

NEWCASTLE SENIORS FESTIVAL



13-24 FEBRUARY
2019

Find an event near you at
seniorsfestival.nsw.gov.au
or visit newcastle.nsw.gov.au



Wednesday 13 February 2019

Event Name	Time	Venue/Location	Contact	Description/Details
Gentle Exercise Class	9:30am-10:30am	Wallsend Pioneer Memorial Hall, Cnr of Cowper Street and Newcastle Road.	Ingrid Jeffries M. 0404 269 018	Come and join in for some gentle exercise led by an accredited exercise physiologist. Bookings essential Cost \$5

Thursday 14 February 2019

Event Name	Date and Time	Venue/Location	Contact	Description/Details
Newcastle Library – Book Chat with Peter Trist	10.30am-12noon	Newcastle Region Library Laman Street Newcastle	library@ncc.nsw.gov.au 4974 5300	Come along for Book Chat with the wonderfully entertaining Peter Trist. Each month Peter explores new literary theme with his trademark wit, wisdom and warmth. Free. Bookings essential.
Angamus	4.00pm-5.30pm	West's New Lambton	angamus.com	Angamus Duo (violin & piano) show performing in the Marble Bar . Free to attend
One City One Book: Big Book Club Presents Dervla McTiernan's 'The Rúin' - City Hall	6pm-8pm	Newcastle City Hall	Newcastle Region Library library@ncc.nsw.gov.au 02 4974 5300	The Big Book Club with <i>The Rúin</i> author Dervla McTiernan in conversation with Dr Rachel Franks - Coordinator, Education & Scholarship at the State Library of New South Wales, a Conjoint Fellow at the University of Newcastle and true crime researcher. Arrive at 6pm for 6:30pm start. \$15. Includes drink on arrival (beer, wine or soft drink). Bookings essential. Book via Eventbrite

Friday 15 February 2019

Event Name	Date and Time	Venue/Location	Contact	Description/Details
<p>Last Chance to visit Home Dignity Justice at Newcastle Regional Library Lovett Gallery</p>	<p>9.30am – 5pm Exhibition Closes 16/02</p>	<p>Lovett Gallery – Newcastle Regional Library</p>	<p>Visit the Newcastle Regional Library website</p>	<p>Home, Dignity, Justice : An Australian Human Rights Commission Photographic Retrospective.</p> <p>Celebrate the 70th Anniversary of The Universal Declaration of Human Rights through the powerful photographs and stories of <i>Home Dignity Justice</i>. This retrospective exhibition brings together entries by children and adults to Australian Human Rights Commission competitions, and raises awareness of human rights. Join us to strengthen your understanding of the issues and #standup4humanrights.</p>

Saturday 16 February 2019

Event Name	Time	Venue/Location	Contact	Description/Details
Dementia Australia Research Foundation and The Tai Chi Centre Tai Chi and Qigong in the Park	10am	Tram Sheds Newcastle Park Foreshore	02 4962 7000 or 0410 181498	Join Dementia Australia Research Foundation and The Tai Chi Centre for Tai Chi and Qigong at Foreshore Park. Wear comfortable clothes and flat shoes.
Newcastle Family History Society Open Day for Seniors	10.45am morning tea and tour	Mechanics Institute 68 Elder Street Lambton	Visit www.nfhs.org.au or find us on Facebook	Activities free for Seniors

Saturday 16 February 2019

Event Name	Time	Venue/Location	Contact	Description/Details
Newcastle Art Gallery - Public tour of <i>OLSEN ORMANDY: a creative force</i> exhibition	11am	1 Laman Street Newcastle	For more information about the exhibition, link here: www.nag.org.au	Meet one of our Guides at the Gallery Shop and join a free tour of the <i>OLSEN ORMANDY: a creative force</i> exhibition. No bookings are required; simply meet our Guide at the Gallery Shop and be taken on a circuit of the exhibition and permanent sculpture display. Free
Newcastle Art Gallery – Artist Led Workshop <i>Contemporary Jewellery & Necklace design with Zoe Tjanavaras</i>	10.30 – 2pm	Newcastle Art Gallery 1 Laman Street Newcastle	www.nag.org.au	Working with local artist and jewellery designer Zoe Tjanavaras, participants will develop their own lightweight contemporary necklace and earrings using brightly coloured laser cut designs \$85pp Materials supplied.

Sunday 17 February 2019

Event Name	Time	Venue/Location	Contact	Description/Details
Newcastle National Park Croquet – Come and Try	10am – 12noon	Newcastle Croquet Club National Park Street Newcastle	Secretary: Alan Gray Email: croquetnewcastle@gmail.com	Come and try this social and competitive activity for fun and friendship.
Newcastle Art Gallery - Public tour of <i>OLSEN ORMANDY: a creative force</i> exhibition	11am	1 Laman Street Newcastle	Contact www.nag.org.au	Meet one of our Guides at the Gallery Shop and join a free tour of the OLSEN ORMANDY: a creative force exhibition. No bookings are required; simply meet our Guide at the Gallery Shop and be taken on a circuit of the exhibition and permanent sculpture display. Free

Monday 18 February 2019

Event Name	Time	Venue/Location	Contact	Description/Details
Country Fun Line Dancing – Learn to Line Dance	1pm	Mayfield Seniors Centre 189 Maitland Road Mayfield	Pearl 0402 941 466	Free. Fun easy session learning line dance with other Seniors Please wear comfortable clothes and shoes. Patient teacher and welcoming students
Newcastle Regional Library - Image Hunt: Augmented Reality with Local Studies	10am– 10.45	Newcastle Regional Library – Local History Lounge Laman Street Newcastle	library@ncc.nsw.gov.au 02 4974 5300	Try out augmented reality or AR for short! Go on a historical treasure hunt for local images of the past and see what surprising images and information pops up for you to view. No equipment required, just come along. Free Bookings Essential (Booking via Eventbrite)
U3A Ukulele Intermediate	10.30am – 12noon	Carrington Community Centre – 1 Hargrave Street, Carrington	Contact and registration at newcastleu3a.au@gmail.com or call 0479 193 182.	Come along, see what learning a uke involves and witness the enjoyment this course brings. Bookings essential.

Tuesday 19 February 2019

Event Name	Time	Venue/Location	Contact	Description/Details
Novacare Mystery Tour	All Day event	Pick up from your home. Call to register	Amanda 4963 6356 or 0437 917 727	Bookings essential amandaC@novacare.org.au Event \$15.00
<i>Australian Hearing Free Assessment</i> Mayfield Library	9am – 12.30	Mayfield Library	Contact Mayfield Library to book. Ph 4974 6630	Free
U3A Course – ‘Mayfield – The Toorak of Melbourne’	10.30am – 12noon	Adamstown Uniting Church	Ph 0479 193 182. Web www.newcastle.u3anet.org.au email newcastleu3a.au@gmail.com	This course is led by respected local historian and prolific author Julie Keating. In the late 1800s Mayfield was home for many Newcastle entrepreneurs. People such as William Arnott and the Winn Brothers built large family homes on acreages, which enabled the owners to enjoy extensive gardens, water views of the river and ocean and a pleasant lifestyle compared to inner city Newcastle. Bookings Essential
Angamus	4.00pm-5.30pm	West's New Lambton	angamus.com	Angamus Duo (violin & piano) show performing in the Marble Bar. Free to attend.

Wednesday 20 February 2019

Event Name	Time	Venue/Location	Contact	Description/Details
Novacare Walking Football	8.30am Registration, 9am - 11.30am games.	Lake Macquarie Regional Football Facility 13 Park Road, Speers Point NSW 2284	For further details, information and booking, please contact Amanda from Novacare on 4963 6356 or 0437 917 727.	Bookings essential. Phone 4963 6356 or 0437 917 727 or email amandaC@novacare.org.au
Novacare Activities - Strength, Balance, Relax, Art In the Park, Move and Groove & Cycling without Age	9.30	Speers Point Park	For further details, information and booking, please contact Amanda from Novacare on 4963 6356 or 0437 917 727.	Bookings essential. Phone 4963 6356 or 0437 917 727 or email amandaC@novacare.org.au
U3A Summer Newcastle Local History Walk	9.30am-11am	Newcastle CBD Meeting Point advised on registration. PH 0479 193 182.	Bookings essential 0479 193 182 Web www.newcastle.u3anet.org.au email newcastleu3a.au@gmail.com	Presented by Local historian Suzanne Martin. Where was the George Hotel, Jerrys Cafe or the Winns Store? Scott Street, Newcastle has changed so much to tell and in 2019 it will have Light Rail. Reminisce and visit the former Newcastle Railway Station-now 'The Station' and perhaps call into the 'new' Courthouse and view the 'Declaration of Newcastle' in the City Hall. This walk is all flat walking. Bring a hat, comfortable footwear, water and sunscreen. Lunch/refreshments in nearby hotel or cafes at the end of the walk.

Wednesday 20 February 2019

Event Name	Time	Venue/Location	Contact	Description/Details
Newcastle Netball Association – Walking Netball Come and Try Morning	10.00am	National Park Netball Courts, Cooks Hill	Ellen Monaghan 0407 431 485	Free
U3A – Full Body Stretch / Latino Dancercise	11am-12.15pm	Henderson Park Hall 42 Lockyer Street, Adamstown	Bookings essential 0479 193 182 Web www.newcastle.u3anet.org.au email newcastleu3a.au@gmail.com	Bring a yoga mat, towel and water. Wear comfortable clothes to stretch in standing, sitting and lying positions and joggers or Zumba shoes for the Latino exercise. Reservations are essential!
<i>Australian Hearing Free Assessment</i> Beresfield Library	1pm – 4pm	Beresfield Library 34 Lawson Avenue Beresfield	Contact Beresfield Library to book 4978 4070	Free
U3A - Middle Eastern Choreographics	1.15pm-2.45pm	Henderson Park Hall 42 Lockyer Street, Adamstown	Bookings essential 0479 193 182 Web www.newcastle.u3anet.org.au email newcastleu3a.au@gmail.com	A social and exercise course. Participants can wear beautiful, exotic costumes and engage in dancing that is a delight to watch. Wear comfortable clothes and a shimmy belt (if you have one) and bring a bottle of water. NB Shimmy belts are also available for purchase at \$20. Reservations are essential!

Thursday 21 February 2019

Event Name	Time	Venue/Location	Contact	Description/Details
Multicultural Seniors Festival presented by Hunter Multicultural Communities Inc.	9.00am – 2pm	John Gebhardt Centre 2A Platt St Waratah	Call Milan 4960 8248 or email milan@huntermulticultural.org.au	Lunch, entertainment, exercise session \$10
U3A Course – Consumer Choice – What does ageing at home mean for you?	10.00am-12noon	Adamstown Uniting Church	Bookings essential 0479 193 182 Web www.newcastle.u3anet.org.au email newcastleu3a.au@gmail.com	Dr Joseph Winsen leads a fascinating session looking at Securitisation, Asset Backed Securities, Collateralised Debt Obligations (CDOs), Credit Default Swaps, etc. simply explained.
U3A Course – Weapons of Wealth Destruction! (The Instruments that Spawned the GFC)	1.30pm-3.00pm	U3A Room, 21 Gordon Avenue, Hamilton	Bookings essential 0479 193 182 Web www.newcastle.u3anet.org.au email newcastleu3a.au@gmail.com	Dr Joseph Winsen leads a fascinating session looking at Securitisation, Asset Backed Securities, Collateralised Debt Obligations (CDOs), Credit Default Swaps, etc. simply explained. Reservations are essential!
Angamus	4.00pm-5.30pm	West's New Lambton	angamus.com	Angamus Duo (violin & piano) show performing in the Marble Bar. Free to attend.

Friday 22 February 2019

Event Name	Time	Venue/Location	Contact	Description/Details
Novacare Filipino Dinner Feast	5pm onwards	Hamilton	Amanda from Novacare 4963 6356 or 0437 917 727	Reservations Essential. Tickets \$20. Call 4963 6356 or 0437 917 727 or email amandac@novacare.org.au to book

Saturday 23 February 2019

Event Name	Time	Venue/Location	Contact	Description/Details
Big Book Giveaway – Wallsend Library	9.30am-2pm	Wallsend Library 30 Bunn Street Wallsend	Contact Wallsend Library for information 4985 6680	Pick up a free book or grab a sausage sandwich at the sausage sizzle and support our local charity partners! Free
Newcastle Art Gallery – Public Tour of FLORIBUNDA: from the collection exhibition	11am	Newcastle Art Gallery 1 Laman Street Newcastle	Contact www.nag.org.au	Meet one of our Guides at the Gallery Shop and join a free tour of the <i>FLORIBUNDA: from the collection</i> exhibition. No bookings are required; simply meet our Guide at the Gallery Shop and be taken on a circuit of the exhibition and permanent sculpture display.

Sunday 24 February 2019

Event Name	Time	Venue/Location	Contact	Description/Details
Newcastle Hunter Jazz Club presents The Licorice Allsorts	2.00pm – 4.30pm	Central Charlestown Leagues Club	Newcastlejazz.com.au	\$10 members \$15 Guests
Newcastle Art Gallery – Public Tour of FLORIBUNDA: from the collection exhibition	11am	Newcastle Art Gallery 1 Laman Street Newcastle	Contact www.nag.org.au	Meet one of our Guides at the Gallery Shop and join a free tour of the <i>FLORIBUNDA: from the collection</i> exhibition. No bookings are required; simply meet our Guide at the Gallery Shop and be taken on a circuit of the exhibition and permanent sculpture display.