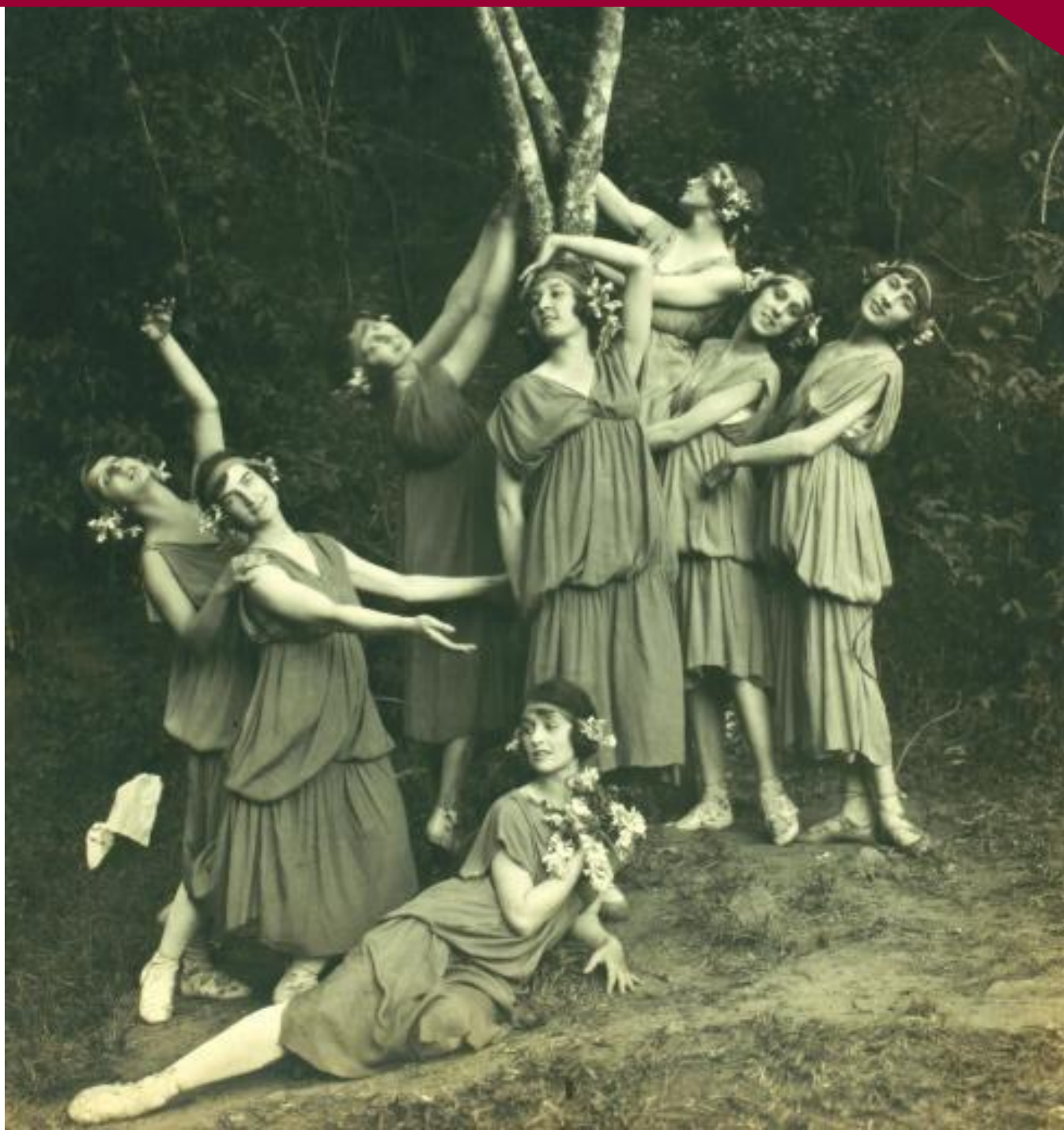


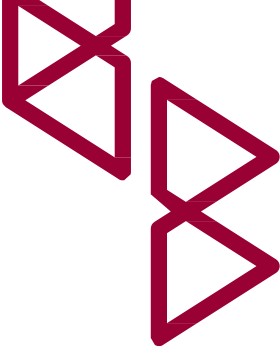
LINKOUT

The Outreach Services Newsletter
Canterbury-Bankstown Libraries





Toby and friend in Cobram, Victoria.



Dear readers,

This March, we'll be kicking off the year with our beloved Seniors Festival, a program packed with fun events and activities designed to empower seniors and help our community stay active and connected.

Festival highlights include a walking tour of the beautiful Sylvan Grove Native Garden, in Picnic Point, previously featured in Linkout as an outdoor destination with visiting. You can also join a drumming circle to create catchy rhythms, take part in a workshop to design a funky beaded chain for your glasses, and enjoy many more activities. Check out the brief schedule in this edition.

We've also included a list of 50 recommended children's books of all time, all available at our libraries in various formats. The wisdom found in children's literature continues to inspire readers of every age and has encouraged many adults to pursue groundbreaking achievements.

You may be interested to know that this edition's cover features a photograph taken from a ballet performance in 1918. It was discovered in the digital collections of the New York City Public Library website, which you too can access from your own home. Their online archives are a treasure trove of manuscripts, architectural plans, theatre photographs, and more.



Wishing you well,

The Aged & Disability Team

Sandra, Jenny, Caroline, Anne Marie & Catherine

2026 Seniors Festival – 2 to 20 March



Sylvan Grove Walking Tour	Bankstown, Wednesday 11 March 10am-noon
Movie Morning at the Library	Multiple sessions
Cross Generational Tech Savvy Seniors	Bankstown, Thursday 19 March 10am-11am
Diabetes Talk	Campsie, Tuesday 10 March 12.30-1.30pm Padstow, Wednesday 18 March 11am-noon
Craft – glasses chain beading and hat decorating	Multiple sessions
Qi Gong	Chester Hill, Friday 13 March 11am-noon Riverwood, Wednesday 11 March 11am-noon
Bingo	Multiple sessions
Drumming Circle	Greenacre, Tuesday 10 March 10.30am Lakemba, Tuesday 10 March 2pm

Visit cb.city/LibrarySenFest2026 for more information.

AUDIO BOOK CLUB



Do you want to join a book club but never seem to find the time to read the book? Do you have eyesight issues that are preventing you from reading like you used to?

Audio Book Club is open to anyone who prefers the listening form of reading, especially those who are blind or have limited vision.

When: Third Tuesday of every month, 6.30-7.30pm

Where: Online via Zoom

Bookings: Call **9707 9654**

For more information, visit your local library and knowledge centre, or visit our website at **cb.city/BookClubsOnline**

Please note: It is essential that you have your own device to listen on. We do not have devices available to loan.





Join Mayor Bilal El-Hayek in a powerful movement to support mental health and create meaningful change.

The inaugural Mayor's 24-hour Challenge will test your resilience and promises to be an active, fun-filled event packed with entertainment, motivation and community spirit.

When: Thursday 16-Friday 17 April at The Crest Athletics Track, Bass Hill

The Mayor's 24-Hour Challenge brings community together to raise greater awareness and vital support for mental health.

Together, we can create a community that champions health and wellbeing – ensuring every person feels seen, supported and empowered to reach their full potential.

Every dollar raised will fund Charlotte's Wish Scholarships through registered charity Step Into Action Foundation. These scholarships will provide young people in Canterbury-Bankstown with mentorship, guidance and mental health support to help them thrive.

The Challenge

Participants in their teams take turns walking or running laps around the athletics track for a full 24 hours! It's nonstop movement, shared energy and a powerful show of community – symbolising strength through mental health challenges and the importance of connection, support and breaking the silence.



While no one is expected to be active for the full 24 hours, the timeframe represents a shared goal – encouraging everyone to work together, do their best and feel proud of what they achieve. Join for fun, aim for a personal best or challenge yourself to a 24-hour distance goal!

Who can join

Whether you're a seasoned runner, a beginner, walker or parent pushing a pram, every step you take and every dollar raised makes a difference. So, form a team, join a team – or take it on solo!

Businesses, community organisations and schools, join The Challenge and help drive real change for our community.

All participants must be aged 8 and over. Each participant or team commits to raising funds for Charlotte's Wish Scholarships.

Read the important information and register to join below.

Spectators are welcome to come along as there will be plenty of entertainment, including a live DJ, special guest appearances and fun activities.

Join the movement and let's make a real difference together!

Everybody matters, every day. - Charlotte O'Brien

This event is brought to you by Council's Active CB Team and proudly supported by Red Bull, Bankstown Sports Club, The Timing Guys and NOVOFIT.

When

Thursday 16, 8:30am-Friday 17 April, 9am

Where

The Crest Athletics Track. 70 McClean Street, Georges Hall 2198

Learn more and register at cb.city/Mayors24HourChallenge

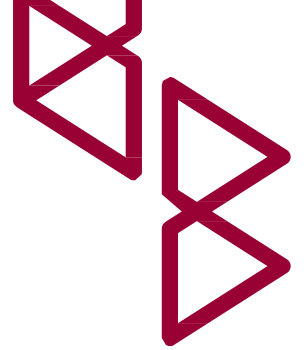
ONE & ONLY

CAN YOU LOCATE THE LEAF THAT IS
ONE OF A KIND WITH NO MATCHES?



SEASONEDTIMES.COM

Catherine's craft - bunting



Materials:

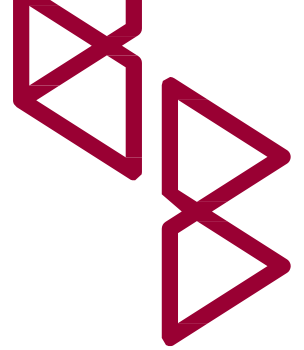
- Coloured papers and cardstocks
- Ribbons
- Coloured pens and pencils
- Glue
- Scissors
- Hole punchers

Instructions:

- Select and cut coloured paper/cardboards to desired bunting size.
- Embellish with different cut outs and shapes, like hearts, etc., and coloured markers
- When finished, punch a hole, and secure a ribbon through it.



A Man and a dog walk into a bar



A man and a dog walk into a bar
Both get up on stools and the bartender says "sorry no dogs"

"But my dog can talk"

Bartender: "Prove it"

"Fido, what is the top part of a house called"

Dog: "Roof, roof"

Bartender (annoyed): "You're going to have to do better than that"

"Fido, what is the high grassy part of a golf course called?"

Dog: "Ruff, ruff"

Bartender (more annoyed): "I'll give you one last chance before I throw you out"

"Fido, who is the greatest baseball player of all time"

Dog: "Ruth, ruth"

Bartender throws both of them out into the street.

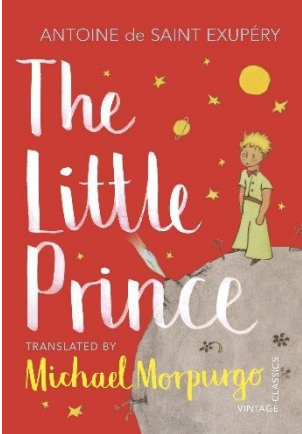
Dog: "Maybe I should have said Dimaggio"

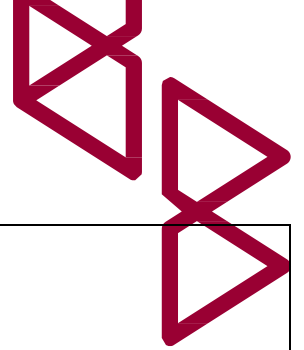


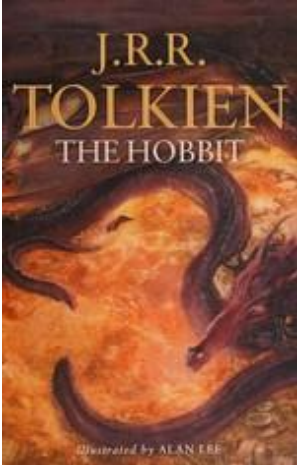
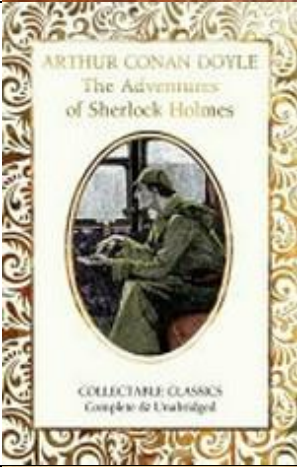
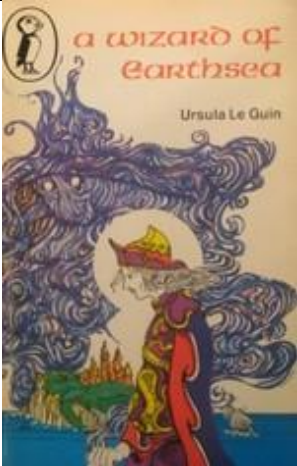
Hayao Miyazaki's 50 recommended children's books

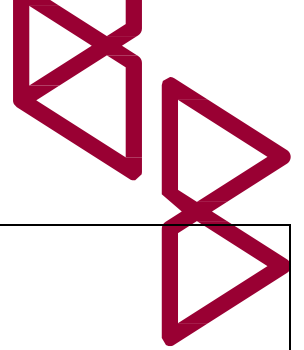
The legendary Japanese filmmaker of beloved children's animations such as *Spirited Away* and *My Neighbour Totoro* compiled a list of his 50 favourite children's books in 2010.

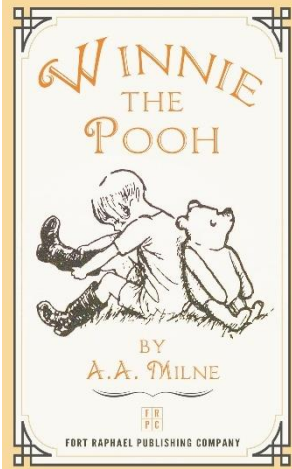
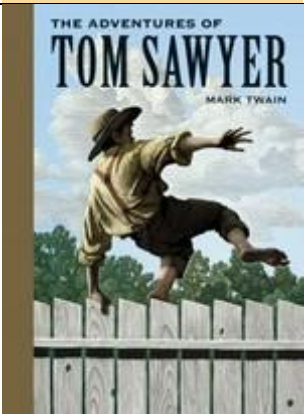
We have these titles available to borrow in a variety of formats.

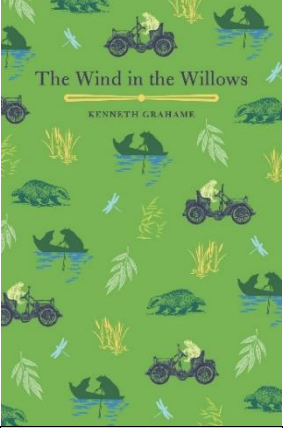
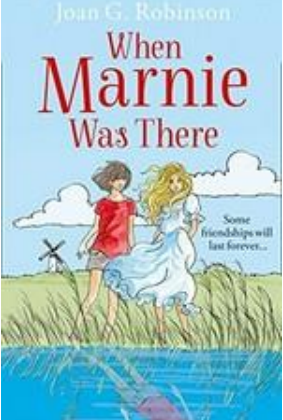
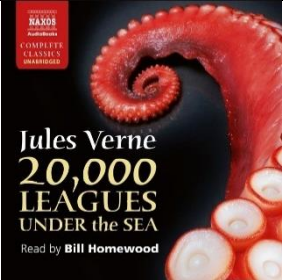
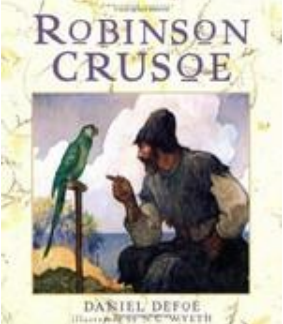
1.		The Secret Garden / Frances Hodgson Burnett
2.		Alice in Wonderland / Lewis Carroll
3.		The Little Prince / Antoine de Saint-Exupéry



4.		The Hobbit / J.R.R. Tolkien
5.		The Adventures of Sherlock Holmes / Sir Arthur Conan Doyle
6.		A Wizard of Earthsea / Ursula K. Le Guin Inspired the movie Tales from Earthsea (2006)
7.		Heidi / Johanna Spyri



8.		The Borrowers / Mary Norton Inspired the film Arrietty 2010
9.		Winnie the Pooh / A.A. Milne
10.		The Adventures of Tom Sawyer / Mark Twain
11.		The Three Musketeers / Alexandre Dumas

12.		Treasure Island / Robert Louis Stevenson
13.		The Wind in the Willows / Kenneth Grahame
14.		When Marnie Was There / Joan G. Robinson Inspired the film When Marnie Was There (2014)
15.		Twenty Thousand Leagues under the Sea / Jules Verne
16.		Robinson Crusoe / Daniel Defoe

Recipe: High protein spinach biscuits



Total time 30 minutes, serves 6.

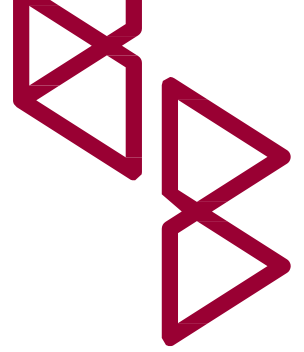
Ingredients:

Fresh spinach (142g), chopped
1 cup feta cheese, crumbled
1 tsp baking powder
1 tbsp olive oil (for sautéing)

1 cup egg whites
1 1/2 cup almond flour
5-6 green onions, finely chopped
Salt and pepper to taste

1. Preheat your oven to 350°F (175°C) and line a baking sheet/tray with parchment paper.
2. Heat 1 tbsp olive oil in a pan over medium heat. Add the green onions and cook for 1-2 minutes until softened. Add the chopped spinach and cook until wilted, about 2-3 minutes. Season with salt and pepper to taste. Remove from heat and let cool slightly.
3. In a large bowl, combine the egg whites, spinach mixture, almond flour, baking powder and feta cheese. The mixture should hold together when pressed. If it is too crumbly, add a teaspoon of water or olive oil.
4. Pour the mixture into 6 biscuit shapes or drop spoonfuls onto the baking sheet.
5. Bake for 20-25 minutes until lightly golden on the edges.
6. Let the biscuits cool for a few minutes before serving.

Acknowledgements



- Jerome Robbins Dance Division, The New York Public Library. "Pavlova Ballet, 7" The New York Public Library Digital Collections. 1918. <https://digitalcollections.nypl.org/items/3d2e4990-c61f-012f-11a8-58d385a7bc34>
- IdeaTivas-TLM @Pixabay
- <https://upjoke.com/dimaggio-jokes>
- Mitchell Luo @Unsplash
- Easy Gluten-Free Recipes by Georgia (@bitsandbitesgf).

