

Campbelltown Seniors Issues and Interests Group

Proudly present



An initiative of the

October 2025

Campbelltown Seniors Issues and Interests Group

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This is a free newsletter to keep seniors informed about upcoming events. If you or your organisation has an event coming up, please let me know and if space allows it will be included. I look forward to hearing from you.

But please note the cut-off date for articles or changes.

Fishers Ghost Festival

The Fishers Ghost Festival runs from 30th October to 9th November

The Fisher's Ghost Art Award is an annual art award and exhibition inviting artists to submit works in a variety of artistic categories and mediums. Now in its 63rd year, there is over \$60,000 in prize money to be won across the categories. In 2025, the celebrated Open Award, which is acquisitive to the Campbelltown City Council Art Collection, is valued at \$50,000.

Over the years, the Open Award has been awarded to some of Australia's most respected contemporary artists including Elisabeth Cummings, Khaled Sabsabi, Justene Williams, David Bromley, Marion Borgelt, Raquel Ormella, Tina Havelock Stevens, Kuba Dorabialski, Robert Fielding, Angela Tiatia and most recently, Katy B Plummer.

Fishers Ghost Carnival

Campbelltown Showground is set to burst with colour, laughter, and excitement as it transforms into Fred Fisher's fun-filled carnival playground. Enjoy a fantastic mix of thrilling rides, lively entertainment, and joyful surprises for all ages.

From Thursday 30th October – Sunday 9th November, bring the whole family and your adventurous friends to experience the magic of the Fisher's Ghost Carnival 2025. From exciting attractions to fun activities, there's something for everyone to enjoy.

Don't miss the spectacular fireworks at 9pm on Saturday 1st November and Saturday 8th November - a dazzling highlight of the carnival.

Experience the magic of movies under the stars Saturday and Sunday 1st and 2nd

Join us for a unique silent cinema event on the rooftop of the Campbelltown RSL carpark. Sink into a comfy beanbag or deck chair and enjoy a spectacular evening under the night sky.

Each night features three fantastic films on the big screen, set against a backdrop of twinkling festoon lights to create the perfect atmosphere.

Before heading up, treat your tastebuds at Foodie Lane along Lithgow Street, where a delicious variety of food and dessert options await. There's a session suited to all ages and movie tastes. This is a free ticketed event, and since headphone numbers are limited for each movie, bookings are essential.

Twilight Streets brings the festival to Campbelltown City Centre

We're thrilled to introduce Twilight Streets, a reimagined version of a community favourite, Fisher's Twilight Fair, happening over two exciting nights in the heart of Campbelltown CBD - Saturday 1st and Sunday 2nd November, from 4pm to 10pm.

Enjoy a jam-packed program featuring:

Live stage entertainment

Delicious food vendors

Market stalls

Fun activities for the kids

Rooftop cinema

And for the first time ever, witness a showstopping lighting display in Mawson Park - a beautiful installation that will transform the park into a glowing wonderland across both nights. This is a brand-new addition to our annual event and something Campbelltown has never seen before - so bring your friends, family, and neighbours and be part of the magic.

Fishers Ghost Fun Run

Whether you're aiming for a personal best or simply soaking up the atmosphere with family, friends, or your gym crew, the Fisher's Ghost Fun Run is your chance to get moving. With 5km and 10km options, there's a race for every pace. Lace up your runners and be part of the fun.

West's Expo on Friday 21st November

10am - 1pm

Western Suburbs Leagues Club Campbelltown

Leumeah NSW, Australia

Join us at the Campbelltown Aged Care Expo – a free community event designed to connect older Australians, their families, carers, and industry professionals with local aged care providers and support services.

This expo is your chance to discover a wide range of services, supports, and information relevant to older Australians – including in-home care, mobility aids, residential options, health services, financial planning, funeral arrangements, travel and more. The expo has a focus on ways to support healthy ageing along with knowing your rights so you can prepare for your future.

Whether you're exploring care options for yourself or a loved one, or you're a support professional seeking connections in the community – this event is for you.

There will also be free barista made coffee for the first 200 attendees.

Who Should Attend?

Older Australians seeking aged care support

Family members, carers, and guardians of older Australians

Aged care professionals

Community members planning for their future care needs

On the Day

Connect with local aged care providers

Access information and resources to help make informed choices

Engage in meaningful conversations with experts and professionals

Network with others working in or navigating the aged care system

Free Coffee

Complimentary free barista made coffee for the first 200 attendees on the day!

What's On:

This garden is now at
Airds High School.
Please phone for
more information

Campbelltown Community Garden

Phone 0413 755 517 for more information.

Volunteers always welcome.

Every Monday

Two sessions.
9.15am and
10.30am

Gentle Exercises

Ruse Community Hall 29 Oberon Road Ruse

Phone: 02 4647 2073

Every Monday

6pm for Dinner, then
Meeting at 7pm

Rotary Club of Campbelltown

West's Leagues Club

Join us for friendship and fun.

Mondays, Tuesdays,
Wednesdays and
Thursdays

U3A Macarthur

Voluntary tutors conduct low-cost classes in education
and relaxation subjects for over 50's.

Classes held on Mondays, Tuesdays, Wednesdays and
Thursdays during school terms at the Uniting Church,
Cnr. Allman Street and Oxley By-pass, Campbelltown
NSW.

Classes offered include: Poetry, Creative Writing, Family
History, Art, Book Club, Historic Crime, Discussion,
French, Play Reading, History, Scrabble, Line Dancing,
Photography, Piano Accordion, Ukulele and Tai Chi.

Enquiries and Bookings - Phone: 0436 111 303

Website: <https://sites.google.com/view/macarthuru3a>

Every Monday

10am – 2pm

Or 10am – 12pm

Carpet Bowls at the Catholic Club

Campbelltown Catholic Club Seniors Group

Stay for the morning or all day.

For more information please contact the President, Tom
Allan on 0424744774.

Every Monday and
Friday evenings
7pm to 10pm.
\$5 per session

New Vogue Dance

Eschol Park Primary School Hall

For seniors who love to dance or would love to dance, a dance is held twice a week at Eschol Park Primary School Hall on Monday and Friday evenings - 7pm - 10pm. Cost is \$5 and coffee/tea and biscuits are provided.

The type of dancing is New Vogue (which is a sequenced form of dancing, everyone doing the same steps). We generally have a half-hour lesson on Monday evening from 8.00pm-8.30pm and a break for supper at 8.30pm. The contact person for this dance is Barry Nudd and his mobile number is 0491 141 473. Everyone is welcome.

Activities
6 days a week

Campbelltown Senior Citizens Club

Queen Street Campbelltown (next to the Council Chambers) Phone 02 4625 1509

The club offers a range of activities which are mostly free from Monday to Saturday each week.

A list of activities can be seen on the Clubs Page in this newsletter, or you can call into the Club and collect a timetable from there.

Each Weekday
(except public
holidays)

EACH – Kookaburra Social Activity Group

Question: I am active and healthy can I still attend a Social Activity Group for Activities and Outings?

Answer: Yes – We would encourage anyone over 65+ to join.

For all details on how to become involved see the listing under Clubs and Groups in this Newsletter.

If you would like to chat to a member of the team please drop in to 16 Warby Street Campbelltown or phone us on 02 4629 5300.

Every Monday and
Friday

(except public
holidays)

8.30am– 1pm

Menangle Men's Shed 1 Stevens Road Menangle.

Check out their Facebook Page if you have a computer or contact Jim 0490 551 789 for more information. All men welcome.

The members are now making Australian native animal and bird nesting boxes as well as garden furniture and planter boxes. For those with a computer check out the photos on their Facebook page. Please contact Jim for more information.

Every Tuesday

10.30am – 11am

Seniors Walking Group

Billabong Parklands, The Parkway Bradbury.

Have fun while exercising in a lovely location.

Phone (02) 4645 4511

Every Tuesday

11am – 1pm

Card Making Group

Ruse Community Hall 29 Oberon Road Ruse

Phone: 02 4647 2073

Every Tuesday

10am

\$7 per session

Gentle Exercise Class for Seniors

PCYC 95 Minto Road Minto

Phone 9603 8229 for more information

Every Wednesday

10am – 12.30 pm

During school terms

Free

Macarthur Women's Coffee Club

Oz Funland. 2/11 Hollylea Rd, Leumeah Phone 4626 7777

The Macarthur Women's Coffee Club is a place for women from different backgrounds to meet in a warm, supportive, fun and empowering environment.

Macarthur Women's Coffee Club is held every Wednesday morning from 10am to 12.30pm throughout the school term at Oz Funland, Leumeah – a safe and child-friendly space with plenty of free parking, as well as being within walking distance of the train station and bus stop.

All ladies of all ages welcome.

Every Wednesday
(except the last
Wednesday of the
month)
6.45am

Rotary Club of Macarthur Sunrise

Meets at the Sugar Mint Café, 13 Blaxland Road
Campbelltown. Discussion of projects and occasional
guest speakers. A fun club serving the community.

For all enquiries: Post PO Box 1181 Campbelltown NSW
Email: macarthursunrise@gmail.com

Every Wednesday
and Thursday
From 9am

Macquarie Fields Men's Shed

The shed is located in Macquarie Park, Macquarie Road,
Macquarie Fields.

In the old tennis courts behind the swimming centre.

For more information, please phone Phil Watt on 0417
084 076.

Wednesday and
Saturday mornings

Campbelltown Lapidary Club

Monday, Wednesday & Saturday mornings when
members can learn to cut stones to make into jewellery.

Phone (02) 9618 3206

Email: ctownlapidaryclub@bigpond.com

Every Wednesday
9.30am – 10.30am
\$7 per session

Gentle Dance

Ruse Community Hall 29 Oberon Road Ruse

Phone: 02 4647 2073

Every Wednesday
11am – 1pm

Knitters & Natters Group

Phone 02 4647 2073

Ruse Community Hall. 29 Oberon Road Ruse.

Enjoy a morning with fellow knitters and have a cuppa as
well. **The group is looking for donations of wool for their
projects. Please drop it in to Ruse Community Centre
between 10 and 2 weekdays.**

Every Wednesday

10am – 12pm

Board Games and Biscuits Glenquarie Library

Do you enjoy playing board games? Why not join us at the library on Wednesday mornings to play a variety of games and have a social chat over a cup of tea or coffee.

Every Thursday

10am

\$7 per session

Gentle Exercise Classes

PCYC 95 Minto Road Minto.

Enquiries 9603 8229

Every Thursday

10am – 1.30pm

**\$15 includes
morning tea and
lunch**

Magic Moments Club. Campbelltown RSL

Are you isolated and over 65 and feel like making friends?

We meet every Thursday from 10am to 1.30pm we have quizzes, entertainment, bingo and more importantly lots of laughter.

Transport can be arranged in the local area.

Cost is \$15 for the day with tea, coffee and lunch included.

Phone Robyn 0425 226 030 or Mary on 0400 012 489

Every Thursday

11am – 12pm

\$7 per session

Line Dancing

Ruse Community Centre, 29 Oberon Road Ruse.

Phone 02 4647 2073

Every Thursday

10.30am to 12.30pm

Walking Soccer

At The Billabong Parklands.

A fun way to keep fit and make new friends in a fun and supporting environment. Contact Community Life on 4645 4000 or community.life@campbelltown.nsw.gov.au

Mondays,
Wednesdays and
Thursdays

11am – 1pm

Community Garden Group

Ruse Community Hall 29 Oberon Road Ruse.

Phone: 02 4647 2073

Wednesday

1st October

7pm

Lions Club of Ingleburn

Ingleburn RSL Club. Phone 0408 086 668 or 0431 200 398

Fellowship begins at 7pm in the Bar area before
proceeding to the 1st floor function room for dinner at
7.25pm. Dinner commences at 7.30pm.

Email: ingleburnlions@gmail.com

Wednesday

1st October

10.30am – 12.30pm

Probus Club of Ingleburn

Ingleburn RSL Club 70 Chester Road Ingleburn

Contact one of the committee members from 9am to
4pm Monday to Friday:

Wendy Behrmann 0417 409 860 or

Clara Rowley 0416 218 965

Thursday

2nd October

11am – 12.30pm

The show is free
with no bookings
needed. Just come
along.

Variety Show at Ingleburn RSL . Chester Road Ingleburn.
Phone 02 9765 7700.

Tony Hogan is our compere.

Joseph Macri: The artists will be backed by the Multi ACE
and MO Award-Winning Joseph Macri Band.

Lisa Crouch is Australia's "Powerhouse Diva". A versatile
and energetic performer, Lisa can produce the most
moving ballad as well as the raunchiest rock song .She is
popular cruise liner performer. Her solo cabaret shows
have toured the world and her production shows are a
favourite throughout Sydney. She continues to be in
demand on the cabaret, corporate, and cruise circuits.

Alex Fernandez Be thrilled and entertained as Alex
displays his amazing vocals. With a variety of genres Alex
will be sure to please all.

Friday 3rd and

Tuesday 21st October

10.30am – 12pm

Sit 'n' Chat - Greg Percival Library Ingleburn

Meet people with similar interests to discuss books, movies, music, digital resources or simply make new friends to socialise and enjoy the library environment with tea, coffee and biscuits. Enjoy a lively discussion at our meetings followed by refreshments and a browse through our library collection.

Saturday

4th October

1.30pm – 3.30pm

Family History Society

The meeting will be held at H.J. Daley Library

Come along and join us at our meetings. Visitors are always welcome. On the first Saturday each month, except in January, we meet at 1.30pm.

Saturday

4th October

9am – 2pm

Bradbury Market on the Parkway

Bradbury Market on the Parkway is an art and craft market located at Bradbury Shopping Centre.

Most of their unique items are handmade, designed in Australia and made locally. You may come across artworks, jewellery, handmade cards and more. Meet with a tarot reader or bring your furry companion to the dog-friendly cafe. Expect random raffles, face painting and lots of community spirit and energy!

Sunday 5th October

10am – 1pm

Open Day at Glenalvon Historic House Free

8 Lithgow Street, Campbelltown

History lovers will be able to catch a glimpse of everyday life in a bygone era when the beautiful Glenalvon House in the historic Macarthur region opens its doors to the public for free entry.

Sunday 5th October

Dance Instruction:
11.30am-12.30pm

Social Dance:
12.30-3.30pm

Free

Dance Club at Campbelltown Arts Centre

Get your groove on at Dance Club! Offering free dance sessions on the first Sunday of most months, this event is a fantastic way for locals to connect, move and socialise.

Explore New Vogue, Old Time and Sequence Dancing styles Each session begins with a one-hour dance instruction followed by three hours of open dancing.

Dance Club is **free** to attend, welcoming participants of all ages and skills levels. Whether you're a beginner or a seasoned dancer, join us for a fun and inclusive day of movement and community.

contact: Anne.Cutajar@campbelltown.nsw.gov.au

Tuesday 7th October

10am – 12pm

Free Legal Advice

Glenquarie Library Phone 02 4645 4055

Do you need to talk to someone about a legal issue or have questions about your circumstances?

You can now book in for a free legal advice appointment with Legal NSW. These appointments are free and for an allocated time. A practicing lawyer will listen to you talk about your problem, ask some follow up questions, and advise you on what to do next.

Legal Aid NSW lawyers can help you with:

- ❖ Centrelink ❖ Employment ❖ Police
- ❖ Housing ❖ Victim of Violence ❖ Debt
- ❖ Immigration ❖ Consumer Rights ❖ Fines
- ❖ Scams & unfair deals ❖ Discrimination
- ❖ Complaints about how you've been treated

Tuesdays

7th and 21st October

Jacaranda Room

West's Club

6pm

Macarthur Country Music Club

West's Leagues Club

Call 0414 203 997 or find us on Facebook for more info.

Keeping It Country Since 1979

Come along and listen to some great Country Music.
Everyone very welcome.

Wednesdays

8th and 27th October

6.30pm.

42 Riverside Drive
Airds

Mateship.

A special Barbeque and catch up for all men. The group meets at 42 Riverside Drive Airds.

Come along and chat with some other chaps and make some new friends.

All men very welcome.

Saturday

11th October

10am – 2pm

Ingleburn Village Markets

Explore a variety of unique market stalls selling:

- Candles, diffuses, wax melts & room sprays
- Ladies fashions, jewellery & other accessories
- Homeware & general gifts
- Cakes, muffins, slices and other desserts.

Always popular with the locals so come along and check them out

Monday

13th October

11am to 1pm

Sip, Sew & Craft

Greg Percival (Ingleburn) Library

Join our next Sip, Sew and Craft hands-on workshop as we work together on various projects. You are welcome to bring your own project, or work on a community one, while practicing various sewing techniques. Sewing volunteers will be present at the session, depending on availability. Equipment and refreshments provided.

Phone bookings are essential as numbers are limited. If you would like to participate, please call Ingleburn Library to book your spot. Phone 02 4645 4060 or Email library@campbelltown.nsw.gov.au

Monday

13th October

6pm to 7.30 pm

Silent Book Club Eagle Vale Library.

A silent book club is a chance for busy people to come together to enjoy the simple pleasure of reading. A book club with no assigned reading, no pressure to talk or give opinions, no probing questions – simply a space where adults can come together, enjoy each other's presence, and catch up on their reading.

At Silent Book Club there's no assigned reading. All readers are welcome - ebooks or audiobooks, poetry or prose, fiction or non-fiction. It's BYO Book.

For more information or to join the mailing list, please email library.programs@campbelltown.nsw.gov.au

Monday

13th October

10am

Probus Club of Macquarie Fields Glenquarie Library

This is a newly formed Probus Club and we are excited to invite locals who are retired or semi-retired to join.

Probus provides great opportunities for members to connect socially with others in the local community.

We meet monthly and enjoy a range of activities, including listening to interesting guest speakers.

Probus is a great way to make new friends, discover new interests and take part in outings and trips.

To find out more information contact Jenny via email: beejay@bigpond.net.au

Tuesday

14th October

11am

Tickets

\$13.00 Members

\$16.60 Visitors

***INCLUDES
BOOKING FEE**

Senior Socials Wests Leagues Club

Hosted by Geoff Jones, Senior Socials is a musical morning featuring all of your favourite tunes, as well as:

Natasha Tatarinoff

We're thrilled to welcome back the talented young vocalist Natasha for her second performance at Wests! Her debut left a lasting impression, captivating our Senior Socials audience with a wonderful variety of songs. We can't wait to enjoy her beautiful voice once again.

Rodney Vincent

It's been a few years since Rodney last joined us at our Seniors Social, and we're absolutely thrilled to welcome him back! A true crowd favourite, this vocal comic wowed us with his fantastic mix of songs—including some of his own—and had everyone laughing with his entertaining stories.

Tuesdays

14th and 28th
October

6pm for Dinner in
bistro, then Meeting
at 7pm

Rotary Club of Ingleburn

Meets at Ingleburn RSL.

International Volunteer Service Club serving the local community with great fellowship, projects and guest speakers.

For all enquiries: Phone: Bill 0418 220 920

PO Box 138 Ingleburn NSW 1890

Email: Ingleburnrotaryclub@gmail.com

Thursday

16th October

12.15pm – 2.30pm

Ingleburn Seniors Club

Meetings are held every second Thursday at the Greg Percival Community Centre in Oxford Road Ingleburn (next to the library) with theme days – Easter Hat Parade, Melbourne Cup Days, trivia quizzes, guessing games, Mothers' Day Luncheon (men included) plus of course small bingo games.

Come along and join in. New members always welcome.

Phone Jean on 0418 454 147

Thursday

16th October

10am – 12pm

Let's Talk Legal Help Desk - Eagle Vale Library

Emerald Dr, Eagle Vale Phone 02 4645 4267

If you're facing legal questions or concerns and don't know where to turn the Legal Help Desk is the perfect place to start. Book in to speak to a practicing solicitor from Macarthur Legal Centre about your legal issues and receive confidential one-on-one consultations that answers legal questions to various topics of your concerns. Resources and information will be provided to guide you.

- ❖ Wills, power of attorney and guardianship
- ❖ Traffic and minor offences
- ❖ Fines and Revenue NSW matters
- ❖ Neighbourhood disputes
- ❖ Family law ❖ Child support ❖ Youth law
- ❖ Credit and debt problems ❖ Civil law
- ❖ Employment law ❖ Consumer complaints
- ❖ Care and protection ❖ Victim support
- ❖ Centrelink issues ❖ Miscellaneous

Friday 17th October

10.30am – 11.30am

Book Club - Greg Percival Ingleburn Library

Do you like to read? Do you enjoy light hearted discussions on the books you read?

If you answered "Yes" to any of the above, a book club might be the place for you.

Our book club meet once a month to discuss the nominated book of the month over a cup of coffee.

Copies of the books are available from the library to book club members on special loan.

Friday 17th October

9am – 2pm

The Campbelltown Hospital Auxiliary.

A cake and Craft stall on Friday, 17th October, 9 am until 2 pm,

In the main foyer of the new Hospital building A.

A variety of home baked cakes, slices and biscuits will be for sale along with our lovely handcrafted goods!

Contact details in the Groups section of this newsletter.

Friday 17th October

10.30am – 11.30am

Sit 'n' Chat – H.J. Daley (Campbelltown) Library

Meet people with similar interests to discuss books, movies, music, digital resources or simply make new friends to socialise and enjoy the library environment with tea, coffee and biscuits. Enjoy a lively discussion at our meetings followed by refreshments and a browse through our library collection.

Saturday 18th
October

9am to 3pm

Lapidary Club Market Day.

Lot 1 Bensley Road, Macquarie Fields.

Find a wide range of crystals, gems, fossils, minerals, precious stones, jewellery and more.

You will find a BBQ food, drinks, market stalls, raffle prizes and club tours.

Saturday 18th
October

9am to 3pm

**Glenquarie Markets, Glenquarie Shopping Centre
Cnr Victoria Rd & Brooks Street, Macquarie Fields,**

Expect to see some of your favourite stallholders returning, along with a fresh mix of new stalls showcasing local small businesses, handmade goodies, and creative talent – all under one roof.

Grab a coffee, browse the stalls, and enjoy a fantastic day out with the family.

Come along, shop local, and support our wonderful Glenquarie community. We can't wait to see you there!

Saturday

18th October

10.30am

Ingleburn Garden Club meets at the Ingleburn RSL Club, Chester Road Ingleburn at 10.30am. Anyone interested in any form of gardening always welcome.

Phone (02) 4625 2723 for more information.

Sunday 19th October

7am – 10am

Handmade and Homegrown Weekly Market

Discover the vibrant atmosphere of Lithgow Street's weekly local market scene! Celebrate the spirit of our region by supporting local artisans. Explore an array of artisan stalls, indulge in delectable treats, and enjoy live music while your little ones are entertained with exciting workshops and activities.

Teddy Bears Picnic

We are thrilled to present the fun-filled Teddy Bears Picnic. Bring your favourite teddy bears and join us for a delightful picnic on the beautiful lawn of the historic Glenalvon House from 10.00am to 1.00pm. While you are there, enjoy a delicious Devonshire Tea in the courtyard of Glenalvon.

Campbelltown Cars and Coffee

Come join the fun at Campbelltown Cars and Coffee.

Car enthusiasts of Campbelltown and beyond, we want to see your ride. All rides welcome, cars, bikes and more.

Sunday 19th October

10am – 1pm

Mr Perfect BBQ Held at Koshigaya Park in Campbelltown (or Catholic Club if raining).

A place where all men can come together for a chat and a BBQ. All free. So bring a chair and a mate!

Tuesday 21st October

6pm for dinner.

7pm for meeting

Lions Club of Campbelltown

Meets at Wests Leagues Club.

We are looking for members young and old with a wide variety of different skills. Ranging from writers, cooks, organisers, leaders, and anything else you may be able to do. We are sure we can find something for you to do to help us help the community.

How to find out more! Contact –

Russell 0493 879 560 /0418 971 725

or email Campbelltowncity.nsw@lions.org.au

Tuesday 21st October

10am

Probus Club of Minto Wests Leagues Club

Friendship, fellowship and fun in retirement.

Probus provides you with the opportunity to join a social club in your local community to meet retirees on a regular basis, listen to interesting speakers and join together in activities. You are assured of acceptance and likely make everlasting friendships

Tuesday 21st October

10am

Probus Club of Campbelltown

Wests Leagues Club

Friendship, fellowship and fun in retirement.

Probus provides you with the opportunity to join a social club in your local community to meet retirees on a regular basis, listen to interesting speakers and join together in activities. You are assured of acceptance and likely make everlasting friendships.

Wednesday

22nd October

1.30pm – 3.30pm

Free

Campbelltown Seniors Issues and Interests Group

We meet at the Senior Citizens Centre next to the council on the 4th Wednesday of the month except December at 1.30pm. There is no membership fee.

Phone 02 4634 1425 for more information

Local seniors come together to:

- ❖ Discuss local issues and become involved in their community
- ❖ Develop community projects and meet and discuss concerns among peers
- ❖ Participate in informal sessions with guest speakers and provide information and advocacy
- ❖ Advocate for issues and needs of older residents and raise a positive community awareness of older people living in Campbelltown
- ❖ Encourage isolated seniors to get involved in their community in a relaxed and welcoming environment.

And we also enjoy fellowship over a nice afternoon tea.

Thursday

30th October

11am to 12.30 pm

Meet the Author

H.J.Daley (Campbelltown) Library

Join us for an inspiring afternoon with Rachael Johns, award winning author of "The Patterson Girls", as she discusses her latest deeply moving and unforgettable new novel "Lucky Sisters" - a story about life, death and the miracles in between.

In conversation with Tanya Nellestein, Rachael will share the stories behind her newest hit and the personal moments that helped shape it.

Don't miss your chance to meet one of Australia's most beloved storytellers.

Friday 31st October

11am – 1pm

Great Mates BBQ

Ruse Community Hall 29 Oberon Road Ruse

All men very welcome.

CLUBS and GROUPS THAT WELCOME SENIORS

If your club or group would like to be included in this list of clubs, please send me an email with some details and I will put the information in future newsletters.

Thank you.

Campbelltown City Bushcare groups:

There are currently a number of Bushcare groups caring for their local areas, with more on the way...

Kentlyn Bushcare:	Every Tuesday
John Kidd Reserve Bushcare, Blair Athol:	1st Saturday of the month
Bradbury Bushcare, Bradbury:	1st Sunday of the month
Smiths Creek Reserve Bushcare, Ruse:	2nd Sunday of the month
Noorumba Reserve Bushcare, Rosemeadow:	2nd Saturday of the month
Redfern Creek Reserve Bushcare, Macquarie Fields:	3rd Monday of the month
Simmos Beach Reserve Bushcare, Macquarie Fields:	4th Saturday of the month
Scattergood Reserve Bushcare, St Helens Park:	4th Sunday of the month

Register to join Bushcare

If you are not yet a member of Bushcare but would like to join, please contact Council's Environment team on 0447 234 373, or email bushcare@campbelltown.nsw.gov.au so we can register you into the program.

South West Community Transport. PO Box 5099, Minto, 2566

Client Booking / Enquiries Ph: (02) 9426 8999

Email: bdm@swct.com.au Website: www.swct.com.au

Some of the activities from South West Transport. (Please phone for more information)

EMAA (Easy Moves for Active Ageing classes) - Wednesdays at our depot \$18 includes exercise class, morning tea and transport

Foodies Fridays

1st Friday of the month: Club Foodie Friday

2nd Friday: Cafe Foodie Friday

3rd Friday: Pub Foodie Friday

4th Friday: Restaurant Foodie Friday

5th Friday: Mystery Foodie Friday

Lunch at own cost. Transport Cost \$18.00

Independent Socials

Every second Tuesday we visit Bunnings, Spotlight

or your local Garden Centre, followed by lunch.

Lunch at own cost. Transport Cost \$18.00

Scenic Sundays once per month

Campbelltown and Airds Historical Society: We aim to collect and preserve items and information relevant to the history of the Campbelltown district and to present them in an interesting and educative manner.

Visitors are always welcome at our meetings, or just drop by on an open day, have a cup of tea and a chat with us. Members meetings are held at Glenalvon on the 4th Saturday of every month, February to November from 1:30 pm, and feature a wide range of guest speakers. The meetings are held in historic Glenalvon House, 8 Lithgow Street, Campbelltown . Phone: 02 4625 1822

Campbelltown Men's Shed Inc:

Phone: 0493 378 433 or 0413 033 166 or 0425 299 604

Email: campbelltownmensshedinc@gmail.com

Please contact the Shed for further information. New members always welcome

Campbelltown Community Garden:

This garden has moved to Airds High School. Volunteers always welcome.

Contact Garden Coordinator on 0413 755 517 for more information.

Campbelltown Council Leisure Centres

Eagle Vale (02) 4645 4255 25 Emerald Drive, Eagle Vale 2558

Macquarie Fields (02) 4645 4030 Fields Rd, Macquarie Fields NSW 2564

The Centres offer a range of activities for swimming and fitness. Please contact the centre or check online for their activities and fees.

Menangle Men's Shed 1 Stevens Road Menangle.

Check out their Facebook Page if you have a computer or contact 0490 551 789 for more information. All men welcome.

The members are now making Australian native animal and bird nesting boxes as well as garden furniture and planter boxes. For those with a computer check out the photos on their Facebook page. Please contact Jim for more information.

Campbelltown Craft Society

320 Queen Street Campbelltown (opposite Red Rooster) (02) 4628 3944

Local Crafts for sale – Pottery, Cottage Craft, Paintings, Soft Toys and a wide range of other craft items.

Open Saturday and Sunday 10am – 4pm. Monday – Friday 10am – 2pm

Pre-arranged bus tours welcome. Free admission to the historic cottage.

Campbelltown District Family History Society: Come along and join us at our meetings. Visitors are always welcome. We meet on the first Saturday each month, except in January. While the library is relocating, we meet at Glenalvon in Lithgow Street Campbelltown.

CDFHS Volunteers are available to assist you with your research. While the H.J. Daley Library is relocating, you will find them at Eagle Vale Library on Mondays, Wednesdays and Fridays from 9am to 12pm and at Greg Percival (Ingleburn) Library on Tuesdays and Thursdays from 9am to 12pm. Drop in to see them if you need help with tracing your family tree.

Glenquarie Senior Citizens Quilting and Sewing group

Cnr Brooks St and Victoria Rd, Macquarie Fields Phone 02 9605 5504 for hours

Macarthur Country Music Club - Keeping It Country Since 1979

0414 203 997 Meet at Jacaranda Room Wests Leagues Club Leumeah.

Come along and listen to some great Country Music.

Everyone very welcome. See *What's On* for dates and times.

Sweet Tonic Singers

The Arts Centre Campbelltown. Phone 0416 256 039

The Singers meet on Wednesdays from 12pm – 3pm. (School Terms only)

Ingleburn Garden Club was established in 1927 to encourage others to grow flowers and vegetables. 5th oldest garden club in NSW.

Phone (02) 4625 2723 for more information.

The Club meets on the 3rd Saturday of each month except January at the Ingleburn RSL Club, Chester Road Ingleburn Meeting commences at 10.30am.

Rosemeadow Seniors Group: 6 MacBeth Way, Rosemeadow NSW 2560

Phone: 0439 287 947 or 0433 914 968

This club provides support to local seniors.

Macarthur Vegetarians

The group meets on the last Sunday of the month. Contact Glenys (02) 4625 8480.

This is a social group for vegans, vegetarians and those who just love the food.

Campbelltown Lapidary Club: P.O. Box 477 Ingleburn NSW 1890 Ph 02 9618 3206

Lot 1 Bensley Road, Macquarie Fields NSW 2564

email: Ctownlapidaryclub@bigpond.com

Opening hours: Wednesday and Saturday mornings. Please ring before your first visit. Campbelltown Lapidary Club has been in existence for more than 45 years.

What the Club offers:

- | | |
|---|---------------------------------------|
| ❖ Inexpensive membership | ❖ An annual exhibition in July |
| ❖ Our own clubhouse with fully equipped workrooms | ❖ Courses taught by skilled craftsmen |
| | ❖ Field trips to collect materials |

Lions Club of Campbelltown City

Lions Club of Campbelltown City is a culturally diverse local club, a part of a larger organisation that has over 1.4 million members in 48,000 clubs worldwide. Lions Club of Campbelltown City meets 1st and 3rd Wednesdays of the month at West Leagues Club.

How can you help?

We are looking for members young and old with a wide variety of different skills. Ranging from writers, cooks, organisers, leaders, and anything else you may be able to do. We are sure we can find something for you to do to help us help the community.

How to find out more!

Contact Russell on 0493 879 560 or 0418 971 725, or email
Campbelltowncity.nsw@lions.org.au

Country Women's Association of NSW Campbelltown Branch Ph: 0420 800 064

CWA Rooms, Campbelltown Showground, King St, Campbelltown NSW 2560

4th Wednesday monthly 10:30am and Crafts meeting 2nd Wednesday Monthly.

Works to assist local charities and welfare. Represented on government bodies at state and federal level. Promotes international understanding. Fellowship through crafts and cultural activities.

Ruse Community Centre

Ruse Community Centre, located in Oberon Road Ruse, has a wide range of activities.

See the *What's On* section for times and dates.

Macarthur Women's Coffee Club

Oz Funland 2/11 Hollylea Rd, Leumeah Phone 4626 7777

Macarthur Women's Coffee Club is held every Wednesday morning from 10am to 12.30pm throughout the school term at Oz Funland, Leumeah – a safe and child-friendly space with plenty of free parking, as well as being within walking distance of the train station and bus stop.

The Macarthur Women's Coffee Club is a place for women from different backgrounds to meet in a warm, supportive, fun and empowering environment.

Senior Citizens Club: 91 Queen St, Campbelltown Ph: 02 4625 1509

Wide range of social activities include:

Mondays - Tai Chi 10am – 12pm;
Tai Chi 12.30pm – 1.45pm
500 Card Game 12.30pm – 3pm;
Table Tennis 7pm - 9pm

Tuesdays - Rummykub 10am - 2pm;
Table tennis 10am - 2pm;
Snooker 10am – 2pm;
Scottish Dancing 7pm – 9pm

Wednesdays – Get Fit Gentle Exercise
11am – 12pm
Chasing Hearts (card game) 12.30pm – 3.30pm

Thursdays – Knit & Knatter 9am – 12pm;
Line Dancing 10am-11am;
Tai Chi 11am – 12.15pm

Fridays - Quilting 9am – 12pm;
Euchre 10.00am - 1.30pm
Mahjong 12 noon;
Table Tennis 6.30pm – 8.30pm

Saturdays - Table Tennis 9am – 12pm

Other events - Spring fairs, Anniversary and Christmas lunch

Catholic Club Seniors Group

We are basically a friendship club, we meet at Campbelltown Catholic Club in the Cube each Monday and play carpet bowls, to play is optional, can just come along and have a tea/coffee and chat. We have a trivia afternoon the third Sunday of each month at the Catholic Club.

We also have a birthday party, Christmas party and a few coach trips each year. The membership fee is \$10 per year. We don't charge for bowls or trivia days.

We would welcome new members. For more information please contact the President, Tom Allan on 0424744774.

Campbelltown Senior Cyber Seekers Inc Computer Club: a computer club for seniors.

Richmond Villa, 12 Lithgow St, Campbelltown NSW 2560

Ph: 02 4628 0484 or call in during opening hours: Monday - Thursday 10am - 2pm
(excluding school and public holidays)

Website: www.cyberseekers.org.au

Email: hello@cyberseekers.org.au

Lessons on the new computers, ipads. Phones, Tablets, and other technology.

The club is run by an elected volunteer management committee who are all seniors.
The premises are air-conditioned.

We have monthly sausage sizzles at the Club house and regular social luncheons.

So if you would like to expand your knowledge or just get started on computers or other devices, the Senior Cyber Seekers is the place to go. You will be most welcome.

Come along and have a sausage sandwich with us and learn about the club. Everyone welcome.

With the **25th Anniversary** of the Cyber Seekers next year, the committee is keen to make contact with any past members so they can be invited to the celebrations to be held. Please phone or call in to the Club House or email hello@cyberseekers.org.au

Campbelltown Seniors Issues and Interests Group: We meet at the Senior Citizens Centre next to the council on the 4th Wednesday of the month except December at 1.30pm. We would love to have at least one delegate from each club come to visit us and tell us about your club and to see what we do.

Phone 02 4634 1425 for more information

Local seniors come together to:

- | | |
|---|--|
| ❖ Discuss local issues and become involved in their community | ❖ Advocate for issues and needs of older residents and raise a positive community awareness of older people living in Campbelltown |
| ❖ Develop community projects and meet and discuss concerns among peers | ❖ Encourage isolated seniors to get involved in their community in a relaxed and welcoming environment. |
| ❖ Participate in informal sessions with guest speakers and provide information and advocacy | |

Friends of the Arts Centre

If you are interested in the Campbelltown Arts Centre (C-A-C) maybe you would like to join the Friends of Campbelltown Arts Centre Inc. Each member of the Friends will receive the following benefits on presentation of their membership card:

- | | |
|--|--|
| ❖ 50% discount on entry to the annual Fisher's Ghost Art Award | ❖ 5% discount on all food and beverages at the Art Café |
| ❖ 20% discount to workshops that are part of the C-A-C program | ❖ personalised invitations to our artistic program and special events |
| ❖ 10% discount to performances and events that are part of the C-A-C program | ❖ the opportunity to exhibit works in our Friends Annual exhibition |
| ❖ 10% discount on all products in the Artist Exchange | ❖ a quarterly newsletter with upcoming events and exciting information on the arts world |

Ingleburn Seniors Club Ingleburn Community Centre (next to the library)

Our club offers a great day for members and visitors. Why not come along for a look!

For more information please contact Jean 0418 454 147

We meet every second Thursday from 11.30am to about 2.30pm at the Ingleburn Community Centre next to Ingleburn library in Oxford Road.

We are looking for new people to join our club. Why not come along, have a cuppa and a chat and see what we are about. We are a group of young seniors, ages ranging from 65 to 94 years. We are friendly and like to laugh a lot.

We have theme days such as Easter Hat Parade and Melbourne Cup Days, trivia quizzes, guessing games, Mothers' Day Luncheon (men included) and small bingo games.

Magic Moments Club. Campbelltown RSL: Are you isolated and over 65 and feel like making friends? Campbelltown RSL has a club for the older generation.

We are the Magic Moments Club and meet every Thursday from 10am to 1.30pm we have quizzes, entertainment, bingo and more importantly lots of laughter.

Cost in \$15.00 for the day with tea, coffee and lunch included

Robyn 0425 226030 or Mary on 0400 012489

Transport can be arranged in local area.

EACH – Kookaburra Social Activity Group

16 Warby Street Campbelltown. Phone (02) 4629 5300

A social activity group located at 16 Warby Street Campbelltown which aims to support an older person to continue living at home and in the community to maintain independence, self-esteem, and good health. Customers can avail of a variety of structured activities where the customer is the driver of change for quality and choice.

How can I join Kookaburra Social Activity Group?

If you are 65 years or older or (50 years or older for Aboriginal or Torres Strait Islander people) and would like to make some new connections in your community...

Call My Aged Care on 1800 200 422 Request a referral code for “EACH Social Activity Group Campbelltown”. You can get the referral code there and then from a My Aged Care Representative or you can ask My Aged Care to send it on your behalf.

If You have requested My Aged Care to send the referral code through to EACH when we will ring you once received. If My Aged Care have given you the referral code, please call us on 02 4629 5300. New adventures await!

If you would like to chat to a member of the team please drop in to 16 Warby Street Campbelltown or phone us on 02 4629 5300.

U3A Macarthur Inc (Formerly - University of the Third Age Of Learning)

Voluntary tutors conduct low-cost classes in education and relaxation subjects for over 50's.

Classes held on Mondays, Tuesdays, Wednesdays and Thursdays during school terms at the Uniting Church, Cnr. Allman Street and Oxley By-pass, Campbelltown NSW.

Classes offered include: Poetry, Creative Writing, Family History, Art, Book Club, Historic Crime, Discussion, French, Play Reading, History, Scrabble, Line Dancing, Photography, Piano Accordion, Ukulele and Tai Chi.

Enquiries and Bookings - Phone: 0436 111 303 : Website: google - U3A Macarthur

The Rotary Club of Ingleburn

The club meets on the 2nd & 4th Tuesday of month at the Ingleburn RSL Club.

6.00pm for Dinner in bistro, then Meeting at 7.00pm

International Volunteer Service Club serving the local community with great fellowship, projects and guest speakers. For enquiries: Phone: Bill 0418 220 920, write to PO Box 138 Ingleburn NSW 1890 or email Ingleburnrotaryclub@gmail.com

Probus Club of Minto: 3rd Tuesday of the month 10am – 12noon

West's Leagues Club, 10 Old Leumeah Rd, Leumeah NSW 2560

Friendship, fellowship and fun in retirement.

Probus provides you with the opportunity to join a social club in your local community to meet retirees on a regular basis, listen to interesting speakers and join together in activities. You are assured of acceptance and likely make everlasting friendships. Most Probians rave about the association and look forwards to the next get together.

Join together in activities as members of this exciting social club while enjoying the company of new friends.

Probus Club of Campbelltown Inc: 3rd Tuesday of the month 10am - 12 noon

West's Leagues Club, 10 Old Leumeah Rd, Leumeah

Ph: 0418 488 079 (Secretary), 0418 244 167 (Membership Coordinator)

Probus provides retirees with the opportunity to connect socially. Membership is open to anyone who is retired or semi-retired. Probus Clubs offer a range of activities including trips and outings for members to enjoy, depending on their interests, lifestyle and location.

Probus Club of Campbelltown City (Combined) Inc:

4th Wednesday of the month 10am - 12pm

West's Leagues Club, 10 Old Leumeah Rd, Leumeah

Ph: 02 4627 7787

Probus provides retirees with the opportunity to connect socially. Membership is open to anyone who is retired or semi-retired. Probus Clubs offer a range of activities including trips and outings for members to enjoy, depending on their interests, lifestyle and location. Probus Club members meet monthly, to enjoy the company of like-minded fellow retirees and listen to interesting guest speakers.

Probus Club of Ingleburn Meets 1st Wednesday except January at Ingleburn RSL Club

Probus provides an exciting opportunity to meet retirees in your local community.

Probus opens the door to new experiences and friendships through participation in a wide range of activities and exploration of your community, your country or the world.

Contact one of the committee members from 9am to 4pm Monday to Friday:

Wendy Behrmann 0417 409 860 or Clara Rowley 0416 218 965

Probus Club of Macquarie Fields

– meets on the second Monday of each month at 10am

At Glenquarie Library – 12 Brooks Rd, Macquarie Fields

This is a newly formed Probus Club and we are excited to invite locals who are retired or semi-retired to join.

Probus provides great opportunities for members to connect socially with others in the local community.

We meet monthly and enjoy a range of activities, including listening to interesting guest speakers.

Probus is a great way to make new friends, discover new interests and take part in outings and trips.

To find out more information contact Jenny via email: beejay@bigpond.net.au

Rotary Club of Macarthur Sunrise.

Formed in 1995 to support local community activities, assisting local schools and hospitals. They also support local youth programs. Rotary encourages fun, personal development and fellowship around the world.

Meetings are held on Wednesday mornings (except the last Wednesday of the month) at 6.45am at Sugar Mint Café, 13 Blaxland Road Campbelltown.

For all enquiries Post PO Box 1181 Campbelltown NSW 2560

Emailmacarthursunrise@gmail.com

WILMA

Support for women in the Macarthur Area. Contact Resli Buchet on 0436 282 036 or email rbuchel@wilma.org.au. The website is www.wilma.org.au

The Campbelltown Hospital Auxiliary.

The Auxiliary is a not-for-profit Charity group of seniors, both men and women, first formed in 1953 and still going strong.

We also have a Gift Shop at the hospital on the lower ground floor, which is open 5 days a week, 9 am until 2 pm and manned by our members.

We fundraise by holding stalls each month at the hospital, in the main foyer, and also every 2-3 months at the local shopping centres.

The net proceeds from these stalls and our shop, are donated to the Hospital for them to purchase much needed equipment, for the benefit of the staff, patients and the wider community.

Why not become a member. We need people who would like to support the hospital, who can knit, sew, bake or pot plants!

Campbelltown Hospital Auxiliary member meetings are held on 3rd Monday of each month at 1 pm. at the Hospital.

Contact us: 4625 5974 (Secretary)

email = campbelltownhospitalauxiliary@gmail.com

Facebook: United Hospital Auxiliary Campbelltown Branch

"You are never too old to set another goal or to dream a new dream."

—C.S. Lewis

"It has always been easy to hate and destroy.

To build and to cherish is much more difficult."

—Queen Elizabeth II



AND FOR THOSE WHO NEED A SMILE:

JOKES BY MAX

Students in a biology class were taking their mid-term exam. The last question was “Name seven advantages of mothers’ milk”. The question was worth 70 points or none at all.

One student in particular was hard put to think of seven. However he wrote:

1. It is a perfect formula for the child.
2. It provides immunity against several diseases.
3. It is always the right temperature.
4. It is inexpensive.
5. It bonds the child to the mother and vice versa.
6. It is always available as needed.

And then the student was stuck on the last question. Finally in desperation, just before the bell rang indicating the end of the test, he wrote:

7. It comes in two attractive containers, and it is high enough off the ground so the cat can’t get it.

He got an A.

DISCLAIMER: All information is correct at the time of printing. Contact the venue if you would like to confirm the event. Thank you.

Please note: To allow time for printing and postage, any items for the November Issue must be received by 13th October. Thank you.