



Fairfield City's **Recreational and Healthy Activities Directory** for Seniors 2024

FAIRFIELD CITY COUNCIL
MARCH 2024


FairfieldCity
Celebrating diversity

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Message from Fairfield City Mayor Frank Carbone

Fairfield City Council is committed to providing opportunities, support and resources for seniors to participate in the community and to embrace healthy ageing.

Fairfield City's Recreational and Healthy Activities Directory for Seniors 2024 has been developed to provide seniors with information about recreational groups and activities that are available across Fairfield City's 27 suburbs.

The Directory is also available online on Fairfield City Council's website, www.fairfieldcity.nsw.gov.au.

Printed copies of the Directory are also available on request, please email mail@fairfieldcity.nsw.gov.au or phone 9725 0222.

For more information regarding senior's community events and services, visit Council's website www.fairfieldcity.nsw.gov.au/Community/Our-People/Seniors.

A handwritten signature in black ink that reads "Frank Carbone". The signature is written in a cursive, flowing style.

Frank Carbone
Mayor of Fairfield City

While every effort has been made to ensure that the information in the Directory is current, it is recommended to contact the organisation/group listed herein to ensure that its information is up-to-date.

If you are a community organisation or group that would like your information included or updated in the Directory, please contact the Social Planning and Community Development team on 9725 0222.



The importance of Recreational Activities for Healthy Ageing

Fairfield City Council is committed to building a stronger community that acknowledge the ongoing contribution of seniors in the community.

The Directory aims to connect seniors with recreational groups and activities that increase social interaction, physical activity and provide support and educational development.

The diverse groups and activities outlined in the Directory aim to promote a healthy ageing community that provides opportunities for seniors to improve their physical, mental and social health.

The Directory has recreational activities which have been divided into three healthy ageing catalogues which include:



The three healthy ageing categories aim to make it simpler for seniors to find a group or activity that suits their wants and needs.



Benefits of Lifelong Learning, Healthy and Social Recreational Activities and Programs





Lifelong Learning

- Research has found that lifelong learning helps improve mental function and the ability to adapt to change.
- Creative recreational activities help improve skill development, self-expression, and self confidence.
- Learning skills with others can improve interpersonal skills and make you feel more connected to the community.



Health and Wellbeing








- According to the Department of Health, 30 minutes of moderate exercise is the recommended daily requirement to improve heart, lung, muscle and bone function.
- Exercising has multiple benefits, it can assist in reducing stress and anxiety, reducing the risk of heart disease and diabetes and help prevent falls.
- Exercising also provides an increased sense of wellbeing by improving concentration and self confidence








Social

- Research has found socialising has many benefits in improving mental function and emotional health.
- Socialising can assist in reducing feelings of loneliness, which has been found to have a negative impact on emotional and physical health.
- Social groups provide the opportunity to develop interpersonal skills, social networks and build a stronger community.


FAIRFIELD CITY WIDE – RECREATIONAL AND HEALTHY ACTIVITIES FOR SENIORS

Activity	Location	Description	Organisation	Contact
Circuit Paths and Outdoor Fitness Equipment	Available across many parks in Fairfield City	Outdoor Fitness Equipment can be found at the following locations: Abbotsbury, Bonnyrigg, Bonnyrigg Heights, Bossley Park, Cabramatta, Canley Vale, Edensor Park, Fairfield, Fairfield West, Horsley Park, Smithfield, St Johns Park and Wetherill Park.	Fairfield City Council www.fairfieldcity.nsw.gov.au/Community/Healthy-Fairfield-Outdoor-Gyms www.fairfieldcity.nsw.gov.au/Community/Healthy-Fairfield	 (02) 9725 0222
Cycleway Network and Paths	Various locations across Fairfield City	Fairfield City has more than 80kms of cycleways and paths. Call for more information.	Fairfield City Council www.fairfieldcity.nsw.gov.au/Community/Healthy-Fairfield/Cycling www.fairfieldcity.nsw.gov.au/Services/Sports-Parks-Recreation/Cycling-and-Trail-Dirt-Bike-Riding	 (02) 9725 0222
Leisure Centres	Cabravale, Fairfield and Prairiewood	Activities in the gym or swimming pool, training and rehabilitation programs, professional help, and concessions for seniors. Call for more information.	Fairfield City Council www.fairfieldcityleisurecentres.com.au/fairfield	Cabravale  (02) 9725 0335 Fairfield  (02) 9725 0336 Prairiewood  (02) 9725 0337
Libraries	Bonnyrigg, Fairfield, Smithfield, Wetherill Park and Cabramatta	Borrow books in community languages, DVDs, magazines, newspapers and other resources. Attend workshops, programs and activities, Home delivery. Visit Council's website for more information.	Fairfield City Open Libraries www.fairfieldcity.nsw.gov.au/Services/Fairfield-City-Open-Libraries	 (02) 9725 0333  libraryenquiries@fairfieldcity.nsw.gov.au

FAIRFIELD CITY WIDE – RECREATIONAL AND HEALTHY ACTIVITIES FOR SENIORS

Activity	Location	Description	Organisation	Contact
Fitness Classes and Boot Camps	Various locations across Fairfield City	Fitness classes and boot camps, available across various locations. Please call the Leisure centre for more information regarding times and location.	Fairfield City Council www.fairfieldcity.nsw.gov.au/News/Fairfield-City-Leisure-Centres-boot-camps-and-personal-training-sessions	 (02) 9725 0222
Gyms in Parks	Various locations across Fairfield City		www.fairfieldcity.nsw.gov.au/services/Sports-Parks-Recreation/Outdoor-Fitness-Equipment-Circuit-Paths	 (02) 9725 0222
Walking Groups	Various locations across Fairfield City	Horsley Park Walking Group meet every Monday and Wednesday at 8am at Horsley Park Reserve. Stockland Wetherill Park Walking Group meet at Stockland Food Court at 8am. Days vary. Fairfield Seniors 50s and Over Heart Foundation Walking Group meet at the rear of Fairfield Leisure Centre car park at 9,30am every Friday.	Heart Foundation www.fairfieldcity.nsw.gov.au/Community/Healthy-Fairfield/Walking	Carmel  0425 270 037  bijana.blagojevic@stockland.com.au Robert  0422 933 612






ABBOTSBURY – RECREATIONAL AND HEALTHY ACTIVITIES FOR SENIORS

Activity	Location	Description	Organisation	Contact
Walking The Dairy, Lizard Log, Plough and Harrow	Western Sydney Parklands, Cowpasture Road and Elizabeth Drive	Over 27kms of picnic grounds and walking tracks, free BBQ facilities and a café on site.	Western Sydney Parklands www.westernsydneyparklands.com.au	 (02) 9895 7500  info@wspt.nsw.gov.au



BONNYRIGG LIFELONG LEARNING ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Aboriginal	Bonnyrigg Community Centre, Bonnyrigg Avenue, Bonnyrigg	An Aboriginal women's support group in the community of Fairfield City that meet every fortnight on a Tuesday from 10am to 3pm for various activities including sewing, knitting, jewellery making and clay work.	Guntawang Aboriginal Resources Incorporated.	Aunty Wendy ☎ 0414 964 657
Arts and Crafts Group				










Activity	Location	Description	Organisation	Contact
Bonnyrigg Library	Bonnyrigg Plaza, 100 Bonnyrigg Avenue, Bonnyrigg	Borrow books in community languages, DVDs, magazines, newspapers and other resources. Attend workshops, programs, and activities.	Fairfield City Council www.fairfieldcity.nsw.gov.au/Services/Fairfield-City-Open-Libraries	 (02) 9725 0333
Computer Classes	Bonnyrigg Community Centre, Bonnyrigg Avenue, Bonnyrigg	Learn the basics of how to use different digital devices and how to engage with the internet safely. Monday-Tuesday, 10am-12pm and 1pm-3pm By appointment - 6 people per class	NSW Spanish and Latin American Association for Social Assistance Inc. (NSW SLASA) www.nswslasa.com.au/beconnected	 (02) 9610 0288
Craft Workshops	Bonnyrigg Community Centre, Bonnyrigg Avenue, Bonnyrigg	Learn a new craft or skill and meet new or current friends! Activities: weaving, crochet, paper mache, embroidery, and special cards. Must bring own material for the activity. Thursday, 1pm-5pm Friday, 10am-1pm	NSW Spanish and Latin American Association for Social Assistance Inc. (NSW SLASA) www.nswslasa.com.au/--art-classes	 (02) 9610 0288
Guitar Classes	Bonnyrigg Community Centre, Bonnyrigg Avenue, Bonnyrigg	Learn how to play guitar on Wednesdays from 11.30am to 2pm. Free classes. Must bring your own guitar.	NSW Spanish and Latin American Association for Social Assistance Inc. (NSW SLASA) www.nswslasa.com.au/guitar-classes	 (02) 9610 0288
South West Sydney Men's Shed	22 Hebblewhite Crescent, Bonnyrigg	A friendly meeting place for men to learn new skills, improve their wellbeing and establish new friendships. Activities include woodworking, metal work and electrical. Monday-Wednesday, 7.30am-1.30pm	South West Sydney Men's Shed Inc. mensshed.org/sheds/south-west-sydney-mens-shed-inc	 (02) 8786 0040

BONNYRIGG LIFELONG LEARNING ACTIVITIES/PROGRAMS







Activity	Location	Description	Organisation	Contact
Sewing Group	Bonnyrigg Community Centre, Bonnyrigg Avenue	Learn new skills and practice sewing with the community and friends for free. Tuesdays, 10am-2pm Must bring own material for the activity.	NSW Spanish and Latin American Association for Social Assistance Inc. (NSW SLASA) www.nswslasa.com.au/sewing-group	 (02) 9610 0288
Volunteer Knitting and Crochet Group	Bonnyrigg Library Bonnyrigg Plaza 100 Bonnyrigg Avenue, Bonnyrigg	Asocial volunteer group crocheting and knitting blankets for wrap with love. Wednesday, 10am-12pm	Independent	Rachel Versace  0417 681 348

BONNYRIGG HEALTHY RECREATIONAL ACTIVITIES/PROGRAMS


Activity	Location	Description	Organisation	Contact
'La Viejoteca'	Bonnyrigg Community Centre, Bonnyrigg Avenue, Bonnyrigg	Come along and dance to music from the 40's, 50's, 60's and 70's. Participate in karaoke, raffles and win prizes. Thursdays, 9am-1.30pm	NSW Spanish and Latin American Association for Social Assistance Inc. (NSW SLASA) www.nswslasa.com.au/--viejoteca	 (02) 9610 0288
Zumba Classes	Bonnyrigg Community Centre, Bonnyrigg Avenue, Bonnyrigg	Weekly on: Mondays, 9.30am-10.30am Wednesdays, 10am-11am Thursdays, 9am-10am and 7pm-8pm	NSW Spanish and Latin American Association for Social Assistance Inc. (NSW SLASA) www.nswslasa.com.au/english-classes	 (02) 9610 0288

Activity	Location	Description	Organisation	Contact
Tango Class	Bonnyrigg Community Centre, Bonnyrigg Avenue, Bonnyrigg	Learn to dance with Master Tony Solari. Tuesdays, 12pm-1pm Call for more information.	NSW Spanish and Latin American Association for Social Assistance Inc. (NSW SLASA) www.nswslasa.com.au/copy-of-disco-for-seniors	 (02) 9610 0288 Tony Solari  0414 825 085
Disco for Seniors	Bonnyrigg Community Centre, Bonnyrigg Avenue, Bonnyrigg	Wednesday, 1pm-3pm Call for more information.	NSW Spanish and Latin American Association for Social Assistance Inc. (NSW SLASA) www.nswslasa.com.au/copy-of-how-to-keep-an-active-memory	 (02) 9610 0288
Yoga Classes	Bonnyrigg Community Centre, Bonnyrigg Avenue, Bonnyrigg	Yoga with Anh Lee Fridays: Intermediate class, 10am-11am Beginner class, 11.15am-12.15pm	NSW Spanish and Latin American Association for Social Assistance Inc. (NSW SLASA) www.nswslasa.com.au/yoga-classes	 (02) 9610 0288
Yoga Classes	Bonnyrigg Heights Hall, 46 Simpson Road, Bonnyrigg Heights	Yoga, pilates, stretching, core strength, meditation, stress and anxiety management, nutrition, health workshops, counselling and healthy lifestyle retreats. Monday, 9.45am-11am Tuesday, 7pm-8.15pm Call for more information.	Yoga & Beyond www.yogaandbeyond.com.au	 (02) 9610 4566



BONNYRIGG SOCIAL RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Day Program for the Elderly	Bonnyrigg Heights Hall, 46 Simpson Road, Bonnyrigg Heights	Seniors wellness centre. Come along to the day program on Wednesdays 8.30am to 4.30pm. For seniors with Chinese and Southeast Asian backgrounds.	Australian Nursing Home Foundation www.anhf.org.au/en	 (02) 9753 3400  info@anhf.org.au
Elderly and Women's Social Group	Bonnyrigg Heights Hall, 46 Simpson Road, Bonnyrigg Heights	Come along and socialise, converse in Khmer, make new friends! Thursdays, 9am-3pm	Cambodian Australian Welfare Council of NSW Inc. www.cambodianwelfare.org.au	Thin Em  0402 296 744
Grupo Igualdad (Grandparents Group)	Bonnyrigg Community Centre, Bonnyrigg Avenue, Bonnyrigg	Mondays, 10am-1pm Call for more information.	NSW Spanish and Latin American Association for Social Assistance Inc. (NSW SLASA) www.nswslasa.com.au/grupo-igualdad-grandparents-group	 (02) 9610 0288
Reborn Group (Grandparents Group)	Bonnyrigg Community Centre, Bonnyrigg Avenue, Bonnyrigg	Meet to socialise and explore different topics of interest and organise excursions to places across Sydney. Wednesdays, 10am-1pm.	NSW Spanish and Latin American Association for Social Assistance Inc. (NSW SLASA) www.nswslasa.com.au/reborn-group-grandparents-group	 (02) 9610 0288
Armenian Senior Citizen Club	682 Cabramatta Road, Bonnyrigg	Weekly meetings, lunches, and an array of different social outings. Education classes available on diabetes, arthritis, and Centrelink. Tuesday, 10am-2pm	Armenian Relief Society Arax Chapter	 (02) 9610 2591

BONNYRIGG SOCIAL RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Frail Aged Care Group (Italian Group)	Bonnyrigg South Community Centre, Gemalla Road, Bonnyrigg	Mondays & Wednesdays, 8.30am-4.30pm Call for more information.	CO.AS.IT www.coasit.org.au	 (02) 9564 0744

BOSSLEY PARK HEALTH RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Hearts on the Move	Club Marconi, 126 Prairie Vale Road, Bossley Park	Exercise program for people with stable medical conditions, or anyone who hasn't engaged in exercise for some time. It includes balance, flexibility and coordination. Monday, 10am-11am Thursdays, 10am-11am \$10 per person per visit.	Hearts on the Move www.activeandhealthy.nsw.gov.au/program/view/2116	Rossana Braga  0423 141 523  rossbraga@gmail.com





BOSSLEY PARK SOCIAL RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
'Caffe' e Chiacchierate' (coffee and chat in Italian)	Club Marconi, 126 Prairie Vale Road, Bossley Park	A free meet up where Italian speakers can come together and share a coffee or brunch and chat. One Saturday every month.	Club Marconi www.fairfieldcity.nsw.gov.au/Whats-on/Events-Workshops-and-Social-Calendar/Community-Events/Caffe-e-Chiacchierate-coffee-and-Chat-in-Italian	(02) 9822 3333 Alberto Macchione (02) 0402 898 127




CABRAMATTA LIFELONG LEARNING ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Whitlam Library Cabramatta	165 Railway Parade, Cabramatta	Borrow books in community languages, DVDs, magazines, newspapers and other resources. Attend workshops, programs, and activities.	Fairfield City Open Libraries www.fairfieldcity.nsw.gov.au/Services/Fairfield-City-Open-Libraries	(02) 9725 0333
English Class	Online	Learn how to speak English. Every week. Call for more information.	Australian Russian-Chinese Heritage Society	Valentina (0404) 410 823
Learning Russian songs	Online	Teaching people to sing in Russian (1-2 hours) days vary Days vary. Call for more information.	Australian Russian-Chinese Heritage Society	Valentina (0404) 410 823


CABRAMATTA HEALTHY RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Swimming	30 Broomfield Street, Cabramatta	Activities in the gym or swimming pool, training, and rehabilitation programs with concessions for seniors. Call Cabravale Leisure Centre for more details.	Cabravale Leisure Centre www.fairfieldcityleisurecentres.com.au/cabravale	 (02) 9725 0335
Ballroom Dancing	Corner Railway Parade and McBurney Road, Cabramatta	Come along to ballroom dance classes from 10am to 12pm on Tuesdays.	NSW Multicultural Seniors Association incorporated. nswmsa.org.au/activities-classes	Nick  0418 221 988
Singing classes		Saturday, 1pm-4pm Call for more information	Australian Russian-Chinese Heritage Society	Valentina  0404 410 823
Dance Group	Corner Railway Parade and McBurney Road, Cabramatta	Dance groups available on Wednesdays 7pm to 9pm. Call for more information.	Vietnamese Women's Association in NSW inc. Facebook @VietnameseWomenAssociation	 0410 830 709




CABRAMATTA SOCIAL RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Latin American Elderly Refugee Women's Support Group	Corner Railway Parade and McBurney Road, Cabramatta	Social support group on Wednesdays 10am to 2pm. Call for more information.	STARTTS www.startts.org.au	 (02) 9646 6700
Vietnamese Women's Group	Corner Railway Parade and McBurney Road, Cabramatta	Vietnamese women's social group. Call for more information. Friday, 10am to 12.30pm.	CORE Community Services	 (02) 9727 0477 Milena  0474 996 738

CANLEY VALE LIFELONG LEARNING RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Westacott Cottage Arts and Crafts	107 Railway Parade, Canley Vale	Porcelain painting Tuesday, 10am-2pm Westacott Crafts Friday, 9.30am-12pm Call for more information.	Westacott Cottage Arts and Crafts Centre	 (02) 9724 0641

CANLEY VALE SOCIAL RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Sunday Afternoon Concert	Cabra-Vale Diggers Club, 1 Bartley Street, Canley Vale	Every Second Sunday of the month! Doors open 3.30pm Show starts 4.30pm-6.30pm.	Cabra-Vale Diggers cabravale.com.au/event/sunday-cabaret	 (02) 9727 3600
Karaoke Nights	Cabra-Vale Diggers Club, 1 Bartley Street, Canley Vale	Every Saturday night in the Ambrose Lounge from 8pm until midnight.	Cabra-Vale Diggers cabravale.com.au/event/karaoke	 (02) 9727 3600
The Enterprise Band	Cabra-Vale Diggers Club, 1 Bartley Street, Canley Vale	Come sing and dance with our Vietnamese band, The Enterprise Band! FREE every Friday and Saturday night from 8pm in the Auditorium.	Cabra-Vale Diggers cabravale.com.au/event/the-enterprise-band	 (02) 9727 3600



CECIL PARK/HORSLEY PARK HEALTHY RECREATIONAL ACTIVITIES/PROGRAMS




Activity	Location	Description	Organisation	Contact
Horsley Park Walking Group	Horsley Park Reserve	Meet every Monday and Wednesday at 8am at Horsley Park Reserve.	The Heart Foundation walking.heartfoundation.org.au/walking/group/horsley-park-walking-group	Carmel ☎ 0425 270 037

CECIL PARK/HORSLEY PARK SOCIAL RECREATIONAL ACTIVITIES/PROGRAMS




Activity	Location	Description	Organisation	Contact
Horsley Park Community Social Group and Friends	Horsley Park Hall, Arundel Road, Horsley Park	Craft groups every Tuesday from 10am to 12pm. Outings and bus trips every month. Please call for more information.	Independent	Josephine ☎ 0402 040 954


FAIRFIELD/EAST/WEST LIFELONG LEARNING ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Filipino Group	Fairfield Community Hall, 25 Barbara Street	Meet for gentle exercises, cultural dancing and singing every third Saturday of the month from 9.30am to 2pm. Fee is \$15 per visit with morning tea and lunch included. Philippine events for the month celebrated.	Philippine Australian Society for Senior Citizens Inc.	Rocy Ago ☎ 0416 184 746






Fairfield City Library	1-3 Hamilton Road, Fairfield	Borrow books in community languages, DVDs, magazines, newspapers and other resources. Attend workshops, programs and activities.	Fairfield City Open Libraries www.fairfieldcity.nsw.gov.au/Services/Fairfield-City-Open-Libraries/Visit-our-Branches	 (02) 9725 0366
Sewing and Crochet	Fairfield Community Centre, 25 Barbara Street, Fairfield	Enjoy sewing and crochet classes every Tuesday from 12pm to 2pm.	Community First Step www.cfs.asn.au/services-we-provide	 (02) 9727 4333
Spanish Services	119 Camden Street, Fairfield	Helping Spanish people with translation of documents, applications, and appointments. Wednesday and Friday, 10am-3pm	Spanish Speaking Pensioners Association of NSW	 (02) 9726 9136

FAIRFIELD/EAST/WEST HEALTHY RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
DRU Yoga	5 Bramley Street, Fairfield West	A gentle stretching yoga that works through postures with modified postures for beginners. Monday, 7pm-8pm Wednesday, 7pm-8pm Classes taught in Spanish. \$10 per class.	www.activeandhealthy.nsw.gov.au/program/view/3161	 0400 629 945  Marlacamacho33@hotmail.com
Fairfield Seniors over 50s Walking Group	Fairfield Leisure Centre car park, 44 Vine Street, Fairfield	Runs weekly on Friday at 9am. Walking with a group of friends at a medium pace.	Independent	Robert – walk organiser  0422 933 612

Swimming	Fairfield Leisure Centre, 44 Vine Street, Fairfield	Activities in the gym or swimming pool, training and rehabilitation programs with concessions for seniors. Ring centre for more details.	Fairfield City Leisure Centres www.fairfieldcityleisurecentres.com.au/fairfield	 (02) 9725 0336
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FAIRFIELD/EAST/WEST SOCIAL RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Fairfield Active Maltese Seniors	Our Lady of the Rosary Parish Hall 18 Vine Street, Fairfield	Meets on the last Tuesday of each month from 10.30am to 12.30pm.	Maltese Community Council of NSW mccnsw.org.au/seniors-groups	 0419 476 924 or 0414 863 123
Italian Seniors Groups	Fairfield Resource Centre, 25 Barbara Street, Fairfield	Thursday, 9am-12.30pm Call for more information.	Co.As.It www.coasit.org.au/services/community-services/aged-care-services/italian-seniors-groups	 (02) 9564 0744
Spanish Social Group	119 Camden Street, Fairfield	Meet every Tuesday to play cards, bingo and socialise with others! Friday, 10am-3pm	Spanish Speaking Pensioners Association	 (02) 9726 9136
Wesley Seniors Social Hub South West Sydney	61-63 Smart Street, Fairfield	A place where older people who are socially isolated, frail, or living with dementia can experience social interactions in a friendly atmosphere.	Wesley Mission www.wesleymission.org.au/find-a-service/seniors-and-aged-care/staying-active-and-connected/wesley-seniors-social-hubs	 (02) 8467 6129
Women's Support Group- Arabic Speaking	Fairfield Community Centre, 25 Barbara Street, Fairfield	Runs every Thursday from 10am to 12pm. Participate in a range of activities.	Community First Step	 (02) 9727 4333

FAIRFIELD/EAST/WEST SOCIAL RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Italian Seniors Group	Fairfield Community Centre, 25 Barbara Street, Fairfield	Come along to socialise. Morning tea with biscuits included and a light lunch with sandwiches and soft drink. \$8 per person per week.	Independent	Rosa ☎ (02) 9727 7627 ☎ 0401 270 703
Seniors Group	Corner Frederick and Lackey Streets, Fairfield Church Hall	Seniors meet every 2nd Tuesday of the month for morning tea. Call for more information.	St Barnabas Church Stbarnabaschurch.org.au	☎ (02) 9724 1628
Assyrian Women's Group	32 Harris Street, Fairfield	An Assyrian women's social group. Call for more information	CORE Community Services	☎ (02) 9727 0477 Milena ☎ 0474 996 738

GREENFIELD PARK SOCIAL RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Social Group	5-9 Greenfield Road, Greenfield Park	Guest speakers, social interaction and monthly outings.	St Hurmizd Assyrian Seniors Group	☎ 0415 444 034

MOUNT PRITCHARD SOCIAL RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Amistad Latina Seniors	Mount Pritchard Hall, Mount Pritchard	Come along for some senior group activities! Wednesday, 10am-2pm	CORE Community Services corecs.org.au	☎ 0474 996 738 Milena ✉ mdacosta@corecs.org.au



Arabic Women's Group	Mount Pritchard Hall, Mount Pritchard	Thursday, 10.30-12.30pm	CORE Community Services corecs.org.au	☎ 0474 996 738 Milena ✉ mdacosta@corecs.org.au
Italian Senior Citizens	Our Lady of Mount Carmel Church, Mount Pritchard	A group of older Italians that meet each Thursday from 9am to 12pm, to share their culture, their experience and to engage in friendly activities such as card games.	olmcmtpritchard.org.au/italian-groups	☎ (02) 9610 1025 ✉ info@olmcmtpritchard.org.au

MOUNT PRITCHARD HEALTHY RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Able in Stable	Mounties Club, 254 Humphries Road, Mount Pritchard	A safe gentle exercise program performed while seated in chairs or standing, focusing on balance, strength, and general wellbeing. Tuesday and Thursday, 11:15am (40 mins)	Mounties Health and Fitness www.mountieshealthandfitness.com.au/timetable	☎ (02) 8784 0011

PRAIRIEWOOD LIFELONG LEARNING ACTIVITIES/PROGRAMS




Activity	Location	Description	Organisation	Contact
Craft Group	Prairiewood Youth and Community centre	Thursday, 9.30-11.30am	The Parks Community Network www.parkscommunity.org.au	☎ (02) 9609 7400

Craft Group Prairiewood Youth and Community Centre Craft group every Thursday, 2pm to 5pm. NSW Spanish and Latin American Association for Social Assistance Inc. (NSW SLASA) ☎ (02) 9610 0288




PRAIRIEWOOD HEALTHY RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
The Recycling Shed	Fairfield Showground, Smithfield Road, Prairiewood	Volunteer to help collect and restore old bicycles for community use. First Sunday of the month, 9am-noon. Every Wednesday, 9am-1pm.	Western Sydney Cycling Network www.westernsydneycyclingnetwork.com.au/the-shed	Joe Farrugia ☎ 0403 323 273 ✉ contactwscn@gmail.com
Native Community Nursery	Nalawala Sustainability Hub, Fairfield Showground	Fairfield community nursery's volunteer program provides a very social and health focused environment. Activities include, learning about the native flora of the Cumberland Plain Woodland, help propagate native plants and attend environmental workshops.	Fairfield City Council www.fairfieldcity.nsw.gov.au/Community/Your-Environment/Volunteering-in-our-Environment-Programs#section-4	☎ (02) 9725 0222 ✉ environment@fairfieldcity.nsw.gov.au
The Indigenous Flora Park Bushcare Group	Main gate on Christie Street, Prairiewood	Come along and help the Indigenous Flora Park Bushcare Group by assisting in conserving one of Fairfield City's last original Indigenous flora parks. The group holds working bees and/or tree planting days on the third Saturday of every month 9am to noon.	Fairfield City Council www.fairfieldcity.nsw.gov.au/Community/Your-Environment/Volunteering-in-our-Environment-Programs#section-3	☎ (02) 9725 0222






PRAIRIEWOOD HEALTHY RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Cycling Without Age	Fairfield Showground, Smithfield Road, Prairiewood	Free community bike rides Western Sydney Cycling Network (WSCN) hold community rides on the first Sunday of every month. All rides start and finish at the WSCN clubhouse, Nalawala Hall located at the Fairfield Showground. Community rides end with a free sausage sizzle, tea, coffee, and cold drinks at the clubhouse. Arrive 9am. Ride starts 9.30am sharp.	Western Sydney Cycling Network www.westernsydneycyclingnetwork.com.au/cwa	 contactwscn@gmail.com Karen Quattrone  0418 116 843
Fairfield Ladies Golf Group	Fairfield Golf Course, Corner Smithfield Road and Beavors Street, Prairiewood	Group of seniors that play every Tuesday morning around 8am-8.30am. They play competition golf, have regular BBQs, fundraisers, and cake days. \$17 a week.	Fairfield Ladies Golf Club	 (02) 9604 4007

PRAIRIEWOOD HEALTHY RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Able and Stable Falls Prevention Program	Physiotherapy department, Fairfield Hospital, Corner Polding Street and Prairie Vale Road, Prairiewood	A free 9-week falls prevention program, combining exercises targeting balance and strength with home exercises and education on falls prevention. with 1 session per week. Sessions are 90 minutes. Thursday, 9.30am-11am 65+	South Western Sydney Local Health District www.activeandhealthy.nsw.gov.au/program/view/116	 (02) 9616 8324
Fairfield Seniors Golf Group	Fairfield Golf Course, Corner Smithfield Road and Beavors Street, Prairiewood	A group of seniors who play every Thursday morning, around 6.30am.	Fairfield Seniors Golf group	 (02) 9604 4007
Prairiewood Leisure Centre	Corner Prairie Vale and Moonlight Roads, Prairiewood	Activities in the gym or swimming pool, training and rehabilitation programs, professional help and concessions for seniors. Ring the centre for more details.	Fairfield City Council www.fairfieldcityleisurecentres.com.au/prairiewood	 (02) 9725 033
Swimming		Sign up fee applies.		

PRAIRIEWOOD SOCIAL RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Spanish Group	Prairiewood Youth and Community Centre	Social activities held Monday 10am to 2pm.	The Parks Community Networks Inc. www.parkscommunity.org.au	 (02) 9609 7400
Young @ Hearts Seniors	Wetherill Park Community Centre	Every second Wednesday and fourth Tuesday of the month. 10am to 12pm.	The Parks Community Networks Inc www.parkscommunity.org.au	 (02) 9609 7400
Assyrian Seniors	Prairiewood Youth and Community Centre	First and third Tuesday of the month 10am to 12pm.	The Parks Community Networks Inc www.parkscommunity.org.au	 (02) 9609 7400
Chaldean Women's Group	Prairiewood Youth and Community Centre	First Monday of every month. 11am to 2pm.	The Parks Community Networks Inc www.parkscommunity.org.au	 (02) 9609 7400
Social Group Arabic Group	Prairiewood Youth and Community Centre	Socialise with others and play games. Wednesday. 5pm-10pm	Karemlash Association NSW Incorporated	 0452 645 045

SMITHFIELD LIFELONG LEARNING ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Fairfield City Museum & Gallery (FCMG)	634 The Horsley Drive, Smithfield	<p>New exhibits and events regularly. Free self-guided tours. Senior's tours and group bookings available at \$5.50 per person.</p> <p>FCMG's Self-Guided Tours Find your way around with the free brochure guide.</p> <p>Tuesday-Friday, 10am-4pm Saturdays, 10am-3pm CLOSED Sundays, Mondays and public holidays.</p> <p>Seniors Tours: Share stories and reminisce about your life experiences during the 'Memory Box' Program.</p> <p>\$5.50 per participant, includes morning tea and self-guided tour of the Vintage Village.</p> <p>Bookings by phone only.</p>	<p>Fairfield City Council</p> <p>www.fcmg.nsw.gov.au</p> <p>www.fcmg.nsw.gov.au/Visit/Tours/Seniors-Tours/</p>	<p>(02) 9725 0190</p> <p>FCMG@fairfieldcity.nsw.gov.au</p>
Smithfield Community Library	51-57 Oxford Street, Smithfield	<p>Borrow books in community languages, DVDs, magazines, newspapers and other resources. Attend workshops, programs, and activities.</p>	<p>Fairfield City Council</p> <p>www.fairfieldcity.nsw.gov.au/Services/Fairfield-City-Open-Libraries/Visit-our-Branches</p>	<p>(02) 9725 0333</p>

SMITHFIELD HEALTHY RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
City of Fairfield Garden Club	Fairfield City Museum & Gallery, 634 The Horsley Drive, Smithfield	<p>Meet at 2pm on the first Sunday of every month.</p> <p>\$15 annual membership fee.</p>	<p>Fairfield City Council</p> <p>fcgc.org.au</p>	<p>Francis</p> <p>9725 2851</p>


SMITHFIELD SOCIAL RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Probus Club Bossley Park	Smithfield RSL, Corner Cumberland Highway and Neville Street, Smithfield	Multicultural, non profit social club for retired and semi-retired people. Meet every fourth Monday of each month. 10am to 12pm, followed by lunch in the bistro. Listen to guest speakers and socialise. Outings 1-2 times a month.	Probus South Pacific Club www.probusouthpacific.org/ microsites/bossleypark	Julie Brown ☎ 0412 525 541 ✉ Juliejbrown@hotmail.com





ST JOHNS PARK LIFELONG LEARNING ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
English Classes	St Johns Park Baptist Church, 178 Humphries Road, St Johns Park	Free English classes every Tuesday from 7pm to 9pm.	Independent	Bill Sked ☎ 0402 976 439

ST JOHNS PARK HEALTHY RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Bowling Greens	St Johns Park Bowling Club, 93 Edensor Road, St Johns Park	Enjoy a relaxed sport that combines friendly competition it's more like a social event! We welcome new players and offer the expertise of qualified coaches to teach you the tricks of the game, so you will be ready to compete at our social days.	St Johns Park Bowling Club sjpbowling.com.au/about-us/bowling-greens	 (02) 9426 1108

WAKELEY LIFELONG LEARNING ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Art Group	Canley Heights RSL, 26 Humphries Road, Wakeley	The Art Group meets every Tuesday morning 10am to 1pm.	Canley Heights RSL canleyheightsrsl.com.au/sports/other-groups	 (02) 9604 9975 John Said  0427 772 359
Trivia	Canley Heights RSL, 26 Humphries Road, Wakeley	Tuesday, 6.30pm	Canley Heights RSL canleyheightsrsl.com.au/whats-on/weekly-events-2/trivia	 (02) 9604 9975
Falls Prevention Program	Brian Wunsch Centre, 114-126 Avoca Road, Wakeley	Wednesday, 10am-11am Call for information.	Community Action Services Australia (CASA)	 0415 356 847

WAKELEY HEALTHY RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Line Dancing	Canley Heights RSL, 26 Humphries Road, Wakeley	Meet new people and have fun line dancing. Monday & Wednesday, 10:15am-12:15pm \$5 for each session.	Canley Heights RSL and Sporting Club canleyheightsrsl.com.au/sports/other-groups	Jenny ☎ (02) 9604 9975

Zumba Classes	Brian Wunsch Centre, 126 Avoca Road, Wakeley	Come and enjoy Zumba in a full environment of energy catered to keep you healthy. Tuesdays & Wednesdays, 7pm-8pm	NSW Spanish and Latin American Association for Social Assistance Inc. (NSW SLASA) www.nswslasa.com.au/english-classes	☎ (02) 9610 0288
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WETHERILL PARK LIFELONG LEARNING ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Wetherill Park Library	Stockland, 561-583 Polding Street, Wetherill Park	Borrow books in community languages, DVDs, magazines, newspapers and other resources. Attend workshops, programs, and activities.	Fairfield City Open Libraries www.fairfield.city.nsw.gov.au/Services/Fairfield-City-Open-Libraries/Visit-our-Branches	(02) 9725 0333

WETHERILL PARK HEALTHY RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Stockland Wetherill Park Walking Group	Stockland (Food Court), 561-583 Polding Street, Wetherill Park	Meet on Tuesdays and Thursdays 8am at Stockland Wetherill Park Food Court. Call to confirm times and location.	Heart Foundation walking.heartfoundation.org.au/walking/group/Stockland-wetherill-park	(02) 13 11 12

VILLAWOOD LIFELONG LEARNING ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Women's Craft Group	Villawood Senior Citizens Centre, 29 Villawood Road, Villawood	Craft classes every Wednesday 10am to 12pm. Call for more information.	Woodville Alliance	 (02) 9724 3807

VILLAWOOD HEALTHY RECREATIONAL ACTIVITIES/PROGRAMS

Activity	Location	Description	Organisation	Contact
Tai Chi Group	Villawood Senior Citizens Centre	Tai Chi classes every Wednesday 9am.	Woodville Alliance	 (02) 9724 3807

Introduction to My Aged Care



What is My Aged Care?

My Aged Care was established by the Australian Government and can provide yourself, a family member or someone you know with the information on all aged care entitlements.

Call 1800 200 422 or apply for an online assessment. You will be checked for eligibility and will have the opportunity to discuss your preferred care needs.

My Aged Care

1800 200 422
Monday-Friday, 8am-8pm
Saturday, 10am-2pm
myagedcare.gov.au

You can book a free appointment with an Aged Care Specialist Officer by calling 1800 227 475 from 8am to 5pm on weekdays.

An Aged Care Specialist Officer is part of the face-to-face services of My Aged Care. They can assist with:

- Providing information on the different types of services provided by My Aged Care
- Checking if you're eligible for government-funded services and making a referral for an aged care assessment
- Helping you appoint a representative for My Aged Care
- Financial information about My Aged Care services
- Finding local support services.

Fairfield City Council does not run My Aged Care. Please contact the above numbers for more information.

What is the Commonwealth Home Support Program (CHSP)?

The CHSP is an entry level home support program run by My Aged Care, that helps older people to live independently in their homes and communities.

Aims of the program:

- Helping people live independently
- Working with the client, rather than doing things for them
- Give a small amount of help to a large number of people

Why it is important

These services encourage older Australians to:

- Stay safe in their homes while being independent.
- Avoid high-level care such as residential care in an aged care home.
- Stay socially active
- Stay connected with their community

If you are already with My Aged Care and want to find a provider near you, here is the Find a Provider Link on the My Aged Care website: www.myagedcare.gov.au/find-a-provider



