#### FRIDAY, MARCH 7

Celebrating Grandparents – storytime, craft and morning tea (Upper Hunter Shire Council)

Time: 10AM

**Location:** Murrurundi Library

Cost: Free

#### **SATURDAY, MARCH 8**

Volunteer, walk or run at parkrun.

(Upper Hunter Shire Council)

Time: 8AM

**Location:** Bill Rose Sports Complex

Scone.

Cost: Free

All welcome.

#### **SATURDAY, MARCH 8**

**Aquarobics** 

(Upper Hunter Shire Council)

Time: 11:15AM Location: Scone

Cost: Free

#### **MONDAY, MARCH 10**

Croquet (SAM U3A)

Time: 9AM - 11AM Location: Scone

Cost: \$3 game + Membership Contact: Anne H 0431 662 951

#### **MONDAY, MARCH 10**

Men on the Move

(Upper Hunter Shire Council)

Time: 9AM

**Location:** Bill Rose Sports Complex

front park, Scone.

Cost: Free

Social walk, all welcome. Come and meet Richie and Russell who will

lead the walk.

#### **MONDAY, MARCH 10**

**Aquarobics** 

(Upper Hunter Shire Council)

Time: 5PM

**Location:** Merriwa

Cost: Free

#### **WEDNESDAY, MARCH 12**

**Celebrating Grandparents morning** 

tea.

(Upper Hunter Shire Council)

Time: 10AM

Location: Merriwa CWA Hall

Cost: Free

For more information on what's happening in the Upper Hunter Shire or to book, please contact 6540 1100 or visit

upperhunter.nsw.gov.au

THIS PROGRAM IS SUBJECT TO CHANGE.

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PRINTING. OTHER ACTIVITIES NOT INCLUDED
IN THIS PROGRAM MAY BE AVAILABLE.



#### 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





3 - 16 March 2025

Time to shine







Visit www.nsw.gov.au/arts-and-culture/seniors-festival

or www.muswellbrook.nsw.gov.au

#### MONDAY, MARCH 3

**Harmony Day Display** (Multi Connect Group)

**Time:** 10AM - 11AM

**Location:** Muswellbrook Library 126 Bridge St, Muswellbrook. Contact: Heather 0438 405 925

#### MONDAY, MARCH 3

**Crocheting Workshop** (Multi Connect Group)

**Time:** 11AM - 1PM

**Location:** Muswellbrook Library 126 Bridge St, Muswellbrook.

Cost: Free

For beginners to competent crocheters. All welcome!

Contact: Heather 0438 405 925

#### MONDAY, MARCH 3

Trivia (SAM U3A)

Time: 1:30PM - 2:45PM

Location: Uniting Church Hall, 114 Bridge St, Muswellbrook. Test your knowledge in a fun, non-competitive environment. **Contact:** Anne M 0427 125 949

#### MONDAY, MARCH 3

Ex - For Strength & Flexibility (SAM U3A)

**Time:** 3PM – 4PM

**Location:** Uniting Church Hall, 114 Bridge St, Muswellbrook.

Aimed at developing bone strength,

flexibility and co-ordination.

Contact: Anne M 0427 125 949

#### **TUESDAY, MARCH 4**

**Introduction to Robotics and Coding** (STEM Innovation Lab)

Time: 10AM - 11:30AM

**Location:** Donald Horne Building 140 Bridge Street Muswellbrook

Cost: Free

Hands on workshop to engage and explore the world of robotics and coding. A great way to learn more about this ever growing part of our lives.

**Contact:** Matthew Leman

stemlab@muswellbrook.nsw.gov.au

#### **TUESDAY, MARCH 4**

**Community Courtyard** 

(Upper Hunter Community Services)

**Time:** 10AM – 12PM (Every Tuesday) Location: Behind the QEII Building, corner Bridge & Market Streets,

Muswellbrook.

Cost: Free

Looking for a place to meet, chat, and build your community? Come on down to the Community Courtyard for a FREE barista-made cuppa and a toasted sandwich! Our amazing team of community volunteers and Warriors are ready to have a chat and serve you some delicious morning tea. It's the perfect chance to connect and relax. Hope to see you there!

**Contact:** Allie 6542 3555

#### **TUESDAY, MARCH 4**

Pickleball (SAM U3A)

**Time:** 12PM – 1PM **Location:** PCYC

Carl St &, Market St, Muswellbrook.

Cost: \$7 + PCYC Membership Contact: Anne M 0427 125 949

#### WHAT'S HAPPENING IN THE

#### **UPPER HUNTER SHIRE DURING**

#### **SENIORS WEEK**

#### **MONDAY, MARCH 3**

Croquet (SAM U3A)

**Time: 9AM - 11AM Location:** Scone

Cost: \$3 game + Membership Contact: Anne H 0431 662 951

#### **MONDAY, MARCH 3**

**Heart Foundation Walking Group** (Upper Hunter Shire Council)

**Time:** 9:30AM

Location: Bill Rose Sports Complex,

Scone. Cost: Free

#### **MONDAY, MARCH 3**

**Chair Yoga** 

(Upper Hunter Shire Council)

Time: 10:30AM

**Location:** Murrurundi Library

Cost: Free

#### **MONDAY, MARCH 3**

**Aquarobics** 

(Upper Hunter Shire Council)

Time: 5PM

Location: Merriwa

Cost: Free

#### **TUESDAY, MARCH 4**

**Heart Foundation Walking Group** (Upper Hunter Shire Council)

**Time:** 9:30AM Location: Merriwa

Cost: Free

30 min social walk from Merriwa Showground.

**TUESDAY, MARCH 4** 

(Upper Hunter Shire Council)

**TUESDAY, MARCH 4** 

(Upper Hunter Shire Council)

**Location:** Murrurundi Library

Mah-jong

Time: 10AM

Cost: Free

**Aquarobics** 

**Time:** 5:30PM Location: Scone Cost: Free

WEDNESDAY, MARCH 5 Qi gong class

(Upper Hunter Shire Council)

Time: 9AM

Location: Murrurundi CWA Hall

Cost: Free

#### WEDNESDAY, MARCH 5

**Aquarobics** 

(Upper Hunter Shire Council)

Time: 5PM

Location: Murrurundi

Cost: Free

#### THURSDAY, MARCH 6

**Celebrating Grandparents** connecting, sharing and caring. (Upper Hunter Shire Council)

Time: 10AM - 11:15AM

**Location:** Scone Youth Centre Hall.

105 Susan Street, Scone.

Cost: Free

Grandchildren welcome, morning tea

provided.

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

<sup>\*</sup>SAM U3A is an organisation for seniors to share their interests and skills. Unless a cost is stated the first activity is free for seniors week.

#### 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

**Contact:** Muswellbrook Library on 6543 1913

## Regular Sessions at the Muswellbrook Regional Art Centre

#### **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

# Regular Sessions at the Muswellbrook Shire Aquatic and Fitness Centres

Muswellbrook Shire has two aquatic and recreation centres - Denman Memorial Pool in Denman and the Muswellbrook Aquatic and Fitness Centre in Muswellbrook.

Muswellbrook Aquatic and Fitness Centre features an Indoor and Outdoor pool, kids splash zone, as well as Gym Facilities and boxing classes. All pools are used for general swimming, lane swimming, school carnivals, swimming club, swim teacher training, aquatic fitness classes and Learn to Swim classes.

**Contact:** Muswellbrook Aquatic & Fitness Centre on 6549 3786

#### **TUESDAY, MARCH 4**

Aqua Aerobics

(Muswellbrook Aquatic & Fitness

Centre)

**Time:** 6:30PM

**Location:** Muswellbrook Aquatic & Fitness Centre, Wilkinson Ave,

Muswellbrook. **Cost:** \$9 per class

Aqua aerobics is a low impact way to

keep fit. Each session includes simple mobility and stretching exercises. All ages are welcome!

Contact: Muswellbrook Aquatic &

Fitness Centre on 6549 3786

#### **WEDNESDAY, MARCH 5**

**Scavenger Hunt** 

(Merton Living Limited)

**Time:** 9AM - 10AM

Location: Start at 45 Ogilvie Street

Denman. **Cost:** Free

A game in which the participants seek to gather or complete all items on the list given to them at the start of the hunt (5 March). The goal is to be the first to complete the list or to complete the most items on that list.

All welcome!

RSVP: 28th February 2025 Contact: Sue Powell 6547 2684



#### **WEDNESDAY, MARCH 5**

**Aqua Aerobics** 

(Muswellbrook Aquatic & Fitness

Centre)

Time: 10AM

**Location:** Muswellbrook Aquatic & Fitness Centre, Wilkinson Ave,

Muswellbrook.

Cost: \$9 per class

Aqua aerobics is a low impact way to

keep fit. Each session includes simple mobility and stretching exercises. All ages are welcome!

**Contact:** 6549 3786

#### WEDNESDAY, MARCH 5

Art & Sip

(Muswellbrook Library)

**Time:** 10:30AM

**Location:** Muswellbrook Library 126 Bridge St, Muswellbrook.

Parking at rear

Cost: Free

Join us for a fun, hands-on art class where you can explore your creativity while sipping on delicious Library mocktails. Light lunch

provided.

**Bookings Essential** 

**Contact:** Muswellbrook Library on

6543 1913

#### **WEDNESDAY, MARCH 5**

Line Dance For Beginners (SAM U3A)

**Time:** 12:30PM - 1:45PM

**Location:** Uniting Church Hall, 114 Bridge St, Muswellbrook.

If you can keep time you can dance!

**Contact:** Anne M 0427 125 949

#### WEDNESDAY, MARCH 5

Mahjong (SAM U3A)

Time: 2PM - 4PM

**Location:** Uniting Church Hall, 114 Bridge St, Muswellbrook.

We can help you learn this intriguing

game.

Contact: Anne M 0427 125 949

#### **THURSDAY, MARCH 6**

Soul Sip Cafe (Heart of Grace) Time: 11AM-12PM

**Location:** Muswellbrook Library, 126 Bridge St, Muswellbrook.

Cost: Free

Soulful Conversations, Sip, Reflect

and connect.

#### FRIDAY, MARCH 7

Ukulele (SAM U3A)

Time: 11AM-12PM

**Location:** Uniting Church Hall, 114 Bridge St, Muswellbrook. You can play along with just 2 easy

chords!

**Contact:** Anne H 0431 662 951

#### FRIDAY, MARCH 7

Card Games (SAM U3A)

**Time:** 1:30PM - 3:30PM

**Location:** Uniting Church Hall, 114 Bridge St, Muswellbrook.



#### FRIDAY, MARCH 7

Cinema Under The Stars (Merton Living Limited)

Time: 6:30PM for 7PM start

Location: Croquet Court, 45 Ogilvie

Street Denman.

Cost: Free

Outdoor cinema experience with nibbles, BYO chair. All welcome!

RSVP: 5th March 2025

Contact: Sue Powell 6547 2684

#### **MONDAY, MARCH 10**

**Scavenger Hunt** 

(Merton Living Limited)

**Time:** 9AM - 10AM

Location: Start at 45 Ogilvie Street

Denman. Cost: Free

A game in which the participants seek to gather or complete all items on the list given to them at the start of the hunt (5 March). The goal is to be the first to complete the list or to complete the most items on that list.

All welcome!

RSVP: 28th February 2025 Contact: Sue Powell 6547 2684

#### **MONDAY, MARCH 10**

Trivia (SAM U3A)

Time: 1:30PM - 2:45PM

**Location:** Uniting Church Hall, 114 Bridge St, Muswellbrook. Test your knowledge in a fun, non-competitive environment. **Contact:** Anne M 0427 125 949

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#### FRIDAY, MARCH 14

Create with Liz (SAM U3A)

**Time:** 10AM - 11AM

**Location:** Uniting Church Hall, 114 Bridge St, Muswellbrook. A range of crafts you can learn will be

demonstrated.

Contact: Anne M 0427 125 949

#### FRIDAY, MARCH 14

Ukulele (SAM U3A)

**Time:** 11AM – 12PM

**Location:** Uniting Church Hall, 114 Bridge St, Muswellbrook. You can play along with just 2 easy

chords!

**Contact:** Anne H 0431 662 951

#### FRIDAY, MARCH 14

Card Games (SAM U3A)

Time: 1:30PM - 3:30PM

**Location:** Uniting Church Hall, 114 Bridge St, Muswellbrook. **Contact:** Anne M 0427 125 949

#### **SUNDAY, MARCH 16**

Gardening

(Penguin Community Garden)

Time: 10AM - 11AM

**Location:** Sustainability Hub. 127 Sydney St Muswellbrook.

Cost: Free

Come share your interest and knowledge about gardening. Take part in activities or just have a look around and enjoy some morning tea.

RSVP: 14th March 2025

Contact: Mick Brady 0438 276 780 sustainability@muswellbrook.nsw.gov.au

# EXHIBITION AT THE MUSWELLBROOK REGIONAL ART CENTRE DURING SENIORS WEEK

#### 3-16 MARCH 2025

**Exhibitions: Muswellbrook Regional Arts Centre** 

- 'Women's Work II: from the Muswellbrook Collections'
- 'Swallow the Rain: Patricia Casey'
- 'Summer Studio: Todd Fuller and Max Watters'
- 'Our Place: 100 Years of Martindale Public School'

Time: 10AM- 4PM daily

**Location:** Muswellbrook Regional Arts Centre, 1-3 Bridge Street,

Muswell brook.

Cost: Free

Muswellbrook Regional Arts Centre presents a rich and diverse exhibition program in a historic-meets-modern display space. Explore curated exhibitions drawn from the permanent collections, the work of contemporary artists, and

displays showcasing local community groups and services.

All welcome!

**Contact:** Muswellbrook Regional Arts Centre on 0265493800

arts.centre@muswellbrook.nsw.gov.au

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ARE CORRECT AT TIME OF PRINTING. OTHER
ACTIVITIES NOT INCLUDED IN THIS PROGRAM
MAY BE AVAILABLE.

#### **WEDNESDAY, MARCH 12**

Scavenger Hunt (Merton Living Limited)

Time: 9AM - 10AM

Location: Start at 45 Ogilvie Street

Denman. **Cost:** Free

A game in which the participants seek to gather or complete all items on the list given to them at the start of the hunt (5 March). The goal is to be the first to complete the list or to complete the most items on that list.

All welcome!

RSVP: 28th February 2025 Contact: Sue Powell 6547 2684

#### **WEDNESDAY, MARCH 12**

**Aqua Aerobics** 

(Muswellbrook Aquatic & Fitness

Centre)

Time: 10AM

**Location:** Muswellbrook Aquatic & Fitness Centre, Wilkinson Ave,

Muswellbrook. **Cost:** \$9 per class

Aqua aerobics is a low impact way to keep fit. Each session includes simple mobility and stretching exercises. All

ages are welcome!

**Contact:** Muswellbrook Aquatic & Fitness Centre on 02 6549 3786

#### WEDNESDAY, MARCH 12

Crocheting Workshop (Multi Connect Group)

**Time:** 11AM - 1PM

**Location:** Muswellbrook Library 126 Bridge St, Muswellbrook.

Cost: Free

For beginners to competent crocheters. All welcome!

**Contact:** Heather 0438 405 925

#### **WEDNESDAY, MARCH 12**

Line Dance For Beginners (SAM U3A)

Time: 12:30PM - 1:45PM
Location: Uniting Church Hall,
114 Bridge St, Muswellbrook.
If you can keep time you can dance!

Contact: Anne M 0427 125 949

#### **WEDNESDAY, MARCH 12**

Mahjong (SAM U3A)

Time: 2PM - 4PM

**Location:** Uniting Church Hall, 114 Bridge St, Muswellbrook. We can help you learn this intriguing

game.

Contact: Anne M 0427 125 949

#### **THURSDAY, MARCH 13**

Celebrating Our Seniors – Scones, Jam,

Crochet & Cream!!

(Integratedliving & Upper Hunter

Homeless Support)
Time: 11AM- 1PM

**Location:** 3 Wilkinson Avenue (next to the Aquatic Centre) Muswellbrook

Cost: Free

Take a tour of Integratedliving's Wellness Centre and meet the team. Enjoy scones and jam, refreshments. 1 hour Crochet workshop and display of crochet art by Lisa Wiseman including her amazing Lady Liddell Power Station tribute hats! Not to be missed!! Lucky door prizes.

All welcome!

Contact: Angie Frazer: 0476 011 989 angie.frazer@integratedliving.org.au or Marina Lee-Warner: 0418 786 878

marinal@uhhsos.org.au

#### **MONDAY, MARCH 10**

Ex – For Strength & Flexibility (SAM U3A)

**Time:** 3PM – 4PM

**Location:** Uniting Church Hall, 114 Bridge St, Muswellbrook. Aimed at developing bone strength,

flexibility and co-ordination. **Contact:** Anne M 0427 125 949

#### **TUESDAY, MARCH 11**

Community Courtyard (Upper Hunter Community Services)

**Time:** 10AM – 12PM (Every Tuesday) **Location:** Behind the QEII Building, corner Bridge & Market Streets,

Muswellbrook.

Cost: Free

Looking for a place to meet, chat, and build your community? Come on down to the Community Courtyard for a FREE barista-made cuppa and a toasted sandwich! Our amazing team of community volunteers and Warriors are ready to have a chat and serve you some delicious morning tea. It's the perfect chance to connect and relax.

Hope to see you there! **Contact:** Allie 6542 3555

#### **TUESDAY, MARCH 11**

Art & Sip

(Denman Library)

**Time:** 10:30AM

Location: Denman Library, 7 Ogilvie St,

Denman. Parking at rear

Cost: Free

Join us for a fun, hands-on art class where you can explore your creativity while sipping on delicious Library mocktails. Light lunch provided.

**Bookings Essential** 

Contact: Muswellbrook Library on

6543 1913

#### **TUESDAY, MARCH 11**

Pickleball (SAM U3A)

**Time:** 12PM – 1PM

**Location:** Muswellbrook PCYC Carl St &, Market St, Muswellbrook

Cost: \$7 + PCYC Membership Contact: Anne M 0427 125 949

#### **TUESDAY, MARCH 11**

Paint N Sip

(Merton Living Limited)

Time: 1PM - 4PM

**Location:** Rotary Hall, 7 Turtle Street

Denman

**Cost:** \$5 per person

Easy paint by numbers activity with wine and nibbles in a relaxed fun environment. All welcome!

RSVP: 5th March 2025

Contact: Sue Powell 6547 2684

#### **TUESDAY, MARCH 11**

**Aqua Aerobics** 

(Muswellbrook Aquatic & Fitness

Centre)

**Time:** 6:30PM

**Location:** Muswellbrook Aquatic &

Fitness Centre, Wilkinson Ave,

Muswellbrook. **Cost:** \$9 per class

Aqua aerobics is a low impact way to keep fit. Each session includes

simple mobility and stretching exercises. All ages are welcome!

**Contact:** Muswellbrook Aquatic & Fitness Centre on 02 6549 3786



### **March 2025**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
THIS PROGRAM IS SUBJECT TO CHANGE. DETAILS ARE CORRECT AT TIME OF PRINTING. OTHER ACTIVITIES NOT INCLUDED IN THIS PROGRAM MAY BE AVAILABLE.	Time: 9AM - 11AM Location: Scone  ◆ Heart Foundation Walking Group Time: 9:30AM Location: Scone.  ◆ Harmony Day Display Time: 10AM - 11AM Location: Muswellbrook Library  ◆ Chair Yoga Time: 10:30AM Location: Murrurundi Library  ◆ Crocheting Workshop Time: 11AM - 1PM Location: Muswellbrook Library  ◆ Trivia Time: 1:30PM - 2:45PM Location: Muswellbrook.  ◆ Ex - For Strength & Flexibility Time: 3PM - 4PM Location: Muswellbrook.  ◆ Aquarobics Time: 5PM Location: Merriwa	♦ Heart Foundation Walking Group Time: 9:30AM Location: Merriwa ♦ Introduction to Robotics and Coding Time: 10AM – 11:30AM Location: Muswellbrook ♦ Community Courtyard Time: 10AM – 12PM (Every Tuesday) Location: Muswellbrook. ♦ Pickleball Time: 12PM – 1PM Location: Muswellbrook. ♦ Aquarobics Time: 5:30PM Location: Scone ♦ Aqua Aerobics Time: 6:30PM Location: Muswellbrook	Scavenger Hunt Time: 9AM - 10AM Location: Denman.  ◆ Qi gong class Time: 9AM Location: Murrurundi  ◆ Aqua Aerobics Time: 10AM Location: Muswellbrook  ◆ Art & Sip Time: 10:30AM Location: Muswellbrook  ◆ Line Dance For Beginners Time: 12:30PM - 1:45PM Location: Muswellbrook.  ◆ Mahjong Time: 2PM - 4PM Location: Muswellbrook.  ◆ Aquarobics Time: 5PM Location: Murrurundi		Celebrating Grandparents – storytime, craft and morning tea     Time: 10AM     Location: Murrurundi	8
9	◆ Scavenger Hunt Time: 9AM - 10AM Location: Denman.	11  ◆ Community Courtyard Time: 10AM – 12PM (Every Tuesday) Location: Muswellbrook.  ◆ Art & Sip Time: 10:30AM Location: Denman  ◆ Pickleball Time: 12PM – 1PM Location: Muswellbrook.  ◆ Paint N Sip Time: 1PM - 4PM Location: Denman  ◆ Aqua Aerobics Time: 6:30PM Location: Muswellbrook	◆ Scavenger Hunt Time: 9AM - 10AM Location: Denman.  ◆ Celebrating Grandparents morning tea. Time: 10AM Location: Merriwa  ◆ Aqua Aerobics Time: 10AM Location: Muswellbrook  ◆ Crocheting Workshop Time: 11AM - 1PM Location: Muswellbrook Library  ◆ Line Dance For Beginners Time: 12:30PM - 1:45PM Location: Muswellbrook.  ◆ Mahjong Time: 2PM - 4PM Location: Muswellbrook.	• Celebrating Our Seniors – Scones, Jam, Crochet & Cream!!  Time: 11AM− 1PM  Location: Muswellbrook	↑ Create with Liz Time: 10AM - 11AM Location: Muswellbrook.	15
16  ♦ Gardening Time: 10AM - 11AM						

Location: Muswellbrook.