



NSW  
SENIORS  
FESTIVAL

**Program of Events**  
**12 - 23 FEBRUARY 2020**

**m**  
maitland

# MAYORS MESSAGE

## WELCOME TO THE 2020 SENIORS FESTIVAL

This year's theme of 'Love to Celebrate' is so fitting as you'll be spoilt for choice with options to celebrate during the festival period between Wednesday 12 and Sunday 23 February.



Once again we are pleased to offer local seniors the opportunity to attend our ever popular, free concert which features Lonnie Lee and the Leemen at Maitland Town Hall. Although tickets for this event have all been allocated, there's still plenty on offer around town including meditation, aqua fitness, bowls, croquet, technology lessons, art classes and more.

New to the festival this year is our Valentine's Day Love Seat at The Riverlink at The Levee, where you can take your partner along to have your photo taken while you enjoy vintage décor and music, and share your stories of Maitland and tips to a long lasting relationship.

I look forward to seeing you out and about in Maitland throughout the festival.

**MAYOR, CR LORETTA BAKER**



### WEDNESDAY

#### 12 FEBRUARY

- AQUA BIKE
- AQUAFIT
- BOWLS COACHING
- BRIDGE CLUB
- DISCOVER YOUR FAMILY HISTORY
- EXPLORE YOUR CITY
- GUIDED ART TOUR
- HUNTER VALLEY GEMMOLOGY CLUB
- LEARN LEADLIGHTING
- LIBRARY LOUNGE
- LINEDANCING CLASS
- ROCK N ROLL DANCE
- TIMEOUT RUTHERFORD
- TOOLS AND TRADE
- VOLUNTEERING MORNING TEA
- WALKING GROUP
- YOGA FOR SENIORS

### THURSDAY

#### 13 FEBRUARY

- ABOUT MEDITATION
- AQUAFIT
- CONVERSATIONS ART AND DEMENTIA COMMUNITY DAY
- CROQUET IN THE PARK
- GUIDED ART TOUR
- HOUSIE
- LIBRARY LOUNGE
- MAHJONG
- ORCHID DEMONSTRATION AND LEARNING
- TAI CHI AND QIGONG
- TOOLS AND TRADE
- TOWNHALL PARTY: LONNIE LEE AND THE LEEMAN
- VOLUNTEERING MORNING TEA
- WALKING GROUP

### FRIDAY

#### 14 FEBRUARY

- AQUAFIT
- BOOSTING THE SPARK WELLNESS TALK
- BRAIN TRAINING FITNESS
- CARPET BOWLS
- DANCE AND MUSIC PERFORMANCE
- DANCE FOR PARKINSONS
- GENESIS FITNESS SENIOR'S CLASS
- GUIDED ART TOUR
- LEARN LEADLIGHTING
- LIBRARY LOUNGE
- MAITLAND SHOW
- RSPCA OPEN DAY
- SING! CELEBRATE SENIORS FESTIVAL WITH SONG
- TOOLS AND TRADE
- VALENTINE'S DAY LOVE SEAT
- VOLUNTEERING MORNING TEA
- WALKING GROUP

### SATURDAY

#### 15 FEBRUARY

- AQUAFIT
- CROQUET IN THE PARK
- DISCOVER YOUR FAMILY HISTORY
- LIBRARY LOUNGE
- MAITLAND SHOW
- OLD TIME DANCE
- SPINNERS AND WEAVERS GUILD
- WALKING GROUP



### SUNDAY

#### 16 FEBRUARY

- FREE ART SUNDAY GRANDPARENTS AND GRANDKIDS
- MAITLAND SHOW



#### 17 FEBRUARY

- AQUA BIKE
- AQUAFIT
- CARPET BOWLS
- CROQUET IN THE PARK
- GUIDED ART TOUR
- HOUSIE
- LEARN LEADLIGHTING
- LIBRARY LOUNGE
- LOWER HUNTER MONDAY CLUB
- MAITLAND EMBROIDERERS GROUP MINI EXHIBITION
- OLD TIME DANCE
- REMINISCENCE
- TAI CHI AND QIGONG
- TECHNOLOGY LESSONS
- TOOLS AND TRADE
- VOLUNTEERING MORNING TEA
- YOGA FOR SENIORS

#### 18 FEBRUARY

- ABORIGINAL DOT PAINTING WORKSHOP
- AQUA BIKE
- AQUAFIT
- CHOIR GROUP
- COMMUNITY CUPPA
- EXPLORE YOUR CITY
- GRANDPARENT PLAYGROUP
- GUIDED ART TOUR
- LEGO CLUB FOR ADULTS
- LIBRARY LOUNGE
- REMINISCENCE
- SENIORS KNIT AND NATTER GROUP
- TECHNOLOGY LESSONS
- TOOLS AND TRADE
- VOLUNTEERING MORNING TEA
- WALKING GROUP



#### 19 FEBRUARY

- AQUA BIKE
- AQUAFIT
- BOWLS COACHING
- BRIDGE CLUB
- DARTS
- DISCOVER YOUR FAMILY HISTORY
- GUIDED ART TOUR
- LEARN LEADLIGHTING
- LIBRARY LOUNGE
- LINEDANCING CLASS
- MOVIES AND LUNCH
- NEW VOGUE DANCE
- REMINISCENCE
- ROCK N ROLL DANCE
- TIMEOUT RUTHERFORD
- TOOLS AND TRADE
- VOLUNTEERING MORNING TEA
- WALKING GROUP
- YOGA FOR SENIORS

#### 20 FEBRUARY

- AQUAFIT
- CROQUET IN THE PARK
- EARTH MARKETS
- GERI-ACTIVE EXPO
- GUIDED ART TOUR
- HOUSIE
- LIBRARY LOUNGE
- LOOK WHO'S TALKING LOCAL AUTHORS: TEA COOPER
- TAI CHI AND QIGONG
- TOOLS AND TRADE
- VOLUNTEERING MORNING TEA
- WALKING GROUP



#### 21 FEBRUARY

- AQUAFIT
- BRAIN TRAINING FITNESS
- CARPET BOWLS
- CREATIVE WRITING MEET UP
- GENESIS FITNESS SENIOR'S CLASS
- GRANDPARENTS AND KIDS ARVO TEA
- GUIDED ART TOUR
- HISTORIC WALK AND RETAIL SPECIALS IN MORPETH
- KNITTERS GUILD
- LEARN LEADLIGHTING
- LIBRARY LOUNGE
- LIVE AT THE LEVEE: KYLIE JANE
- NOTHING ABOUT ME WITHOUT ME
- TOOLS AND TRADE
- VOLUNTEERING MORNING TEA

#### 22 FEBRUARY

- AQUAFIT
- CROQUET IN THE PARK
- DISCOVER YOUR FAMILY HISTORY
- LIBRARY LOUNGE
- SENIORS WEEK BBQ, CONCERT 'RED RIVER ROOSTERS' AND RAFFLE
- SPINNERS AND WEAVERS GUILD
- WALKING GROUP



#### 23 FEBRUARY

- FREE ART SUNDAY GRANDPARENTS AND GRANDKIDS
- MOVIES AND SENIOR MORNING TEA



#### 26 FEBRUARY

- MORNING TEA AND GAOL TOUR



## ABORIGINAL DOT PAINTING WORKSHOP

The Aboriginal Elders CHSP Group are putting on a special event for Seniors Week. Come along and enjoy watching some of the Aboriginal Elders paint as well as have a go yourself. Welcome to all people of all cultural backgrounds. Elders will also be selling some artwork on the day and sharing stories.

**Tuesday 18 February**

**9.00am - 2.00pm**

**Maitland Park, Les Darcy Drive, Maitland**

**Free**

**For more information phone 4939 1043**

## ABOUT MEDITATION

Run by Louise Brown-Thomas from Five Elements Tai Chi, this will be a brief talk and group meditation session, involving a small amount of audience participation whilst in your seat.

**Thursday 13 February**

**12.00pm - 1.00pm**

**Largs School of Arts Hall, cnr Largs Avenue and High Street, Largs**

**Free**

**For more information phone 0407 248 644**

## AQUA BIKE

Come along and try the newest 30 minute fitness program. A requirement of the class is the wearing of aqua gym shoes.

**Mondays and Wednesdays: 5.45pm - 6.15pm**

**Tuesdays: 12.15pm - 12.45pm**

**Maitland Aquatic Centre, Maitland Park, Les Darcy Drive, Maitland**

**Up to \$10.50**

**For more information phone 4933 5073**

## AQUAFIT

No matter what your age, ability or experience, Aquafit is an inclusive activity suitable for everyone.

Most classes are general Aquafit, apart from two targeted programs.

Aqua over 50's: Wednesdays, 11.15am - 12.00pm

Aqua Deep Water: Thursdays, 6.30am - 7.15am

**Mondays, Wednesdays and Fridays: 6.30am - 7.15am and 11.15am - 12.00pm**

**Tuesdays and Thursdays: 11.15am - 12.00pm**

**Saturdays: 7.00am - 7.45am**

**Maitland Aquatic Centre, Maitland Park, Les Darcy Drive, Maitland**

**Mondays: 5.30pm - 6.15pm**

**Wednesdays: 10.00am - 10.45am**

**Thursdays: 6.30am - 7.15am**

**East Maitland Aquatic Centre, 41 Narang Street, East Maitland**

**Up to \$10.50**

**For more information phone 4933 5073**

## BOOSTING THE SPARK WELLNESS TALK

Louise Masters is a mental health clinician and is offering an interactive wellbeing workshop where you can identify your wellbeing profile and develop skills related to wellbeing.

**Friday 14 February**

**1.00pm - 2.00pm**

**Thornton Library, Taylor Avenue, Thornton**

**Gold coin donation**

**For more information phone 0409 366 775**

## BOWLS COACHING

Coaching is taken by the Club Maitland City Bowls Coordinator and former Irish U25 international DJ Dilworth.

**Wednesdays**

**4.00pm - 5.00pm**

**Club Maitland City, 14 Arthur Street, Rutherford**

**Free**

**For more information phone 4939 1218**

## BRAIN TRAINING FITNESS

A fun way to exercise our most important organ, the brain. Enjoy trivia, puzzles, word games, code breakers and more. Bring your friends and neighbours for a cuppa and fun!

**Every Friday**

**11.00am - 12.00pm**

**Maitland Library, 480 High Street, Maitland**

**Free**

**No bookings required**

## BRIDGE CLUB

Bridge is a trick taking card game using a standard 52 card deck. The Maitland Bridge Club hold a social supervised bridge afternoon once a week which is very popular. You do not need a partner.

**Wednesdays**

**1.00pm**

**12 - 16 Wallace Street, South Maitland**

**\$7 for non members**

**For more information phone 4933 9531**

## CARPET BOWLS

Play Carpet Bowls and get to know members of the Maitland Senior Citizens and Pensioners Association. Morning or afternoon tea is provided

**14, 17 and 21 February**

**9.00am**

**Senior Citizens Centre, 5 Grant Street, Maitland**

**\$5 yearly membership, \$2 for this activity**

**For more information phone 4934 5171**



## CHOIR GROUP

Feel free to participate or just observe as the Maitland City Choir sing a wide variety of songs. there is something for everyone, including jazz, contemporary, pop, classical, comedy and some old favourites.

**Tuesday 18 February**

**7.00pm - 9.00pm**

**Seventh Day Adventist Church, Brunswick Street, East Maitland**

**\$10 for membership, \$2 each practice**

**For more information phone 4937 5834**

## COMMUNITY CUPPA

Drop in to Noel Unicomb Hall for the Woodberry Community Cuppa. This is a great opportunity to see what the Maitland Neighbourhood Centre is all about. Meet new people, have a free tea or coffee, some light refreshments and good yarns.

**Every Tuesday**

**10.00am - 12.00pm**

**Noel Unicomb Hall, 44 Kookaburra Parade, Woodberry**

**Gold coin donation**

**For more information phone 4932 0950**

## CONVERSATIONS ART AND DEMENTIA COMMUNITY DAY

At MRAG we offer engaging social tours of current exhibitions and art spaces, tailored specifically for people living with dementia and their carers. The tours are guided by an art therapy trained Facilitator who delivers a program which encourages discussions, self expression, stories and laughter, enabling visitors to express their thoughts and emotions. Morning tea is included to encourage lively participation.

**Thursday 13 February**

**10.30am - 12.00pm**

**Maitland Regional Art Gallery, 230 High Street, Maitland**

**Free, bookings essential**

**For more information phone 4934 9859**

## CREATIVE WRITING MEET UP

Want to explore your creative writing skills in an informal and supportive writing group? Join the Creative Writing Meet Up for motivation, support and feedback from others who have a passion for writing.

**Friday 21 February**

**10.00am - 12.00pm**

**East Maitland Library, 3 Garnett Road, East Maitland**

**Free, no bookings required**

**For more information phone 4933 7122**



## CROQUET IN THE PARK

Maitland Croquet Club offers a low cost, low impact, fun, social sporting opportunity ideal for seniors.

Seniors are invited to come and try croquet for free during Seniors Week to watch and/or play, meet the club members and have morning tea. Anyone wishing to play, please wear enclosed shoes and a hat.

**13, 15, 17, 20 and 22 February**

**8.00am - 12.00pm**

**Playing lawns are located in Maitland Park**

**Free**

**For more information phone 4933 0092**

## DANCE AND MUSIC PERFORMANCE

Closebourne Village invites you to enjoy morning tea and hear from the local Morpeth Public School students who will be performing a dance routine and choir performance.

**Friday 14 February**

**10.00am - 11.00am**

**Closebourne Village, 365 Morpeth Road, Morpeth**

**Free**

**For more information phone 0477 722 874**

## DANCE FOR PARKINSONS

Come and experience the benefits that music, movement and dance can bring for people living with Parkinsons Disease. All mobility levels are welcome. Have a bit of fun and meet some new friends. Carers, partners and friends are encouraged to join the class too, as well as any seniors who just want to get moving.

**Friday 14 February**

**2.00pm - 3.30pm**

**East Maitland Library, 3 Garnett Road, East Maitland**

**Free**

**For more information phone 4933 7122**

## DARTS

Play darts and get to know members of the Maitland Senior Citizens and Pensioners Association. Morning or afternoon tea is provided.

**Wednesday 19 February**

**10.00am**

**Senior Citizens Centre, 5 Grant Street, Maitland**

**\$5 yearly membership, \$2 for this activity**

**For more information phone 4934 5171**



## DISCOVER YOUR FAMILY HISTORY

Take advantage of Maitland & Beyond Family History's extensive and growing research material. While we are located in Maitland, our research is not restricted to Maitland alone. We can help you with your ancestors whether they lived locally or beyond, came free or convict.

**Every Wednesday and Saturday**

**9.30am – 3.00pm**

**Mounted Police Barracks, 17 Lindesay Street, East Maitland**

**Small day research fee**

**For more information phone 4905 1878**

## EARTH MARKETS

Slow Food Earth Market Maitland is one of over 60 Earth Markets Worldwide and is the first of its kind in Australia. Purchase some fresh produce and meet with friends in The Levee for lunch from 12.30pm.

**Thursday 20 February**

**12.30pm**

**The Levee, Central Maitland**

**Free**

**For more information phone 0488 626 295**

## EXPLORE YOUR CITY

Hosted by members of Council's Community Planning Team and the Maitland Visitor Information Centre, come along to this free and relaxed session to hear all about the programs, events and activities on offer for Seniors in Maitland. Whether you are new to the area, wanting to try something new, or would like to meet new people, let us welcome you with a coffee and an informal chat.

**Wednesday 12 February**

**1.00pm – 3.00pm**

**Central Park Café, next to the Visitor Information Centre, 101 High Street, Maitland**

**Tuesday 18 February**

**10.00am – 12.00pm**

**Orange Tree Café, 346 High Street, Maitland**

**Free coffee provided**

**For more information phone 4939 1045**

## FREE ART SUNDAY GRANDPARENTS AND GRANDKIDS

Every Sunday, MRAG invites families to drop into the art gallery for free art activities inspired by the exhibitions on display. No bookings are required, all materials provided. Activities are tailored for grandparents and grandchildren during seniors week.

**Sunday 16 and 23 February**

**11.00am – 1.00pm**

**Maitland Regional Art Gallery, 230 High Street, Maitland**

**Free**

**For more information phone 4934 9859**

## GENESIS HEALTH AND FITNESS

During the NSW Seniors Week Festival, Genesis Health and Fitness is offering free entry to any of their gyms. If you prefer a group fitness class, come by on a Friday do try out the senior's fitness class.

**Fridays**

**11.30am**

**All Genesis Health and Fitness gyms**

**Free**

## GERI-ACTIVE EXPO

Maitland Community Care Services (MCCS) is hosting a free Geri-Active expo open to all seniors in the Maitland community. Presentations will cover keeping you safe, fire safety, crime prevention, physical wellbeing including safe and appropriate exercise and falls risk. There will also be a team of 'digital natives' on hand to help with all your tech questions. Bring your phone or tablet along and we'll help you set it up to suit you. Free morning tea provided.

**Thursday 20 February**

**9.30am – 12.30pm**

**Greenhills Retirement Village, 2 The Boulevard, East Maitland**

**Free**

**For more information phone 4932 5755**

## GRANDPARENTS AND KIDS ARVO TEA

Maitland Aquatic Centre is located in the heart of Maitland and boasts an indoor pool, outdoor pool and splash pad for the kids. Bring the grandkids along for some outdoor play area in the jungle gym with water activities and enjoy some afternoon tea on us to say thanks for being a great grandparent.

**Friday 21 February**

**3.30pm - 5.30pm**

**Maitland Aquatic Centre, Maitland Park, Les Darcy Drive, Maitland**

**Free event and bring your seniors festival program for free entry**

**For more information phone 4933 5073**

## GRANDPARENT PLAYGROUP

Facilitated by Maitland Neighbourhood Centre, join us for an inclusive grandparent's playgroup for children aged 0 – 5 years and their grandparents. Morning tea will be provided.

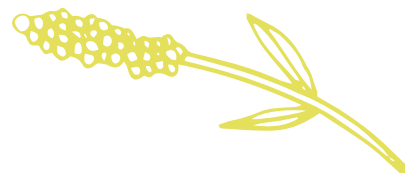
**Tuesday 18 February**

**10.00am - 12.00pm**

**Elphick Room, Rutherford Community Centre, Rutherford**

**Free**

**For more information phone 4932 0950**



## GUIDED ART TOUR

Book any weekday time during opening hours for a guided tour with one of our friendly staff.

### Weekdays

**Maitland Regional Art Gallery, 230 High Street, Maitland**

Free

For more information phone 4934 9859

## HISTORIC WALK AND ENJOY RETAIL SPECIALS IN MORPETH

Closebourne Village invites you to enjoy a historic walk through the heritage track of Closebourne Village, ending in Morpeth town where you will be able to enjoy a range of Seniors Festival special offers from local participating businesses. Don't miss your chance to win a \$200 It Must be Morpeth Voucher in the Closebourne competition on the day.

**Friday 21 February**

**10.00am – 11.00am**

**Closebourne Village, 365 Morpeth Road, Morpeth**

Free

For more information phone 0477 722 874

## HOUSIE

Housie is held at in the Harold Mayo Lounge or in the Scarborough Function Room twice weekly. Prizes include Wish Cards, meat trays and grocery goods.

**Thursday 13 and 20 February: 7.00pm**

**Monday 17 February: 11.00am**

**East Maitland Bowling Club, Banks Street, East Maitland**

\$2

For more information phone 4933 7533

## HUNTER VALLEY GEMMOLOGY CLUB

The Hunter Valley Gemmology Club is open on Wednesdays from 9.00am to 3.00pm and Sundays from 10.00am to 4.00pm. Monthly meetings are held on the second Wednesday of each month at 10.00am.

**Wednesday 12 February**

**10.00am**

**1 Maize Street, East Maitland**

**\$13.50 + \$5 joining fee for yearly membership**

For more information phone 4934 7858

## KNITTERS GUILD

The Knitters Guild is a not for profit organisation promoting and encouraging the skills of Knitting and Crochet amongst its members and the wider community.

**Friday 21 February**

**10.00am**

**East's Leisure and Golf Club, Tenambit Street, East Maitland**

**\$40 for yearly membership**

For more information email

[convenor@maitland.knittersguildnsw.org.au](mailto:convenor@maitland.knittersguildnsw.org.au)

## LEARN LEADLIGHTING

Come and indulge yourself in the incredible beauty that is stained glass. Perhaps you would like to convert a plain window or make a feature out of that dull door. Learn the traditional techniques of leadlighting and create your own exquisite project.

**Monday, Wednesday and Fridays**

**9.00am - 12.00pm**

**Maitland Community Men's Shed, Lot 442 Jubilee Street, East Maitland**

**\$20 for yearly membership**

For more information phone 4934 1293

## LEGO CLUB FOR ADULTS

Why let the kids have all the fun? Take a Lego challenge or just relax and unwind with the coloured plastic bricks.

**Tuesday 18 February**

**6.00pm – 7.00pm**

**East Maitland Library, 3 Garnett Road, East Maitland**

Free / No bookings required

For more information phone 4936 6580

## LINEDANCING CLASS

Learn to Linedance! Enjoy our wide variety of dance music, meet other new dancers, have fun whilst getting fit! Join us in the beginners class to learn the basics.

**Wednesdays**

**11.00am – 12.00pm**

**Largs School of Arts Hall, 279 Hinton Road, Hinton**

\$7

For more information phone 0418 420 808

## LIBRARY LOUNGE

Celebrate all the library has to offer! Return to the library and discover how things have changed. Find out about the latest reads, new print styles for tired eyes, and how you can have books delivered through the Home Library Service. Ever wanted to start or join a book club? What is an eBook and how can I read anytime, anywhere? Library staff are ready to help and answer your questions.

**During library opening hours**

**All Maitland Library branches: Maitland, East Maitland, Rutherford and Thornton**

Free / No bookings required

## LIVE AT THE LEVEE: KYLIE JANE

Some call her country, some call her pop, others hear soul and blues. Grab a bite to eat at the many options within the precinct, relax with friends, unwind and let the music ease you into a weekend state of mind.

**Friday 21 February**

**6.00pm – 8.30pm**

**The Riverlink, Central Maitland**

Free

For more information phone 4931 2800

## LOOK WHO'S TALKING LOCAL AUTHORS: TEA COOPER

Meet Australian author Tea Cooper at this special Look Who's Talking event. Tea is the author of nine bestselling historical mystery novels. Her latest release, The Girl in the Painting, is an intriguing and compelling tale set in Maitland

**Thursday 20 February**  
**6.00pm - 7.30pm**  
**Maitland Library, 480 High Street, Maitland**  
**Free**  
**For more information phone 4933 6952**

## LOWER HUNTER MONDAY CLUB

Years ago, little was known or spoken about depression and isolation. But there was a fledgling group brave enough to tackle the problems, helping some people in the Lower Hunter through their darkest of days. One Monday in August 1974, the first six members of this club met in St Luke's Church Hall, Telarah, for a 'getting to know you' day morning tea. Over 45 years later, join the group for some morning tea, two course home cooked lunch, hoi, housie, raffles, lucky door, cards, dominos, singalong and more, for people of all abilities.

**Every Monday**  
**9.30am - 1.30pm**  
**Bruce Street Community Hall, 22 Bruce Street, East Maitland**  
**For more information phone 4933 2908**

## MAHJONG

Come try out mahjong and do some crafts, while getting to know members of the Maitland Senior Citizens and Pensioners Association. Morning or afternoon tea is provided with each activity.

**Thursday 13 February**  
**10.30am**  
**Senior Citizens, 5 Grant Street, Maitland**  
**\$5 yearly membership, \$2 for this activity**  
**For more information phone 4934 5171**

## MAITLAND SHOW

Come along and visit some star attractions such as the rodeo, homecraft displays, horticultural displays, vintage motorcycles, woodchopping and animal nursery

**Friday 14 to Sunday 16 February**  
**Maitland Showground, Blomfield Street, Maitland**  
**\$10 entry for pensioners**  
**For more information phone 4933 5052**



## MAITLAND EMBROIDERERS GROUP MINI EXHIBITION

You're invited to join members of the Maitland Embroiderers Group to watch them stitch and ask questions.

**Monday 17 February**  
**10.30am to 1.00pm**  
**Telarah Bowling Club Auditorium, John Street, Telarah**  
**Free**  
**For more information phone 0416 914 616**

## MORNING TEA AND GAOL TOUR

As part of the annual NSW Seniors Festival program Maitland Gaol is offering senior citizens the opportunity to explore the site with one of our experienced guides. Come along and enjoy a morning tea whilst hearing about the future of Maitland Gaol from staff, with an opportunity to ask questions and learn about the plan for the next five years. Then take off with one of our experienced guides and enjoy a tour of the site, delving into its history and potential for the future.

**Wednesday 26 February**  
**10.00am**  
**Maitland Gaol, 6 - 18 John Street, East Maitland**  
**\$5 per person, bookings essential**  
**For more information phone 4936 6482**

## MOVIES AND LUNCH

If you enjoy a light inexpensive lunch, please join the University of the Third Age (U3A) on the third Wednesday of each month. The cafes close to Reading Cinema are our favoured locations. Why not join us for a movie with lunch to follow! Membership fee for U3A applies.

**Wednesday 19 February**  
**10.00am - 2.00pm**  
**Reading Cinema, 9/1A Ken Tubman Drive, Maitland**  
**Annual fee is \$50**  
**For more information phone 0428 445 965**

## MOVIES AND SENIORS MORNING TEA

Reading Cinemas Maitland is offering Seniors a special morning tea before the screening of 'Call of the Wild', starring Harrison Ford.

With handmade sandwiches, cakes and drinks provided, come and socialise with some friends and make new ones, to enjoy the cool ambience of the cinema.

**Sunday 23 February**  
**Morning tea: 9.15am**  
**Film screening: 10.15am**  
**Reading Cinema, 9/1A Ken Tubman Drive, Maitland**  
**Free morning tea provided. Pay for your own movie ticket**  
**For more information phone 4934 2240**

## NEW VOGUE DANCE

New Vogue dance style is an Australian form of sequence dancing that originated in the 1930s. Try it out and get to know members of the Maitland Senior Citizens and Pensioners Association. Morning or afternoon tea is provided.

**Wednesday 19 February**

**1.00pm**

**Senior Citizens, 5 Grant Street, Maitland**

**\$5 for this activity plus \$5 yearly membership**

**For more information phone 4934 5171**

## NOTHING ABOUT ME WITHOUT ME

Are you confused or frustrated by what you can access to support you to live well?

If yes, then come along to our community workshop where you can connect with local people and get lots of information and insider tips that can empower you to age well in your local community.

**Friday 21 February**

**10.00am - 12.00pm**

**Rutherford Library, 13 Arthur Street, Rutherford**

**Free**

**For more information phone 4932 8730**

## OLD TIME DANCE

Try out Old Time Dance and get to know members of the Maitland Senior Citizens and Pensioners Association. Morning or afternoon tea is provided.

**Saturday 15 February: 7.30pm**

**Monday 17 February: 1.00pm**

**Senior Citizens, 5 Grant Street, Maitland**

**\$5 for this activity plus \$5 yearly membership**

**For more information phone 4934 5171**

## ORCHID DEMONSTRATION AND LEARNING

Would you like to learn how to grow Orchids? Come to Maitland and Coalfields Orchid Society meeting and learn how orchids are grown, see a potting demonstration, meet growers, and have a cup of tea.

**Thursday 13 February**

**7.30pm - 9.30pm**

**Masonic Hall, George Street, East Maitland**

**Free**

**For more information phone 4992 1735**

## REMINISCENCE

Celebrate remembering when...through photos, drawings and maps we remember our own histories and local tales. From growing up, streets of our town to school days, sports games and pastimes. Share memories with families, carers and the support of the local history team.

**17, 18 and 19 February**

**9.30am - 12.30pm**

**Maitland Library**

**Free / No bookings required**

**For more information phone 4933 6952**

## ROCK N ROLL DANCE

You'll be dancing in no time! You are never too old to learn a few basic moves and lots more if and when you are ready. Try it out for a bit of fun or get some practice in for the Lonnie Lee and the Leeman Rock n Roll Concert. No previous experience necessary for the beginners' course.

**Every Wednesday during school term**

**7.00pm - 8.00pm**

**Telarah Bowling Club, Clark Street, Telarah**

**\$13 / No bookings required**

**For more information phone 4930 1076**

## RSPCA OPEN DAY

RSPCA NSW understands that to an elderly owner, a pet can mean everything. That's why they have programs that aim to keep pets and their elderly owners happy, healthy and together in their own homes for as long as possible or cared for when that's no longer possible.

Come along to the RSPCA Open Day, have a shelter tour and learn more about our Aged Care and Home Ever After programs. Light refreshments will be provided.

**Friday 14 February**

**10.00am - 1.00pm**

**Rutherford Shelter, 6 - 10 Burlington Place,**

**Rutherford**

**Free**

**For more information phone 4939 1555**

## SENIORS WEEK BBQ, CONCERT AND RAFFLE

Come along for a social and fun day listening to some great music by the Red River Roosters and spending time getting to know others.

**Saturday 22 February**

**10.30am**

**Maitland Senior Citizens Hall, 5 Grant Street,**

**Maitland**

**\$10 (must book before 14 February)**

**For more information phone 0403 037 591**

## SENIORS KNIT AND NATTER GROUP

If you are a senior seeking connection and opportunity to create something that will give back to the community, Stockland Green Hills would like to invite you to the weekly Knit and Natter Group. Every Tuesday afternoon we would like to invite you to join the group for a cup of coffee at Caffé Cherry Beans and collectively knit a square rug for the NSW Women's Refuge Group.

**Tuesday every week**

**2.00pm - 4.00pm**

**Caffé Cherry Beans, Stockland Green Hills, 1 Molly**

**Morgan Drive, East Maitland**

**Free including coffee. Bookings not required**

**For more information phone 4933 2799**



## SING! CELEBRATING SENIORS FESTIVAL WITH SONG

Do you love to sing? Hume Community Housing invite you to bring your voice out of the bathroom and into the room with vibrant Sydney song leader Suze Pratten! Suze is very experienced in bringing people together in song - especially those who don't think they can sing! You just wait, Suze will have the group pumping out well known songs in no time! Come and join in the fun and feel what it's like to sing, sing, sing with a bunch of lovely people. No previous singing experience necessary.

**Friday 14 February**

**10.00am**

**St Mary's Parish Hall, 68 Church Street, Maitland**

**Free**

**For more information 0491 692 292**

## SPINNERS AND WEAVERS GUILD ACTIVITY DAY

The Guild nurtures the fibre crafts of spinning and weaving, and encourage other crafts such as felting, dyeing, knitting, crocheting where fibres can be used. Activity days are open to all members and visitors. Bring something to do, or come and see what others are doing. Tea and coffee are provided.

**Saturday 15 and 22 February**

**10.00am - 2.00pm**

**Bruce Street Community Hall, 32 Bruce Street, East Maitland**

**\$4**

**For more information phone 0490 110 542**

## TAI CHI AND QIGONG

Tai Chi originated in ancient China more than 500 years ago. Nowadays it is practiced throughout the world as an exercise system for better health. Tai Chi is easy to learn, improves your health and quality of life, it teaches relaxation of body and mind. There are no special requirements or equipment needed to learn.

**13 February: 9.30am and 10.00am - 11.00am**

**17 February: 7.00pm - 8.00pm**

**20 February: 10.00am - 11.00am**

**Morpeth School of Arts Hall, 110 High Street, Morpeth**

**\$5 yearly membership, \$2 for this activity. Limited free places, booking essential**

**For more information phone 0407 672 522**

## TIMEOUT RUTHERFORD

Need a break? Join a social group for some timeout at Rutherford Community Centre. The time includes lunch, bingo, raffles and social conversation.

**Every Wednesday**

**10.00am - 12.00pm**

**Rutherford Community Centre, 13 Arthur Street, Rutherford**

**\$4**

**For more information phone 4932 0950**

## TECHNOLOGY LESSONS

New to computers, smartphones and other technology devices? This is the perfect place to start. For a group session, head along to the workshops on Monday at the Maitland Community Men's Shed or Tuesday at the Senior Citizens Centre.

For one on one free courses contact the Rutherford Community Centre on 4932 0950.

**Tuesdays**

**9.30am**

**Senior Citizens Centre, 5 Grant Street, Maitland**

**\$4 for this activity plus \$5 yearly membership**

**For more information phone 4934 5171**

**Mondays**

**9.00am - 10.00am**

**Maitland Community Men's Shed, Lot 442 Jubilee Street East Maitland**

**\$20 for yearly membership**

**For more information phone 4934 1293**

## TOOLS AND TRADE

The Maitland Community Men's Shed strives to improve the quality of life for men by addressing men's health issues and the need for organised, but low level/achievable activities for mature people.

Projects that happen regularly include gardening, toy making, rocking horse building, bike fixing, small motor repairs, lead lighting, computer classes, or you can bring your own project.

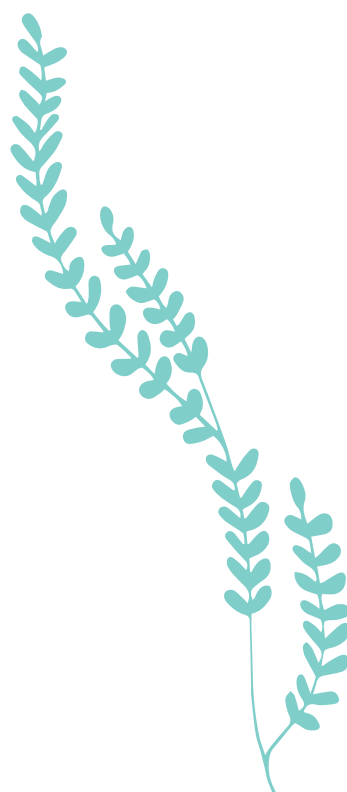
**Weekdays**

**8.30am - 3.00pm**

**Maitland Community Men's Shed, Lot 442 Jubilee Street, East Maitland**

**\$20 for yearly membership**

**For more information phone 4934 1293**



## TOWN HALL PARTY: LONNIE LEE AND THE LEEMAN

The historic Maitland Town Hall and Lonnie have a long history, after a wild Lonnie Lee concert in 1959, Rock n Roll was banned from Town Hall. However, Lonnie Lee is returning to the Maitland Town Hall in 2020. This special event will include dancing and light refreshments.

**Thursday 13 February**

**12.00pm - 3.00pm**

**Maitland Town Hall, 281 High Street, Maitland**  
**Free / balloting system. If you would like to attend the event, put your name in the ballot before Friday 24 January**  
**For more information phone 4934 9700**

**Transport to the concert is available from Maitland Community Transport. Bookings essential. \$5 per person. Phone 4932 5755 to book.**

**There will also be a free courtesy bus from the Family Hotel at 607 High Street Maitland.**

**Public transport will run as normal throughout the Seniors Festival.**

## VALENTINE'S DAY LOVE SEAT PHOTOS

Capture love this Valentine's Day by bringing your loved one to The Riverlink Love Seat. There will be some vintage décor, furniture and mood music to transport you back to the golden days. Share stories of Maitland, love tips and celebrate Valentine's Day with a photo shoot at the iconic location.

**Friday 14 February**

**10.30am - 12.00pm**

**The Riverlink, The Levee, Central Maitland**  
**Free**

## VOLUNTEERING MORNING TEA

Volunteering is a way of helping others but also as a way of meeting new people. Many of the volunteers at the Maitland Hospital participate as they have had a life change like the loss of a partner, retirement or recovering from something like surgery. Come and meet the current volunteers and learn all about how to get involved in volunteering.

**Weekdays**

**Maitland Hospital, 560 High Street, Maitland**

**Free / Bookings essential**

**For more information phone 4939 2200**

## WALKING GROUP

Joining a walking group improves one's general wellbeing. Benefits include lower blood pressure and resting heartbeat, less body fat and better mental health. Take the first steps towards fitness in a fun way. It's free and all ages and fitness levels are welcome.

**Medium pace: Saturdays**

**8.00am - 9.00am**

**Walka Water Works (meet at the park near the miniature railway)**

**For more information phone 0433 838 972**

**Medium pace: Tuesday, Wednesday and Thursday**

**6.30pm - 7.15pm**

**The Riverside Walk, Central Maitland**

**For more information phone 0417 406 237**

**Slow pace: Tuesday and Thursday**

**8.00am - 8.30am**

**Maitland Town Hall, 281 High Street, Maitland**

**For more information phone 4934 8440**

**Set your own pace: Tuesday and Thursday**

**8.00am - 9.00am**

**Gloria Jeans, Stockland Green Hills, 1 Molly Morgan Drive, East Maitland**

**For more information phone 4933 2799**

**Free**

## YOGA FOR SENIORS

Chairs provided if needed and other yoga props as required. Please bring your own yoga mat or towel. Wear comfortable clothes and bring a water bottle. Gentle movement, restorative style with guided meditation.

**Gentle Yoga with Rachel**

**Wednesday 12 February**

**10.00am - 11.00am**

**Somerset Park Meeting Room, Somerset Drive, Thornton**

**Wednesday 19 February**

**10.00am - 11.00am**

**Gillieston Heights Community Centre, cnr Redwood Drive and Pine Streets, Gillieston Heights**

**Free / Bookings essential**

**For more information phone 0413 425 991**

**Koi Yoga by Tania**

**Monday 17 February**

**11.00am - 12.00pm**

**St. James Parish Hall, cnr Tank and High Streets, Morpeth**

**\$8**

**For more information phone 0432 737 902**



# NSW SENIORS FESTIVAL 2020

## PUBLIC TRANSPORT

The Lower Hunter Transport Guide provides comprehensive information about all public transport services in the region. Hard copies of the Guide may be obtained from the below places. You can also plan your trip on public transport by calling 131 500.

- **Maitland City Council Administration Building**  
285 - 287 High Street, Maitland
- **Maitland Visitor Information Centre, corner**  
New England Highway and High Street,  
Maitland
- **Maitland Railway Station, Station Street,**  
Maitland

## VOLUNTEERING

Many volunteering opportunities are available through different organisations, groups and op shops. Please contact Council on 02 4934 9700 and speak with the Community Planning team to find out more.

## COMMUNITY TRANSPORT

No longer able to drive? No car? No licence? Whatever the reason, the community transport service can help you get around Maitland and to Newcastle for medical or business appointments, shopping, catching up with a friend or attending an activity. No lock in contract, use it once or use it often. Give the friendly Maitland Community Transport teams a call on 4932 5755 to see how you can get from A to B.

## MY AGED CARE

There are many services that can help you maintain a good quality of life as you get older. My Aged Care is the Australian Government's starting point on your aged care journey. Information and support is available to help people of all backgrounds, languages and situations to access the help they need. This includes LGBTI, Aboriginal and Torres Strait Islander people, veterans, and more. To be eligible for this program, you must be aged 65 years or older (50 years or older for Aboriginal or Torres Strait Islander people), or 50 years or older (45 years or older for Aboriginal and Torres Strait Islander people) and on a low income, homeless, or at risk of being homeless. Call 1800 200 422 to find out more.

## NATIONAL SENIORS

The National Seniors Hunter Valley Branch meet on the fourth Tuesday of each month (except December) for lunch and to hear a guest speaker. Members receive updates and information from National Seniors Australia, 'the independent voice of older Australians'. Additional offerings include social morning tea, lunch, walking group, a welfare officer and day trips and longer excursions. Please contact 4934 1125 for details.

## PROBUS

Probus is all about Friendship, Fellowship and Fun in retirement.

There are currently seven Probus Clubs in the Maitland district which organise exciting activities and interesting guest speakers tailored to members interests.

The purpose is to progress an active retirement through social interaction with likeminded people in your local community.

Membership is open to any member of the community who is semi retired or full time retired and is looking to join a mixed Club or Clubs for ladies and men. There is a small yearly fee to join.

To find out more about your nearest Probus Club call 1300 630 488, email [admin@probussouthpacific.org](mailto:admin@probussouthpacific.org) or visit [probussouthpacific.org](http://probussouthpacific.org)

## THE UNIVERSITY OF THE THIRD AGE (U3A)

Live, Learn and Enjoy is the U3A Maitland motto. Universities of the Third Age or U3As as they are more often called, are voluntary, non profit organisations which aim to offer people educational and social opportunities operating in a pleasant and supportive setting. U3As are basically self help groups built on the premise that collectively older people have the skills and knowledge to provide learning opportunities for themselves.

U3A Maitland has multiple activities each day. The current annual fee is \$50. This annual fee lasts for one year and covers attendance at courses over this period.

The only additional fees relate specifically to any course where materials may need to be purchased. In most cases there will be no extra fees.

Learn more about U3A by contacting.

**The Secretary**  
**Maitland U3A Inc.**  
**PO Box 502**  
**Maitland. NSW 2320**

## MAITLAND SENIORS CITIZENS CENTRE

Many of the Maitland Senior Citizens Centre activities are included on the calendar for Seniors Festival, however to become involved, meet new people and attend some activities in Maitland, please contact 4934 5171. Membership is \$5 per year with a small additional fee of \$1 - \$5 charged for various weekly activities.

## NSW SENIORS CARD

You've done the hard yards. Time to enjoy the rewards! If you are 60 or over and a permanent resident of New South Wales, you are eligible for a Seniors Card. Card members get discounts, deals, special offers and updates from shops, trades, travel and more. Some card holders are also eligible for a Gold Opal Card for transport concessions. Apply online at [seniorscard.nsw.gov.au](http://seniorscard.nsw.gov.au) or phone 13 77 88 or visit a Service NSW service centre to apply in person.