

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

THURSDAY, FEBRUARY 2

My Aged Care

Time: 10AM

Location: Murrurundi Library
47 Mayne St, Murrurundi 2338

Cost: Free

Information session on My Aged Care

RSVP: Murrurundi Library on 6540 1363

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

TUESDAY, FEBRUARY 14

Upper Hunter Senior's Wellbeing Expo

Time: 11AM-2PM

Location: White Hart Hotel ,
46 Mayne St, Murrurundi 2338

Cost: \$10 per person included lunch

14 February...feel the love on Valentine's Day at the Upper Hunter Senior's Wellbeing Expo at the White Hart Hotel Murrurundi. Try Chair Yoga, Tai Chi, Singing and Ukulele with special guest, mime artist Jean-Paul Bell

RSVP: Contact Council's Community Services officer on 6540 1356 to book.

MONDAY, MARCH 20

Caravan Towing Workshop

Time: 9AM - 11AM

Location: Hunter Warbirds
8-5 Walter Pye Ave, Scone

Cost: Free

New to towing a Caravan, or need to enhance your towing skills? This workshop is funded by Transport for NSW and supported by Muswellbrook Shire Council. The session will feature a presentation by Tow Ed, who specialise in towing education (www.tow-ed.edu.au/). By attending the workshop you have a chance to receive a free professional weigh day, staged by Tow Ed and Transport for NSW.

Registration is essential to this free event, and a light morning tea will be provided. Keep an eye on Council's website for more details.

RSVP: Registration essential



**For more information on what's happening in the
Upper Hunter Shire, please contact
6540 1100 or visit 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
www.muswellbrook.nsw.gov.au



NSW Seniors Festival

1-12 February 2023

Celebrate together

**CHECK
OUT
WHAT'S
ON!**

Visit www.nsw.gov.au/seniors-festival
or www.muswellbrook.nsw.gov.au
to find an activity near you

FRIDAY, FEBRUARY 3

Brain Training

Time: 10AM

Location: Muswellbrook Library
126 Bridge St, Muswellbrook.

Cost: Free

Exercise your mental agility at our special Senior's Festival Brain Training session. Participants can expect to have fun Testing out different challenges all to keep their brain in top shape! Light refreshments served.

Bookings are essential.

RSVP: Muswellbrook Library on
6543 1913 to book

FRIDAY, FEBRUARY 3

People's Studio

Time: 5:30PM-7:30PM

Location: Muswellbrook Regional Art Centre. Corner Bridge and William Streets, Muswellbrook.

Cost: Entry by donation - pay what you can

Come along to the People's Studio at the art gallery for self-directed art making. Bring along a sketch pad, pencils, watercolors, or interesting things to draw, paint or create to make art in the company of others. There'll be a handful of art materials available so everyone can join in and have a dabble.

Bookings are essential.

**THIS PROGRAM IS SUBJECT TO CHANGE.
DETAILS ARE CORRECT AT TIME OF
PRINTING. OTHER ACTIVITIES NOT INCLUDED
IN THIS PROGRAM MAY BE AVAILABLE.**

FRIDAY, FEBRUARY 3

Seniors Rights Service Pop-Up

Muswellbrook Library & Seniors Rights Service

Time: 10AM

Location: Muswellbrook Library
126 Bridge St, Muswellbrook.

Cost: Free

Did you know that the Seniors Rights Service provides advice on legal issues to older people in NSW? Find out more about their free and confidential legal advice service at: www.seniorsrightsservice.org.au/

Seniors rights service will be hosting a pop up at the Muswellbrook Library on Friday, 3rd February. Seniors Rights Service provides information and support to people using or seeking to access, in-home and residential aged care services. This service is free, independent and confidential.

No appointment necessary.

Do you want to learn more about the law this #NSWSeniorsFestival? Check out the resources at legallanswers.sl.nsw.gov.au/ seniors or visit Muswellbrook and Denman Libraries - you'll find information and sources of free legal help #NSWPublicLibraries #LegalAnswersNSW

SATURDAY, FEBRUARY 4

Open House Tours

Time: 11:30AM

Location: Muswellbrook Regional Art Centre. Corner Bridge and William Streets, Muswellbrook.

Cost: Free

Join the gallery team for a free guided tour of the current exhibitions, permanent collections and 'back of house' experience.

Contact: Muswellbrook Regional Art Centre on 65493 800 or
arts.centre@muswellbrook.nsw.gov.au

SUNDAY, FEBRUARY 5

Gardening - Muswellbrook

Time: 9AM

Location: Penguin Community Garden. Sustainability Hub, Wilkinson Ave, Muswellbrook.

Cost: Free

Tour the garden and assistance with gardening, worm farming and composting.

Contact: Mick Brady

Michael.Brady@muswellbrook.nsw.gov.au
Or 02 65493700

RSVP: 3rd February 2023

MONDAY, FEBRUARY 6

Gardening - Denman

Time: 9AM

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

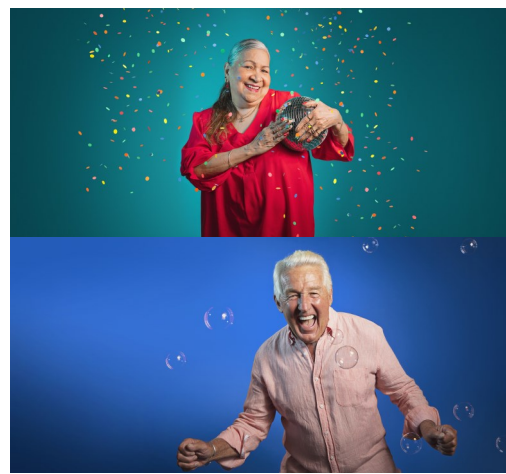
Cost: Free

Tour the garden and assistance with gardening

Contact: Renae

denmancommunitygarden@gmail.com

RSVP: 3rd February 2023



WEDNESDAY, FEBRUARY 8

Pickle Ball / Morning Tea

Time: 10AM - 12PM

Location: Muswellbrook PCYC
Cnr Carl & Market streets,
Muswellbrook

Cost: Free

Come along for a social morning to celebrate NSW Seniors Festival 2023. Bring along your friends or meet new ones while having a go at Pickle Ball. There will be lots of laughs and morning tea.

Bookings are essential.

Contact: Bec or Vanessa
Upper Hunter Community Services Inc.
on 65423555 to book.

RSVP: Monday 6th February 2023

WEDNESDAY, FEBRUARY 8

Wellness Expo - Integrated living

Time: 10AM - 2PM

Location: Integrated living
3 Wilkinson Ave, Muswellbrook.

Cost: Free

Come along to find out what services are available to you and how you can improve your flexibility, strength and balance to remain living independently in your own home for longer. Activities include: Wellness Centre tours. Stretch and flow exercise class (chair-based). Goody bags. Guest speakers and wellness information stalls.

Contact: 1300 782 896 for more information.

FRIDAY, FEBRUARY 10

Author Nigel Marsh in conversation

Time: 11AM

Location: Muswellbrook Library
126 Bridge St, Muswellbrook.

Cost: Free

Join Author Nigel Marsh in conversation at the Muswellbrook Library as he shares his latest book ‘Smart, Stupid and Sixty’ in which he ponders ageing well, parenting adult children, his parents’ passing, and the secret to his living a happy life. By turns humorous, thought-provoking, poignant and life-affirming, Smart, Stupid and Sixty is a celebration of the third trimester as a privilege to be enjoyed rather than a sentence to be endured. Light lunch included.

Bookings are essential.

RSVP: Muswellbrook Library on 6543 1913 to book

FRIDAY, FEBRUARY 10

Seniors Mobility Scooter Workshop

Time: 9AM – 11AM

Location: Muswellbrook PCYC
Cnr Carl & Market streets, Muswellbrook

Cost: Free

This workshop is supported by Muswellbrook Shire Council, Muswellbrook Local Area Command, and Transport for New South Wales. The session will feature a presentation by Muswellbrook Police on the safe use of mobility scooters for those residents where reduced physical mobility is a trigger for taking up use of a motorised mobility scooter. Includes a light morning tea.

RSVP To: Bec at the Muswellbrook PCYC on 6541 1434

SATURDAY, FEBRUARY 11

Open House Tours

Time: 11:30AM

Location: Muswellbrook Regional Art Centre. Corner Bridge and William Streets, Muswellbrook.

Cost: Free

Join the gallery team for a free guided tour of the current exhibitions, permanent collections and ‘back of house’ experience.

Contact: Muswellbrook Regional Art Centre on 65493 800 or
arts.centre@muswellbrook.nsw.gov.au



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**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 pique your interest.

**Other activities at
Muswellbrook Shire Libraries**

- Book Club
- Craft Group
- Writers group
- Brain Training Sessions

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

Contact: Muswellbrook Library on 6543 1913

Any information regarding the above activities and events, dates and times are subject to change.

**Regular Sessions at the
Muswellbrook Regional Art
Centre**

People’s Studio

Date: First Friday of each month

Time: 5:30PM-7:30PM

Cost: Entry by donation - pay what you can

Come along to the People’s Studio at the art gallery for self-directed art making. Bring along a sketch pad, pencils, watercolors, or interesting things to draw, paint or create to make art in the company of others. There’ll be a handful of art materials available so everyone can join in and have a dabble.

Bookings are essential.

RSVP: Muswellbrook Regional Art Centre on 6549 3800

Open House Tour

Dates: Every Saturday

Time: 11:30AM

Cost: Free

Join the gallery team for a free guided tour of the current exhibitions, permanent collections and ‘back of house’ experience.

Contact: Muswellbrook Regional Art Centre on 65493 800 or
arts.centre@muswellbrook.nsw.gov.au

Any information regarding the above activities and events, dates and times are subject to change.

FEBRUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SENIORS WEEK 1ST FEBRUARY TO 12 FEBRUARY THIS PROGRAM IS SUBJECT TO CHANGE. DETAILS ARE CORRECT AT TIME OF PRINTING. OTHER ACTIVITIES NOT INCLUDED IN THIS PROGRAM MAY BE AVAILABLE.			1	2	3	4
				10am - My Aged Care information session - Murrurundi	10am - Brain Training - Muswellbrook 10am - Seniors Rights Service Pop-Up - Muswellbrook 5:30pm - People's Studio - Muswellbrook	11:30am - Open House Tour - Muswellbrook
5	6	7	8	9	10	11
9am - Gardening - Muswellbrook	9am - Gardening - Denman		10am - Pickle Ball / Morning Tea - Muswellbrook 10am - Wellness Expo - Muswellbrook		9am - Seniors Mobility Scooter Workshop - Muswellbrook 11am - Author Nigel Marsh in conversation - Muswellbrook	11:30am - Open House Tour - Muswellbrook
12	13	14	15	16	17	18
		11am - Upper Hunter Senior's Wellbeing Expo - Murrurundi				

EVENTS OUTSIDE OF SENIORS WEEK IN MUSWELLBROOK

DATE TO BE CONFIRMED

Caravan Towing Workshop

Time: To be confirmed

Location: To be confirmed

Registration: Chris Tola - Road Safety Officer
Upper Hunter, Muswellbrook, Singleton

Email ctola@upperhunter.nsw.gov.au

Phone 0429 664 036

Cost: Free

New to towing a Caravan, or need to enhance your towing skills? This workshop is funded by Transport for NSW and supported by Muswellbrook Shire Council. The session will feature a presentation by Tow Ed, who specialise in towing education (www.tow-ed.edu.au/). By attending the workshop you have a chance to receive a free professional weigh day, staged by Tow Ed and Transport for NSW.

Registration is essential to this free event, and a light morning tea will be provided.

Keep an eye on Council's website for more details.

RSVP: Registration essential

Scan the QR Code below or visit
www.nsw.gov.au/seniors-festival to
 find other events happening during
 the 2023 Seniors Festival



The theme for the
 2023 NSW Seniors
 Festival is:

'Celebrate Together'.

