

**WHATS HAPPENING IN THE  
UPPER HUNTER SHIRE DURING**

**SENIORS WEEK**

**SUNDAY, MARCH 27**

**Aquarobics**

**Time: 11AM for a 11:30AM start**

**Location: Scone Swimming Pool**

Join us for aquarobics. Free

Contact: Nicky Western on 6540 1194

**THURSDAY, MARCH 31**

**Walking Netball For men & women aged 60+**

**Time: 11AM for a 11:30AM start**

**Location: Scone and District Netball Association, Kingdon Street, Scone**

**Free Lunch**

Try Walking Netball for FREE, as part of NSW Seniors Festival.

Bring your friends or make new friends on the day!

To register contact Kayley on 6542 3555 or [kkennedy@uhcs.org.au](mailto:kkennedy@uhcs.org.au)

**WHATS HAPPENING IN THE  
UPPER HUNTER SHIRE OUTSIDE  
OF SENIORS WEEK**

**TUESDAY, MARCH 22**

**45 Minute Tai Chi Class**

**Time: 10AM**

**Location: Merriwa Showground**

**Cost: Free**

**Contact: Nicky Western on 6540 1194**

**THURSDAY, MARCH 24**

**45 Minute Tai Chi Class**

**Time: 10AM**

**Location: Wilson Memorial Oval  
Murrurundi**

**Cost: Free**

**Contact: Nicky Western on 6540 1194**

**THURSDAY, MARCH 24**

**Gentle Fitness Class**

**Time: 11AM**

**Location: Bill Rose Sports Complex Scone**

**Cost: Free**

**Contact: Nicky Western on 6540 1194**

**SUNDAY, APRIL 3**

**Community Markets**

**Time: 8:30AM**

**Location: 89 Kelly Street Scone**

**Contact: Scone Neighborhood Resource Centre 6545 2562**

**SUNDAY, APRIL 3**

**Heart Foundation Walk**

**Time: 9:30AM**

**Location: Bill Rose Sports Complex  
Scone**

**TUESDAY, APRIL 5**

**Scone Spinners & Craft**

**Time: 10AM**

**Location: 63 Kingdon St, Scone NSW  
2337**

**Cost: \$5**

**Contact: Helena 6545 4252**

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



For more information contact  
Muswellbrook Shire Council  
Campbell's Corner 60-82 Bridge Street Muswellbrook  
02 6543 3700  
[council@muswellbrook.nsw.gov.au](mailto:council@muswellbrook.nsw.gov.au)  
[www.muswellbrook.nsw.gov.au](http://www.muswellbrook.nsw.gov.au)



# NSW Seniors Festival

25 Mar–3 Apr 2022

It's time  
to reconnect

CHECK  
OUT  
WHAT'S  
ON!



Visit [seniorsfestival.nsw.gov.au](http://seniorsfestival.nsw.gov.au) or  
[www.muswellbrook.nsw.gov.au](http://www.muswellbrook.nsw.gov.au)  
to find an activity near you

## **FRIDAY, MARCH 25**

### **Chair Yoga with Padaba Yoga**

**Time: 10AM**

**Location: Muswellbrook Library**

**Cost: Free**

Join Annah from Padaba Yoga at Muswellbrook Library as she builds mind and body with Chair Yoga. This session will run for around 45 mins with light refreshments to follow.

Bookings are essential.

**RSVP:** Muswellbrook Library on 6543 1913 to book

## **SATURDAY, MARCH 26**

### **Muswellbrook Regional Art Centre**

**Time: 11:30AM**

**Open House Tour**

**Cost: Free**

Join the gallery team for a free guided tour of the current exhibitions, permanent Collections and 'back of house' experience. To join a tour, visit the reception desk on arrival.

## **SUNDAY, MARCH 27**

### **Penguin Community Garden**

#### **Seniors Garden Day**

**Time: 3PM to 5PM**

**Location: Sustainability Hub,  
Wilkinson Ave, Muswellbrook.**

**Cost: Free**

Come share your knowledge and passion for gardening with other like minded people.

**Contact:**

Sustainability@muswellbrook.nsw.gov.au

Or 02 65493700

## **MONDAY, MARCH 28**

### **Denman Community Garden**

#### **Seniors Garden Day**

**Time: 9AM - 11AM**

**Location: Next to Indoor Sports Centre,  
Turner Street, Denman.**

**Cost: Free**

Come share your knowledge and passion for gardening with other like minded people.

**Contact:** Sustainability@muswellbrook.nsw.gov.au  
Or 02 65493700

## **MONDAY, MARCH 28**

### **CHSP Sector Support Project – Auspice: integratedliving Australia**

**Time: 10AM - 11:30AM**

**Community Chat – Community Aged  
Care Services**

**Cost: Free**

Are you an older person who lives in the Muswellbrook area?  
Do you support an older person?  
Would you like to know more about Age care services that you can access in your local community to support you to live well?  
If yes, then come along to our Community Chat where you can connect with other local people, get the right type of information that can support you to age well in your local community.

**Location:** Muswellbrook Regional Library

**Contact:** Roz Thomson on 02 6549 3792

**RSVP:** 21st March 2022

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IN THIS PROGRAM MAY BE AVAILABLE.**

## **MONDAY, MARCH 28**

### **Seniors Caravan Towing Workshop**

**Time: 2:30PM - 4PM**

**Location: Muswellbrook Library**

**Cost: Free**

This workshop is funded by Transport for NSW and supported by Muswellbrook Shire Council. The workshop will feature a presentation from Tow Ed, an educational company who specialise in causes for those who tow.

**RSVP:** Registration essential, via the link below or by phoning Muswellbrook council on 6549 3700  
[www.surveymonkey.com/r/towingworkshop](http://www.surveymonkey.com/r/towingworkshop)

## **TUESDAY, MARCH 29**

### **Legal Aid**

#### **Seniors Scams Talk with Legal Aid**

**Time: 10AM**

**Location: Muswellbrook Library**

**Cost: Free**

Join us at Muswellbrook Library, with a Legal Aid presentation on Seniors Scams. Learn how to identify a scam and what to do when you come across one. This session is open to seniors aged 55+ years will run for around 45 mins.

**RSVP:** Bookings are essential, please contact Muswellbrook Library on 6543 1913 to book.

## **WEDNESDAY, MARCH 30**

### **Seniors Road Safety Workshop**

**Time: 9:30AM- 11:30AM**

**Location: Muswellbrook Workers  
Club**

**Cost: Free**

A road safety workshop to help people aged 65 or over make safer choices when driving, walking, using a mobility scooter or catching public transport. Join us for a free devonshire morning tea. Each attendee will receive a complimentary voucher for a Driving Lesson.

**RSVP:** Registration essential, via the link below or by phoning Muswellbrook council on 6549 3700

[www.surveymonkey.com/r/Upperhunteroruw](http://www.surveymonkey.com/r/Upperhunteroruw)

## **SATURDAY, APRIL 2**

### **Muswellbrook Regional Art Centre**

**Time: 11:30AM**

**Open House Tour**

**Cost: Free**

Join the gallery team for a free guided tour of the current exhibitions, permanent Collections and 'back of house' experience. To join a tour, visit the reception desk on arrival.



## OUTSIDE OF SENIORS WEEK

### THURSDAY, MARCH 24

**Tech Help with Maddee – Plan your next adventure**

**Time: 10AM**

**Location: Denman Library**

Join Maddee as she shares her top tips and tricks when booking your next adventure online. This session will run for an hour and include light refreshments. Bookings are essential.

**Contact:** Muswellbrook Library on 6543 1913 to book

### WEDNESDAY, APRIL 13

Muswellbrook Wellness Centre by integratedliving™

**Event: Wellness Centre Open Day (in conjunction with Boronia Building Hub Open Day)**

**Time: 10AM - 2PM**

**Location: 3 Wilkinson Ave, Muswellbrook NSW 2333**

**Cost: Free**

**RSVP: Register on the day to book a viewing.**

Come and see our state of the art Wellness Centre specifically designed for seniors in the Muswellbrook community. Please register on the day to book a viewing. This event is in conjunction with the Boronia Building Hub Open Day which will be running other activities, as well as a BBQ.

**Contact:** Angie Frazer, Wellness Centre Coordinator on 0476 011 989

### TUESDAY, APRIL 19

**Legal Aid**

**Civil Law Outreach Clinic**

**Cost: Free**

Legal Aid is available to provide free legal advice and can help with legal issues including debts, fines, Centrelink and housing issues, employment law, discrimination law and assistance for anyone wanting to apply for the Stolen Generations Reparations Scheme. Legal Aid can also help connect you with other lawyers who can assist with criminal law, family law and care and protection issues.

Civil Law Outreach Clinic is available every second Tuesday thereafter (April 19)

**Location:** Phone appointment

**Contact:** (02) 4929 5482

Legal Aid Newcastle (and dial '3' for civil law) to make an appointment



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### 14 MARCH to 7 MAY 2022

**Muswellbrook Regional Art Centre  
Monday to Saturday, 10am to 4pm  
Muswellbrook Art Prize  
Cost: Free**

Since 1958, the Muswellbrook Art Prize has grown and evolved and is today one of the richest prizes for painting in regional Australia. Finalists for the 2022 Muswellbrook Art Prize vie for a total of \$70,000 prize money across three prize categories: Painting (\$50,000 acquisitive), Works on Paper (\$10,000 acquisitive), and Ceramics (\$10,000 acquisitive).



## Regular Sessions at the Muswellbrook Shire Library

### Tech Help at Muswellbrook Library

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

Sessions can be booked for a maximum of half an hour.

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

### Home Library Service

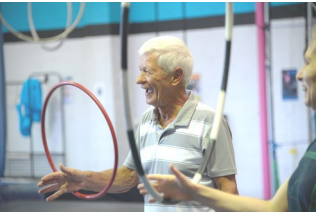
Did you know we run a free home library service to housebound members of the Muswellbrook and Denman Communities? We can pick for you or you can use our online catalogue to make a selection of books, DVDs, CDs and Audio books that peak your interest.

## Other activities at Muswellbrook Shire Libraries

- Book Club
- Craft Group
- Writers group
- Brain Training Sessions
- Family History Help

Muswellbrook Library will be hosting a variety of events throughout Seniors Week.

**Contact:** Muswellbrook Library on 6543 1913 for any information regarding the above activities as events, dates and times are subject to change.

March						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
11am - Aquarobics - Scone		10am - Tai Chi - Merriwa		10am - Tech Help with Maddee - Denman  10am - Tai Chi - Murrurundi  11am - Gentle fit-ness class - Scone	10am - Chair Yoga with Padaba Yoga - Muswellbrook  11am - Aberdeen Local Studies Group - Aberdeen	11:30am - Open House Tour - Muswellbrook
11am - Aquarobics - Scone  3pm - Seniors Garden Day - Muswellbrook	9am - Seniors Garden Day - Denman  10am - CHSP Sector Support Project - Muswellbrook  2:30pm - Seniors Caravan Towing Workshop - Muswellbrook	10am - Seniors Scams Talk with Legal Aid - Muswellbrook  10am - Aberdeen Local Studies Group - Aberdeen	9:30am - Seniors Road Safety Workshop - Muswellbrook  2pm - Aberdeen Local Studies Group - Aberdeen	11am - Walking Netball For men & women aged 60+ - Scone	 	

April						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
THIS PROGRAM IS SUBJECT TO CHANGE. DETAILS ARE CORRECT AT TIME OF PRINTING. OTHER ACTIVITIES NOT INLCUED IN THIS PROGRAM MAY BE AVAILABLE.					1	2
						11:30am - Open House Tour - Muswellbrook
3	4	5	6	7	8	9
8:30am - Community Markets - Scone	10am - Heart Foundation Walk - Scone	10am - Scone Spinners & Craft - Scone	9:30am - Heart Foundation Walk - Merriwa  9:30am - Heart Foundation Walk - Murrurundi			
10	11	12	13	14	15	16
	10am - Muswellbrook Integratedliving Wellness Centre Open Day		10am - Muswellbrook Integratedliving Wellness Centre Open Day			
17	18	19	20	21	22	23
		Civil Law Outreach Clinic - Muswellbrook				
24	25	26	27	28	29	30