Be inspired 2015

SENIORS WEEK EVENT GUIDE 14-22 MARCH 2015
The City of Newcastle is delighted to present the Seniors Festival 2015.

Welcome to Seniors Week 2015! This is your week, so make it fun and make it your own. The theme for the week across the state of NSW is ‘Be Inspired’! I encourage you to celebrate Seniors Week by trying something new.

Try rock and roll dancing, take a tour of a historic site, meet up for a game of petanque, learn about volunteering opportunities or develop your public speaking skills with Toastmasters. Make this week your week to try something different, challenging and rewarding—you may just discover some talents you didn’t know you had.

There is a wealth of low cost and free activities to take part in across the Newcastle local government area. Most of the Seniors Week activities are organised and run by Novocastrians, so you can be sure that anything you try will be friendly and welcoming. This program highlights the ‘many and varied’ recreational pursuits on offer within our community – not only for Seniors Week, but all year round.

Many of these community activities are only made possible through the tireless efforts of our volunteer community. It is the commitment of these volunteers that makes such a diverse program of activities possible for all to enjoy. Let’s all share our heartfelt thanks with these individuals and community groups for their ongoing dedication to keeping our seniors young and vibrant.

So, I say to you, ... ‘Be Inspired’, give something different a go!

On behalf of the City of Newcastle, I wish everyone a fantastic Seniors Week 2015.

Councillor Nuatali Nelmes
Lord Mayor
City of Newcastle
Discover History

It’s a week for discovering history!
Through the week there are several activities offering a glimpse into the past.
Why not learn Family History or Document Preservation.

If vintage machinery and trucks spark your interest – then take a day trip to the Hunter Valley Truck Muster.

Two of Newcastle’s historic sites – Fort Scratchley and Miss Porter’s House are open for you to enjoy.

Or how about seeing some live theatre, Catch ‘Black Diggers’ at the Civic or ‘A Talent to Amuse’ at Newcastle Art Gallery.

See program for details.
University of the Third Age (U3A) is a self-help organisation that provides affordable courses and activities for people in their ‘third age’ of active retirement.

Courses are provided for the members by the members and provides an opportunity for retired and semi-retired people over the age of 50 to teach and learn from each other.

Courses can include foreign languages, jazz and classical music, history, belly dancing, literature, environmental and other current issues, travel, chess, Tai Chi, family history, computer and book groups. As well as a wide range of courses, U3A also has social events like excursions, monthly lunches, coffee mornings and trivia mornings.

The nature of the course depends on the course leader but generally courses are relaxed and informal so that members can enjoy learning with people their own age and with similar interests. There are no exams.

Most courses are given by members but sometimes non-members who have a special interest offer to give a course. Members are encouraged to give courses because without course leaders U3A could not function. If you are interested in giving a course contact the Course Coordinator. No formal academic qualifications are needed to give U3A courses.

Membership is only $50 a year and this entitles you to attend as many classes as you choose.

Come and try a U3A Class this Seniors week:

**Middle Eastern Choreographies**
Directed by Colleen Potts
View an active class and learn more about this invigorating programme.

**WEDNESDAY**
18 March
12noon-2pm
Henderson Park Hall
Corner Lockyer & James Streets, Adamstown

**Music Endangerment: What it is, and Why We Should Care?**
Presented by Catherine Grant
‘Music endangerment’ is a worldwide phenomenon, particularly in Indigenous & minority communities.

**THURSDAY**
19 March
10.30am-12.15pm
University House Theaterette
Auckland Street, Newcastle

**Singing Group**
New members – singers and musicians and accompanists - are always very welcome. Why not attend this performance and get to know this talented group of dedicated people?

**FRIDAY**
20 March
1.30pm-3.30pm
Fellowship House
150 Beaumont Street, Hamilton

**Learn About U3A**
Informal session explaining U3A courses, with time for questions and of course, the opportunity to join U3A!

**SATURDAY**
21 March
10.30am-11.30am
U3A Room, 21 Gordon Avenue, Hamilton

For more information, to access the program of classes or for enrolment forms, visit the U3A website at www.hunter.u3anet.org.au
How did you first become involved in U3A?

After retiring from my career in education and the performing arts sector, I wanted to use my vocational skills and combine them with my love of dance and performance. I enrolled with a dance school and took some classes in tap dancing and belly dancing. After participation as a student and a great deal of encouragement from my class mates, I decided it was time to give tutoring a go. Not long after this, I started teaching some classes with U3A.

Can you tell us more about the dance class featured here in the brochure?

The ladies call themselves ‘Nefertiti of the Hunter’. This class has been going for over eight years and many of the participants have been in the group since the beginning. Ladies are aged from their 50s to their 80s showing such a diversity in age range amongst the group. The U3A classes are such a safe and supportive environment for people to practice their hobby with like minded people. These classes also allow people to get exercise and be social.

Benefits to each person are different. Some find it to be the unexpected enjoyment of moving and dancing in a style that is different to the everyday, having the courage to dress up and wear what you wouldn’t normally wear. Others appreciate the opportunity to be brave and confident enough to undertake a performance. For others it’s about helping others and participating in community life.

As a class we support each other, we have a laugh and have a joke. My motto that I share with my students is “do U3A for fun, fitness and friendship”.

How do ‘Nefertiti of the Hunter’ get involved in the community?

We have a strong aged care facility program, doing performances at residences across the Hunter region. Our performances bring such joy to the residents. It’s the colour and movement, as well as the chance for the audience to talk to the ladies themselves. In addition to this, the girls dance at Probus Clubs, View Clubs and Senior Citizens Centres.

Each year I organise an annual end of year variety concert at the Hunter School of the Performing Arts for a number of my U3A classes. On this day, the ladies perform alongside the primary, junior and senior high school students. It proves you are never too young or too old to entertain. I know sometimes the ladies feel nervous, but they just get out on stage and perform their routine.

Last year, one of the primary school students approached me at the end asked how people could join the class. She said “my Gran would just love this”. I said to her – “simply google U3A for Gran, and all the information can be found on the website”.

If you had more hours in the day, what other U3A classes would you participate in?

Tai Chi is something I would like to try. If I had more time, I would be interested in joining a computer class to learn more about what I can do with my Ipad. Some of the tours offered by U3A are particularly interesting also.

What words of encouragement would you offer someone who is thinking about joining?

Bite the bullet, jump in and have a go! You will soon find out if its for you or not!
Are you interested in becoming a Landcare volunteer with The City of Newcastle?

Landcare volunteers play an important role in helping to conserve and enhance our coastal and bushland environments.

The City of Newcastle and the Hunter Region Landcare Network have formed an alliance to help support Landcare volunteers and groups in natural resource management activities like bush regeneration, dune rehabilitation, seed collection and plant propagation.

Our vision is to preserve and protect biodiversity of our natural environment, and to foster community awareness and participation in sustainable natural resource management for Newcastle.

Landcare groups in the Newcastle area

<table>
<thead>
<tr>
<th>Reserve/Area</th>
<th>Location</th>
<th>Time</th>
<th>Frequency</th>
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</thead>
<tbody>
<tr>
<td>Aries Way Reserve</td>
<td>Aries Way, Elemore Vale</td>
<td>1:30pm</td>
<td>3rd Sunday of month</td>
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<tr>
<td>Anna Place Reserve</td>
<td>Benjamin Drive, Wallsend</td>
<td>9:30am</td>
<td>4 dates per year*</td>
</tr>
<tr>
<td>Blackbutt Reserve Rainforest</td>
<td>Rangers Cottage</td>
<td>8am</td>
<td>Every Tuesday</td>
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<tr>
<td>Central Rankin Park (Murabambah Park)</td>
<td>Hasluck Drive or Rosedale Crescent, Rankin Park</td>
<td>9:30am</td>
<td>Every Wednesday</td>
</tr>
<tr>
<td>Charlotte Street Reserve</td>
<td>Merewether Street, Merewether</td>
<td>1pm</td>
<td>2nd Friday of month</td>
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<tr>
<td>Dixon Park Beach</td>
<td>Ocean Street, Merewether</td>
<td>8:30am</td>
<td>1st Tuesday of month</td>
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<tr>
<td>George McGregor Reserve</td>
<td>Cambridge Drive, Rankin Park</td>
<td>9am</td>
<td>3rd Sunday of month</td>
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<tr>
<td>Jacknorman Reserve</td>
<td>Jacknorman Street, Waratah West</td>
<td>9am</td>
<td>Most Sundays</td>
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<tr>
<td>Jesmond Bushland Reserve</td>
<td>Newcastle Link Road, Jesmond</td>
<td>Various</td>
<td></td>
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For more information visit [www.newcastle.nsw.gov.au](http://www.newcastle.nsw.gov.au), phone 4904 3310 or email landcare@ncc.nsw.gov.au.
Third Annual Newcastle Writers Festival
20 to 22 March, Newcastle City Hall

The three-day program includes a number of Australia’s most respected literary figures including Helen Garner and Les Murray. Other festival guests include Bob Brown, Geraldine Doogue and Michael Robotham.

About half of the sessions are free and Festival director Rosemarie Milsom has once again ensured that the program includes local content. Highlights include the launch of the book, Radical Newcastle, edited by James Bennett, Nancy Cushing and Erik Eklund, as well a session about the history of the Hunter’s wine industry, which includes University of Newcastle researchers John Germov and Julie McIntyre, as well as respected vigneron Jay Tulloch.

There will also be a number of readings, workshops and panel discussions, as well as the opportunity for local writers to gather and share their work.

Reconstructing a life from the archives with Christine Bramble. Reference to World War I archives will feature.

Free event.
No bookings required. For full festival program visit your local library or www.newcastlewritersfestival.org.au

FRIDAY
20 March
12.30pm-1.30pm

John Maynard discusses an Aboriginal perspective of convict artist Joseph Lycett.

Free event.
No bookings required. For full festival program visit your local library or www.newcastlewritersfestival.org.au

FRIDAY
20 March
2pm-3pm

Blanche D’Alpuget talks about writing, her colourful life and loves.

Tickets $22.
Bookings via Ticketek (02) 4929 1977 or www.ticketek.com.au

SATURDAY
21 March
11.30am-12.30pm

Poet Les Murray reads from his new volume of poems.

Tickets $22.
Bookings via Ticketek (02) 4929 1977 or www.ticketek.com.au

SUNDAY
22 March
10am-11am

The Newcastle Writers Festival is generously supported by The City of Newcastle, University of Newcastle, Newcastle NOW, Copyright Agency Limited, and MacLean’s Booksellers.

A printed program is available from your local library and can be downloaded from the Festival website www.newcastlewritersfestival.org.au
Hunter Valley Classic Commercial Vehicle Club

truck muster

Hunter Valley Vintage Commercial Vehicle Show

Maitland Showground, Blomfield Street, Maitland
Saturday 14 March 9am-4pm | Sunday 15 March 9am-2pm

- Vintage commercial vehicles
- Historic fire engines
- Military vehicles and buses
- Vintage farm machinery

For more information call Bill Swift on 0420 635 146 or visit www.hunteroldtrucks.com

Family History on the Internet

Wallsend District Library

Surfing ‘the net’ can open up new ways of discovering your ancestors. This course will provide an overview of family history resources available online.

Tuesday 17 March.
Bookings Essential

See program for details.

Caring for your photographs and documents

Local Studies Library - Laman street, Newcastle

Learn about the basic care and preservation of your significant photographs and documents.

Friday 20 March.
Bookings Essential.

See program for details.
Miss Porter’s House
National Trust

Step out to Miss Porter’s House on Wednesday or Friday of Seniors Week for a tour of the house and a good old-fashioned morning or afternoon tea.
See program for details.

Newcastle Family History Society Inc

The Newcastle Family History Society Inc. welcomes seniors who are interested in Family History to visit the Society’s library to receive assistance to begin their family history research.

Sessions available on Saturday 14 March and Thursday 19 March
Lambton Mechanics Institute.
Bookings Essential.
See program for details.

Fort Scratchley Tunnel Tours

Tunnel into 100 years of history at Fort Scratchley.
Guided tunnel tours only $7pp during Seniors Week. Daily (closed Tuesday).
Tours depart regularly, last tour each day is 2:30pm. Bookings Essential.
See program for details.
Be Entertained

Readings from your Favourite Storyteller

Morning tea and live reading

Celebrate Seniors Week with a cup of kindness and readings from Newcastle’s favourite storyteller Malcom Young.

New Lambton Library

Tuesday 17 March
See program for details

Music of the Guns
Fort Scratchley

Presented by the Australian Army Band

Bring your own refreshments and enjoy the sights and sounds of this event, culminating in the 1812 Overture where the guns of Fort Scratchley become a part of the band!

Saturday 14 March
See program for details

Songs and Biccies of the World

Newcastle Museum

Enjoy some beautiful Celtic singing from the Heart of Erin choir as well as Hot Gospel and taste a sample of biscuits from around the world at our special Harmony Day event.

Saturday 21 March
See program for details

Duet Angamus

Be entertained by the region’s leading violin and piano duo: ‘Angamus’ this Seniors Week.

Listen to your favourite ballads, classics and music from films and theatre-then enjoy chatting to the musicians!

Tuesday 17 and Thursday 19 March
See program for details

St. Patrick’s Day

Newcastle Seniors Centre

Live entertainment by Eilliss Doyle

Come dressed up in your greens

Sing a long or dance to an Irish tune

Have a hearty Irish themed meal

Thursday 19 March
See program for details

Presented by ACON in association with Queer Screen

A special program of lesbian and gay films to be followed by a fun and delicious afternoon tea

Sunday 15 March
See program for details
A Talent to Amuse – A Tribute to Noël Coward

Written & directed by Peter Trist – An Allegro Production

**Newcastle Region Library & Newcastle Art Gallery presents**

Join us for an afternoon filled with the wit and music of Noel Coward. Hear classic Coward songs played by Philip Sketchley and performed by Nola Wallace, Graeme Hands, Tayla Choice and Ben Freeman.

Newcastle Art Gallery
Thursday 19 March
Event fully subscribed, however please call Newcastle Region Library to register your interest in a potential second event: 4974 5300
Get Active

**Join in a game of Bowls**

Social days organised by clubs so new members can experience the game of bowls.

Brought to you this Seniors Week by Newcastle District Bowling Association and Merewether Women’s Bowls Club.

Tuesday 17 March & Thursday 19 March.

See program for details.

**Come and Try Croquet**

Try mallet sport games, enjoy being social and get some gentle exercise.

Wear flat soled shoes and a hat.

Sunday 15 March

See program for details.

**Line Dancing**

Always wanted to try line dancing?

Watch a free Line Dancing Demonstration by a social club. If you have always thought you would like to try it, come and watch and see if it’s for you.

Thursday 19 March

See program for details.

**Ever thought about playing Petanque?**

Join us at Nesca Park Cooks Hill for morning tea and an introduction to the exciting game of petanque. We are here to show you the game and welcome new members.

Friday 20 March

See program for details.
Heartmoves is a gentle physical activity program suitable for anyone who hasn’t done any exercise in a while. Heartmoves is open to everyone and is designed to be safe for people with stable long term health conditions such as heart disease, diabetes or obesity.

Heartmoves is run by accredited exercise professionals specifically trained in managing safe, low to moderate intensity physical activity programs. Classes are limited in size to ensure maximum safety for the participants. A pre-exercise assessment and referral form will need to be completed before your class. We suggest you arrive early enough to complete this form with the leader. Your Heartmoves leader will review this form and may request a doctors referral.

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<tr>
<th>Suburb</th>
<th>Phone</th>
<th>Venue</th>
<th>Time and Day</th>
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<tbody>
<tr>
<td>Adamstown Heights</td>
<td>4961 3238</td>
<td>Uniting Church Memorial Hall, 608 Glebe Road, Adamstown Heights</td>
<td>Wednesday &amp; Thursday 9.30am, Tuesday 9am</td>
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<tr>
<td>Mayfield</td>
<td>4961 3238</td>
<td>St Andrew Anglican Church, Church Street, Mayfield</td>
<td>Monday 9am</td>
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<tr>
<td>Merewether</td>
<td>4963 4385</td>
<td>Novacare Care Seniors Club, 26 Caldwell Street, Merewether</td>
<td>Friday 12pm</td>
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<tr>
<td>Broadmeadow</td>
<td>4963 4385</td>
<td>Italian Community, 125 Broadmeadow Road, Broadmeadow</td>
<td>Friday 9.30am</td>
</tr>
<tr>
<td>Broadmeadow</td>
<td>4963 4385</td>
<td>Polish Community, 122 Chatham Road, Broadmeadow</td>
<td>Tuesday 11.35am -12.05pm and Wednesday 11am-11.30am</td>
</tr>
<tr>
<td>Waratah</td>
<td>4963 4385</td>
<td>Waratah Multicultural, 2a Platt Street, Waratah</td>
<td>Tuesday 10.40am-11.10am</td>
</tr>
<tr>
<td>Hamilton</td>
<td>4963 4385</td>
<td>Greek Holy Apostles, 11 Steel Street, Hamilton</td>
<td>Tuesday 9.45am - 10.15am</td>
</tr>
<tr>
<td>Mayfield</td>
<td>4963 4385</td>
<td>Newcastle Multicultural, 30 Crebert Street, Mayfield</td>
<td>Wednesday 9.30am - 10am</td>
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<tr>
<td>Newcastle West</td>
<td>4922 1547</td>
<td>The Auditorium, Newcastle Leagues Club, 17 National Park Street, Newcastle West</td>
<td>Monday &amp; Wednesday 11am Beginners, Tuesday &amp; Thursday 11am Advanced</td>
</tr>
<tr>
<td>Jesmond</td>
<td>0402 931 226</td>
<td>Jesmond Neighbourhood Centre, 44 Mordue Parade, Jesmond</td>
<td>Monday and Wednesday 2.15pm -3.00pm</td>
</tr>
<tr>
<td>Mayfield</td>
<td>4967 2299</td>
<td>Genesis Fitness (Inside Mayfield Diggers), 58 Hanbury Street, Mayfield</td>
<td>Monday and Wednesday 10.15am and Friday 9.30am</td>
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</tbody>
</table>

Contact the class instructor on the phone number provided for costs. Some venues will be free or gold coin donation during Seniors Week. For more information visit [www.heartmoves.org.au](http://www.heartmoves.org.au)
Everything you need to know about getting tech savvy + much more

Seniors Law

The Hunter Community Legal Centre invites you to talk about legal matters.

Enjoy a relaxed afternoon tea while learning about legal issues affecting seniors from the solicitors at the Hunter Community Legal Centre.

Our solicitors are here to help you understand issues affecting seniors.

The Hunter Community Legal Centre

Wednesday 18 March
Bookings Essential
See program for details

Social Cards Day – Back to Basics

Join us for a social cards day at Mayfield Seniors Centre for some social cards.

Mayfield Senior Citizen Centre

Tuesday 17 March
Bookings Essential
See program for details

Discover your E-Library

Discover Newcastle Region Library’s free e-library. You will learn how to download your favourite books onto your e-reader.

Wallsend Library & Newcastle City Library

TUESDAY
17 March

See program for details
Older Women’s Network of Newcastle

The Newcastle branch of The Older Women’s Network is hosting a talk by local artist Suzi Zglinicki on Australian Women Artists from 1788-1940.

The Sydney Junction Hotel, Hamilton
Thursday 19 March
See program for details

Novocastrian Quilters Social Meeting

Bring your sewing, some lunch and meet our members. Enjoy viewing quilting and patchwork techniques in demonstration.

New Lambton Community Centre
Saturday 21 March
Bookings Essential
See program for details

Are you an ‘Appy Senior’

Do you own a mobile phone or a tablet with internet connectivity? Join us for this two hour workshop to learn more about useful apps for seniors.

Wallsend Library
WEDNESDAY
18 March

Email and the Internet for Beginners

Email/internet help Learn the basics of email and Internet. This session will also provide an opportunity to set up a free email account.

Wallsend Library
THURSDAY
19 March

Board Games, Card Games and More

Flex your competitive muscle at chess, cards, backgammon or bring your favourite game.

Newcastle City Library
THURSDAY
19 March
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<tr>
<th>Time/Cost</th>
<th>Activity</th>
<th>Location</th>
<th>Access</th>
<th>Info/Bookings</th>
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<tbody>
<tr>
<td><strong>Saturday 14 March</strong></td>
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<tr>
<td>10am – 2pm Free</td>
<td><strong>Learn Family History – Newcastle Family History Society</strong>&lt;br&gt;Visit the Society’s library to receive assistance to research your family history.</td>
<td>Lambton Mechanics Institute&lt;br&gt;68 Elder Street, Lambton</td>
<td></td>
<td>Bookings Essential Call 4948 9113</td>
</tr>
<tr>
<td>9am-4pm $5</td>
<td><strong>Vintage Truck Muster</strong>&lt;br&gt;Vintage vehicles and machinery on show.</td>
<td>Maitland Showground, Blomfield Street Maitland</td>
<td></td>
<td>Call 0420 635 146 for information</td>
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<tr>
<td>6.30pm (Gates 5pm) $18 (Seniors Card Required)</td>
<td><strong>Music of the Guns</strong>&lt;br&gt;Presented by the Australian Army Band culminating in the 1812 Overture with the Fort Scratchley Guns.</td>
<td>Fort Scratchley Nobbys Road, Newcastle</td>
<td>Limited Access</td>
<td>Bookings Essential Call 4929 1977</td>
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<tr>
<td><strong>Sunday 15 March</strong></td>
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<tr>
<td>10am – 12pm Free</td>
<td><strong>‘Come and Try Croquet’</strong>&lt;br&gt;Try mallet sport games, enjoy being social and get some gentle exercise.</td>
<td>National Park Croquet Club, 25 National Park Street, Hamilton</td>
<td></td>
<td>No Booking Required Call 4969 2268</td>
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</table>

Hunter Bird Observers Club caters specifically for those with an interest in bird life in its natural habitat. We organise activities that enhance people’s bird identification skills and promote the study and conservation of native birds and their habitat. We meet on the second Wednesday of every month at the Hunter Wetlands Centre and have regular field activities for members and visitors.

For more info, visit www.hboc.org.au
### Time/Cost | Activity | Location | Access | Info/Bookings
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10am – 3pm | **Record Fair**  
Browse through rare and collectible records and CDs in the Museum’s first ever Record Fair! | Newcastle Museum, Honeysuckle, Newcastle | 🚊 | No Booking Required

9am – 2pm | **Vintage Truck Muster**  
Vintage vehicles and machinery on show. | Maitland Showground, Blomfield Street, Maitland | 🚊 | Call 0420 635 146 for information

2pm – 5.30pm | **Afternoon Delight**  
A movie matinee with a delightful finale, a special program of lesbian and gay films with an afternoon tea to follow. | Tower Cinemas, 189 King Street, Newcastle | 🚊 | Bookings Essential Call 9206 2017 or 9206 2016

### Monday 16 March

9am – 12noon | **Social Indoor Bowls**  
Come along and enjoy indoor bowls. Its social and its fun. | Mayfield Senior Citizens Centre, 102 Hanbury Street, Mayfield | 🚊 | No Booking Required Call 4967 5371 for information

9.30am-11.45am | **Learn about Computer Pals.**  
Nifty knowledge to help you keep up with the younger generation. Learn about your digital estate and how to protect it. Meet us at our classroom. | Islington Public School, Hubbard Street, Islington | 🚊 | No Booking Required Call 4961 6576 for information

10am | **Newcastle Creative Embroiderers and Textile Artists.**  
Come along to learn and share textile activities. | 130 Garden Grove Parade, Adamstown Heights | 🚊 | No Booking Required Call 4944 8486 for information

**Wheelchair access**️ | **Close to bus stop**️
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<tr>
<th>Time/Cost</th>
<th>Activity</th>
<th>Location</th>
<th>Access</th>
<th>Info/Bookings</th>
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<tr>
<td>10am-2pm</td>
<td><strong>Seniors Funday</strong></td>
<td>Beresfield Seniors Club</td>
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<td>Bookings Essential Call 0438 263 353</td>
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<td></td>
<td>Join us for a great variety of games.</td>
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<tr>
<td>Morning tea</td>
<td><strong>Enjoy Something New</strong></td>
<td>Newcastle Elderly Citizens Centre, Laing Street, Newcastle</td>
<td></td>
<td>No Booking Required Call 4926 2324 for information</td>
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<tr>
<td>served 9am</td>
<td>Drop in for morning tea or hot lunch. Board games, cards or a friendly chat.</td>
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<td>Lunch 12noon</td>
<td><strong>Author Talk – Life After Sixty</strong></td>
<td>New Lambton Library, Regent Street, New Lambton</td>
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<td>Bookings Essential Call 4904 3340</td>
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<tr>
<td>11am</td>
<td><strong>Creating photo-books</strong></td>
<td>Wallsend District Library, Bunn Street, Wallsend (Multifunction Space)</td>
<td></td>
<td>Bookings Essential Call 4985 6680</td>
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<tr>
<td>Free</td>
<td>Would you like to create a book of your travels or a brag book featuring your grandchildren?</td>
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<td>Learn how!</td>
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<tr>
<td>1pm – 4pm</td>
<td><strong>OLDER WOMEN’S NETWORK OF NEWCASTLE</strong></td>
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<td></td>
<td>If you would like to be part of a lively, supportive group, working together to make a difference for yourself and for other women in the Newcastle area, you really must get in touch.</td>
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<td>Guest Speakers</td>
<td>Coffee Mornings</td>
<td>Lunches</td>
<td>Social Gatherings</td>
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<td>...promoting the rights, dignity and wellbeing of older women</td>
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<td><strong>TOASTMASTERS</strong></td>
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<td>Keep your mind sharp; improve your organisation and listening skills in a friendly and supportive environment; at the same time helping others along the way!</td>
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<td></td>
<td>Newcastle</td>
<td>Merewether</td>
<td>Adamstown</td>
<td>Broadmeadow</td>
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<td>Call 1300 653 876 to find out more or to find a club near you.</td>
<td><a href="http://www.toastmasters.org.au">www.toastmasters.org.au</a></td>
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<tr>
<td>Tuesday 17 March</td>
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| 9am – 5pm | **Come and Play Cards**  
Join us for a social cards day. Bring you lunch and play all day. | Mayfield Seniors Centres, 102 Hanbury Street, Mayfield | 🚊 | No Booking Required  
Call 4974 8382 for information |
| 9.30am-noon | **Come and Try Bowls with Merewether Women's Bowls Club**  
After morning tea, have a roll up on the green. Bowls supplied. | Merewether Bowling Club, Caldwell Street, Merewether | 🚊 | Booking Essential  
Call 4963 4196 |
| 9.30am –11am (City Library) | **Discover Your ‘e Library’**  
Discover the free e-library. Learn how to download your favourite books onto your e-reader. | Newcastle City Library, Laman Street, Newcastle  
Wallsend District Library, Bunn Street, Wallsend | 🚊 | No Booking Required  
Call 4974 5300 for information |
| 1pm – 3pm (Wallsend) | **Morning Tea & Live Reading**  
Celebrate Seniors Week with a cup of kindness and readings from Malcom Young. | New Lambton Library, Regent Street, New Lambton | 🚊 | No Booking Required  
Call 4904 3340 for information |
| 9.30am–11am | **Family History on the Internet**  
Learn about family history resources available online. | Wallsend District Library, Bunn Street, Wallsend | 🚊 | No Booking Required  
Call 4985 6680 for information |
| 4pm – 5.30pm | **‘Duet Angamus’**  
Be Entertained with your favourite tunes. | The Marble Bar, Wests New Lambton  
88 Hobart Road, New Lambton | 🚊 | No Booking Required |
| 7pm | **Rock and Roll Dancing**  
Participate in a beginners dance lesson. | Kahiba Sports Club  
63 Kenibea Road, Kahiba | 🚊 | No Booking Required  
Call 4943 4238 for information |

*Wheelchair access Close to bus stop*
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<th>Info/Bookings</th>
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<tr>
<td>9am–12noon</td>
<td><strong>Social Indoor Bowls</strong></td>
<td>Mayfield Senior Citizens Centre, 102 Hanbury Street, Mayfield</td>
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<td>No Booking Required</td>
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<tr>
<td>$2</td>
<td>Come along and enjoy indoor bowls. Its social and its fun.</td>
<td></td>
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<td>Call 4967 5371 for information</td>
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<tr>
<td>12noon – 2pm</td>
<td><strong>U3A Middle Eastern Choreographies</strong></td>
<td>Henderson Park Hall, Corner Lockyer &amp; James Streets, Adamstown</td>
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<td>No Booking Required</td>
</tr>
<tr>
<td>Free</td>
<td>View an active class and learn more about this invigorating programme.</td>
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<tr>
<td>Morning Tea</td>
<td><strong>Miss Porter’s House</strong></td>
<td>434 King Street, Newcastle</td>
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<td>Bookings Essential</td>
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<tr>
<td>Tour:</td>
<td>Step out for a tour of the house and delightful refreshments.</td>
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<td>Call 4955 5371</td>
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<tr>
<td>10:30am - 12:30pm</td>
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<tr>
<td>Afternoon Tea</td>
<td><strong>Seniors Law</strong></td>
<td>Hunter Community Legal Centre. L2, 116 Hunter Street, Newcastle</td>
<td></td>
<td>Bookings Essential</td>
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<tr>
<td>Tour:</td>
<td>Enjoy a relaxed afternoon tea while learning about issues affecting seniors.</td>
<td></td>
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<td>Call 4040 9121</td>
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<tr>
<td>2pm – 4pm</td>
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<tr>
<td>2.30pm-4pm</td>
<td><strong>Are you an ‘Appy Senior’</strong></td>
<td>Wallsend District Library, Bunn Street Wallsend (Multifunction room)</td>
<td></td>
<td>Bookings Essential</td>
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<tr>
<td>Free</td>
<td>Do you own a mobile phone or a tablet with internet? Join us to learn more about useful apps.</td>
<td></td>
<td></td>
<td>Call 4985 6680</td>
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<tr>
<td>7pm</td>
<td><strong>Fastrack Toastmasters</strong></td>
<td>Newcastle District Tennis Club. Cnr Lambton Road and Curlee Road, Broadmeadow</td>
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<td>No Booking Required</td>
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<tr>
<td>Free</td>
<td>Try Toastmasters at this special meeting for new members.</td>
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<td>Call 0411 056 810 for information</td>
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<td><strong>Thursday 19 March</strong></td>
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<tr>
<td>10.30am – 12.15am</td>
<td><strong>U3A Morning Talk with Catherine Grant – ‘Music Endangerment’</strong>.</td>
<td>University House Theatrette, Ground Floor, Auckland St, Newcastle</td>
<td></td>
<td>No Booking Required</td>
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<tr>
<td>Free</td>
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<tr>
<td>Like languages, musical traditions are no longer passed on often meaning a loss of identity, wellbeing and culture.</td>
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<tr>
<td>10am – 2pm</td>
<td><strong>Lunch, Dancing and Friendship</strong></td>
<td>Ethnic Community Council Health and Wellness Centre. 2A Platt Street, Waratah</td>
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<td>Bookings Essential</td>
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<td>$8</td>
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<td>Call 4960 8248</td>
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<td>Join the Ethnic Communities Council for a meal and lifestyle activities presented by local artists and instructors – cultural dance, and more.</td>
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<tr>
<td>10.30am</td>
<td><strong>Games Morning</strong></td>
<td>Newcastle Region Library, Laman Street, Newcastle</td>
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<td>No Booking Required</td>
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<td>Come along and play your favourite board games.</td>
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<tr>
<td>10.30am-11.30am</td>
<td><strong>Line Dancing Demonstration</strong></td>
<td>Mayfield Senior Citizens Centre, 102 Hanbury Street, Mayfield</td>
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<td>No Booking Required</td>
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<tr>
<td>Free</td>
<td>Watch a free Line Dancing Demonstration by a social club.</td>
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<td>Call 4968 8101 for information</td>
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<tr>
<td>11am-12noon</td>
<td><strong>Australian Women Artists 1788-1940</strong></td>
<td>Sydney Junction Hotel, Beaumont Street, Hamilton</td>
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<td>No Booking Required</td>
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<tr>
<td>Free</td>
<td>Talk by Suzi Zglinicki hosted by the Older Women’s Network.</td>
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<td>Call 4952 1239 for information</td>
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<tr>
<td>10am -1pm</td>
<td><strong>St Patrick’s Day with Ellis Doyle</strong>&lt;br&gt;Enjoy a hearty Irish meal and come dressed up in your greens ready to sing and dance to an Irish tune.</td>
<td>Newcastle Elderly Citizens Centre, Laing Street, Newcastle</td>
<td>🚊</td>
<td>Bookings Essential Call 4926 2324</td>
</tr>
<tr>
<td>1pm - 3pm</td>
<td><strong>Learn Family History – Newcastle Family History Society</strong>&lt;br&gt;Visit the Society’s library to receive assistance to research your family history.</td>
<td>Lambton Mechanics Institute, 68 Elder Street, Lambton.</td>
<td>🚌</td>
<td>Bookings Essential Call 4948 9113</td>
</tr>
<tr>
<td>1pm – 4pm</td>
<td><strong>Bowls &amp; Afternoon Tea</strong>&lt;br&gt;Join us for a free bowls afternoon or just have afternoon tea.</td>
<td>Newcastle District Bowling Association. Mayfield Bowling Club, Ingall Street, Mayfield</td>
<td>🚊</td>
<td>No Booking Required Call 4929 3441 for information</td>
</tr>
<tr>
<td>2.30pm – 4pm</td>
<td><strong>A Talent to Amuse – Tribute to Noël Coward</strong>&lt;br&gt;Hear classic songs played by Philip Sketchley and performed by talented Newcastle personalities.</td>
<td>Newcastle Region Art Gallery, Laman Street, Newcastle</td>
<td>🚊</td>
<td>Event fully subscribed, however please call Newcastle Region Library to register your interest in a potential second event: 4974 5300</td>
</tr>
<tr>
<td>2pm – 3pm</td>
<td><strong>Email/Internet for Beginners</strong>&lt;br&gt;Learn email and internet basics. Opportunity to create a free email account.</td>
<td>Wallsend Library, Bunn Street, Wallsend</td>
<td>🚊</td>
<td>No Booking Required</td>
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**Bushwalking with Hunter Area Walkabout Club Inc.**

Want to make new friends, improve fitness and enjoy the outdoors? Bushwalking may be the answer!

Day walks and twilight walks thought the year – walks available for varying levels of fitness.

Call the Walks Officer on **4944 7502** or visit [www.newcastle-hunterbushwalking.org](http://www.newcastle-hunterbushwalking.org)
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</table>
| 4pm – 5.30pm | ‘Duet Angamus’  
Be Entertained with your favourite tunes. | The Marble Bar, Wests New Lambton  
88 Hobart Road, New Lambton | 🚶‍♂️ | No Booking Required |
| Free | | | 🚐 | |
| 6pm – 7pm | Multicultural Speakers Project  
An evening of shared stories about being a new Australian. | Newcastle Region Library  
Lovett Gallery  
Laman Street, Newcastle | 🚶‍♂️ | No Booking Required |
| Free | | | 🚐 | |

**Friday 20 March**

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| 9.30am -11am | Tai Chi for Health  
Learn a small set of tai chi movements. This class can be done seated. | Mayfield Senior Citizens Centre.  
102 Hanbury Street, Mayfield | 🚶‍♂️ | No Booking required  
Call 4961 3238 for information |
| Free | | | 🚐 | |
| 10am-12noon | Craft Morning  
Join us for a morning of craft and creativity. | Wallsend District Library,  
Bunn Street, Wallsend | 🚶‍♂️ | No Booking Required  
Call 4985 6680 for information |
| Free | | | 🚐 | |
| 10am-12noon | Petanque: ‘Come & Try’  
Introduction with morning tea provided. | Newcastle Petanque Club,  
Nesca Park, Cooks Hill (Cnr Brooks Street & Anzac Parade) | 🚶‍♂️ | No Booking Required  
Call 0425 214 512 for information |
| Free | | | 🚐 | |
| 11am (includes free Directors Talk at 1.30-2.15) | Black Diggers  
Civic Theatre Newcastle presents Black Diggers. | Civic Theatre,  
375 Hunter Street, Newcastle | 🚶‍♂️ | Bookings Essential  
Call 4974 2077 |
| $48 (Seniors Card Required) | | | 🚐 | |
| 10am -12noon | Caring for photographs and documents  
Learn about basic care and preservation. | Local Studies Library,  
Laman Street, Newcastle | 🚶‍♂️ | Booking Essential  
Call 4974 5300 |
| Free | | | 🚐 | |

Wheelchair access 🚶‍♂️ Close to bus stop 🚐
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<tr>
<td>1.30pm-3.30pm</td>
<td><strong>U3A Singing Group</strong>&lt;br&gt;New members – singers and musicians and accompanists - are always very welcome.</td>
<td>Fellowship House, 150 Beaumont Street, Hamilton</td>
<td>🔄</td>
<td>No Booking Required</td>
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<tr>
<td>Morning Tea Tour: 10:30am - 12:30pm</td>
<td><strong>Miss Porter’s House</strong>&lt;br&gt;Step out for a tour of the house and delightful refreshments.</td>
<td>434 King Street, Newcastle</td>
<td>🔄</td>
<td>Bookings Essential&lt;br&gt;Call 4955 5371</td>
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<tr>
<td>Afternoon Tea Tour: 2pm – 4pm</td>
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<td><strong>$20</strong></td>
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<tr>
<td>Saturday 21 March</td>
<td><strong>Learn about U3A</strong>&lt;br&gt;Informal session explaining U3A courses and the opportunity to join.</td>
<td>U3A Room, 21 Gordon Ave, Hamilton</td>
<td>🔄</td>
<td>No Booking Required&lt;br&gt;Call 0403 001 682 for information</td>
</tr>
<tr>
<td>10am – 2pm</td>
<td><strong>Body Shape and Design – fashion design and drawing with NCEATA</strong>&lt;br&gt;Wendy Hutton Will be leading the workshop in fashion design and drawing activities. Or join in general textile activities.</td>
<td>130 Garden Grove Parade, Adamstown Heights</td>
<td>🔄</td>
<td>No Booking Required&lt;br&gt;Call 4944 8486 for information</td>
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<td><strong>Free</strong></td>
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**NEWCASTLE PRINTMAKERS WORKSHOP**

The workshop provides a community based studio resource for artists to undertake a wide range of traditional and contemporary printmaking techniques including screen printing, etching, lithography, photo-mechanical processes and relief printing.

Printmaking classes are held throughout the year.

www.newcastleprintmakersworkshop.org
Wheelchair access  Close to bus stop

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<tr>
<td>10am – 2pm Free</td>
<td><strong>Novocastrian Quilters</strong></td>
<td>Bring your sewing and lunch and meet the members.</td>
<td>New Lambton Community Centre, 14 Alma Road, New Lambton</td>
<td>No Booking Required</td>
</tr>
<tr>
<td>10.30am – 11.30am Free</td>
<td><strong>Songs and Biccies of the World</strong></td>
<td>Enjoy some beautiful singing and taste a sample of biscuits from around the world.</td>
<td>Newcastle Museum, Honeysuckle, Newcastle</td>
<td>No Booking Required</td>
</tr>
<tr>
<td>10am – 1pm Free</td>
<td><strong>Harmony Day Celebration</strong></td>
<td>Performance and activities for the whole family.</td>
<td>Newcastle Library, Laman Street, Newcastle</td>
<td>No Booking Required</td>
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**Sunday 22 March**

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<tr>
<td>7.30am – 11.30am Gold Coin Donation</td>
<td><strong>Back on your Bike and Ride</strong></td>
<td>A motorcycle ride, safety presentations and much more.</td>
<td>Start at Wallsend Rotunda to for breakfast and ride to Fort Scratchley. Registrations at: <a href="http://www.seniorsweek2015backonyourbikerideandride.flok%D1%82%D1%83.com">www.seniorsweek2015backonyourbikerideandride.flokту.com</a> More information: <a href="mailto:backonyourbike2015@gmail.com">backonyourbike2015@gmail.com</a></td>
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Multicultural Social Day

The Ethnic Communities Council invites you to a delicious morning tea and three course lunch.
Guests will have a chance to participate in the exercise and dance sessions provided by local artists and instructors.
$8 pp. Bookings Essential.
See program for details.
If you would like to find out more about this year’s Seniors Festival, contact:
Petria Jukes Community Development Worker, The City of Newcastle
Email: pjukes@ncc.nsw.gov.au   Phone: 4974 2855   Mail: PO Box 489, Newcastle 2300

Back on Your Bike and Ride
Proudly supported by Apia

Celebrate Seniors Week with a motorcycle ride from the ‘Burbs to the Beach’

Meet at the Wallsend Rotunda at 7.30 am for a bacon and egg roll and then ride to Newcastle’s Fort Scratchley for a Show and Shine, morning tea, presentations from Ride It Right, our sponsors and supporters.

- Safe Riding Presentations
- Information stands
- Show and Shine
- Vintage Bikes

The morning will conclude with a firing of the guns by the Fort Scratchley Historical Society.

Gold Coin donations for Alzheimer’s Australia and Hunter Prostate Cancer Alliance.

Register at:
www.seniorsweek2015backonyourbikerideandride.floktu.com

More info:
backonyourbike2015@gmail.com
BLACK DIGGERS

A STORY OF HONOUR AND SACRIFICE THAT HAS BEEN COVERED UP AND ALMOST FORGOTTEN

BROUGHT TO NEWCASTLE BY CROSBIE WEALTH MANAGEMENT

Queensland Theatre Company and Sydney Festival production

FRIDAY 20 MARCH 11AM & 8PM, SATURDAY 21 MARCH 8PM

TICKETEK BOX OFFICE
(02) 4929 1977
www.civictheatrenewcastle.com.au