

Seniors Program

11 - 24 March

M

EVERY WEEK

Men's Shed
Bundawarrah Cultural Precinct (8am - 12pm)
Gentle Exercise
Temora Hospital (10am)
P: 0427 764 205
Tai Chi
Temora Hospital (11am)
P: 0427 764 205
Bingo
Temora Ex-Servies Club (11am)
Pottery / Open Studio
Temora Arts Centre (12 - 4pm)
Joker Poker
Ariah Park Bowling Club (5pm)



NSW Seniors Festival Local Achievement Award

Let's celebrate the incredible contributions of our seniors by nominating them by 5pm, **1 March**.

To nominate a senior or for more information;
E: cootamundra@parliament.nsw.gov.au
P: (02) 6382 2399

TU

EVERY WEEK

Chair Yoga
Temora Arts Centre (9am and 10.30am)
P: 0488 498 268
Open Studio
Temora Arts Centre (10am - 2pm)
Senior Citz Lunch
Temora Ex-Servies Club (11.30am)



12 MARCH

U3A - Temora Creative Writers
Temora Arts Centre (11am)
P: 0427 857 587
U3A - 'Things Topical'
Bundawarrah Centre (7pm)



19 MARCH

U3A - Temora Creative Writers
Temora Arts Centre (11am)
P: 0427 857 587

Housebound Deliveries
26 March

FREE book delivery service, for residents unable to get to the library.

P: 6977 1781



W

EVERY WEEK

Bus to Wagga (\$20)
Pinnacle Community Services (9am - 4pm)
P: 6977 1326
AP Men's shed
62 Coolamon St (9am)
Open Studio
Temora Arts Centre (10am - 2pm)
Temora Quilters
Temora Airport (10am - 3pm)
Social Bowls
Temora Bowling Club (10am)
Bingo
Temora Ex-Servies Club (11am)
Aqua Aerobics
Temora Recreation Centre (11am)
P: 0429 832 231
Ladies Golf
Temora Golf Club (9.30am)



20 MARCH

Baby Bounce (Grandparents edition)
Temora Shire Library (10am)
DRENCH - Add a Pinch
Bundawarrah Centre (6pm)
temora.com.au/drench



TH

EVERY WEEK

Men's Shed
Bundawarrah Cultural Precinct (8am - 12pm)
Chair Yoga
Temora Arts Centre (9am)
P: 0488 498 268
Open Studio
Temora Arts Centre (10am - 2pm)
VETS Golf
Temora Golf Club (11am)
Plates of Plenty
Temora Community Centre (12 - 1.30pm)
U3A - Treasurer's course
29 March (5 weeks)
Temora Art Centre (6pm)
P: 0427 857 587
Badge Draw and Raffle
Temora Bowling Club (7pm)

14 MARCH

DRENCH - Come & Try Film Club
Temora Town Hall Theatre (7pm)
temora.com.au/drench

21 MARCH

Get Crafty
Temora Shire Library (10am)
U3A - Keyboard Lessons
Arts Centre (1pm)
P: 0427 857 587
Wrapped with Love Knitting Group
Temora Shire Library (2pm)

F

EVERY WEEK

Raffle
Ariah Park Bowling Club (7pm)
Badge Draw & Raffle
Temora Bowling Club (7pm)

Live life your way report

If you're 65+, you could qualify for funding to receive in-home care services.
Your complete guide to Care at Home:
<https://rb.gy/grac3cx>

15 MARCH

U3A - Balance N Bones
Temora Golf Club (9am)
P: 0427 857 587



22 MARCH

U3A - Balance N Bones
Temora Golf Club (9am)
P: 0427 857 587

Senior Bulky Item Collection (Temora & Ariah Park)

27 March
Interested senior residents should contact Council on 6980 1105 by **4.30pm 21 March**.



S

EVERY WEEK

The Man Walk
Espresso House (6.30am)

Temora Arts Centre Open Studio Days

Mondays (12 - 4pm), Tues - Thursdays (10am - 2pm). Enjoy a coffee and explore what it's like to be a TaDVAC member.
Annual **TaDVAC membership, only \$50**



16 MARCH

DRENCH - Art Immersion
Temora Art Centre (10am - 2pm)
W:
temora.com.au/drench
Bectric Rocks
Bectric Hall (3 - 9pm)
W:
temora.com.au/drench

23 MARCH

DRENCH - Paint and Sip
Ariah Park Bowling Club
temora.com.au/drench

S

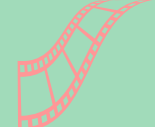
EVERY WEEK

Social Bowls
Temora Bowling Club (10am)



17 MARCH

DRENCH - Flight Flicks (Top Gun)
Temora Aviation Museum (5.30pm)
W:
temora.com.au/drench



24 MARCH

DRENCH - Open Mic: Sunday Session
Shamrock Hotel (2pm)



U3A provides informal education classes and a range of lifestyle activities.
Annual **U3A membership, only \$35**
www.u3aonline.org.au/member/signup