

February 20 2025

# Mayoral Message



**Dear Residents,**

## **'It's time to shine' at the NSW Seniors Festival 2025!**

We all know that getting older can sometimes be lonely, but you're never too old to make new friends.

According to the Australian Bureau of Statistics, there are more than 90,000 locals aged 55 and over living in Canterbury-Bankstown, whom I am encouraging to get involved in the more than 40 activities on offer around our City during Seniors Festival.

From **3-21 March 2025**, you can immerse yourself in a range of activities from drawing workshops and dance therapy to hat making and entertaining comedy shows.

For anyone looking to get active, you can explore the great outdoors at the fishing day out, get competitive in a game of pickleball or participate in an exclusive senior's golf day.

For those wanting to stay up-to-date on their health, bone and joint assessments, and nutrition and health, presentations will also be available throughout the month-long festival.

There is so much on offer, and I encourage everyone to take advantage of the many wonderful activities available, have fun and meet new people.

I also encourage everyone in our community to reach out to a senior they know this month, start a conversation, ask them how they're going or if they need a hand around the house.

See the full program of activities at **cb.city/SeniorsFestival** or pick up a booklet from any of our Customer Service Centres, Library and Knowledge Centres or Leisure & Aquatic Centres.



Regards, Clr Bilal El-Hayek  
**MAYOR**

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