

NSW Seniors Festival

3-16 March 2025

Time to shine



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

Proudly funded by



Rock, Roll & Shine

Seniors Lunch and Show

Join us for an unforgettable celebration of music, dancing and community connection!

Date: Sunday 9 March

Time: Doors open 10.15am for 11.00am start

Cost: \$5 per person

Location: Maitland Town Hall,
263 High Street, Maitland

Step back in time to the golden era of rock 'n' roll with Robbie & the Rockers, a dynamic four-piece band bringing the high-energy sounds of the 1950s and 1960s straight to the Maitland Town Hall stage. Enjoy two hours of lively music and a delicious lunch as we celebrate Maitland Seniors Festival.



Bookings essential at
mait.city/RockRollShine

Time to Shine

Seniors Discover & Connect Expo **FREE**

It's your time to shine — come and enjoy a day of discovery and connection!

Join us at this free event for seniors to connect with local service providers, discover valuable resources, and explore opportunities to enhance wellbeing. Enjoy light refreshments, try your hand at tabletop games and join the fun!

Date: Saturday 15 March

Time: 10.00am - 1.00pm

Location: Maitland Town Hall,
263 High Street, Maitland

No booking required.



Free Entry 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 3 to Sunday 16 March

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

For more information visit mait.city/AquaticsCentres



Flood Level 1955 – A historical exhibition **FREE**

Discover how the great flood of 1955 shaped our city and its people. Explore incredible displays, rare footage, powerful images, and personal accounts and more.

Date: Monday - Friday 8.30am - 4.30pm and Saturdays 10.00am - 2.00pm

Location: Maitland Administration Centre 263 High Street, Maitland

For more information visit mymaitland.com.au or call 02 4934 97000



Rotary Club of East Maitland Weekly Walking Group and Social Chat **FREE**

Come along for a relaxed 1 hour loop walk starting from East Maitland Library, with pull-out areas for slower walkers, followed by an optional coffee and chat.

Date: Monday 3 March

Time: 8.30am

Location: East Maitland Library car park

No booking required.

Seniors Fitness with Love Fitness with Jessie

Exercise class for older adults encouraging fun, independence, confidence, mobility, flexibility, strength and balance for overall health and wellbeing.

Date: Monday 3 March

Time: 9.00am

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

Cost: \$8 per person

No booking required.

For more information call Jessie on 0404733906 or email via jessieallenberry@icloud.com



Community Morning Tea **FREE**

Hosted by the team at Maitland Community Men's Shed.

Date: Monday 3 March

Time: 9.00am - 11.00am

Location: 20 Jubilee Street East Maitland

No booking required. For more information call the Shed on 02 4934 1293



Chair Yoga **FREE**

With the help of a chair, Yoga can be accessible for everyone. Whether you're looking to improve mobility, reduce stress, or experience the health benefits of Yoga.

Date: Monday 3 March

Time: 11.30am - 12.30pm

Location: Morpeth Church of Immaculate Conception Hall. Corner James and George Streets Morpeth

Free trial class. Bookings preferred but not essential. For more information or to book visit mait.city/BookShimmySisters



Music Jamming Session with the Maitland Pluckers and U3A Maitland **FREE**

Come along to our music 'jamming' session. Bring your ukulele, your best singing voice and enjoy performances from the U3A Belly Dance Group and other musical acts.

Date: Monday 3 March

Time: 6.30pm for a 7.00pm start

Location: Lorn Park Bowls Sports & Recreation Club, Melrose St, Lorn.

No booking required. Please note, restaurant is closed Mondays.



Hume Housing East Maitland Seniors Hub **FREE**

Join our welcoming 55+ social group in Maitland for weekly activities, fun and friendship — open to all, regardless of whether you're a Hume customer! Activities include gentle exercise, morning tea, arts and crafts and line dancing.

Date: Tuesday 4 March

Time: From 9.30am

Location: 77 George St, East Maitland

No booking required.



Toilet

Staying Safe Online **FREE**

Join us for this important presentation where you will discover tips for making strong passwords, ways to avoid scams, and how to prevent common online mistakes.

Date: Tuesday 4 March

Time: 9.30am - 10.30am

Location: East Maitland Library, 3 Garnett Road, East Maitland

Bookings essential via

mait.city/StayingSafeOnline



Be Connected Session - Ways to improve your wellbeing **FREE**

Build your digital skills across a wide range of topics - these free sessions are beginner friendly and designed to introduce you to a range of technologies in a fun environment.

Date: Tuesday 4 March

Time: 11.00am - 12.30pm

Location: Rutherford Library
13 Arthur Street, Rutherford

Bookings essential via

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



Breeze in to the Gallery for an entertaining performance of musical classics **FREE**

Join us for a special FREE Seniors Festival event with Newcastle's premier Jazz trio, Breeze. Matt and his band will be performing classic tunes sure to entertain music lovers, with a little bit of New York New York in Maitland.

Date: Tuesday 4 March

Time: 1.00pm - 2.00pm

Location: Maitland Regional Art Gallery
230 High Street Maitland

Bookings essential via the MRAG website mait.city/MusicalClassics For more information call **02 4934 9859** or email artgallery@maitland.nsw.gov.au



Pilates - online exercises with Bree **FREE**

Join Bree for a fun floor workout that improves your core strength and flexibility. Enjoy heart-healthy movements and enhance your coordination, all while using your mat.

Date: Wednesday 5 March

Time: 8.30am

Location: Online via Zoom

Book online via bit.ly/SeniorsFestRego
For more information call **0411 246 741** or email carol@thirddagefitness.com.au

Native Seedling Giveaway **FREE**

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

Date: Wednesday 5 March, Thursday 6 March, Monday 10 March, Wednesday 12 March

Time: 9.30am until all seedlings are gone

Location: Multiple locations. Please refer to calendar below for locations.

No booking required.

For more information call

02 49 34 9860 or email

Michael.Tinlin@maitland.nsw.gov.au



Trivia at Maitland Regional Museum **FREE**

Come along and enjoy fun trivia with a historical twist, view the exhibitions and enjoy a delicious morning/afternoon tea.

Date: Wednesday 5 March

Time: 10.00am - 12.00pm and
1.00pm - 3.00pm

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



Making the Most of Waste Services in Maitland **FREE**

This workshop will cover the appropriate disposal of everyday waste items and information to assist in decluttering.

Date: Wednesday 5 March

Time: 10.30am (a light morning tea will be served from 10.15am)

Location: Rutherford Community Centre, Arthur Street, Rutherford

Date: Thursday 6 March

Time: 9.30am - 10.30am

Location: Maitland Library, High Street, Maitland

Date: Monday 10 March

Time: 10.30am

Location: East Maitland Library, 3 Garnett Road, East Maitland

Date: Wednesday 12 March

Time: 9.30am - 10.30am

Location: East Maitland Library, 3 Garnett Road, East Maitland

Bookings preferred but not essential. For more information or to book call **02 4934 9833** or email Fiona.Rowan@maitland.nsw.gov.au



CPR Course at Maitland Pool **FREE**

Royal Life Saving's cardiopulmonary resuscitation (CPR) training courses will provide you with current knowledge and skills on how to provide basic life support safely.

Date: Wednesday 5 March

Time: 11.30am -12.30pm

Location: Maitland Aquatic Centre, Les Darcy Drive, Maitland

Bookings essential - spots are limited. To book please email aquatics@maitland.nsw.gov.au



Maitland University of the Third Age (U3A Maitland) Pop Up Shop **FREE**

Visit our pop up shop to learn about our lifelong learning and social activities for seniors.

Date: Thursday 6 March

Time: 9.00am -5.00pm

Location: Greenhills Shopping Centre downstairs near escalators Stronach Avenue end

No booking required.



Be Connected Session - Ways to improve your wellbeing **FREE**

Build your digital skills across a wide range of topics - these free sessions are beginner friendly and designed to introduce you to a range of technologies in a fun environment.

Date: Thursday 6 March

Time: 11.00am -12.30pm

Location: East Maitland Library 3 Garnett Road, East Maitland

Bookings essential via mait.city/BeConnectedEM For more information call **02 4033 0999** or email library@maitland.nsw.gov.au



Building Strength - online exercises with Carol **FREE**

Join Carol for a fun workout using dumbbells to build muscle and improve overall fitness. Enhance your strength and coordination, all while standing. Bring your dumbbells along!

Date: Friday 7 March

Time: 10.00am

Location: Online via Zoom

Book online via bit.ly/SeniorsFestRego For more information call **0411 246 741** or email carol@thirdagefitness.com.au

Art and Heritage Tour **FREE**

Join our friendly guide for a tour of the building where you can hear about its history as well as the exhibitions on display.

Date: Friday 7 March

Time: 10.00am-10.45am

Location: Maitland Regional Art Gallery 230 High Street Maitland

Bookings essential via MRAG website mait.city/mragWhatsOn For more information call **02 4934 9859** or email artgallery@maitland.nsw.gov.au



Literature Live: *The Golden Thread* with Tea Cooper

Tea Cooper opens Literature Live season 3 with *The Golden Thread*, a compelling story set in early 20th-century Maitland, where a young woman uncovers a family secret that changes her life.

Date: Friday 7 March

Time: 6.00pm-7.30pm

Location: East Maitland Library, 3 Garnett Road, East Maitland

Cost: \$15 per person

Bookings are essential via mait.city/LiteratureLive



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 8 and 9 March and Sunday 15 and 16 March

Time: 10.00am -3.00pm

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

Cost: \$5 per person

No booking required. For more information call **0408 329 495** or visit museumofclothing.org



Morpeth Museum for Seniors and their Grandchildren **FREE**

Enjoy free entry to Morpeth Museum for seniors and their grandchildren, offering a wonderful opportunity to explore local history and create lasting memories together.

Date: Saturday 8 March and Sunday 9 March

Time: 11.00am -2.00pm

Location: Morpeth Museum, 123 Swan Street, Morpeth

No bookings required - . For more information call

02 4934 4301 or email morpethmuseum@bigpond.com



Seed Library Pack & Chat **FREE**

Join us for a delightful morning of connection and discovery at the Seed Library Pack and Chat! As we come together to pack seeds, we invite you to engage in meaningful conversations with fellow growers, sharing insights, experiences, and the joy of cultivating life.

Date: Saturday 8 March

Time: 10.00am - 12.30pm

Location: East Maitland Library, Garnett Road, East Maitland

Bookings essential via mait.city/SeedLibrary



Come and Try Dragon Boating

FREE

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

Date: Sunday 9 March

Time: 8.30am - 10.00am

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

Bookings are essential. Please phone **0487 274 430** or email membership@hunterriverdragons.com



Low Mobility Dance **FREE**

Come and try a mix of exercise, movement and dance. This class is designed for adults with a range of mobility challenges. It includes a combination of seated and supported exercises to suit individual needs.

Date: Monday 10 March

Time: 10.00am - 11.00am

Location: Morpeth Church of Immaculate Conception Hall, Corner James and George Streets Morpeth

No booking required. For more information call Suzanne on **0407 108 898** or email via suepettit55@gmail.com



Better Balance - online exercises with Carol **FREE**

Join Carol for a fun workout that combines standing and seated exercises to enhance your stability and coordination. Improve your balance while using a chair for support.

Date: Monday 10 March

Time: 1.30pm

Location: Online via Zoom

Book online via bit.ly/SeniorsFestRego For more information call **0411 246 741** or email carol@thirdagefitness.com.au

Seniors Reading Party **FREE**

Designed for those who love to read, but don't want to do it alone, reading parties offer a safe space for you to read with a community of like-minded people doing the same thing.

Date: Monday 10 March

Time: 6.00pm - 7.30pm

Location: East Maitland Library, 3 Garnett Road, East Maitland

Bookings essential via email library@maitland.nsw.gov.au



Adult Ballet **FREE**

Come and try a mix of ballet, stretch and strengthening exercises. Improve posture, core strength and coordination through the principles of classical ballet. This class is suitable for both beginner adults and those with some experience in dance.

Date: Tuesday 11 March

Time: 11.00am - 12.00pm

Location: Largs School Of Arts, 27 High St, Largs

Free trial class. No booking required. For more information call Suzanne on **0407 108 898** or email via suepettit55@gmail.com



Be Connected Session - Understanding Web Browsers

FREE

Build your digital skills across a wide range of topics - these free sessions are beginner friendly and designed to introduce you to a range of technologies in a fun environment.

Date: Tuesday 11 March

Time: 11.00am - 12.30pm

Location: Rutherford Library, 13 Arthur Street, Rutherford

Date: Thursday 13 March

Time: 11.00am - 12.30pm

Location: East Maitland Library 3 Garnett Road, East Maitland

Bookings essential via mait.city/BeConnectedRuth For more information call **02 4033 0999** or email library@maitland.nsw.gov.au



Hume Housing Rutherford Seniors Hub **FREE**

Join us for our opening day in our welcoming 55+ social group in Rutherford for weekly activities, fun and friendship — open to all, regardless of whether you're a Hume customer! Activities include gentle exercise and morning tea.

Date: Wednesday 12 March

Time: From 9.30am

Location: 19-21 Alexandra Ave, Rutherford. Common Room, Near Units 26-30

No booking required.



Still Life Watercolour Workshop for Seniors **FREE**

Have you ever thought about trying your hand at watercolor painting? Here's your chance! Join us for a free workshop with all materials supplied. Come and learn from artist Ileana Clarke in a relaxed and creative environment.

Date: Wednesday 12 March

Time: 10.00am -12.00pm and 1.30pm -3.30pm

Location: Maitland Regional Art Gallery 230 High Street Maitland

Bookings essential via MRAG website mait.city/mragWhatsOn For more information call **02 4934 9859** or email artgallery@maitland.nsw.gov.au



Rutherford/Telarah Probus Club morning tea **FREE**

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

Date: Wednesday 12 March

Time: From 10.00am

Location: Telarah Bowling Club, Clark Street, Telarah

No booking required.



Craft and Devonshire Tea

Join us for a fun, hands-on craft session teaching a number of easy crafts with delicious Devonshire tea included!

Date: Wednesday 12 March

Time: 10.00am

Location: Maitland CWA Hall, 46 Church Street, Maitland

Cost: \$2

No booking required.

For more information contact Julie via phone **0413 324 195** or email julieread54@gmail.com



Introduction to watercolours with Sami Bayly **FREE**

Join local artist, author and illustrator Sami Bayly, as she runs an introduction to watercolour painting. As a natural history illustrator, she will share tips and tricks for painting your own beautiful watercolour pictures.

Date: Wednesday 12 March

Time: 11.00am -12.00pm

Location: East Maitland Library, 3 Garnett Road, East Maitland

Bookings essential via email library@maitland.nsw.gov.au



Dance Fitness Fusion **FREE**

Come and try a mix of Latin, jazz, fitness and movement. Build cardio, strength and endurance through a variety of styles in a measured and fun way. Suitable for both beginner adults and those with some experience in dance.

Date: Thursday 13 March

Time: 10.00am -11.00am

Location: Largs School Of Arts, 27 High St, Largs

Free trial class. No booking required. For more information call Suzanne on **0407 108 898** or email via suepettit55@gmail.com



Still Life Watercolour Workshop for Seniors **FREE**

Have you ever thought about trying your hand at watercolor painting? Here's your chance! Join us for a free workshop with all materials supplied. Come and learn from artist Ileana Clarke in a relaxed and creative environment.

Date: Thursday 13 March

Time: 10.00am -12.00pm and 1.30pm -3.30pm

Location: Maitland Regional Art Gallery 230 High Street Maitland

Bookings essential via MRAG website mait.city/mragWhatsOn For more information call **02 4934 9859** or email artgallery@maitland.nsw.gov.au



Conversations: Art and 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 13 March

Time: 10.30am -12.30pm

Location: Maitland Regional Art Gallery 230 High Street Maitland

Bookings essential via email artgallery@maitland.nsw.gov.au or via phone **02 4934 9859**



Birdwalk at Walka Water Works **FREE**

Join members of the Hunter Bird Observers Club for a walk at Walka Water Works to explore the bird species that make this area home. Bring along your own binoculars if you have them or we will have some available for use. Share a light morning tea following the walk.

Date: Friday 14 March

Time: 8.00am

Location: Walka Water Works, S Willards Lane, Oakhampton Heights. Meet in the carpark.

Bookings preferred but not essential. For more information or to book call **49349833** or email **Fiona.Rowan@maitland.nsw.gov.au**



Seated Dance Class **FREE**

A mostly seated dance class for anyone who enjoys movement, music and fun without worrying about balance. Dancing improves movement and creates new neurological pathways, helping with everyday activities. Enjoy a cuppa and chat afterward!

Date: Friday 14 March

Time: 10.00am - 11.00am

Location: Morpeth Church of Immaculate Conception Hall. Corner James and George Streets Morpeth

Free trial class. Bookings preferred but not essential. For more information or to book visit

mait.city/BookShimmySisters



Art and Heritage Tour **FREE**

Join our friendly guide for a tour of the building where you can hear about its history as well as the exhibitions on display.

Date: Friday 14 March

Time: 10.00am - 10.45am

Location: Maitland Regional Art Gallery 230 High Street Maitland

Bookings essential via MRAG website **mait.city/mragWhatsOn** For more information call **02 4934 9859** or email **artgallery@maitland.nsw.gov.au**



80's Disco Aqua Class at Maitland Aquatics **FREE**

Come and dive into an energetic aqua class with an 80's disco twist! Enjoy great music, a fun workout, hosted by the team at Maitland Aquatics Centre.

Date: Friday 14 March

Time: 10.00am - 11.00am

Location: Maitland Aquatic Centre, Les Darcy Drive, Maitland

Bookings essential. To book please email **aquatics@maitland.nsw.gov.au**



Free morning tea at Maitland Aquatics **FREE**

Come and meet the team, learn more about their classes and programs, and enjoy a light snack after the 11am class.

Date: Friday 14 March

Time: From 11.30am

Location: Maitland Aquatic Centre, Les Darcy Drive, Maitland

No booking required.



Ballet for Life **FREE**

Experience the magic of ballet in an event combining the beauty of a streamed performance with the joy of participation! Watch a captivating ballet video, then join an inclusive workshop to explore ballet techniques, movement, and expression.

Date: Friday 14 March

Time: 5.30pm - 8.30pm

Location: East Maitland Library, 3 Garnett Road, East Maitland

Bookings essential via email **library@maitland.nsw.gov.au**



Open Day at Maitland Repertory Theatre **FREE**

Ever wanted to see behind the scenes at Maitland's community theatre? Now's your chance. Come along for a short guided tour behind the scenes. Hear about Maitland Repertory Theatre's history and see how the theatre works.

Date: Saturday 15 March

Time: 9.00am - 11.00am

Location: 244 High Street, Maitland

No booking required. For more information call **0427 933 280** or email **info@mrt.org.au**



Creating a Frog Pond in your Backyard workshop

Tree Frog Permaculture will guide you through the process of selecting the right location and plants and provide maintenance advice to keep your pond healthy for frogs and wildlife. The workshop will also cover legislative requirements in terms of child safety.

Date: Saturday 15 March

Time: 10.00am - 12.00pm (a light morning tea will be served from 10.15am)

Location: Gillieston Heights Community Hub, Cnr Redwood Drive and Pine Street, Gillieston Heights

Cost: \$5

Book your spot from 17 February via **mait.city/FrogPond**



March Seniors Festival Calendar 2025

The Flood Level 1955 historical exhibition and free access to Maitland aquatic facilities

will be running throughout the entire festival. See page 4 for more information events.

Everyday	Free Entry to Maitland Aquatics facilities pg. 4		Flood Level 1955 – A historical exhibition pg. 4 Monday -Friday 8.30am -4.30pm and Saturdays 10.00am -2.00pm								
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
<p>03</p> <p>Rotary Club of East Maitland Weekly Walking Group & Social Chat pg. 4 8.30am</p> <p>Seniors Fitness pg. 4 9.00am</p> <p>Community Morning Tea pg. 5 9.00am -11.00am</p> <p>Chair Yoga pg. 5 11.30am -12.30pm</p> <p>Music Jamming Session pg. 5 6.30pm for a 7.00pm start</p>	<p>04</p> <p>Hume Housing East Maitland Seniors Hub pg. 5 From 9.30am</p> <p>Staying Safe Online pg. 6 9.30am -10.30am</p> <p>Be Connected Session pg. 6 11.00am -12.30pm</p> <p>Breeze in to the Gallery for an entertaining performance of musical classics pg. 6 1.00pm -2.00pm</p>	<p>05</p> <p>Pilates - online pg. 6 8.30am</p> <p>Native Seedling Giveaway pg. 7 Rutherford Library, 13 Arthur Street, Rutherford</p> <p>9.30am until all seedlings are gone</p> <p>Trivia at Maitland Regional Museum pg. 7 10.00am -12.00pm - 1.00pm -3.00pm</p> <p>Making the Most of Waste Services in Maitland pg. 7 10.30am (a light morning tea will be served from 10.15am)</p> <p>CPR Course at Maitland Pool pg. 8 11.30am -12.30pm</p>	<p>06</p> <p>Maitland University of the Third Age (USA Maitland) Pop Up Shop pg. 8 9.00am -5.00pm</p> <p>Making the Most of Waste Services in Maitland pg. 7 9.30am -10.30am</p> <p>Native Seedling Giveaway pg. 7 Thornton Library, Taylor Avenue, Thornton</p> <p>9.30am until all seedlings are gone</p> <p>Be Connected Session pg. 8 11.00am -12.30pm</p>	<p>07</p> <p>Building Strength - online exercises with Carol pg. 8 10.00am</p> <p>Art and Heritage Tour pg. 9 10.00am -10.45am</p> <p>Literature Live pg. 9 6.00pm -7.30pm</p>	<p>08</p> <p>Vintage Clothing Display pg. 9 10.00am -3.00pm</p> <p>Morpeth Museum pg. 9 11.00am -2.00pm</p> <p>Seed Library Pack & Chat pg. 10 10.00am -12.30pm</p> <tr> <th colspan="6" data-bbox="1830 858 2163 948">Sunday</th> </tr> <p>09</p> <p>Come and Try Dragon Boating pg. 10 8.30am -10.00am</p> <p>Vintage Clothing Display pg. 9 10.00am -3.00pm</p> <p>Rock, Roll & Shine: Seniors Lunch & Show pg. 3 11.00am</p> <p>Morpeth Museum pg. 9 11.00am -2.00pm</p>	Sunday					
Sunday											

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10</p> <p>Native Seedling Giveaway pg. 7 East Maitland Library, 3 Garnett Road, East Maitland 9.30am until all seedlings are gone</p> <p>Low mobility dance class pg. 10 10.00am - 11.00am</p> <p>Making the Most of Waste Services in Maitland pg. 7 10.30am</p> <p>Better Balance pg. 11 1.30pm</p> <p>Seniors Reading Party pg. 11 6.00pm - 7.30pm</p>	<p>11</p> <p>Adult Ballet pg. 11 11.00am - 12.00pm</p> <p>Be Connected Session pg. 11 11.00am - 12.30pm</p>	<p>12</p> <p>Hume Housing Rutherford Seniors Hub pg. 12 From 9.30am</p> <p>Native Seedling Giveaway pg. 7 Maitland Library, High Street, Maitland 9.30am until all seedlings are gone</p> <p>Making the Most of Waste Services in Maitland pg. 7 9.30am - 10.30am</p> <p>Still Life Watercolour Workshop for Seniors pg. 12 10.00am - 12.00pm 1.30pm - 3.30pm</p> <p>Rutherford/Telarah Probus Club morning tea pg. 12 From 10.00am</p> <p>Craft and Devonshire Tea pg. 12 10.00am</p> <p>Introduction to watercolours pg. 13 11.00am - 12.00pm</p>	<p>13</p> <p>Dance Fitness Fusion pg. 13 10.00am - 11.00am</p> <p>Still Life Watercolour Workshop for Seniors pg. 13 10.00am - 12.00pm 1.30pm - 3.30pm</p> <p>Conversations: Art and Dementia pg. 13 10.30am - 12.30pm</p> <p>Be Connected Session pg. 11 11.00am - 12.30pm</p>	<p>14</p> <p>Birdwalk at Walka Water Works pg. 14 8.00am</p> <p>Seated Dance Class pg. 14 10.00am - 11.00am</p> <p>Art and Heritage Tour pg. 14 10.00am - 10.45am</p> <p>80's Disco Aqua Class at Maitland Aquatics pg. 14 10.00am - 11.00am</p> <p>Free morning tea at Maitland Aquatics pg. 15 From 11.30am</p> <p>Ballet for Life pg. 15 5.30pm - 8.30pm</p>	<p>15</p> <p>Open Day at Maitland Repertory Theatre pg. 15 9.00am - 11.00am</p> <p>Vintage Clothing Display pg. 9 10.00am - 3.00pm</p> <p>Creating a Frog Pond in your Backyard workshop pg. 15 10.00am - 12.00pm</p> <p>Time to Shine: Seniors Discover & Connect Expo pg. 3 10.00am - 1.00pm</p> <p>Sunday</p> <p>16</p> <p>Vintage Clothing Display pg. 9 10.00am - 3.00pm</p>



263 High Street
(PO Box 220)
Maitland NSW 2320

t 02 4934 9700

ask@maitland.nsw.gov.au
maitland.nsw.gov.au