

CELEBRATING SENIORS

SPECIAL ADVERTISING FEATURE

Thousands to attend free concerts

A star-studded line-up will headline this year's Premier's Gala Concerts, with free tickets available ahead of four performances in Sydney this month.

The concerts are a highlight of the annual NSW Seniors Festival, which is attended by thousands each year.

This year's concerts will feature chart-topping singer Paulini, Opera Australia principal soprano Julie Lea Goodwin (pictured right), broadcaster and 'Australian Idol' 2006 winner Damien Leith, and country music favourite Darren Coggan (pictured left).

The event will be held at the International Convention Centre (ICC) Darling Harbour on Wednesday, March 13 and Thursday, March 14, with two performances each day at the ICC Sydney Theatre at 11am and 2.45pm.

The gala concerts will be live-streamed for seniors who are unable to attend in person.

Next door to the Premier's Gala Concerts, this year's Seniors Expo will feature more than 75 exhibitors.

Exhibits include a tech zone for tips and tricks on using mobile devices, a live stage with talks and performances, cooking demonstrations, a sports zone to try out table tennis, basketball and gymnastics, and a workshop where the Australian Men's Shed Association will be building a cubby house. There will also be an art demonstration related to the Seniors Expo theme, "Reach Beyond".

Free tickets for the performances will be available on the NSW Seniors Festival website at <https://seniorsfestival.info/galaconcert>.



"NSW would not be what it is today without the hard work and contributions of our seniors over many decades," Premier Chris Minns said.

"These concerts are one way the NSW Government says 'thank you' to seniors for their contributions to our community.

"Please register for your free tickets to see some of Australia's favourite musical acts.

"It promises to be a great day out."

Minister for Seniors Jodie Harrison said these concerts are a great way for seniors to have fun and make new friends.

"Seniors can also make a day of it by popping

into the Seniors Expo which will be just next door and feature more than 75 exhibitors with an exciting range of activities and information from travel to health," she said.

"With a record number of exhibitors this year, there will be something for everyone. I encourage all seniors to check out the Expo."

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CELEBRATING SENIORS

SPECIAL ADVERTISING FEATURE

The Royce becomes a home away from home for its happy residents

Since its opening in 2019, The Royce has become a home away from home for local seniors, striving to ensure they are safe and happy in their new home, whilst remaining connected to society.

According to Kim Villarosa, Royce Facility Manager of Levels 5&6, replicating life out in the community is key for the staff.

"It's all about trying to find ways for the residents to live as freely as they can, and as similar to how they used to live as possible," Villarosa said.

It's for this reason that their unique and vibrant coffee shop, Café Royce, is so imperative, providing a space for all residents to mingle with family and friends.

"What's really nice is that our independent living residents and our aged care residents can often be in the same space with their families, and can see people from the outside community as well as the inside community," said



Kim Meiers, Royce Facility Manager of Levels 3&4.

However, creating a community within its walls is just as important, with The Royce's lifestyle team working hard each day to provide interesting activities - with the help and input of residents.

"Some said that they hadn't been to the movies in years, so this month on the calendar, they're going

to the cinema to watch a movie," Meiers said.

This community feel has also extended to the staff, who label the residents as the reason they get out of bed each day.

"The Royce signifies being at home, for me," Villarosa said.

To find out more about The Royce and everything it offers, visit www.theroyce.com.au or call 4744 6000.

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CELEBRATING SENIORS

SPECIAL ADVERTISING FEATURE

Plenty of local activities as Penrith puts on a show for our loved seniors



Penrith's Seniors Festival kicks off on Monday with a series of free and low-cost events spread over a two-week period.

The event program has been designed to promote healthy ageing and acknowledge the contribution of seniors in the Penrith area.

CEO of Penrith CBD Corporation, Gai Hawthorn, one of the event organisers, shared some of the activities seniors can get excited about.

"At the Joan Sutherland on the 12th there will be a free concert... there's a great comedian line-up this year, which will be great, a laugh for everyone," she said.

"On Thursday the 14th [of March] we have our Seniors Concert with Julia Parashko, our wonderful Indigenous singer and MC. Then, we've got the teeny tots, they are preschoolers that are going to come and do a tap dance.

"We've also got Penrith Selective High School ensemble, which is all the music, so they're coming to keep everyone entertained."

There is a series of workshops all held in Penrith available such as craft card making, learn to knit, healthy eating, and a memoir writing workshop.

"We'd love everyone to attend and enjoy the event," Hawthorn said.

"It will be a lot of fun. There will be some singalongs, a lot of dancing, some freebies and some goodie bags to learn about local businesses, and discounts available during that time."

The Seniors Festival starts Monday, March 11 and ends Sunday, March 24 and celebrates the theme 'Reach Beyond'.

The Penrith event is presented by Penrith CBD Corp and sponsored by Lamrock Solicitors, Clarity Wealth, and First National Real Estate. See visitpenrith.com.au for more.

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