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SENIORS WEEK CELEBRATIONS BRING COMMUNITY TOGETHER

Seniors from across the region have warmly participated in a series of events hosted by Cootamundra-Gundagai Regional Council (CGRC) to celebrate this year's NSW Seniors Festival.

A common highlight throughout the week was the traditional morning teas, where participants enjoyed companionship, learned something new and sampled a variety of delicious treats.

In Cootamundra, seniors gathered at the Cootamundra Ex Services Club to take part in trivia, line dancing and live entertainment. Meanwhile, in Gundagai, the Gundagai Neighbourhood Centre and Gundagai Library hosted more than 20 activities, including workshops, social gatherings and exercise sessions.

Seniors Week concluded with a bus tour and morning tea in Cootamundra, providing a memorable finale to the celebrations. Around 50 local seniors climbed aboard for a relaxed tour around town, enjoying the chance to see familiar sights and rediscover parts of the community that some rarely visit.

The journey sparked plenty of conversation and fond memories, with many passengers reminiscing about childhood days and reflecting on how the town has changed over the years.

Following the tour, guests gathered for a delicious morning tea in the historic old Cootamundra Hospital building. Hosted in the Youth Hub area, the venue itself prompted lively discussions, with many recalling who had been born in the building and where particular wards once stood.

In Gundagai, the Seniors Morning Tea was also a great success, with around 16–18 seniors attending.

Attendees enjoyed lively conversation and strong engagement during a question-and-answer session. Council staff were also on hand to introduce themselves and explain their roles within the organisation.

CGRC mayor Councillor Abb McAlister said Council takes great pleasure in putting these events on for Senior Citizens.

"I would like to acknowledge the great contributions our seniors have given to our communities for many years. I would also like to thank the staff who organise and present these activities. After the feedback I've received, I'm a little envious I couldn't attend as I was tied up in other meetings.

The smiles and appreciation from those attending highlighted just how important these events are for the community. Seniors Week once again provided an opportunity to connect, share stories and create lasting memories," Councillor McAlister added.

Pictures and captions:

1. It was all smiles for the camera at the Cootamundra Youth Hub, located at the Old Cootamundra Hospital as guests enjoyed morning tea, following their bus tour.

2. A lively discussion with seniors and Council staff in Gundagai, gave seniors the opportunity to talk on council issues, followed by morning tea.

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