

Supported by



# NSW Seniors Festival

11 - 24 March 2024

'Reach beyond'

**CHECK  
OUT  
WHAT'S  
ON!**



Visit [www.nsw.gov.au/arts-and-culture/seniors-festival](http://www.nsw.gov.au/arts-and-culture/seniors-festival)

or [www.muswellbrook.nsw.gov.au](http://www.muswellbrook.nsw.gov.au)

## **MONDAY, MARCH 11**

### **Trivia (U3A)**

**Time:** 1:30PM - 2:45PM

**Location:** Uniting Church Hall,  
114 Bridge St, Muswellbrook.

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

## **MONDAY, MARCH 11**

### **Ex – For Strength & Flexibility (U3A)**

**Time:** 3PM – 4PM

**Location:** Uniting Church Hall,  
114 Bridge St, Muswellbrook .

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

## **TUESDAY, MARCH 12**

### **Pickleball (U3A)**

**Time:** 12PM – 1PM

**Location:** PCYC  
Carl St &, Market St, Muswellbrook.

**Cost:** \$7 + PCYC Membership

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

## **WEDNESDAY, MARCH 13**

### **Line Dance For Beginners (U3A)**

**Time:** 12:30PM - 1:45PM

**Location:** Uniting Church Hall,  
114 Bridge St, Muswellbrook.

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

## **WEDNESDAY, MARCH 13**

### **Mahjong (U3A)**

**Time:** 2PM - 4PM

**Location:** Uniting Church Hall,  
114 Bridge St, Muswellbrook.

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

## **FRIDAY, MARCH 15**

### **Ukulele (U3A)**

**Time:** 11AM-12PM

**Location:** Uniting Church Hall,  
114 Bridge St, Muswellbrook.

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

## **FRIDAY, MARCH 15**

### **Card Games (U3A)**

**Time:** 1:30PM - 3:30PM

**Location:** Uniting Church Hall,  
114 Bridge St, Muswellbrook.

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

## **FRIDAY, MARCH 15**

### **“Preventing Falls & Living Better for Longer” (Integrated Living)**

**Time:** 12PM – 2PM

**Location:** Boronia Building,  
3 Wilkinson Ave, Muswellbrook.

**Cost:** Free

Free seminar & light refreshments, come and meet the team, see our state of the art Wellness Centre and learn more about how we can help you remain independent for longer. All welcome!

**RSVP:** Angie 0476 011 989

[angie.frazer@integratedliving.org.au](mailto:angie.frazer@integratedliving.org.au)

## **SUNDAY, MARCH 17**

### **Gardening for the Community**

**Time:** 10AM - 11AM

**Location:** Sustainability Hub.  
127 Sydney St Muswellbrook, next to Pursehouse Rural.

**Cost:** Free

Come share your interest and knowledge about gardening. Take part in activities or just have a look around and enjoy some morning tea.

**Contact:** Mick Brady 0438 276 780

[sustainability@muswellbrook.nsw.gov.au](mailto:sustainability@muswellbrook.nsw.gov.au)

**RSVP:** Friday, March 15

## **MONDAY, MARCH 18**

### **Trivia (U3A)**

**Time:** 1:30PM - 2:45PM

**Location:** Uniting Church Hall,  
114 Bridge St, Muswellbrook.

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

## **MONDAY, MARCH 18**

### **Ex – For Strength & Flexibility (U3A)**

**Time:** 3PM – 4PM

**Location:** Uniting Church Hall,  
114 Bridge St, Muswellbrook.

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

## **TUESDAY, MARCH 19**

### **Pickleball (U3A)**

**Time:** 12PM – 1PM

**Location:** Muswellbrook PCYC  
Carl St &, Market St, Muswellbrook

**Cost:** \$7 + PCYC Membership

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

## **WEDNESDAY, MARCH 20**

### **Mahjong (U3A)**

**Time:** 2PM - 4PM

**Location:** Uniting Church Hall,  
114 Bridge St, Muswellbrook.

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

## **WEDNESDAY, MARCH 20**

### **Line Dance For Beginners (U3A)**

**Time:** 12:30PM - 13:45PM

**Location:** Uniting Church Hall,  
114 Bridge St, Muswellbrook.

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

## **FRIDAY, MARCH 22**

### **Ukulele (U3A)**

**Time:** 11AM – 12PM

**Location:** Uniting Church Hall,  
114 Bridge St, Muswellbrook.

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

## **FRIDAY, MARCH 22**

### **Card Games (U3A)**

**Time:** 1:30PM - 3:30PM

**Location:** Uniting Church Hall,  
114 Bridge St, Muswellbrook.

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

## **FRIDAY, MARCH 22**

### **Over 50's Rock N Roll Dance Class with Debbie Ray**

**(Upper Hunter Community Services)**

**Time:** 5:30PM

**Location:** Muswellbrook RSL Club

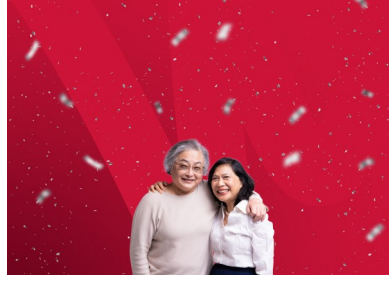
**Cost:** Free

Free seniors Rock N Roll Dance Class. A fun social evening of great music, dance and laughs for over 50's.

**RSVP:** Vanessa 65423555

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**EXHIBITION AT THE  
MUSWELLBROOK REGIONAL  
ART CENTRE  
DURING SENIORS WEEK**



**11-16 MARCH 2024**

**Exhibitions: Muswellbrook Regional Arts Centre**

- 'Women's Work: from the Muswellbrook Collections'
- 'Breathing: Henry Lewis'
- 'Art Tracks VII: Not at the Dinner Table!'
- 'Warrior Expressions: Warrior Disability Services'

**Time:** 10AM- 4PM daily

**Location:** Muswellbrook Regional Arts Centre

Muswellbrook Regional Arts Centre presents a rich and diverse exhibition program in a historic-meets-modern display space. Explore curated exhibitions drawn from the Muswellbrook Collections, alongside the work of contemporary artists, and displays showcasing artworks by local community groups and services.

**Cost:** Free

**Contact:** 0265493800

[arts.centre@muswellbrook.nsw.gov.au](mailto:arts.centre@muswellbrook.nsw.gov.au)

**Regular Sessions at the  
Muswellbrook Regional  
Art Centre**

**Open House Tour**

**Dates:** Every Saturday

**Time:** 11:30AM

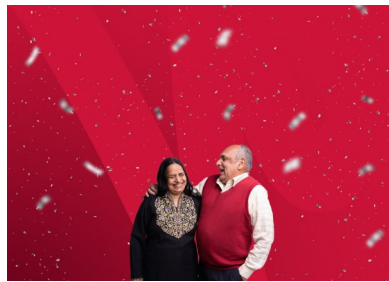
**Cost:** Free

Join the gallery team for a free guided tour of the current exhibitions, permanent collections and 'back of house' experience.

**Contact:** Muswellbrook Regional Art Centre on 65493 800 or

[arts.centre@muswellbrook.nsw.gov.au](mailto:arts.centre@muswellbrook.nsw.gov.au)

The theme for  
the 2024  
NSW Seniors  
Festival is:



**'Reach  
beyond'**



**Regular Sessions at the  
Muswellbrook Shire Library**

**Tech Help at Muswellbrook  
Library**

Join us at the Muswellbrook Library for free tech help sessions with one of our helpful staff members. These BYO device sessions are designed to help you get started on library digital collections, learn how to use your device and general tech assistance. Sessions can be booked for a maximum of half an hour.

**Contact:** Muswellbrook Library on 6543 1913 to register your interest.

**Home Library Service**

Did you know we run a free home library service to housebound members of the Muswellbrook and Denman Communities? We can pick for you or you can use our online catalogue to make a selection of books, DVDs, CDs and Audio books that pique your interest.

**Other activities at  
Muswellbrook Shire Libraries**

- Book Club
- Craft Group
- Writers group
- Brain Training Sessions

**Contact:** Muswellbrook Library on 6543 1913

**For more information contact**

Muswellbrook Shire Council

Campbell's Corner 60-82 Bridge Street Muswellbrook

02 6543 3700

[council@muswellbrook.nsw.gov.au](mailto:council@muswellbrook.nsw.gov.au)

[www.muswellbrook.nsw.gov.au](http://www.muswellbrook.nsw.gov.au)



**WHAT'S HAPPENING IN THE  
UPPER HUNTER SHIRE DURING  
SENIORS WEEK**

**MONDAY, MARCH 11**

**CROQUET - Scone (U3A)**

**Time:** 9AM - 11AM

**Location:** Scone

**Cost:** \$3 game + Membership

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

**MONDAY, MARCH 11**

**Chair Yoga**

(Upper Hunter Shire Council)

**Time:** 10AM

**Location:** Murrurundi Library

**TUESDAY, MARCH 12**

**Heart Foundation Walking Group**

(Upper Hunter Shire Council)

**Time:** 9:30AM

**Location:** Merriwa

**FRIDAY, MARCH 15**

**Aged Care Presentation (Seniors Rights Service and Wesley Mission care finder service)**

**Time:** 11AM

**Location:** Murrurundi Library,  
47 Mayne Street, Murrurundi

**Cost:** Free

Seniors Rights Service and Wesley Mission Care Finder Service team up to provide a "one stop shop" of information about aged care services and how to access them.

**Contact:**

Jodeane Anderson 0482 182 901 or  
Catherine Wendell 0499 323 463

**RSVP:** Thursday 14th March

**MONDAY, MARCH 18**

**CROQUET - Scone (U3A)**

**Time:** 9AM - 11AM

**Location:** Scone

**Cost:** \$3 game + Membership

**Contact:** [info@sam.u3anet.org.au](mailto:info@sam.u3anet.org.au)

**MONDAY, MARCH 18**

**Heart Foundation Walking Group**

(Upper Hunter Shire Council)

**Time:** 9:30AM

**Location:** Scone

**MONDAY, MARCH 18**

**Chair Yoga**

(Upper Hunter Shire Council)

**Time:** 10AM

**Location:** Scone

**MONDAY, MARCH 18**

**Chair Yoga**

(Upper Hunter Shire Council)

**Time:** 2PM

**Location:** Merriwa

**TUESDAY, MARCH 19**

**Paint and Sip**

(Upper Hunter Shire Council)

**Time:** 10AM

**Location:** Aberdeen

**WEDNESDAY, MARCH 20**

**Paint and Sip**

(Upper Hunter Shire Council)

**Time:** 10AM

**Location:** Cassilis

**THURSDAY, MARCH 21**

**Tai Chi**

(Upper Hunter Shire Council)

**Time:** 11AM

**Location:** Scone

**FRIDAY, MARCH 22**

**Pickleball**

(Upper Hunter Shire Council)

**Time:** 10AM

**Location:** Scone

**FRIDAY, MARCH 22**

**Aged Care Presentation**

(Seniors Rights Service and Wesley Mission care finder service)

**Time:** 10AM

**Location:** Merriwa Library  
34-40 Vennacher Street, Merriwa.

**Cost:** Free

Seniors Rights Service and Wesley Mission Care Finder Service team up to provide a "one stop shop" of information about aged care services and how to access them.

**Contact:** Jodeane Anderson

0482 182 901 or Catherine Wendell  
0499 323 463

**RSVP:** Thursday 21st March

**For more information on what's happening in the Upper Hunter Shire or to book, please contact 6540 1100 or visit [upperhunter.nsw.gov.au](http://upperhunter.nsw.gov.au)**

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**FRIDAY, MARCH 22**

**Aged Care Presentation**

(Seniors Rights Service and Wesley Mission care finder service)

**Time:** 1:30PM

**Location:** Aberdeen Library  
22 Moray Street Aberdeen.

**Cost:** Free

Seniors Rights Service and Wesley Mission Care Finder Service team up to provide a "one stop shop" of information about aged care services and how to access them.

**Contact:** Jodeane Anderson

0482 182 901 or Catherine Wendell  
0499 323 463

**RSVP:** Thursday 21st March

**WHAT'S HAPPENING IN  
SINGLETON SHIRE  
DURING SENIORS WEEK**

**TUESDAY MARCH 19**

**The Australian Horse at War**

**Time:** 12PM

**Location:** Singleton Library  
8-10 Queen St, Singleton.

**Cost:** Free

As part of NSW Seniors Festival, University of Newcastle Associate Professor in History, Nancy Cushing, will present a free talk on The Australian Horse at War. Horses arrived in Australia on the First Fleet and played key roles in the social world of settler colonists and the wider economy. As its 110th anniversary approaches, this talk will focus on Australian horses in the First World War and beyond, shifting the focus from the human to equine perspective and exploring what war meant for horses.

Associate Professor Cushing's teaching includes an Australian survey course, a history of crime and an environmental history course while her research area is Australian environmental history, specialising in human-other animal relations.

**RSVP:** Singleton Public Library  
6578 7500

[library@singleton.nsw.gov.au](mailto:library@singleton.nsw.gov.au)

**See the full range of Singleton Seniors Festival programs:**  
<http://tinyurl.com/35sst5da>



# March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p style="text-align: center;"><b>THIS PROGRAM IS SUBJECT TO CHANGE. DETAILS ARE CORRECT AT TIME OF PRINTING. OTHER ACTIVITIES NOT INCLUDED IN THIS PROGRAM MAY BE AVAILABLE.</b></p>	<p><b>11</b></p> <p><b>9AM-</b></p> <p>CROQUET (U3A)</p> <p>Scone</p> <p><b>10AM -</b></p> <p>Chair Yoga</p> <p>Murrurundi</p> <p><b>1:30PM -</b></p> <p>Trivia (U3A)</p> <p>Muswellbrook</p> <p><b>3PM -</b></p> <p>Ex – For Strength &amp; Flexibility (U3A)</p> <p>Muswellbrook</p>	<p><b>12</b></p> <p><b>9:30AM -</b></p> <p>Heart Foundation Walking Group</p> <p>Merriwa</p> <p><b>12PM -</b></p> <p>Pickleball (U3A)</p> <p>Muswellbrook</p>	<p><b>13</b></p> <p><b>12:30PM -</b></p> <p>Line Dance For Beginners (U3A)</p> <p>Muswellbrook</p> <p><b>2PM -</b></p> <p>Mahjong (U3A)</p> <p>Muswellbrook</p>	<p><b>14</b></p>	<p><b>15</b></p> <p><b>11AM -</b></p> <p>Ukulele (U3A)</p> <p>Muswellbrook</p> <p><b>11AM -</b></p> <p>Aged Care Presentation</p> <p>Murrurundi</p> <p><b>12PM -</b></p> <p>“Preventing Falls &amp; Living Better for Longer”</p> <p>Muswellbrook</p> <p><b>1:30PM -</b></p> <p>Card Games (U3A)</p> <p>Muswellbrook</p>	<p><b>16</b></p>	
	<p><b>17</b></p> <p><b>10AM -</b></p> <p>Gardening for the Community</p> <p>Muswellbrook</p>	<p><b>18</b></p> <p><b>9AM-</b></p> <p>CROQUET (U3A)</p> <p>Scone</p> <p><b>9:30AM -</b></p> <p>Heart Foundation Walking Group</p> <p>Scone</p> <p><b>10AM -</b></p> <p>Chair Yoga</p> <p>Scone</p> <p><b>1:30PM -</b></p> <p>Trivia (U3A)</p> <p>Muswellbrook</p> <p><b>2PM -</b></p> <p>Chair Yoga</p> <p>Merriwa</p> <p><b>3PM -</b></p> <p>Ex – For Strength &amp; Flexibility (U3A)</p> <p>Muswellbrook</p>	<p><b>19</b></p> <p><b>10AM -</b></p> <p>Paint and Sip</p> <p>Aberdeen</p> <p><b>12PM -</b></p> <p>Pickleball (U3A)</p> <p>Muswellbrook</p> <p><b>12PM -</b></p> <p>The Australian Horse at War</p> <p>Singleton</p>	<p><b>20</b></p> <p><b>10AM -</b></p> <p>Paint and Sip</p> <p>Cassilis</p> <p><b>12:30PM -</b></p> <p>Line Dance For Beginners (U3A)</p> <p>Muswellbrook</p> <p><b>2PM -</b></p> <p>Mahjong (U3A)</p> <p>Muswellbrook</p>	<p><b>21</b></p> <p><b>11AM -</b></p> <p>Tai Chi (Upper Hunter Shire Council)</p> <p>Scone</p>	<p><b>22</b></p> <p><b>10AM -</b></p> <p>Pickleball (Upper Hunter Shire Council)</p> <p>Scone</p> <p><b>10AM -</b></p> <p>Aged Care Presentation</p> <p><b>Merriwa</b></p> <p><b>11AM -</b></p> <p>Ukulele (U3A)</p> <p>Muswellbrook</p> <p><b>1:30PM -</b></p> <p>Card Games (U3A)</p> <p>Muswellbrook</p> <p><b>11AM -</b></p> <p>Aged Care Presentation</p> <p>Aberdeen</p> <p><b>5:30PM -</b></p> <p>Over 50’s Rock N Roll Dance Class with Debbie Ray</p> <p>Muswellbrook</p>	<p><b>23</b></p>