

NSW Seniors Festival

11–24 March 2024

Reach beyond



Festival Program

maitland.nsw.gov.au



Community Directory

EMERGENCY SERVICES

Emergency (Police, Fire, Ambulance – life threatening)	000
NSW State Emergency Service (SES)	132 500
NSW Rural Fire Services (RFS)	1800 679 737
Translating Interpretating Service (TIS)..... <i>(If you do not speak English well)</i>	13 14 50

SENIORS SUPPORT SERVICES

Centrelink: older Australians	132 300
1800RESPECT	1800 737 732
My Aged Care	1800 200 422

LOCAL COMMUNITY SERVICES

Maitland Community Care Services (Home Care, Meals on Wheels, Transport)	02 4932 5755
Maitland Senior Citizens Centre	02 4934 9700

MENTAL HEALTH SUPPORT

Mental Health Line	1800 011 511
Lifeline	13 11 14
Beyond Blue	1300 22 4636
Maitland Region Suicide Prevention Network	0408 280 898

If you are experiencing a mental health crisis call 000 for an ambulance

KEY:



Accessible
entry



Accessible
bathroom



Accessible
parking available

Seniors Festival Special

COMEDY BITES AND LUNCH DELIGHTS

Join our Seniors Festival Special event and experience hilarious comedy, indulge in a delicious lunch and foster community connections.

Date: Saturday 23 March

Time: 10.30am to 12.30pm

Cost: \$5 per person

Location: Maitland Town Hall,
263 High Street, Maitland

After the laughs, join us for our Seniors Festival Mini Expo in the Evans Room, which is free and open to all. Don't miss out on this fantastic day of comedy, community and connection. Scan the QR to book your tickets.



Connect with art and ideas at MRAG **FREE**

Escape into the creative landscape of five exhibitions to see anytime for free.

Exhibition program:

Cherine Fahd, Touching and Turning
Robert Klippel: Visual Weight

Simone Rosenbauer, Small Museum
Prudence DeMarchi, Find Me In
The Flowers

Various artists, Settled/Unsettled

Date: Tuesday 12 March to Sunday 24 March

Time: 9.00am to 4.00pm

Location: Maitland Regional Art Gallery, 230 High Street, Maitland

For more information visit mrag.org.au or call **02 4934 9859**



Free access to Maitland aquatic facilities **FREE**

Enjoy free access to both of Maitland's Aquatic Centres, including recreational swimming and aqua fitness classes during the festival.

Date: Monday 11 March to Sunday 24 March

Location: Maitland and East Maitland Aquatic Centres, Les Darcy Drive, Maitland and 41 Narang Street, East Maitland

For more information visit maitland.nsw.gov.au/aquatics



Pet portrait watercolour workshop

Join local artist Ileana Clarke for a unique watercolour class. Participants are invited to bring along a photograph of a treasured pet to use this image as a launch pad into the wonderful world of watercolour. No experience is necessary. All materials supplied.

Date: Monday 11 March

Time: 10.00am to 12.00pm

Location: East Maitland Library, Garnett Road, East Maitland

Cost: \$10 per person

Bookings essential via

maitlandlibrary.com.au

For more information call **02 4033 0999**

or email library@maitland.nsw.gov.au



Gaol presentation tour **FREE**

Join our expert guide and enjoy a short wander in the historic Maitland Gaol, with a peek into a cell block or two, before relaxing with a cup of tea to enjoy the rest of the tour on the big screen.

Date: Monday 11 March

Time: 11.00am to 12.30pm

Location: Maitland Gaol, 6/18 John Street, East Maitland

For more information contact the Gaol

Team on **02 4936 6482** or via

info@maitlandgaol.com.au



Senior's Fitness

Love Fitness with Jessie

Date: Monday 11 and Tuesday 12 March

Time: 9.00am

Date: Wednesday 13 March

Time: 8.30am

Location: Tenambit Community Hall, Corner of Tyrell and Kenneth Street, Tenambit

Cost: \$8 per person

For more information call

0404 733 906 or visit

mait.city/LoveFitnessWithJessie



Beginners watercolour workshop for seniors **FREE**

Join artist Ileana Clarke for a relaxed two hours of watercolour painting for beginners. No experience required.

Date: Tuesday 12 March

Time: 11.00am to 1.00pm

Location: Maitland Regional Art Gallery, 230 High Street, Maitland

Bookings essential via

mait.city/WaterColourWorkshop

For more information call **02 4934 9859** or

email artgallery@maitland.nsw.gov.au



Adult beginner ballet

Suzanne Pettit Dance Classes

Date: Tuesday 12 March

Time: 11.00am to 12.00pm

Location: Largs School of Arts,
27 High Street, Largs

Cost: FREE trial class, standard class
\$15 per person

For more information call

0407 108 898 or visit

dancefitnessfusion.com.au



Trivia and tea **FREE**

Date: Tuesday 12 March

Time: 10.00am to 12.00pm

Location: Maitland Regional Museum,
73 Church Street, Maitland

Bookings are essential. For
more information and to make a
booking call **02 4933 4450** or email
maitlandrmuseum@gmail.com



Exhibition highlights tour **FREE**

Join one of our knowledgeable staff
on a tour of the current exhibitions
on display as they share a selection of
their favourite works.

Date: Wednesday 13 March

Time: 10.00am to 10.45am

Location: Maitland Regional Art
Gallery, 230 High Street, Maitland

Bookings essential via **mrag.org.au**
For more information call **02 4934 9859** or
email **artgallery@maitland.nsw.gov.au**



Cyber security workshop **FREE**

Join the Maitland Libraries team for
an informative discussion about cyber
security. Learn what to look out for
as you adventure online, and how
to keep yourself and your personal
information safe.

Date: Wednesday 13 March

Time: 10.30am to 11.30am

Location: Maitland Administration
Centre Foyer, 263 High Street, Maitland

Bookings essential via

maitlandlibrary.com.au

For more information call **02 4033 0999**

or email **library@maitland.nsw.gov.au**



Seated dance class **FREE**

Join the team at East Maitland
Library for a free all inclusive dance
class. Open to anyone living with
Parkinson's Disease, or any mobility
challenges, these fully seated classes
are a perfect way to get your body
moving. The varied dance music is
inspiring, fun and uplifting and while it
is not a therapy session, you may find
that you leave feeling better in mind,
body and spirit.

Date: Wednesday 13 March

Time: 11.00am to 12.00pm

Location: East Maitland Library,
Garnett Road, East Maitland

Bookings essential via

maitlandlibrary.com.au

For more information call **02 4033 0999**

or email **library@maitland.nsw.gov.au**



Rutherford/Telarah Probus Club morning tea

Join the club for morning tea followed by lunch to learn more about Probus, a social club catering to retired or semi retired individuals. Open to all community members.

Date: Wednesday 13 March

Time: 10.30am

Location: Telarah Bowling Club, Clark Street, Telarah

Cost: FREE however lunch to be purchased individually (lunch specials starting at \$13)

For information contact Garry or Dawn on **0438 423 863**



Conversations: Art & Dementia **FREE**

Conversations is a free 90 minute social and creative tour of exhibitions created specifically for people living with dementia and their carers. The sessions are guided by a trained facilitator who uses art as a trigger for conversation and self expression through art making, enabling visitors to express their thoughts and emotions in a friendly and supportive environment.

Date: Thursday 14 March

Time: 10.30am to 12.00pm

Location: Maitland Regional Art Gallery, 230 High Street, Maitland

Bookings essential via **mrag.org.au**
For more information call **02 4934 9859** or email **artgallery@maitland.nsw.gov.au**



Hearing check with Hearing Australia **FREE**

For over 75 years, Hearing Australia have been helping Australians with expert hearing care. Access a free 15 minute hearing screening test.

Date: Thursday 14 March

Time: 9.30am to 12.30pm

Location: Rutherford Library, Arthur Street, Rutherford

Date: Monday 18 March

Time: 9.30am to 12.30pm

Location: Thornton Library, Taylor Avenue, Thornton

Date: Wednesday 20 March

Time: 9.30am to 12.30pm

Location: East Maitland Library, Garnett Road, East Maitland

Date: Friday 22 March

Time: 9.30am to 12.30pm

Location: Maitland Library, 480 High Street, Maitland

Bookings essential via **maitlandlibrary.com.au**
For more information call **02 4033 0999** or email **library@maitland.nsw.gov.au**



Adult dance fitness low mobility

Suzanne Pettit Dance Classes

Date: Thursday 14 March

Time: 11.00am to 11.45am

Location: Largs School of Arts,
27 High Street, Largs

Cost: FREE trial class, standard class
\$15 per person

For more information call

0407 108 898 or visit

dancefitnessfusion.com.au



Walking book club **FREE**

A walking book club is just like a regular book club, except we take it outside and walk while we talk. Somehow conversation is much easier when we're walking, and we're also getting the benefits of fresh air and exercise.

Join the library team as they take a gentle stroll along the Riverside Walk and discuss books we've been reading, books we've been loving, and books we think others really need to know about.

Date: Friday 15 March

Time: 9.30am to 10.30am

Location: Maitland Library,
480 High Street, Maitland

Bookings essential via

maitlandlibrary.com.au

For more information call **02 4033 0999**

or email library@maitland.nsw.gov.au



Maitland Repertory Theatre open day **FREE**

Date: Saturday 16 March

Time: 9.00am to 11.00am

Location: Maitland Repertory Theatre,
244 High Street, Maitland

For more information call

0466 332 766 or visit mrt.org.au



Entry to Morpeth Museum for seniors and their grandkids **FREE**

Date: Saturday 16 and Sunday 17 March

Time: 11.00am to 2.00pm

Location: Morpeth Museum,
123 Swan Street, Morpeth

For more information call

02 4934 4301 or email
morpethmuseum@bigpond.com

Vintage clothing display

Established in 2005, explore a collection of textile items including dresses, hats, shoes and ties ranging from as early as 1860 to the present day. It's Australia's only dedicated clothing museum.

Date: Saturday 16 and 23 March and Sunday 17 and 24 March

Time: 10.00am to 3.00pm

Location: Australian Museum of Clothing and Textiles, Brough House, 73 Church Street, Maitland

Cost: \$5 per person

For more information call **0408 329 495** or visit museumofclothing.org



Come and try dragon boating

FREE

Discover the wonderful world of dragon boating with the team at Hunter River Dragons.

Date: Sunday 17 March

Time: 8.30am to 10.00am

Location: Queens Wharf, Morpeth Boat Ramp, 3 Queens Wharf Road, Morpeth

For more information call **0487 274 430** or visit hunterriverdragons.com.au



Low mobility dance class **FREE**

Open to anyone with mobility challenges, these classes are a perfect way to get your body moving. You can dance in your wheelchair, with your walker, in your chair, or on your own two feet. The choice is yours! The varied dance music is inspiring, fun and uplifting and while it is not a therapy session, you may find that you leave feeling better in mind, body and spirit.

Date: Monday 18 March

Time: 11.00am to 12.00pm

Location: East Maitland Library, Garnett Road, East Maitland

Bookings essential via

maitlandlibrary.com.au

For more information call **02 4033 0999** or email library@maitland.nsw.gov.au



Seniors Festival guided tour of Maitland Gaol **FREE**

Active seniors can enjoy a guided tour of Maitland Gaol with one of our expert guides. Explore the site for 90 minutes as stories are entwined with historical information about the buildings and lives of former residents and staff.

Date: Monday 18 March

Time: 11.00am to 12.30pm

Location: Maitland Gaol, 6/18 John Street, East Maitland

For more information contact the Gaol Team on **02 4936 6482** or via info@maitlandgaol.com.au



Morning tea and shed tour

FREE

Hosted by the team at Maitland Men's Shed.

Date: Monday 18 March

Time: 9.00am to 11.00am

Location: 20 Jubilee Street, East Maitland

For more information call

02 4934 1293 or visit maitlandcms.org.au



Native seedling giveaway

FREE

Residents of the Maitland LGA can collect up to four native shrubs/groundcovers for planting in their home garden. Two hundred seedlings will be made available for distribution at each of the four branch libraries.

Date: Tuesday 19 March

Time: 9.30am

Location: Maitland Library, 480 High Street, Maitland and Thornton Library, Taylor Avenue, Thornton

Date: Thursday 21 March

Time: 12.30pm

Location: Rutherford Library, Arthur Street, Rutherford and East Maitland Library, Garnett Road, East Maitland

For more information call

02 4934 9833 or email fiona.rowan@maitland.nsw.gov.au



Making the most of your waste management services

FREE

Hosted by the team at Council, learn how you can make the most of Council's waste services. As a part of the presentation, they will touch on the appropriate disposal of different items in your various kerbside bins and explore the free recycling opportunities available to Maitland residents to divert waste from landfill. A Bulky Waste Service update will be given as well.

Date: Tuesday 19 March

Time: 10.30am

Location: Pat Hughes Community Centre, Taylor Avenue, Thornton

Date: Thursday 21 March

Time: 2.00pm

Location: Maitland Region Community Support Auditorium, 13 Arthur Street, Rutherford

For more information call

02 4934 9833 or email fiona.rowan@maitland.nsw.gov.au



West Maitland Centennial Lions Club Dinner **FREE**

Guests interested in learning more about the Lions Club are encouraged to attend. Dinner can be purchased separately from the club's bistro from 5.45pm to be served at 7.00pm.

Date: Tuesday 19 March

Time: 6.00pm

Location: Telarah Bowling Club, Clark Street, Telarah

For more information, contact the Lions Club on **0421 807 003**



A special music event for Seniors Festival with Cygan Groove **FREE**

Let the captivating blend of jazz, classical, contemporary and world music styles whisk you away to the enchanting era of the 1940s. Led by a dynamic duo of guitar and violin, this four piece ensemble, comprised of consummate musicians, promises an afternoon of sheer musical magic. Dancing optional.

Date: Wednesday 20 March

Time: 1.00pm to 2.00pm

Location: Maitland Regional Art Gallery, 230 High Street, Maitland

Bookings essential via **mrag.org.au**
For more information call **02 4934 9859** or email **artgallery@maitland.nsw.gov.au**



Reach beyond Q&A with ex-warders **FREE**

Join Maitland Gaol's ex-warders Keith and Col as they take you behind the scenes on what it was like to work at this maximum security prison. This Q&A will run for approximately 1.5 hours with time for tea and coffee at the beginning and end.

Date: Wednesday 20 March

Time: 10.00am to 12.00pm

Location: Maitland Gaol, 6/18 John Street, East Maitland

For more information contact the Gaol Team on **02 4936 6482** or via **info@maitlandgaol.com.au**



Pearl Home Care sponsored seniors bowling competition

Pearl Home Care Newcastle and Hunter.

Date: Wednesday 20 March

Time: 8.15am for 9.00am start

Location: Club Maitland City, 14 Arthur Street, Rutherford

Cost: \$60 per team

For more information call **0424 102 030** or visit **pearlhomecare.com.au/locations/newcastle_hunter**



Free morning tea and aqua class with Maitland Aquatics

FREE

Meet the team and enjoy a light snack after the 11.30am class.

Date: Friday 22 March

Time: 11.30am

Location: Maitland Aquatic Centre, Les Darcy Drive, Maitland

For more information visit maitland.nsw.gov.au/aquatics



Toilet

Bird watching **FREE**

Come along and join members of the Hunter Bird Observers Club for a morning of bird watching activities. Please remember to bring binoculars if you have them, drinking water and a hat and wear long pants, long sleeve shirt, sunscreen and insect repellent.

Date: Friday 22 March

Time: 8.00am

Location: Ray Lawler Reserve, Morpeth Common, 33 Edward Street, Morpeth

For more information call **02 4934 9833** or email fiona.rowan@maitland.nsw.gov.au



Toilet

Mini Expo **FREE**

Meet and greet with service providers supporting the Maitland community. Free and open to all.

Date: Saturday 23 March

Time: 12.00pm to 3.00pm

Location: Maitland Town Hall, 263 High Street, Maitland

For more information, call

02 4934 9700 or visit mait.city/SeniorsFestival



Toilet

LIVE at The Levee Street Party **FREE**

Enjoy some live music, family friendly games and the best food The Levee has to offer.

Date: Saturday 23 March

Time: 5.30pm to 9.30pm

Location: The Levee Shared Zone, located on High Street between Bourke and Elgin Streets, Maitland

For more information, call **02 4934 9700** or visit thelevee.com.au



Toilet

March Seniors Festival Calendar 2024

Connect with art and ideas at MRAG and free access to Maitland aquatic facilities will be running throughout the entire festival. See page 3 for more information on these events.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>11</p> <p>Senior's fitness 9.00am Refer to pg. 4</p> <p>Pet portrait watercolour workshop 10.00am to 12.00pm Refer to pg. 4</p> <p>Gaol presentation tour 11.00am to 12.30pm Refer to pg. 4</p>	<p>12</p> <p>Senior's fitness 9.00am Refer to pg. 4</p> <p>Trivia and tea 10.00am to 12.00pm Refer to pg. 5</p> <p>Adult beginner ballet 11.00am to 12.00pm Refer to pg. 5</p> <p>Beginners watercolour 11.00am to 1.00pm Refer to pg. 4</p>	<p>13</p> <p>Senior's fitness 8.30am Refer to pg. 4</p> <p>Exhibition highlights tour 10.00am to 10.45am Refer to pg. 5</p> <p>Cyber security workshop 10.30am to 11.30am Refer to pg. 5</p> <p>Rutherford/Telarah Probus Club morning tea 10.30am Refer to pg. 6</p> <p>Seated dance class 11.00am to 12.00pm Refer to pg. 5</p>	<p>14</p> <p>Conversations: Art & Dementia 10.30am to 12.00pm Refer to pg. 6</p> <p>Hearing check with Hearing Australia 9.30am to 12.30pm Refer to pg. 6</p> <p>Adult dance fitness low mobility 11.00am to 11.45am Refer to pg. 7</p>	<p>15</p> <p>Walking book club 9.30am to 10.30am Refer to pg. 7</p>	<p>16</p> <p>Maitland Repertory Theatre open day 9.00am to 11.00am Refer to pg. 7</p> <p>Morpeth Museum 11.00am to 2.00pm Refer to pg. 7</p> <p>Vintage clothing display 10.00am to 3.00pm Refer to pg. 8</p>
					<p>Sunday</p> <p>17</p> <p>Come and try dragon boating 8.30am to 10.00am Refer to pg. 8</p> <p>Morpeth Museum 11.00am to 2.00pm Refer to pg. 7</p> <p>Vintage clothing display 10.00am to 3.00pm Refer to pg. 8</p>

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>18</p> <p>Hearing check with Hearing Australia 9.30am to 12.30pm Refer to pg. 6</p> <p>Morning tea and shed tour 9.00am to 11.00am Refer to pg. 9</p> <p>Low mobility dance class 11.00am to 12.00pm Refer to pg. 8</p> <p>Seniors Festival guided tour of Maitland Gaol 11.00am to 12.30pm Refer to pg. 8</p>	<p>19</p> <p>Native seedling giveaway 9.30am Refer to pg. 9</p> <p>Making the most of your waste management services 10.30am Refer to pg. 9</p> <p>West Maitland Centennial Lions Club dinner 6.00pm Refer to pg. 10</p>	<p>20</p> <p>Pearl Home Care sponsored seniors bowling competition 8.15am for a 9.00am start Refer to pg. 10</p> <p>Hearing check with Hearing Australia 9.30am to 12.30pm Refer to pg. 6</p> <p>Reach beyond Q&A with ex-warders 10.00am to 12.00pm Refer to pg. 10</p> <p>A special music event for Seniors Festival with Cygan Groove 1.00pm to 2.00pm Refer to pg. 10</p>	<p>21</p> <p>Making the most of your waste management services 2.00pm Refer to pg. 9</p> <p>Native seedling giveaway 12.30pm Refer to pg. 9</p>	<p>22</p> <p>Bird watching 8.00am Refer to pg. 11</p> <p>Hearing check with Hearing Australia 9.30am to 12.30pm Refer to pg. 6</p> <p>Morning tea and aqua class 11.30am Refer to pg. 11</p>	<p>23</p> <p>Vintage clothing display 10.00am to 3.00pm Refer to pg. 8</p> <p>Seniors Festival Special - Comedy Bites and Lunch Delights 10.30am to 12.30pm Refer to pg. 3</p> <p>Mini Expo 12.00pm to 3.00pm Refer to pg. 11</p> <p>LIVE at The Levee Street Party 5.30pm to 9.30pm Refer to pg. 11</p> <p>Sunday</p> <p>24</p> <p>Vintage clothing display 10.00am to 3.00pm Refer to pg. 8</p>



maitland
city council

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t 02 4934 9700

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