

# Seniors Directory

2020



## **Acknowledgment**

City of Newcastle (CN) acknowledges the traditional country of the Awabakal and Worimi peoples. We recognise and respect their cultural heritage, beliefs and continuing relationship with the land, and that they are the proud survivors of more than two hundred years of dispossession. CN reiterates its commitment to addressing disadvantages and attaining justice for Aboriginal and Torres Strait Islander peoples of this community.

# Welcome



## Welcome to the Seniors Directory for 2020.

Representing a fifth of Newcastle's population, it's no doubt seniors play a big part in making our City a vibrant place to live and contribute to our strong sense of community.

Countless dedicated, energetic and generous people in their retirement years choose to share their time volunteering at libraries, schools, community centres, sporting organisations and hospitals or take on caring roles for their grandchildren allowing parents to return to work. This support is truly important and highly valued.

City of Newcastle's Seniors Directory provides information about social clubs and activities that can be explored by our seniors community and enjoyed throughout the year. Remaining active in the community often leads to better physical and mental wellbeing as we age.

Among many other things, our 2020 directory showcases the terrific ways seniors can get involved in cycling across our Local Government Area – both independently and assisted. We are thrilled to feature *Novacare Cycle without Age* (pictured on the front cover) and hear from its participants about the joy cycling brings them. *Cycle Without Age* is just one example of how people can stay connected to their community, the outdoors and physical activity in a supported environment. Whatever your interests are, I encourage you despite your age or mobility to experience something new this year.

There are so many great opportunities for seniors to explore our city. This directory offers a snapshot of local clubs and organisations that provide different ways to get involved in your community, whether it be playing croquet, bird-watching, ways to get active or opportunities to relax. Get in touch with your local clubs directly, they want to hear from people just like you!

City of Newcastle is a signatory to the United Nations Sustainable Development Goals. Your participation in our local clubs and activities support our target to achieve good health and wellbeing for people of all ages. The wealth of activities organised by seniors for seniors is a tangible example of how Novocastrians are achieving positive wellbeing daily.

Our City values community spirit, resilience, active lifestyle, engaged citizens, creativity, leadership, innovation, inclusion, diversity and environmental sustainability.

I hope you find this information engaging and helpful and discover a new way to get involved in our incredible community this year.

**Councillor Nuatali Nelmes**  
Lord Mayor of Newcastle

# Forever young



**Margaret Fullick, 76, could well be the perfect poster girl for Cycling Without Age, such is her youthful enthusiasm for this activity and many others offered through the Hunter-based, not-for-profit organisation NovaCare.**

"The wind is in my face and I enjoy every minute of it," she gushes after a Triobike ride on a breezy summer day along the Newcastle Foreshore to Nobbys Breakwall.

**"We all thoroughly enjoy it. We get to visit places we haven't seen for a long time, and being on these bikes makes you feel really young."**

Cycling Without Age was founded in 2012 by Ole Kassow in Denmark and is now offered in over 45 countries. Newcastle's NovaCare bought two Triobikes more than two years ago now and has been offering the activity since then.

According to CEO Joseph McCarthy, NovaCare was the first community-based organisation to offer rides on the Triobikes in Australia.

"We have established two chapters, with a bike in Newcastle and one in Lake Macquarie. They are beautifully designed bikes, which enable unimpeded views for passengers and allow the pilot to sit behind and have a chat but also ensure the passengers are comfortable and enjoying themselves."

When asked what prompted NovaCare's Triobike acquisitions, Joseph says: "The right to wind in your hair. This is the saying around Cycling Without Age. I think everyone from five to 105 knows that feeling of being on a bike and that feeling of wind in your hair. I was listening to Jack Thompson talk last year and he said he was approaching 80 but still feels like little Jack inside. I think this is one of those activities that makes them feel like their younger self again.

"The guiding principles really resonated with NovaCare, including slowness, which reminds the pilot to ride so the passengers can sense the environment and be present in the moment. It is also about relationships, including between generations, among the elderly, between pilots and passengers and family members.

"NovaCare looks around the world to see what is available to enhance the life of seniors," Joseph adds.

"I saw the founder, Ole Kassow's TED talk and we decided to purchase two bikes from Denmark to offer in the Hunter. We loved the concept.

"Nothing beats witnessing the joy of the elderly, pilots and personnel interact on and around the trishaw and seeing the smiles of passengers coming back from their first ride with wind in their hair, rosy cheeks and full of stories."

The aforementioned Margaret Fullick became involved in NovaCare activities after her husband, Jimmy, was diagnosed with dementia. Jimmy died four years ago and Margaret, who lives with her daughter and says she is lucky to have a great family, says NovaCare has "brought me out of myself".

"I would never have thought that I'd be doing things like this," she enthuses.

"I have met such wonderful people and made some great friends.

Margaret Fullick



# "It's really given me something to look forward to every day of my life."

Bev Robbs, 81, is looking forward to her first Triobike ride. She's on a waiting list to explore the Throsby Creek route.

Bev, who has been enjoying exercise sessions at NovaCare's Milpara social centre at Merewether for about a year now, says she knew nothing about what was on offer for seniors until she inquired about the classes.

"I think it's sad that people don't know about the services available, because they are wonderful. My kids know not to phone me during the day because I'm out all the time," says Bev, who describes the staff and clients as being like an extended family.

Shirley Murrell, 84, has also been gadding about with the NovaCare crowd for the past year or so. She was introduced to the service by longtime friend Eileen Parker, 89, with whom she played tennis not so long back.

Shirley says she loves the odd day trip, and counts the camel farm at Muswellbrook, a trip to Nelson Bay and another to Pearl Beach on the Central Coast among the highlights so far.

Eileen has been enjoying such outings for the past three or four years, and describes the NovaCare staff as "lovely, thoughtful, kind and genuine".

And it's not just the clients who get a kick out of the activities.

"I've got the best job in the world," care support worker Angela Tickner says.

Angela picks up clients and accompanies them on day trips, dinners and overnights as well.

"When I'm going to work, my husband says 'so where are you playing today?'," she says. "It's all about keeping our seniors social. All the clients get on really well and are respectful of one another and their quirks."

Joseph says the benefits of outdoor activities offered to seniors such as Cycling Without Age and the various day trips are significant.

"We know a lot of people who live at home are very lonely and it is important to offer meaningful activities so people can experience the seasons of their community," he says.

"That sense of wind in your hair brings people to life and you can see people's energy levels increase and they interact with people as they pass by, often sharing the royal wave."

Joseph says NovaCare welcomes volunteers.

"To increase the number of Triobike rides we do need more pilots and we also would like some assistance to fundraise, manage bookings and train pilots," he says. "We would require the volunteers to undertake criminal record checks, which NovaCare would pay for."

"This is a program that deserves to grow."

Seniors can enjoy a ride on a Triobike at no cost.

"If people need to get transported to the bikes by NovaCare there would be a transport charge and often the bike rides happen around visits to a coffee shop or lunch venue and people would pay for their own costs," Joseph says.

**For more information, contact NovaCare  
Phone 1300 363 654  
support@novacare.org.au**



## At your service

NovaCare is just one of a variety of service providers in the Hunter offering home help, respite, social opportunities and more for seniors.

To find out what's out there and to access these services, the first step is to contact the Federal Government's My Aged Care.

Visit the easy-to-navigate [myagedcare.gov.au](https://myagedcare.gov.au) website or call 1800 200 422 (1800 numbers are free from landlines and most mobiles).



Kavlyn Reich and Leigh Brown

# Along for the ride

**Newcastle Cycleways president Sam Reich is only too happy to peddle the positives of bike riding, and he's on a mission to encourage seniors to consider cycling as "the new golf".**

Sam, a 67-year-old retired geologist and mining consultant from Merewether, and his partner Kavlyn, 69, a retired high school clerical officer, incorporate walking and cycling into their everyday lives, and make it a feature of their holidays too.

"In the past 12 months we have walked the Tongariro Alpine Crossing in New Zealand and cycled across the south of France," Sam enthuses.

The couple, who have three daughters, five grandchildren under 14, and busy lives full of varied interests such as music, yoga and cooking, are living proof that cycling's benefits are manifold and far-reaching.

For starters, cycling is good for your general health.

"As we get older, our connective tissue (joints etc.) and muscle mass start to naturally atrophy. We have a harder time getting up, moving, lifting a weight. Our cardiovascular system (heart and lungs) also become less efficient with the passage of time," Sam explains.

"Cycling as a pastime, whether specifically for recreation or for transport, gets us moving, improves our muscle tone, exercises our heart and lungs, reduces cholesterol, strengthens our bones.

It is low-impact and great for contracting and lengthening muscle fibres."

And as with any form of exercise, the benefits transcend the physical.

"It also improves our mental health, because it exercises the brain, is relaxing and fun, and gives us renewed confidence and vigour," Sam adds.

Then, of course, there is the benefit of cycling being a legitimate mode of transport.

Sam says, generally, Newcastle's terrain is perfect for cycling because much of the area is flat, and that e-bikes are gaining popularity as a means of transport.

He would like to see more people considering cycling as an alternative to driving.

**"This would free up parking spaces in the city, reduce traffic congestion, and it's a much better way to start the day."**

Sam says the cycle/train combination is an easy and affordable way to travel, with the gold Opal card available to those over 60 and no longer working.

"What is great for seniors about cycling is that it is easy, it's cheap and it's social! Cycling really does slow the ageing process, but it also gets you from A to B without breaking the bank and without the stress of traffic, parking and pollution.

"And seniors have the time to cycle," he adds.

Sam rides with the Geriactive Playgroup, who describe themselves as "an ad hoc, disparate social group of mainly retired people from Newcastle, who enjoy MTB (mountain bike) cross country riding. We also have regular bike path/road rides. Ages range from 45 to 70 plus".

The biggest impediment to the cycle movement is a perception that cycling is not safe.

Sam says there is always the push from advocates like himself for more cycleways, which are expensive, but he believes an easier and more immediate solution would be to slow traffic down by modifying speed limits.

"Newcastle is changing into a sizeable city. We need to react to it."

Ros McKie, 73, of Bar Beach, is another cycling advocate who has had a positive experience on Newcastle roads.

"I must say that I have found the Newcastle car drivers to be a very courteous and patient lot; we're lucky to live in such a friendly city," she says.

Ros took up triathlons at age 55 "as a good focus for fitness".

Although she takes part in competitions, Ros says she is not competitive.

"I just do them for the challenge. I've probably done about 20 over the years. The last two were the Australian Championships on the Gold Coast and the World Championships in Lausanne in Switzerland, and it doesn't bother me that I came almost last in both!"

Ros's weekly routine involves swimming three times a week, cycling three times a week and running three times a week, "all at a fairly gentle pace".

"For the bike rides I use the Fernleigh Track for major training but I sometimes use the roads that go around the racecourse," she says.

"I often cycle along beside the river as a cool down after training and, of course, I end up at one of the cafes for coffee. A big plus is when I go for coffee I can ride right up to the cafe and chain the bike up without having to look for a parking space."

Ros says she enjoys being out in the open and the sense of freedom that cycling affords.

**Want to know more about cycling opportunities in the Newcastle LGA? Visit the CN website**

**[newcastle.nsw.gov.au/OnYourBike/Home](http://newcastle.nsw.gov.au/OnYourBike/Home)**





# Newcastle U3A

## Learning opportunities for seniors

Are you retired or semi-retired?

Let yourself grow through U3A



The University of the Third Age (U3A) is a self-help international organisation run entirely by volunteers, where retired and semi-retired people over the age of 50 provide courses for each other. At Newcastle U3A our courses range from academic classes to a relaxed social get-together. Visit the website to find out how Newcastle U3A operates at [newcastle.u3anet.org.au](http://newcastle.u3anet.org.au)

Classes include languages, history, photography, music, wine appreciation, walking groups and much more. Look at the 2020 program on the website to see what interests you.

Membership is only \$60 a year and this entitles you to attend as many classes in 2020 as you choose.

**Enquiries can be directed to  
[newcastleu3a.au@gmail.com](mailto:newcastleu3a.au@gmail.com)  
or call 0479 193 182**

## NU3A turns 30 in 2020

This year is the 30th anniversary of Newcastle U3A, an incredible achievement for a non-profit, voluntary organisation that has relied on the generosity, passion and drive of its tutors, course clerks, committees and volunteers, past and present, in their commitment to keep learning and growing in what is euphemistically called the "Third Age". There will be a number of events in 2020 to celebrate this important milestone.



### Healthy Ageing – Stay Physically and Mentally Active

The golden years are no time to be sitting on your hands - the formula for happiness and longevity is simple – stay connected to family, friends and community, get healthy, have fun and laugh a lot.

# Healthy Ageing

## SILENT DISCO

Silent Disco is an innovative program where people dance and listen to their favourite music through wireless headphones. Individual play lists consist of familiar songs from the 40's, 50's and 60's that evoke memories and emotions. The headset allows full immersion in the music while the 'disco leader' provides movement instruction for each individual song. Props like streamers, musical instruments, tutu's and flashing shoes add to the fun.

When physical and/or cognitive health is in decline, the silent disco is wonderful for wellness and reablement. Research shows the unique power music has to reconnect people with memories and emotions. As Hans Christian Andersen said, "Where words fail, music speaks."

Available through NovaCare.

**Phone 1300 363 654**  
**support@novacare.org.au**

## COMPUTERPALS FOR SENIORS

ComputerPals offers classes for seniors to learn digital technology in a friendly atmosphere paced for seniors. Volunteer tutors provide relevant learning emphasising safety and enjoyment using computers, phones, tablets.

As a Network Partner of Australian Government initiative BeConnected, ComputerPals is able to offer free assistance.

**15 Hubbard Street, Islington**  
**Phone 02 4961 6576**  
**contact@computerpals.org.au**  
**computerpals.org.au**

## NEWCASTLE DIGGERS SWIMMING CLUB

This very social swim club meets at Lambton Pool between September and April, 8am – 10am. All ages welcome.

**dwj6661@bigpond.com**

## HUNTER AREA WALKABOUT CLUB

Want to make new friends, improve fitness and enjoy the outdoors? Bushwalking may be the answer! Day walks and twilight walks throughout the year with walks available for varying levels of fitness.

**Phone 02 4944 7502**

## WHAT ABOUT A LOCAL WALKING TOUR?

Newcastle Afoot runs regular walking tours for individuals and groups with a focus on sharing Newcastle's exciting culture and community.

**Becky, Newcastle Afoot**  
**Phone 0432 851 313**  
**info@newcastleafoot.com.au**  
**newcastleafoot.com.au**

## NEWCASTLE DISTRICT LAWN BOWLS

To get into the sport of Lawn Bowls contact the association office and the friendly staff will put you in touch with the bowling club closest to you.

Free coaching is available at clubs throughout the Newcastle, Lake Macquarie, Hunter and Port Stephens areas.

Lawn Bowls is a sport of ages 10 years and above where grandchildren can play with grandparents in a relaxed atmosphere while gaining some physical exercise.

**ndba.com.au**

## NEWCASTLE NATIONAL PARK CROQUET CLUB

Enjoy social contact, exercise your mind and body in the outdoors with association croquet, golf croquet, ricochet and gateball.

**Phone 02 4969 2268**  
**croquetnewcastle@gmail.com**

## FORT SCRATCHLEY HISTORICAL SOCIETY

Fort Scratchley Historical Society is a non-profit organisation supported by dedicated members who work tirelessly to provide guided tours, run the shop and provide day-to-day operations of the site. The Fort is open six days a week from 10am – 4pm. Closed Tuesday and some public holidays.

**For more information and confirmed opening times:**  
**fortscratchley.org.au**  
**Phone 02 4929 3066**  
**fortscratchley@bigpond.com**

## HUNTER BIRD OBSERVERS CLUB

Hunter Bird Observers Club caters specifically for those with an interest in bird life in its natural habitat. We organise activities that enhance peoples bird identification skills and promote the study and conservation of native birds and their habitat.

We meet every second Wednesday of each month at the Hunter Wetlands Centre. We run regular field activities for members and visitors.

**hboc.org.au**

## HUNTER WETLANDS CENTRE

Enjoy the birds and wetland scenery on a self-guided walk, hire a canoe or book a buggy tour. Guided walks can be booked for groups of 10+. Check out the latest exhibition in our art space. Picnic and BBQ facilities plus cafe overlooking the ponds.

### Become a volunteer

In 35 years volunteers and a small group of partner organisations have transformed a degraded swamp and abandoned sporting fields into an internationally recognised Ramsar Wetlands. 150 volunteers with a wide-range of skills and a lot of passion contribute their time to conserve and maintain this local gem. New volunteers welcome.

**Phone 02 4951 6466**

**wetlands.org.au**

**volunteering@wetlands.org.au**

## JANE AUSTEN SOCIETY

Jane Austen Society Hunter brings together lovers of Jane Austen's books for talks, discussion and social activities. Meetings bi-monthly (Wednesday evenings in summer and Saturday afternoons in winter). All meetings held at The Ethnic Communities Council, John Gebhardt Centre, 2A Platt Street, Waratah.

**Phone 02 4969 5778**

**margste@wix.com.au**

## MEREWETHER ALLSORTS

Merewether Allsorts is a vibrant, entertaining activities group for people of all abilities and all ages. People who attend have physical and/or intellectual disabilities or are lonely and seeking community connections. Games, exercises, concerts and friendship, provide fun and strengthen physical and mental abilities. Morning tea is provided.

BYO lunch. New members and volunteers are welcome.

**Phone 02 4961 4525**

**minister.merewetheruca@gmail.com**



### MISS PORTER'S HOUSE NATIONAL TRUST

Built by the Porters in 1909, the family lived in this free-standing Edwardian terrace until 1997, when they left it to the National Trust with all its contents intact. It is now and living museum of pre-1950s life in Newcastle.

**Phone 02 4927 0202**  
**mph@nationaltrust.com.au**

### NEWCASTLE AND HUNTER DISTRICT HISTORICAL SOCIETY INC.

Society meets 4th Sunday of each month, except the months of December and January. Savoy Theatre - corner Alma Road and Cromwell Streets, New Lambton. Historical Information, interesting monthly speakers and monthly members outings. \$25 Membership Fee - \$4 Entry Fee.

**Robyn Single, Secretary**  
**Phone 02 4948 8183**  
**Mobile 0407 749 946**

**Ian Sherman, President**  
**Phone 02 4958 3739**

### NEWCASTLE FAMILY HISTORY SOCIETY

Interested in family history? The society has an extensive library at 68 Elder Street, Lambton and volunteers to assist with researching family history.

Open Thursdays 1pm - 3pm,  
Saturdays 10am - 3.30pm

**Phone 02 4957 8296**  
**nfhsinc@gmail.com**  
**nfhs.org.au**

### PROBUS SOUTH PACIFIC

Probus is all about friendship, fellowship and fun in retirement.

Hear wonderful guest speakers and stay active by participating in a wide range of activities and explore your community, your country or the world. Social outings, bowls, craft, games nights and more.

#### **The Probus Club of Port Stephens**

Enjoy friendship, fellowship and fun in retirement through a wide variety of activities and events. Our mixed gender club meets on the second Thursday of each month at the Nelson Bay Bowling and Recreation Club.

**probusclubofportstephens.org**  
**secretary.probus@gmail.com**

#### **Shortland Probus**

Shortland Probus is a mixed Club and meets at Hunter Wetlands, 1 Wetlands Place Shortland on the third Thursday of each month.

**Phone 02 4951 3306**

### WALLSEND HERITAGE GROUP INC.

Engender preservation and recording of Local Community History.

Meets Heritage Room, Wallsend Library, Bunn Street.

2nd Thursday of month 1.30pm - 4pm.  
Other Thursdays room attended 2pm - 4pm.

**Geoff Hassall, Secretary**  
**Phone 02 4955 9013**





# Get out and About

## Community Transport

**Would you like to maintain your independence, get out and about and improve your social life?**

Community Transport is a government subsidised transport service designed to help you get to medical appointments, participate in social activities, do your shopping and maintain independent living at home.

### WHO CAN USE COMMUNITY TRANSPORT?

Community Transport may be available to people who have limited transport options and who meet certain eligibility criteria such as:

- Are elderly and have limited mobility
- Have a disability or health issues which limit your mobility
- Have language challenges that limit your access to transport
- Live in an area with little or no public transport and don't have access to private transport
- Face other significant barriers to accessing transport

If you are aged 65 years and over (50 years and over for Aboriginal and Torres Strait Islander People), contact My Aged Care on 1800 200 422 for an eligibility assessment and to request a referral to your local Community Transport operator. If you are not in this age group, contact your local operator to find out more.

For people who are not eligible for Community Transport, the First Stop Travel Training program may be a useful resource. This free service teaches people how to use public transport safely and independently, making it easier for them to get around and participate more in their community.

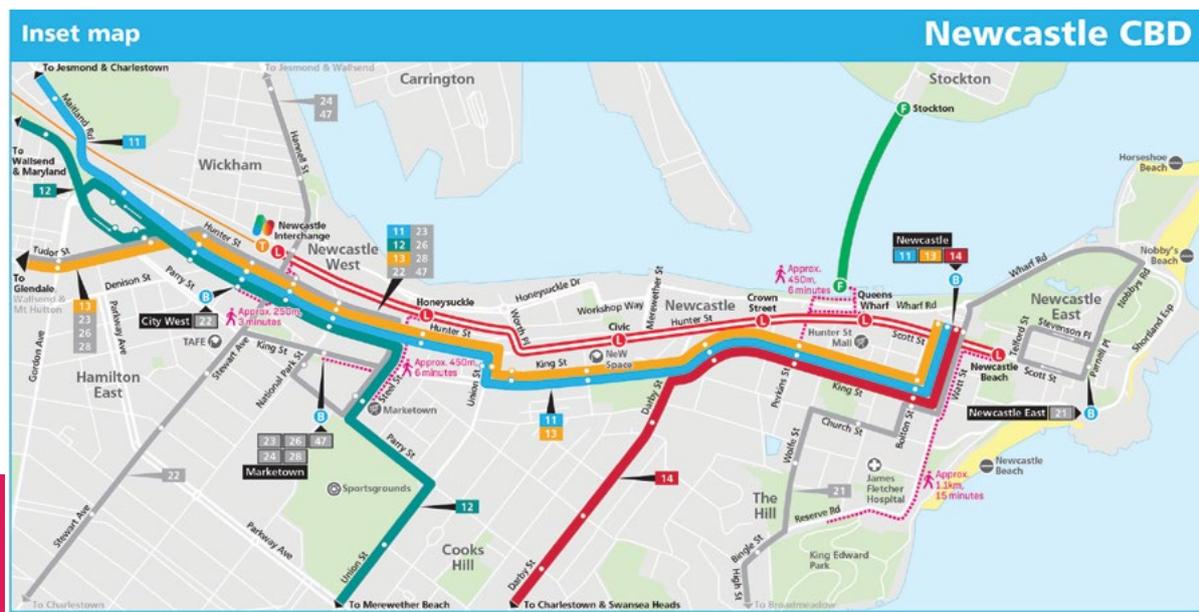
**For more information visit**  
**[firststop.transportnsw.info](http://firststop.transportnsw.info)**

## HOW MUCH DOES COMMUNITY TRANSPORT COST?

Cost varies between operators and areas, depending on available resources, passenger needs, and pick-up and drop-off locations.

Contact your local Community Transport operator for cost of service before booking. To find an operator, simply:

1. Visit [transportnsw.info/operators](http://transportnsw.info/operators)
2. Search by entering your suburb in the Transport Operators search field, or use the 'mode' and 'region' filters to browse Community Transport in your area. Search results, including website and contact details, will appear in alphabetical order.
3. Click through to the operator's website or call the phone number displayed for more information.



## Public Transport

There are a number of ways to get where you want to go around Newcastle with Newcastle Transport.

If you have a Seniors or Pensioner Concession card you are entitled to apply for a Gold Senior/Pensioner Opal card. With a Senior/Pensioner Gold Opal card you can travel as much as you want on metro, train, bus, ferry and light rail services within the Opal network and you never pay more than \$2.50 a day.

### Light Rail

Light rail provides a frequent and reliable service through Newcastle's city centre, with six convenient stops at key locations between Newcastle Interchange in Wickham and Pacific Park in Newcastle East. The service operates from 5am to 1am, seven days a week.

### Bus

Routes 11, 12, 13, 14 have Newcastle covered with frequent services in to the city centre

every 15 minutes during weekdays and every 30 minutes on weekends, between 7am and 7pm. Routes 21, 22, 23, 24, 25, 26, 27 and 28 connect suburbs with key CBD locations.

### Ferry

The ferry operates between Stockton and Queens Wharf with services every 15 minutes during peak periods and 20 minutes throughout the day and weekends.

Plan your trip or find out more at

[newcastletransport.info](http://newcastletransport.info)

### Gold Opal

GOLD OPAL, the seniors Opal card gives Seniors Card holders unlimited travel for no more than \$2.50 a day, when using public transport services across the Hunter Region. Find out more about eligibility and applying here: [service.nsw.gov.au/transaction/apply-gold-seniors-opal-card](http://service.nsw.gov.au/transaction/apply-gold-seniors-opal-card)



# Newcastle Art Gallery

**Foster a passion and curiosity for the visual arts.**

**Officially opened by Queen Elizabeth II and Australia's first purpose built regional Gallery, the Newcastle Art Gallery is the city's major cultural institution for the visual arts and is responsible for the curation and preservation of its nationally significant collection....**

## **EXHIBITION PROGRAM**

The gallery presents a diverse, changing program of up to 20 local, national and international exhibitions a year, 90 percent of which are curated in-house. The exhibition program primarily draws on the permanent collection, as well as public and private collections, and includes the presentation of major touring exhibitions.



## COLLECTION

Newcastle Art Gallery's collection presents a comprehensive overview of Australian art from colonial times to the present. It includes important Indigenous barks and poles along with a growing collection of Indigenous contemporary paintings. The collection also includes works on paper, photography and sculpture. The Gallery has the only Australian regional collection which includes a group of Rodin sculptures. It also holds the largest collection of modern Japanese ceramics in the southern hemisphere.

## JOIN THE SOCIETY

Newcastle Art Gallery Society is an integral part of the social life of the gallery and aims to promote and support the gallery and the development of its collection. There are over 1,300 members who attend exhibition previews and special events including lectures and films. Members also receive the society magazine Artemis. There are also over 140 members of the Newcastle Art Gallery Foundation which raises money and manages invested funds to support the development of the collection. Since its inception the foundation has donated works of art in excess of \$5.5 million.

## Become a Member

The Gallery Society offers a range of membership options from Individual annual membership for \$45 through to Family Life membership. Gift membership is also an ideal way to introduce family and friends to the world of art.

To become a member, simply pick up a membership form at the Gallery Shop, or online at [nag.org.au](http://nag.org.au)

## Membership Benefits

- Invitations to exclusive previews, exhibitions and special events
- Subscription to ARTEMIS magazine an informative digest of exhibitions, acquisitions and people involved in the visual arts
- Regular emailed DIARY REMINDERS
- 10% discount at the Gallery Shop when membership card displayed
- Discounts on tours, lectures and special events
- Reciprocal rights with some state galleries

# Get Happy



## **It is universally accepted that playing the ukulele is good for you.**

Embraced by young and old for its simplicity, affordability, versatility and its capacity to foster community and spark joy, the humble stringed instrument will take centre stage at Newcastle City Hall from October 16 to 18 when The Newkulele Festival rolls around once more.

The Newkulele Festival is a much-loved biennial event in Newcastle's Civic Precinct.

The festival attracts international acts as well as ukulele exponents and enthusiasts from all over Australia.

The weekend-long event will feature a variety of musical genres across multiple stages. Much of the entertainment on offer is free, and there will be markets, open mic sessions, workshops and two ticketed night-time concerts at City Hall.

Newkulele Festival Committee chairperson Sam Reich has been playing the ukulele for about four years now, but is a seasoned musician, having "played guitar, bass and harmonica for a long time".

Sam, 67, says ukuleles and seniors make perfect partners.

"The ukulele community is particularly attractive to seniors as it exercises the body and mind, and is incredibly social. We actually refer to it as 'community music', and it's not restricted to ukulele, but includes other easy to play instruments that can be played in groups."

Sam says the ukulele "vibe" involves "a bit of whimsy, colourful clothing, funny hats and happy tunes, but there is something seriously therapeutic about singing and playing music with a group of friends".

The Newkulele Festival's program director, Eliza Taylor, says: "We are striving to make this year's festival the best yet! We are working hard to ensure we take on the feedback from previous festivals and to incorporate new ideas and platforms for collaboration and learning."

# There is no doubt that ukuleles have a certain “don’t worry, be happy” aura.

Eliza, 31, has only been playing the ukulele for the past year and a half. She is in the Ukastle Ukestra and attends the Thursday night group at Wil&Sons on Darby Street.

Eliza attributes her love of the instrument to “the community, our teachers, new friends and the social aspect, learning an instrument, especially a small portable instrument that I can take anywhere, the events, festivals and the mental health benefits”.

Favourite songs in her repertoire include: Never Tear Us Apart by INXS, Little Lion Man by Mumford & Sons, Emmylou by First Aid Kit and One Day by Matisyahu.

Sam Reich



## Don't stop the music

This Newcastle clinical and forensic psychologist Tarnya Davis says the evidence is clear on the benefits of music, especially when learning something new, for the brain.

“Where we once thought of our brains as being fixed like a machine, we now understand our brains to be quite plastic. Our brains evolve and adapt, dependent upon what we expose them to,” she says.

“Those of us who continue to learn, and learn in a physical way as happens with playing a musical instrument, will continue to see brain growth and neuronal plasticity.”

However, Tarnya suggests perhaps the biggest benefit of being part of something like the Ukastle Ukestra comes from our connection with others.

“To join with others, to belong and to connect with purpose has been shown to have the greatest benefit for both physical and mental health,” she says.

“Research has consistently shown that the best predictors of a long life aren't your cholesterol markers or any other physical health indicators, it's how much incidental human connection you have in your life. Learning this instrument grows your brain, fosters connections and prolongs your life.”



# Express Yourself

## ACAPPELLA NOVA

We are a community choir who sing a wide variety of genres from the Beatles to opera. All welcome so come along and join us for a sing.

We rehearse every Tuesday evening at St Andrew's Church in Newcastle on the corner of Auckland and Laman streets.

Join us for a cup of tea and a chat from 5.15pm and a sing from 6pm - 7.30pm.

We perform in Newcastle, Singleton and tour in Regional NSW.

**acappellanova5@gmail.com**  
**facebook.com/acappellanova**

## ANGAMUS

We love to perform at special occasions "Touching others through our music."

We play regularly at The Piano Lounge at Wests, New Lambton.

**Phone 0417 677 748**  
**angamus.com**  
**angamus@gmail.com**  
**facebook.com/angamusmusic**

## COUNTRY FUN LINE DANCING

Mayfield Senior Citizens Centre  
187-189 Maitland Road, Mayfield

**Pearl Mansfield**  
**Phone 0402 941 466**  
**countryfunld@yahoo.com**

## NEWCASTLE 50s ROCK 'N ROLL CLUB

We are a social club that teaches easy 4-Step style of Rock and Roll dancing. All ages welcome.

Learn to dance Rock and Roll.

Tuesday night. Kahibah Sports Club. 7pm.

**newcastle50srockandroll.com**



## NEWCASTLE AND HUNTER JAZZ CLUB

Newcastle and Hunter Jazz Club presents mainstream and traditional jazz on the last Sunday of the month at Central Leagues Club, Charlestown. Entry \$10 for Jazz Club members, \$15 guests.

The 33rd Newcastle Jazz Festival will be held 28, 29, 30 August.

**Phone 02 4929 6315**  
**newcastlejazz.com.au**  
**Facebook: Newcastle Jazz Club and Festival**

## NEWCASTLE THEATRE COMPANY INC.

Newcastle Theatre Company Inc. has been a part of the Newcastle Theatre community for over 60 years. Offering eight Major productions every year something to suit everyone. Come and support local talent and the Newcastle Theatre community.

**Phone 02 4952 4958**  
**newcastletheatrecompany.com.au**  
**Office hours: 3pm - 6pm Mon-Fri**  
**90 DeVitre Street, Lambton 2299**

## NOVATONES

Fellows, learn to sing in harmony? Join NOVATONES Harmony Chorus 7pm on Monday nights at Club Charlestown, 5 Lincoln Street, Charlestown.

Fellowship and fun for men of all ages. Enjoy performing barbershop style at local social venues, and in state and national competitions.

**Phone Brian 0400 406 114**  
**NOVATONES.org.au**

## SINGING FOR SENIORS

Entertainer for seniors and special needs groups with a regular "Free" monthly morning tea at Adamstown Rosebuds Club (3rd Thursday each month). Specialising in country, rock n roll and crooning for retirement villages, adult day facilities, special needs groups, Probus/Rotary/Lions clubs and aged care facilities.

**inquiries@calabriarecords.com**  
**adampriceoz.com**

## NEWCASTLE PEOPLE'S CHORUS

An iconic Newcastle choir for over 30 years. Voices of all ages welcome. A choir that enjoys singing songs of peace, social justice, and people's rights. Performs at local venues with occasional away trips. No audition required.

**Phone 0474 974 700 (leave message)**  
**peopleschorus@yahoo.com.au**

## UNDER CONSTRUCTION MENTAL HEALTH AND WELLBEING COMMUNITY CHOIR

The choir was formed in 2008 with the aim of creating a socially inclusive program that unlocks creative potential through singing. The program aims to develop positive connections, enhanced health, wellbeing, self-esteem and confidence in a fun, engaging and non-threatening environment.

We rehearse on Thursdays, 2.30pm – 4.30pm at Flourish, 627 Hunter Street, Newcastle. There is a bus stop right at the front of the building.

All welcome!

**Phone Karen 0421 863 425**

## WARATAH MALE VOICE CHOIR

The choir visits aged care facilities most weeks and performs Broadway show songs, operas, hymns and solo performances. The choir also participates in concerts to raise funds for charities. The choir welcomes males who like to sing and can hold a tune. Practices are Thursday from 7pm – 9pm at the Jesmond Uniting Church Hall, Robert Street, Jesmond.

**Phone 0419 413 211**  
**waratahmvchoir@gmail.com**  
**waratahmv.org.au**

## NEWCASTLE CREATIVE EMBROIDERERS & TEXTILE ARTISTS (NCEATA)

Catch up twice a month for activities and workshops using a wide variety of techniques. International and local tutors, annual exhibition, travelling suitcase, Art Bazaar stalls, Textile Tasters (free event). Visitors welcome any time.

**Phone 02 4944 8486**  
**secretary@nceata.org**  
**nceata.org**

## NEWCASTLE SPINNERS AND WEAVERS GUILD INC.

The purpose of the Newcastle Spinners and Weavers Guild Inc is to foster and promote the crafts of spinning, weaving, dyeing and similar crafts and to engage in associated social and community activities.

The Guild meets on the 1st Saturday and 2nd Wednesday at the Masonic Centre in New Lambton and on 3rd and 4th Saturdays at the Bruce Street Hall, East Maitland

**info@newcastlespinnersandweavers.org.au**  
**newcastlespinnersandweavers.org.au**



### **NOVOCASTRIAN QUILTERS INC**

Novocastrian Quilters Inc brings together people in the Newcastle area who have an interest in patchwork and quilting. We invite you to join us at New Lambton Community Centre. Meetings are: 3rd Saturday (10am) 2nd and 4th Tuesday (10am and 6.30pm) every second Friday 6.30pm.

**Facebook: Novocastrian Quilters Inc**

### **WOODTURNERS OF THE HUNTER CO-OPERATIVE LTD.**

The Woodturners of the Hunter is a non profit organisation that promotes woodturning and boxmaking at its premises in the Newcastle Showground complex. Details can be found on our website.

**woodturners.org.au**

### **EMBROIDERERS GUILD NSW INC.**

Join others who share an interest in all types of embroidery. It doesn't matter if you are an expert or a complete beginner, just bring along something to stitch, a coffee mug and your love of embroidery.

**Newcastle Branch**  
**Cnr Alma Rd and Cromwell Street, New Lambton**  
**newcastleembroiderersguild@gmail.com**

## **MEN'S SHEDS**

### **2322 Men's Shed**

The objective of the Shed is to advance the health and well-being of our members by providing a safe and happy environment where skilled and unskilled men can, in the company of other men:

- Pursue hobbies, pastimes and interests
- Learn new skills, practice and pass on old skills
- Learn about their own and other men's health and well-being
- By their efforts, contribute to their families, their friends, the Shed and their community
- Mentor younger men

**mensshed2322@hotmail.com**  
**2322-mens-shed.com**

### **The Newcastle Men's Shed**

Our aim is to provide a supportive and friendly environment with a key focus on men's health.

We provide a service to carry out community and member projects.

Currently located at 50 Clyde Street, Hamilton North.

Opening hours are 9am – 2pm  
Monday to Friday.

**newcastleshed@gmail.com**  
**mensshed.org**



# Feel Supported

## My Aged Care

**Find and access the government-funded services you need on your aged care journey.**

[myagedcare.gov.au](https://myagedcare.gov.au) is the entry point to access aged care services and information about:

- The different types of aged care services available
- Your eligibility for services
- Referrals to service providers that can meet your needs
- Your contribution to the cost of your aged care

It's never too early to talk about getting some extra help. Knowing what services are available before you need them will help you be prepared to make decisions about your future.

## WHAT SERVICES ARE AVAILABLE?

### Care at Home

Care at home can help you access services at home which can improve your wellbeing and help you stay independent. Receiving help with regular activities at the right time can help you manage better at home. You may be eligible to receive services such as:

- Personal care like help with getting dressed
- Transport
- Modifications to your home like hand rails or ramps
- Nursing, physiotherapy and other care
- Meals
- Household jobs like cleaning or gardening
- Equipment like walking frames
- Social activities

### Short- Term Help

myagedcare can also help you access short term care services for situations such as:

- Recovery from an accident or illness, including after a hospital stay
- When you have had a setback and want to get your independence back
- When you or your carer needs a break (respite care)

### Care in an aged care home

If you find you need ongoing help with day-to-day tasks or health care, a residential aged care home lets you live in a supported environment where help is available 24 hours a day.

## WHO PAYS FOR SERVICES?

The Australian Government contributes to the cost of aged care services. You are expected to contribute to the cost if you can afford to. How much you pay may depend on:

- Your financial situation
- The number and types of services you receive
- The service provider

## Are you eligible for services?

A call to can help you understand:

- What services may be available
- How much they cost
- How you can access them

myagedcare may arrange a face-to-face assessment of your care needs.

## HOW TO ACCESS SERVICES AND FOR MORE INFORMATION

**For more information:**

**[myagedcare.gov.au](http://myagedcare.gov.au)**

**To arrange an assessment for access to services:**

**Freecall 1800 200 422**

Weekdays: 8am – 8pm

Saturdays: 10am – 2pm

Closed on Sundays and public holidays

**National Relay Service call 1800 555 677\* and ask for 1800 200 422\***

**Translating and Interpreting Service call 131 450 and ask for 1800 200 422\***

If you are a veteran or war widow/er you may also be eligible for Department of Veterans' Affairs services or programs. Ask for more information.

\*1800 calls are free from landlines and most Australian mobile phone providers now offer free calls to 1800 numbers. Check with your mobile phone provider.

# Support Services in the community

## AUSTRALIAN UNITY HOME CARE SERVICE

How to remain living in your home as well as you can as you age? Australian Unity Home Care services can assist you with living independently. Call us now to find out what supports are available. Chat to our friendly team to learn more about government funding available for seniors, along with our flexible and dependable services which include quality in-home support, nursing and allied health.

**Phone 1300 160 170**  
**Shop 2a 6 King Street, Warners Bay 2282**

## NOVACARE

The innovative, award winning support from the Hunter's premier Home Care specialist is here to surprise, delight and help you live your way. From household cleaning to clinical nursing, NovaCare has a unique range of wrap around services to meet individual choices through the provision of Commonwealth Home Support and Home Care Packages. Entirely Hunter based, NovaCare is a not for profit organisation with community centres in Merewether, Swansea and Morisset providing a full program of social and well being services. Their Ailsa Craig Cottage in Hamilton provides day, overnight and planned respite care and accommodation.

**Phone 1300 363 654**  
**support@novacare.org.au**  
**novacare.org.au**

## DEMENTIA AUSTRALIA

Located at 2 Percy Street, Hamilton, the Hunter Dementia and Memory Resource Centre provides support, information and education for people with dementia and their family and carers.

**Phone 02 4962 7000**  
**nsw.hunter@dementia.org.au**  
**dementia.org.au**

## THE FRIENDSHIP CIRCLE

A happy fun social friendship group for all over 60's. Visit places of interest, walks, picnics, lunches, dinners, music and day trips.

**Phone 0487 908 503**

## COMMUNITY OF MATURE AGED GAYS

Social support group for gay/bi men over 45 years of age. We provide weekly lunches at various venues in Newcastle and a monthly Sunday lunch at an inner Newcastle hotel.

**Phone 0417 772 390**  
**greg@menshealthservices.com.au**

## HOME CARE ASSISTANCE NEWCASTLE

Home Care Assistance Newcastle is a local Home Care Package provider that values personal and consistent care for our clients. We support seniors to stay at home with support from a range of services, including cleaning, shopping, social support and respite. Please contact our friendly team to see how we can help.

**Phone 02 4089 3000**  
**newcastle@homecareassistance.com**

## HUNTER WOMEN'S CENTRE

Hunter Women's Centre is a non-government, not for profit, community based organisation which provides services to improve the health and wellbeing of women.

Services available include information and referral, counselling, therapeutic and support groups, workshops, and community education.

**Phone 02 4968 2511**  
**admin@hwc.org.au**  
**hwc.org.au**  
**Facebook: Hunter Women's Centre**



### **NATIONAL SENIORS ASSOCIATION OF AUSTRALIA**

The Newcastle branch of the National Seniors Association of Australia is a group of friendly seniors who enjoy a variety of outings and activities throughout the year

**Phone 0408 584 910**

### **NEWCASTLE MEALS ON WHEELS**

Newcastle Meals on Wheels has proudly been serving Novocastrians since 1963. NMOW is an Aged and Disability Service Provider offering full day menu delivered fresh and frozen three times a week, along with individual and group social support programs.

CHSP/HCP/NDIS Provider

**Phone 02 4957 7097**  
**[mow.net.au](http://mow.net.au)**

### **AILS CRAIG RESPITE COTTAGE**

At Newcastle's only overnight respite cottage, Ailsa Craig guests enjoy their own private bedrooms and social inclusion in a comfortable household setting. There is opportunity to participate in a full range of social programs and activities that accommodate individual abilities and preferences.

NovaCare staff support older people and those living with dementia to lead a stimulating and interesting life through participation in meaningful and purposeful engagement. Their carers are offered guidance and the support they need to enjoy time out, guilt free.

Transport options are available.

For more information, contact NovaCare.

**Phone 1300 363 654**  
**support@novacare.org.au**

### **RSL LIFECARE**

A charitable organisation caring for over 7,500 residents in 25 retirement villages and 26 Aged Care Homes across NSW/ACT, our purpose is to enrich veterans and seniors' lives and create connected, supportive and vibrant communities. Contact us today to find out about our services in Newcastle and beyond.

**Phone 1300 232 564**  
**rsllifecare.org.au**

### **COMMUNITY KITCHEN MEREWETHER**

Community Kitchen Merewether provides a free 3 course meal to anyone in need of food and/or friendship at 6pm every Tuesday night, February to December. Volunteers come from 2pm to prepare and cook food. There is a singing group at 4.30pm and meditation group at 5pm. New people and volunteers welcome.

**Phone 02 4961 4525**  
**minister.merewetheruca@gmail.com**

### **OLDER PERSONS LEGAL CLINIC**

The Older Persons Legal Clinic provides free legal advice and information on a range of matters including:

- Wills, powers of attorney, enduring guardianship
- Family law
- Tenancy issues
- Disputes with Government departments
- Neighbour disputes
- Elderly abuse and care issues
- Social security

Clinic runs Wednesday mornings 9am – noon during University semesters.

Location: NeW Space, 409 Hunter Street, Newcastle NSW 2300

**Phone 1800 314 792 (toll free number)**  
**legalcentre@newcastle.edu.au**  
**newcastle.edu.au/older-persons-legal-clinic**

## MERCY SERVICES

Mercy Services runs day centres in Newcastle. These have a variety of programs – and are all adding new entertainment regularly. For anyone looking to participate, contact Mercy Services on 02 4962 6680 to find out more and book your place. Local transport can be arranged by our community transport team. Both centres offer freshly prepared hot meals and a wonderfully varied calendar of events.

Newcastle Elderly Citizens Centre is on Laing Street, Newcastle. This centre offers all manner of entertainment, from a huge variety of live music, to dancing, bingo, craft and games.

Tighes Hill Day Centre is at 32 Union Street, Tighes Hill. Senior specific events are on Mondays. Activities change all the time, but can include clients have been treated to chair dancing, live music, day trip by bus, and table games.

Mercy Services also runs a Day Centre at West Wallsend, providing entertainment and activities for those in Lake Macquarie.



### **Mercy Services Community Transport team:**

Transport is provided by bus or by car, depending on the type of transport required. Some of our buses are wheelchair accessible with a hoist lifter.

Please ring 4961 3113 and ask for more information on the types of transport available for your need. Mercy Services routinely provides transport such as:

- Doctors and Specialist Appointments
- Group shopping
- Group social outings
- Hospital visits
- Medical treatments
- Allied Health appointments

### **Eligibility**

Mercy Services are dedicated to getting people who are transport disadvantaged, out and about. Call Mercy Services on 02 4961 3113 to discuss your eligibility and needs.

### **Cost**

Fees are assessed according to distance traveled and type of transport.

**Phone 02 4961 3113**  
**[mercyservices.org.au/services/community-transport](https://mercyservices.org.au/services/community-transport)**



The library connects the community to a wide range of services, facilities, resources, learning opportunities and exciting events. We have branches across the local government area in Adamstown, Beresfield, Hamilton, Lambton, Mayfield, Newcastle, New Lambton, Stockton and Wallsend.

# Newcastle Libraries

## FREE MEMBERSHIP

You may borrow from any of our libraries as well as access our extensive online e-book, e-magazine, music and other collections.

## BOOK CLUBS

The Library hosts a range of book clubs across our branches, from casual drop-in groups to more formal clubs. Please enquire at any local branch about registering a Book Club or joining a club.

## EXHIBITIONS AND EVENTS

The library hosts a range of exhibitions and events throughout the year. These include: national and international travelling photography exhibitions; work produced by local artists; items from our extensive rare book and photographic collections; author talks; book launches; children's activities; new technology workshops, and more!



### **DO YOU ENJOY CREATING CRAFT?**

Why not bring your latest craft project to the library and sit and stitch or knit with fellow crafters. No bookings are necessary just come along.

### **HOME LIBRARY SERVICE**

Can't make it to a library but love to read? The library can come to you. The Home Library Service (HLS) is for anyone who isn't physically able to make it to the library because of a disability, illness or limited mobility. The HLS is a free service and can deliver to you in your own home, residential village or aged care facility. We deliver a range of items including books (including in large print), audiobooks, DVDs, music, magazines, and materials in community languages as well as providing a huge selection of e-resources.

Join online, call our Outreach Services team on 4974 5348 or ask a friend to do it for you. We're here to help.

### **GET THE MOST OF YOUR MOBILE DEVICE AND ACCESS OUR ONLINE LIBRARY**

Bring in your own mobile device and discover books, music, magazines, film and more at your fingertips. Book in a one on one session with library

staff and they will guide you through our E-Library resources. To book a session you can use the 'Ask a Librarian' feature on our website or enquire at any local branch.

### **WANT TO LEARN MORE ABOUT LOCAL HISTORY?**

We collect, preserve and provide access to a range of materials which document the history of Newcastle, the Hunter and its people. Whether you are a family historian, a student or interested in the heritage of the local area, the Local History Library at our City branch has the resources to help you.

You can simply pop in and browse, or book some time with our Local History librarians to get some tailored assistance.

### **FOR MORE INFORMATION**

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

You can also subscribe to our regular e-newsletter 'What's On' through the site.



# Have your say

# Download

# Share

# Participate

## DOWNLOAD YOUR FREE COPY ONLINE

Need more copies to share with your family, carers and friends?

Visit [newcastle.nsw.gov.au/seniors](http://newcastle.nsw.gov.au/seniors) to download and share.

## FEEDBACK

The City of Newcastle's Seniors Directory intends to help people be connected with their community. We're exploring how we connect and communicate both now and into the future. If you have any comments about the directory, email us at [communityadmin@ncc.nsw.gov.au](mailto:communityadmin@ncc.nsw.gov.au)

## 2021 SENIORS DIRECTORY - EXPRESSIONS OF INTEREST

Are you a community club, association or service specifically dedicated to helping Seniors remain active and engaged members within our community? To express your interest in participating with a listing, email us at [communityadmin@ncc.nsw.gov.au](mailto:communityadmin@ncc.nsw.gov.au)

## Have your say



At the City there are many ways to have your say on a range of topics. From surveys, to community drop-in sessions, workshops and online you can tell us what's important to you.

You're encouraged to get involved, go online to [newcastle.nsw.gov.au/YourSay](http://newcastle.nsw.gov.au/YourSay)

