute show featuring one episode of the 1960s
British TV comedy, Absolutely Fabulous.*

MARCH
13

Thursday
1:00 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
14

Friday
10:30 AM



COWRA FOOD HALL

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

MARCH
14

Friday
9:30 AM
to 11:30 AM



AFTERNOON TEA WITH COWRA SENIOR CITIZENS

Hosted by Cowra Senior Citizens
Venue: Cowra Senior Citizens Centre
RSVP: Tuesday 11 March 2025
Contact: Robyn ph. 0400 107 539
Cost: Free

MARCH
14

Friday
2:00 PM

BaptistCare at Home - Cowra guest speaker will present on the 'Ageing Well' program.



ROBBIE WILLIAMS: THE ULTIMATE EXPERIENCE FEATURING KYLIE

Venue: Cowra Civic Centre
Cost: \$42 pp + booking fee
Contact: Cowra Civic Centre ph. 6340 2130
Tickets: cowraciviccentre.com.au or at the box office
The concert is filled with the massive hits from Robbie like Let Me Entertain You, Monsoon, Let Love Be Your Energy, Better Man, Rock DJ, Feel, Angels and Kylie's amazing hits like Spinning Around, Better The Devil You Know, In Your Eyes and many more. The two stars have also collaborated on several songs over the years, including the smash hit "Kids".

MARCH
14

Friday
8:00 PM



17TH ANNUAL SENIORS TRIVIA CHALLENGE

Hosted by Cowra U3A & Cowra Senior Citizens Club
Venue: Cowra Bowling Club
RSVP: Tuesday, 11 March 2025
Contact: Bev ph. 0427 956 700
Cost: \$5 pp payable at door (includes afternoon tea)
Bowling Club courtesy bus available - 0428 765 685
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!

MARCH
16

Sunday
1:30 PM

The 2025 Seniors Festival in Cowra is a community partnership presentation with contributions from the following organisations.



COWRA
Information & Neighbourhood Centre



COWRA U3A Inc.
COWRA UNIVERSITY OF THE THIRD AGE
ABN 95 665 959 647



Cowra Aquatic Centre



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



Canimbla Branch

