

# 2024 Seniors Festival

Event Calendar  
11 – 24 March 2024

REACH BEYOND



City of  
Newcastle

## The Seniors Festival & Comedy Gala is back for 2024!

In 2024, the festival theme across NSW is **'REACH BEYOND'**. Our Newcastle program offers over 40 events and activities. There is something for everyone, so why not try something new – connect with a club or organisation in our city where you can **'REACH BEYOND'**.

There are activities, events, and opportunities for you to connect and learn new things right across the city.



### Monday 11 March

#### Event: Seniors Expo & Comedy Gala

**Description:** The NSW Seniors Festival celebrates the role and contributions of older adults to our local communities. The festival will run from 11 - 24 March 2024 and the theme is "Reach Beyond!"

Join the City of Newcastle in celebrating our Seniors community and attend a free expo showcasing local community services and groups. There will be stalls, demonstrations, presentations and a Comedy Gala including comedic acts from Jean Kittson, Dave Williams, Sarah Gaul, Daniel Townes and Sean Woodland.

The NSW Seniors Festival Comedy Show is an opportunity to laugh in a room with like-minded others. This show is a much-loved event to the festival so make sure you don't miss out on a ticket.

**Time:** 10.00am-4.00pm

**Location:** Newcastle City Hall, 290 King Street, Newcastle NSW 2300

**Booking:** Essential for the Comedy Gala.

Bookings via Civic Theatre website: [bit.ly/tickets-NCH-SeniorsFestivalComedyGala-2024](https://bit.ly/tickets-NCH-SeniorsFestivalComedyGala-2024)

**Cost:** Comedy Gala \$15 per ticket. Expo is free to attend.

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#### Event: Open Day Embroiderers Guild NSW Inc

**Description:** Our Newcastle Branch members are interested in all forms of embroidery, and we welcome everyone from beginning stitchers to those with many years of experience. We have a strong focus on friendship and fun. Please join us at our open day for morning tea and a chat about stitching!

**Time:** 10.30am-12.00pm

**Location:** Good Shepherd Hall, 101 Joslin Street, Kotara South NSW 2289

**Booking:** Contact - [NewcastleEmbroiderersGuild@gmail.com](mailto:NewcastleEmbroiderersGuild@gmail.com) prior to the Monday 4 March

**Cost:** Free

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#### Event: Come and Have a Go at Dancin Fun

**Description:** We are a line dancing group. Great to promote balance, good for the heart and helps prevent dementia. Low impact fitness. Great fun. Newcomers and all ages welcome every Monday. Dress cool and wear comfortable shoes.

**Time:** 1.00pm-3.30pm

**Location:** Senior Citizens Hall, 189 Hanbury Street, Mayfield NSW 2304

**Booking:** Not required, call 0402 941 466 for enquiries

**Cost:** Free, afternoon tea provided

## Tuesday 12 March

### Event: History Alive! Newcastle in the Sixties

**Description:** Beatlemania, flared pants, a missing prime minister, the contraceptive pill, Vietnam. The 1960s were a turbulent and divisive decade both in Australia and overseas. What was it like to live in Newcastle during these heady times? Join Newcastle Library's favourite historian, Sue Ryan, as she delves into the industrial city of Newcastle in the Sixties. Wear flares if you dare!

**Time:** 6.00pm-7.00pm

**Location:** Lovett Gallery, City Library, 15 Laman St, Newcastle NSW 2300

**Booking:** Essential, visit [www.trybooking.com/COWAD](http://www.trybooking.com/COWAD)

**Cost:** Free

### Event: Adventure Awaits at NovaCare Community Services

**Description:** NovaCare will host a day of celebration that shines a light on the innovative programs that support older people in our community to 'reach beyond', to seek out new experiences and make new friends by participating in the festivities.

NovaCare will have a variety of activities to try such as bingo and lawn games, or simply sit back and enjoy the music. Our dedicated Cycling Without Age volunteers will have the trishaws circling the park. On the green you can experience Active Stronger Better with Deb Moore.

NovaCare will have an information booth with a variety of information available about social programs, carer support, and so much more.

**Time:** 10.00am-3.00pm

**Location:** Club Lambton - 51 Karoola Road, Lambton NSW 2299

**Booking:** RSVP by 4/03/24 to Simone Parker on 1300 363 654 or email [simonep@novacare.org.au](mailto:simonep@novacare.org.au)

**Cost:** Free

### Event: The Top 5 Exercises for Osteoporosis

**Description:** Join us at Transcend Health for an interactive education event on the best exercises for Osteoporosis presented by Jacci, an exercise physiologist. Wear exercise gear!

**Location:** Level 1, 58 Broadmeadow Rd, Broadmeadow NSW 2292

**Time:** 9.30am-10.30am

**Booking:** Essential, Contact Transcend Health at 4961 3399

**Cost:** \$20 per person

### Event: Computer Pals

**Description:** Do you need a helping hand to get the most out of your smartphone, computer or tablet? ComputerPals Newcastle is a voluntary group run by seniors who share an interest in technology. ComputerPals offer tech training in small groups to allow personalised learning and one-on-one coaching at the level you need.

**Time:** 10.00am-11.30am

**Location:** Wallsend Library, 30 Bunn Street, Wallsend NSW 2287

**Booking:** Essential Ph 0478 219 220 [contact@computerpals.org.au](mailto:contact@computerpals.org.au)

**Cost:** Free

### Event: Shake, Rattle & Roll Choir

**Description:** The Shake, Rattle & Roll Choir was set up for people with Parkinson's, but not having Parkinson's should NOT deter you from coming along - the benefits do not discriminate.

Everyone is welcome to join the Choir on Tuesday's and participate in voice and breathing exercises before singing together and having afternoon tea.

**Time:** 1.30pm-3.30pm

**Location:** 17 James Street, Charlestown NSW 2290

**Booking:** Not required

**Cost:** \$5 at the door

## Wednesday 13 March

### Event: Heartmoves

**Description:** Heartmoves is chair-based seniors exercise program. These classes are especially suitable for seniors who may have multiple health conditions such as arthritis, heart conditions, mobility limitations or who have just finished a rehab program. Participants work at their own pace, seated or standing. The classes are conducted in a relaxed and fun-filled environment. They are safe and enjoyable.

**Time:** 11.10am-11.55am

**Location:** Kotara Bowling Club, 2 Howell Street, Kotara NSW 2289

**Booking:** Essential. Ph Lorraine on 0411 422 300 or email [lorraine.norton88@bigpond.com](mailto:lorraine.norton88@bigpond.com)

**Cost:** \$15 a session. Complimentary tea, coffee & biscuits

### Event: Come & Try Pickleball

**Description:** Thinking of playing Australia's fastest-growing sport, Pickleball? Give it a go, you'll love it!!

Pickleball is a combination of Tennis, Badminton and Table Tennis but played on a small court. It is suitable for all ages and for a wide range of physical abilities. Rules are simple and easily learned. Equipment and tuition is provided and your first session is free.

**Time:** 10.00am-12.00pm

**Location:** Newcastle Basketball Stadium, 27 Young Road, Broadmeadow NSW 2305

**Booking:** Essential. Ph 0428 681 075

**Cost:** Free





### Event: Free Legal Advice for Older People

**Description:** The University of Newcastle Legal Centre's Older Persons Legal Clinic offers free legal advice to people aged 60 years and over, and to Indigenous people aged 50 years and over.

The Older Persons Legal Clinic can offer information, referrals, advice and representation on such things as wills and planning for the future, family law, disputes with government departments, elder abuse, and care issues.

**Time:** 9.00am-12.00pm

**Location:** NUspace, 409 Hunter Street, Newcastle NSW 2300

**Booking:** Drop into the Legal Centre on Wednesday mornings during University semesters

**Cost:** Free

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### Event: Computer Pals

**Description:** Do you need a helping hand to get the most out of your smartphone, computer or tablet? ComputerPals Newcastle is a voluntary group run by seniors who share an interest in technology. ComputerPals offer tech training in small groups to allow personalised learning and one-on-one coaching at the level you need.

**Time:** 1.00pm-2.30pm

**Location:** Adamstown Library, 75 Victoria Street, Adamstown NSW 2289

**Booking:** Essential Ph 0478 219 220  
[contact@computerpals.org.au](mailto:contact@computerpals.org.au)

**Cost:** Free

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### Event: Hearing Australia - Free checks @ Beresfield Library

**Description:** Rediscover the sounds you love with a quick free 15-minute hearing check\* with Hearing Australia's friendly team. At our hearing checks, we guide you through maintaining good hearing health and provide information on how to manage common hearing issues. Take the first step to start your journey towards better hearing.

*\* Only 15-minute hearing checks are free. Other services provided by Hearing Australia may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply. A hearing check is a screening that helps identify people that may have hearing loss.*

**Time:** 9.30am-12.30pm

**Location:** Beresfield Library, 34 Lawson Ave, Beresfield NSW 2322

**Booking:** Not required

**Cost:** Free

### Event: Hearing Australia - Free checks @ Wallsend Library

**Description:** Rediscover the sounds you love with a quick free 15-minute hearing check\* with Hearing Australia's friendly team. At our hearing checks, we guide you through maintaining good hearing health and provide information on how to manage common hearing issues. Take the first step to start your journey towards better hearing.

*\* Only 15-minute hearing checks are free. Other services provided by Hearing Australia may attract charges/fees or may be subsidised for those eligible under the Australian Government Hearing Services Program, to which conditions apply. A hearing check is a screening that helps identify people that may have hearing loss.*

**Time:** 10.00am-1.00pm

**Location:** Wallsend Library, 30 Bunn St, Wallsend NSW 2287

**Booking:** Not required

**Cost:** Free

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## Thursday 14 March

### Event: Saucy Science for Seniors

**Description:** Not your average Seniors talk! Come and hear from Newcastle Museum's resident scientist, Catherine, and learn about the weird world of bizarre animal and insect sex including the astonishing extendable sex organ of the Spotted Hyena. Then delve into the science of swearing, including a demonstration of the physical benefits to a potty mouth!

A fun morning out for anyone looking for something a little out of the ordinary this Seniors Festival.

**Time:** 11.00am-12.30pm

**Location:** Newcastle Museum Theatre, 6 Workshop Way, Newcastle NSW 2300

**Booking:** Essential, visit [www.trybooking.com/COWBY](http://www.trybooking.com/COWBY)

**Cost:** Free

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### Event: Aussie Towns - Travels in your Backyard

**Description:** Bruce Elder, former travel writer for the Age and Sydney Morning Herald and author of over 60 books, has an unusual qualification: he has visited every town in Australia... twice. The result is a website, Aussie Towns, which has detailed information about 1332 towns, contains over 6,000 photographs, and took over seven years to create.

Bruce will take you on a journey describing how he visited all the towns, the writing process, and the funny, amusing, and quirky experiences he had along the way. He will persuade you to consider travelling and exploring as a wonderful way to spend your retirement.

Check out [www.aussietowns.com.au](http://www.aussietowns.com.au)

**Time:** 2.00pm-3.30pm

**Location:** Wallsend Library, 30 Bunn St, Wallsend NSW 2287

**Booking:** Essential, visit [www.trybooking.com/COWAL](http://www.trybooking.com/COWAL)

**Cost:** Free

### Event: Hearing the Nation Tour 2024

**Description:** World Hearing Day celebrating *Hearing the Nation Tour 2024* with Amcal Waratah. Providing free hearing screening checks to customers over 65 years and helping them to stay connected to the people and life they love.

**Time:** 9.00am-12.30pm

**Location:** Amcal Waratah Village Shopping Centre 15, 91-111 Turton Rd, Waratah NSW 2298

**Booking:** Essential, contact the Community Hearing Advisor on 0459 935 526

**Cost:** Free

## Friday 15 March

### Event: Wisdom of the Crone

**Description:** This 4-part workshop over four weeks embraces the wisdom of wiser, older women. The workshop provides the opportunity for older women to recognise, step into, and honour their wiser, worldly self. A supportive and embracing cloak and crown ceremony will be offered to each participant at the final workshop held during the Seniors Festival.

**Time:** 10.00am-12.00pm

**Location:** Hunter Women's Centre, 60 Industrial Drive, Mayfield NSW 2304

**Booking:** Essential. Contact [admin@HWC.org.au](mailto:admin@HWC.org.au) or phone 4968 2511

**Cost:** \$20 for all 4-weeks. Paid on registration at Hunter Women's Centre

### Event: Aussie Towns - Travel Writing Workshop

**Description:** Do you love travel? Would you like to capture your experiences in words. Join Bruce Elder, well known Australian author, journalist and avid travel writer, for a 90-minute workshop. Learn how to write about your travels so that friends and family can experience and enjoy the memories and adventures with you. Save tips and advice on how to write convincingly about travel and how to make your writing interesting and insightful.

**Time:** 11.00am-12.30pm

**Location:** Newcastle Museum Theatre, 6 Workshop Way, Newcastle NSW 2300

**Booking:** Essential, visit [www.trybooking.com/COWCI](http://www.trybooking.com/COWCI)

**Cost:** Free

### Event: Tai Chi for Health

**Description:** Tai Chi is a gentle exercise form where participants move in an upright posture, in a slow and controlled manner. It can be practised standing or sitting. Practising tai chi enhances our health and wellbeing, and is particularly effective in improving arthritic stiffness and developing better balance. Tai chi calms the mind, helps to relieve stress, and promotes a sense of harmony and wellness. Above all, tai chi is safe and easy to learn!

**Time:** 9.30am-10.30am

**Location:** YWCA Hunter, 24 Dawson Street, Cooks Hill NSW 2300

**Booking:** Essential. Go to [www.ywcahunterregion.org.au/tai-chi](http://www.ywcahunterregion.org.au/tai-chi)

**Cost:** \$125 for 10 week term



## Saturday 16 March

### Event: Seniors' Open Day at Newcastle Family History Society Inc.

**Description:** Free family history research help, tours of our heritage building, trade tables, book stall and raffles. Morning tea is available for \$5.

**Time:** 10.30am-3.00pm

**Location:** Mechanics' Institute, 68 Elder Street, Lambton NSW 2299

**Booking:** Email [nfhsinc@gmail.com](mailto:nfhsinc@gmail.com)

**Cost:** Free. Morning tea available for \$5

### Event: Meeting at the Newcastle Cake Decorators Guild

**Description:** The Guild is an organisation that brings people who enjoy the art of cake decorating together. To help, support and teach other the craft of sugarwork.

All levels of experience welcome, especially beginners

**Time:** 9.30am-2.30pm

**Location:** Trinity Uniting Church Hall, Cnr Portland Place & Regent Street, New Lambton, NSW

**Booking:** Not required

**Cost:** \$5 per visit for members / \$20 Visitor (Taken off New Membership Fee), Pay at the door

## Sunday 17 March

### Event: Croquet and Coffee

**Description:** Newcastle National Park Croquet Club will host a free "Come and Try Croquet" day at our courts in Newcastle West. Members and coaches will be present to show anyone interested in learning how to play Croquet what the basics of the game are. Participants will be provided with equipment and will participate in some simple lessons and practice games to gain an appreciation of the sport. For those interested, the club will offer further coaching lessons at a future date.

Please bring your own food and water.

Participants are asked to wear flat soled shoes, a hat and come prepared to be outside on the courts during the lessons and practice games.

**Time:** 9.00am-12.00pm

**Location:** Newcastle National Park Croquet Club, 25 National Park Street, Newcastle West, NSW 2303 (Please park on National Park Street)

**Booking:** Essential. Email [croquetnewcastle@gmail.com](mailto:croquetnewcastle@gmail.com)

**Cost:** Free



## Monday 18 March

### Event: Come and Have a Go at Dancin Fun

**Description:** We are a line dancing group. Great to promote balance, good for the heart and helps prevent dementia. Low impact fitness. Great fun. Newcomers and all ages welcome every Monday. Dress cool and wear comfortable shoes.

**Time:** 1.00pm–3.30pm

**Location:** Senior Citizens Hall, 189 Hanbury Street, Mayfield NSW 2304

**Booking:** Not required, call 0402 941 466 for enquiries

**Cost:** Free, afternoon tea provided

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### Event: Reach to the Future

**Description:** ComputerPals for Seniors Newcastle are presenting on developments in Artificial Intelligence and how AI is helping improve life for seniors. Activities to help seniors realise how Artificial Intelligence assists us with our electronic devices (smartphones and tablets).

Light lunch will be served while participants enjoy social interaction with ComputerPals members. For further information phone or message 0478 219 220

**Time:** 10.00am – 12.30pm

**Location:** Club Lambton (in Lambton Park) 51 Karoola Road, Lambton NSW 2299

**Booking:** Essential Ph 0478 219 220

**Cost:** Free

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### Event: Heartmoves

**Description:** Heartmoves is chair-based seniors exercise program. These classes are especially suitable for seniors who may have multiple health conditions such as arthritis, heart conditions, mobility limitations or who have just finished a rehab program. Participants work at their own pace, seated or standing. The classes are conducted in a relaxed and fun-filled environment. They are safe and enjoyable.

**Time:** 10.30am–11.15am

**Location:** Kotara Bowling Club, 2 Howell Street, Kotara NSW 2289

**Booking:** Essential. Ph Lorraine on 0411 422 300 or email [lorraine.norton88@bigpond.com](mailto:lorraine.norton88@bigpond.com)

**Cost:** \$15 per session. Complimentary tea, coffee & biscuits

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### Event: Come & Try Pickleball

**Description:** Thinking of playing Australia's fastest growing sport, Pickleball? Give it a go, you'll love it!!

Pickleball is a combination of Tennis, Badminton and Table Tennis but played on a small court. It is suitable for all ages and for a wide range of physical abilities. Rules are simple and easily learned. Equipment and tuition is provided and your first session is free.

**Time:** 10.00am–12.00pm

**Location:** Newcastle Basketball Stadium, 27 Young Road, Broadmeadow NSW 2305

**Booking:** Essential. Ph 0428 681 075

**Cost:** Free



## Tuesday 19 March

### Event: Shake, Rattle & Roll Choir

**Description:** The Shake, Rattle & Roll Choir was set up for people with Parkinson's, but not having Parkinson's should NOT deter you from coming along – the benefits do not discriminate.

Everyone is welcome to join the Choir on Tuesday's and participate in voice and breathing exercises before singing together and having afternoon tea.

**Time:** 1.30pm–3.30pm

**Location:** 17 James Street, Charlestown NSW 2290

**Booking:** Not required

**Cost:** \$5 at the door

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### Event: Computer Pals

**Description:** Do you need a helping hand to get the most out of your smartphone, computer or tablet? ComputerPals Newcastle is a voluntary group run by seniors who share an interest in technology. ComputerPals offer tech training in small groups to allow personalised learning and one-on-one coaching at the level you need.

**Time:** 10.00am–11.30am

**Location:** Wallsend Library, 30 Bunn Street, Wallsend NSW 2287

**Booking:** Essential Ph 0478 219 220 [contact@computerpals.org.au](mailto:contact@computerpals.org.au)

**Cost:** Free

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### Event: Seniors Week Celebration

**Description:** Hunter Multicultural Communities will be holding a Seniors Week Celebration. We will have entertainment and the Seniors Rights, Raffles, Morning tea and Lunch.

**Time:** 9.00am–2.00pm

**Location:** HMC, 2a Platt Street, Waratah, NSW 2298

**Booking:** Essential. Phone 4960 8248

**Cost:** \$20 per person

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## Wednesday 20 March

### Event: Heartmoves

**Description:** Heartmoves is chair-based seniors exercise program. These classes are especially suitable for seniors who may have multiple health conditions such as arthritis, heart conditions, mobility limitations or who have just finished a rehab program. Participants work at their own pace, seated or standing. The classes are conducted in a relaxed and fun-filled environment. They are safe and enjoyable.

**Time:** 11.10am–11.55am

**Location:** Kotara Bowling Club, 2 Howell Street, Kotara NSW 2289

**Booking:** Essential. Ph Lorraine on 0411 422 300 or email [lorraine.norton88@bigpond.com](mailto:lorraine.norton88@bigpond.com)

**Cost:** \$15 per session. Complimentary tea, coffee & biscuits



### Event: Free Legal Advice for Older People

**Description:** The University of Newcastle Legal Centre's Older Persons Legal Clinic offers free legal advice to people aged 60 years and over, and to Indigenous people aged 50 years and over.

The Older Persons Legal Clinic can offer information, referrals, advice and representation on such things as wills and planning for the future, family law, disputes with government departments, elder abuse, and care issues.

**Time:** 9.00am–12.00pm

**Location:** NUspace, 409 Hunter Street, Newcastle NSW 2300

**Booking:** Drop into the Legal Centre on Wednesday mornings during University semesters

**Cost:** Free

### Event: Computer Pals

**Description:** Do you need a helping hand to get the most out of your smartphone, computer or tablet? ComputerPals Newcastle is a voluntary group run by seniors who share an interest in technology. ComputerPals offer tech training in small groups to allow personalised learning and one-on-one coaching at the level you need.

**Time:** 1.00pm–2.30pm

**Location:** Adamstown Library, 75 Victoria Street, Adamstown NSW 2289

**Booking:** Essential Ph 0478 219 220 [contact@computerpals.org.au](mailto:contact@computerpals.org.au)

**Cost:** Free

### Event: Memory Room

**Description:** Newcastle Libraries host sessions for community members living with dementia and their families. Our specialised therapists draw on photos from the local history collection and other treasured and familiar objects to enable members to reflect and participate in conversation, intellectual stimulation, and creativity activity.

**Time:** 11.00am–12.30pm

**Location:** City Library, 15 Laman St, Newcastle NSW 2300

**Booking:** Essential. Contact the Library on (02) 4974 5300

**Cost:** Free

### Event: Volunteer Expo 2024

**Description:** The Hunter Volunteer Centre will be holding our Volunteer Expo at the Hamilton North Bowling Club. Everybody is welcome to come along and find out more about volunteering through the Hunter Volunteer Centre and how we can help.

**Time:** 10.00am–2.00pm

**Location:** Hamilton North Bowling Club, 31 Boreas Road, Broadmeadow NSW 2292

**Booking:** No booking required, contact us on 4929 4424 for enquiries

**Cost:** Free

## Thursday 21 March

### Event: Life is not a Paragraph - in conversation with Rosemary Lewis and Dr John Ward

**Description:** "Love and loss in a life at speed prepare Rosemary to face an uncertain future."

*Life's not a Paragraph* is a fascinating glimpse into the long life of a remarkable woman. Rosemary Lewis is a longtime resident of Newcastle, a retired teacher and B&B owner.

Rosemary will be joined in conversation by Dr John Ward. John is the current NSW Australian of the Year, Geriatrician, and co-founder of the Hunter Ageing Alliance.

Come and celebrate the creative ageing mind.

**Time:** 11.00am–12.00pm

**Location:** Wallsend Library, 30 Bunn Street, Wallsend NSW 2287

**Booking:** Essential, visit [www.trybooking.com/COWCC](http://www.trybooking.com/COWCC)

**Cost:** Free

### Event: Outrageous! The queer history of Australian TV

**Description:** Fifty years ago, despite homosexuality being illegal, Australians embraced sexual diversity on their TV. Leading characters on the nation's most popular shows were given gay storylines and their popularity soared. Australian audiences not only embraced gay men, transgender, lesbian and bisexual characters on screen, they loved it!

Join TV historian, Andrew Mercado, to watch his film, "Outrageous: The Queer History of Australian TV". Andrew talks about his groundbreaking documentary and gives special mention to series, "Number 96", the world's first TV drama series to portray LGBT characters in a positive light.

In the early 1970s, Number 96 was Australia's top-rating show. Newcastle viewers, who saw the show one hour after it screened each weeknight in Sydney, were the only ones to see it completely uncut. Censors often swooped in after these broadcasts and demanded footage be removed before it could be shown in the rest of Australia.

Andrew Mercado is a TV Historian who was one of the first openly gay people to be regularly seen on Australian TV. He is best known for his appearances on music network Channel [V] and Kerrie-Anne. Andrew currently hosts the Mediaweek podcast TV Gold, and he hosts popular trivia nights at Lowlands Bowling Club and the Cricketers Arms Hotel in Cooks Hill.

Come and celebrate a unique milestone in Australian TV!

**Time:** 6.00pm–7.30pm

**Location:** Newcastle Museum Theatrette, 6 Workshop Way, Newcastle NSW 2300

**Booking:** Essential, visit [www.trybooking.com/COWCT](http://www.trybooking.com/COWCT)

**Cost:** Free

## Friday 22 March

### Event: Wisdom of the Crone

**Description:** This 4-part workshop over four weeks embraces the wisdom of wiser, older women. The workshop provides the opportunity for older women to recognise, step into, and honour their wiser, worldly self. A supportive and embracing cloak and crown ceremony will be offered to each participant at the final workshop held during the Seniors Festival.

**Time:** 10.00am-12.00pm

**Location:** Hunter Women's Centre, 60 Industrial Drive, Mayfield NSW 2304

**Booking:** Essential. Contact [admin@HWC.org.au](mailto:admin@HWC.org.au) or phone 4968 2511

**Cost:** \$20 for all 4-weeks. Paid on registration at Hunter Women's Centre



### Event: Tai Chi for Health

**Description:** Tai Chi is a gentle exercise form where participants move in an upright posture, in a slow and controlled manner. It can be practised standing or sitting. Practising tai chi enhances our health and wellbeing, and is particularly effective in improving arthritic stiffness and developing better balance. Tai chi calms the mind, helps to relieve stress, and promotes a sense of harmony and wellness. Above all, tai chi is safe and easy to learn!

**Time:** 9.30am-10.30am

**Location:** YWCA Hunter, 24 Dawson Street, Cooks Hill NSW 2300

**Booking:** Essential. Go to [www.ywcahunterregion.org.au/tai-chi](http://www.ywcahunterregion.org.au/tai-chi)

**Cost:** \$125 for 10 week term

### Event: Hearing Check Day

**Description:** Hunter Multicultural Communities will be holding a Hearing Check Day. We will have entertainment, lucky door prize and a raffle.

**Time:** 9.00am-2.00pm

**Location:** HMC, 2a Platt Street, Waratah, NSW 2298

**Booking:** Essential. Phone 4960 8248

**Cost:** \$20 per person

## Saturday 23 March

### Event: Clear the Pipes! Organ recital with violin

**Description:** Newcastle Museum's beautiful and somewhat mysterious pipe organ will come to life under the very accomplished hands of Mr. David Drury. With a string of national and international accolades to his name, David's performance will resonate in the high ceilings of the Link Gallery. David Drury is a renowned musician and current Organist-in-Residence at Christ Church Cathedral. He has been Director of Music at St Paul's College, University of Sydney since 1992. He has given recitals in Westminster Abbey, St Paul's and Westminster cathedrals in London, King's College, Cambridge and Notre Dame de Paris and La Madeleine in Paris. He has released four solo recordings as well as recordings with the Sydney Symphony Orchestra and Cantillation.

Accompanied on violin by David Banney, Director of Music at Christ Church Cathedral, and the Newcastle Music Festival, you are in for a real treat! David Banney is described by pianist Roger Woodward as 'simply one of the best conductors in the country'. David's musical activities include conducting, composing, violin playing and teaching. David is a past winner of the ABC Young Conductor of the Year Award. He has conducted orchestras and ensembles including the Queensland Symphony, Queensland Philharmonic, Adelaide Symphony, West Australian Symphony, Opera Queensland and the Queensland Ballet.

Please join us for an afternoon of musical delight!

**Time:** 2.00pm-3.00pm

**Location:** Newcastle Museum Link Gallery, 6 Workshop Way, Newcastle NSW 2300

**Booking:** Essential, visit [www.trybooking.com/COWDB](http://www.trybooking.com/COWDB)

**Cost:** Free

## Sunday 24 March

### Event: Croquet and Coffee

**Description:** Newcastle National Park Croquet Club will host a free "Come and Try Croquet" day at our courts in Newcastle West. Members and coaches will be present to show anyone interested in learning how to play Croquet what the basics of the game are. Participants will be provided with equipment and will participate in some simple lessons and practice games to gain an appreciation of the sport. For those interested, the club will offer further coaching lessons at a future date.

Please bring your own food and water.

Participants are asked to wear flat soled shoes, a hat and come prepared to be outside on the courts during the lessons and practice games.

**Time:** 9.00am-12.00pm

**Location:** Newcastle National Park Croquet Club, 25 National Park Street, Newcastle West, NSW 2303 (Please park on National Park Street)

**Booking:** Essential. Email [croquetnewcastle@gmail.com](mailto:croquetnewcastle@gmail.com)

**Cost:** Free



# DURING SENIORS WEEK

## Monday 11 March – Sunday 24 March

### Event: Seniors Week Collection Celebration | Digital Program

**Description:** Works of art from Newcastle Art Gallery's collection get their Seniors card! Tune in to the Gallery's social media channels to view our digital celebration of works from the collection turning 60 years old in 2024.

To dive deeper into this program, join Matthew Watts, Newcastle Art Gallery's Curatorial Officer (Collections), for an in-person curatorial talk at the City of Newcastle Seniors Festival Mini Expo. See the Expo schedule for more information.

**Location:** Find us at @newcastleartgalleryaustralia on Facebook and Instagram

**Booking:** No booking required, contact us at [artgallery@ncc.nsw.gov.au](mailto:artgallery@ncc.nsw.gov.au)

**Cost:** Free online program

## Tuesday 12 March – Sunday 24 March

### Event: Listen! A world of stories

**Description:** Newcastle Libraries offer a huge range of audiobooks on CD, MP3, and over 30,000 e-audiobooks to quench your thirst for easy listening novels and information books.

Our collections showcase the latest in crowd favourites, literary fiction, biographies and so much more! Borrow a hard copy or select an e-audiobook in iOS, Android or download Adobe Digital Editions to read eBooks on your computer or eReader.

It is free to join Newcastle Libraries, in our branches and online to access a world of wonderful stories!

[www.newcastle.nsw.gov.au/library/home](http://www.newcastle.nsw.gov.au/library/home)

**Location:** Newcastle Libraries and online

**Booking:** No booking required

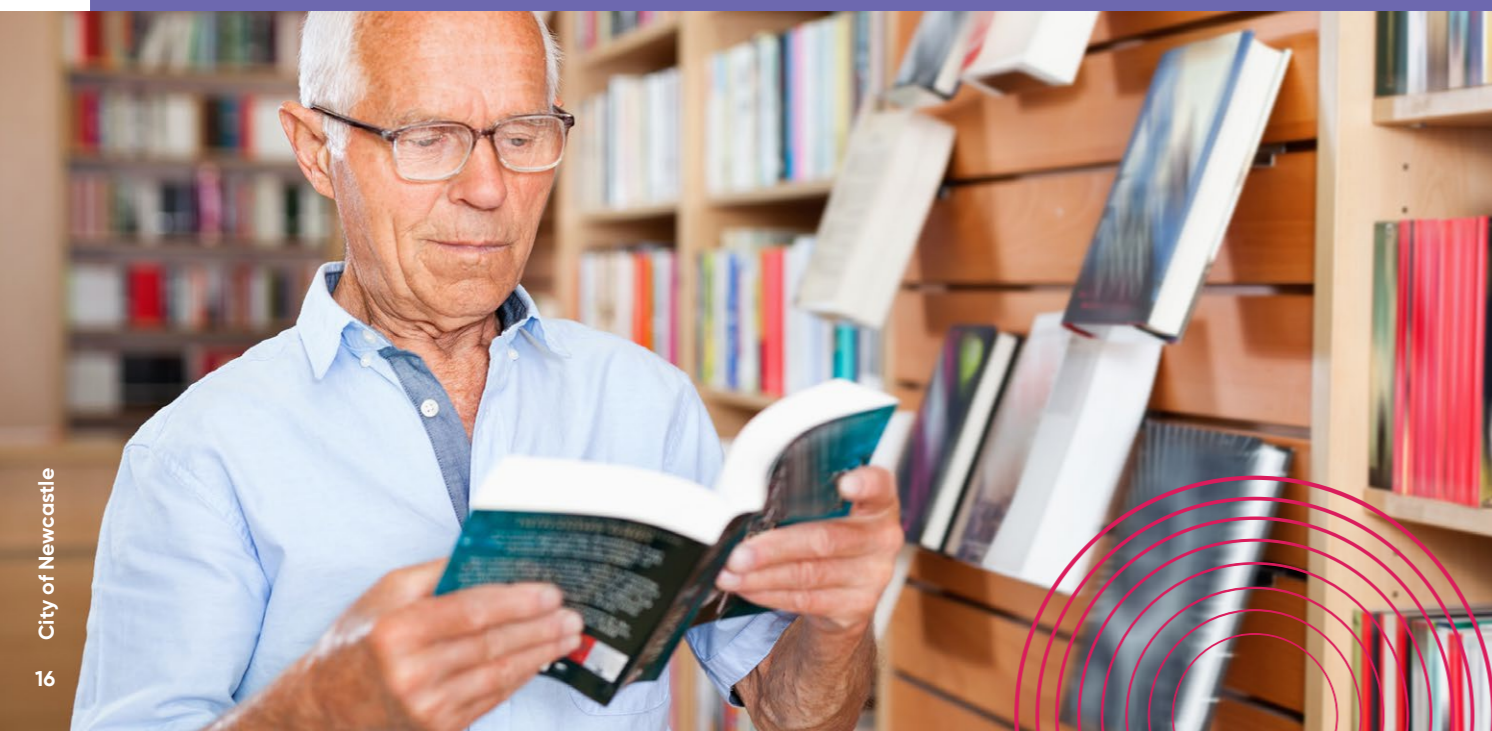
**Cost:** Free

### Event: ActiveStrongerBetter

**Description:** ActiveStrongerBetter is a great way of getting started back into exercise again, or starting for the first time, and the trained leaders will show you how to complete easy and enjoyable exercises which don't strain your body. All sessions are supervised by the trained leaders and are lots of fun. This is a great way to meet new people, socialise, and stay motivated to keep exercise a regular part of your life.

**Location:** Many locations across Newcastle. See table below:

LOCATION	DATE & TIME	COST & BOOKING DETAILS	CLASS LEVEL
Adamstown Uniting Church Hall: 228 Bruncker Road, Adamstown 2289	Tuesday's 9.15am-10.00am	Cost \$10 Deb: 0410 098 747	1-2: Moderate
Broadmeadow PCYC: Cnr Young & Melbourne Streets, Broadmeadow 2292	Tuesday's 7.30am-8.15am	Cost \$10 Laraine: 0409 980 130	1-2: Moderate
Dixon Park Surf Club: Ocean Street, Dixon Park 2291	Wednesday's 9.30am-10.15am	Cost \$10 Deb: 0410 098 747	1-2: Moderate
	Thursday's 10.30am-11.15am	Cost \$10 Deb: 0410 098 747	1-2: Moderate
	Thursday's 11.15am-12.00pm	Cost \$10 Deb: 0410 098 747	Stretch & Balance Mostly seated
Elmore Glen Lifestyle & Retirement Village: 178 Lake Road, Elmore Vale 2287	Tuesday's 9.30am-10.15am	Cost \$8 Michelle: 0478 751 158	1-2: Moderate
	Friday's 9.30am-10.15am	Cost \$8 Michelle: 0478 751 158	1-2: Moderate
Jesmond Park Uniting Church: Coles Street, Jesmond 2299	Tuesday's 12.00pm	Cost \$10 Hayley: 0413 913 246	1-2: Moderate
Tantrum Youth Arts Theatre: 101 Glebe Road, Merewether 2291	Monday's 9.30am-10.15am	Cost \$10 Michelle: 0478 751 158	1-2: Moderate
Alice Ferguson Community Centre: 30 Caldwell St, Merewether 2291	Tuesday's 11.00am-11:45am	Cost \$10 Deb: 0410 098 747	1 - Starters to Moderate
	Wednesday's 10:45am-12.00pm	NovaCare Clients only Cost \$10 Deb: 0410 098 747	Strength, Stretch & Balance - Mostly seated
Uniting Church Hall: Cnr Mitchell & King Streets, Stockton 2295	Thursday's 8.30am-9.15am	Cost \$10 Michelle: 0478 751 158	1-2: Moderate
	First 3 Saturdays per month 7.30am-8.15am	Cost \$10 Michelle: 0478 751 158	1-2: Moderate



# BEYOND SENIORS WEEK

## Monday 1 April

### Event: A Walk with the Porter's

**Description:** Discover the history of Newcastle's West end through the eyes of the Porter family.

Start at Miss Porter's House, finish at the house with refreshments and a tour of the house museum.

**Time:** 10.00am-11.30am or 1.00pm-2.30pm

**Location:** 434 King Street, Newcastle West, NSW 2302

**Booking:** Essential, call Ralda 0491 622 317

**Cost:** \$30 Adults, \$60 Family, \$25 Concession and National Trust members



## Wednesday 3 April

### Event: Ladies Probus Club of Newcastle Monthly Meeting

**Description:** The monthly meeting provides opportunities for fellowship and friendship. In addition, guest speakers are arranged to talk on topics of interest to members. In between meetings activities are often arranged to visit places and organisations of particular interest to club members as well as luncheons and coffee mornings.

**Time:** 10.30am

**Location:** Wests City Club, Cnr King Street & Union Street, Newcastle West, NSW 2302

**Booking:** Not required, call Sandra on 0438 622 608 or email [smc9895@bigpond.net.au](mailto:smc9895@bigpond.net.au) for details

**Cost:** Annual membership for 2024 only \$40

## Friday 5 April

### Event: Open Meeting - Newcastle Astronomical Society

**Description:** The Newcastle Astronomical Society is a group of amateur astronomers organized to promote astronomy. Come along to the Open Meeting which includes guest speakers, lectures and general Astronomy facts. All welcome, any ages.

**Time:** 7.30pm-9.30pm

**Location:** General Purpose Building 101, University of Newcastle, University Drive, Callaghan NSW 2308

**Booking:** Book on Facebook page: [form.jotform.com/222160741580853](https://form.jotform.com/222160741580853)

**Cost:** Free

## Saturday 6 April

### Event: Newcastle Spinners and Weavers Guild - Open Day

**Description:** The Guild nurtures the fibre crafts of spinning and weaving, and encourages other crafts such as felting, dyeing, knitting, crocheting where fibres can be used.

Meetings include demonstrations and hands on activities, as well as problem solving in the many facets of the use of fibres. (e.g. reading patterns). Visitors are always welcome. Join us to learn and enjoy any of these crafts, or even to just have a "yarn".

**Time:** 10.00am-2.00pm

**Location:** Masonic Centre, Corner St James Road and Cromwell Street, New Lambton NSW 2305

**Booking:** Not required

**Cost:** Door entry of \$5 per person. Bring your own lunch

## Sunday 14 April

### Event: Open House

**Description:** Miss Porter's House is a house museum open to the general public. Built by Herbert Porter in 1909, the family lived in the freestanding Edwardian terrace until 1997. It survives with contents intact as a living snapshot of life in twentieth century Newcastle. Visitors can see displays of objects from the collection. Displays change each month.

**Time:** 1.00pm-4.00pm

**Location:** 434 King Street, Newcastle West, NSW 2302

**Booking:** Essential. Book Online [www.nationaltrust.org.au/places/miss-porters-house/](http://www.nationaltrust.org.au/places/miss-porters-house/) or pay at the door

**Cost:** National Trust Members: FREE, Adult: \$12, Concession: \$10, Family: \$34, Child (under 5 years): FREE

## Monday 22 April

### Event: Monthly Guest Speaker with Merewether Ladies Probus Club

**Description:** Attend monthly meetings with a guest speaker which are held on the fourth Monday of each month. All interested ladies are most welcome to attend, make new friends and have lunch at the venue at your own expense.

**Time:** 10.15am-12.00pm

**Location:** South Leagues Club, Corner Llewellyn and Morgan Street, Merewether NSW 2291

**Booking:** Essential, phone Mary on 0412 635 362

**Cost:** Free. Lunch to be purchased at your own expense

*The 2024 Seniors Festival is curated by the City of Newcastle and the Seniors, Carers, and Community services from within our local community. In 2024, the direction was steered by a reference committee who informed development of the program for the whole community to enjoy.*

*The City of Newcastle would like to thank the Seniors Festival Reference Committee, volunteers and service providers who have contributed to bringing diverse and engaging opportunities for our community to participate. The showcase of events and activities demonstrates the wealth of activity and support that exists within Newcastle which helps our community stay connected, engaged and active throughout the year - 'Reaching Beyond' all year round.*

*Keep an eye on the Community Diary for all upcoming events  
[www.mycommunitydiary.com.au/New\\_South\\_Wales/Newcastle](http://www.mycommunitydiary.com.au/New_South_Wales/Newcastle)*

[newcastle.nsw.gov.au/seniorsfestival](http://newcastle.nsw.gov.au/seniorsfestival)