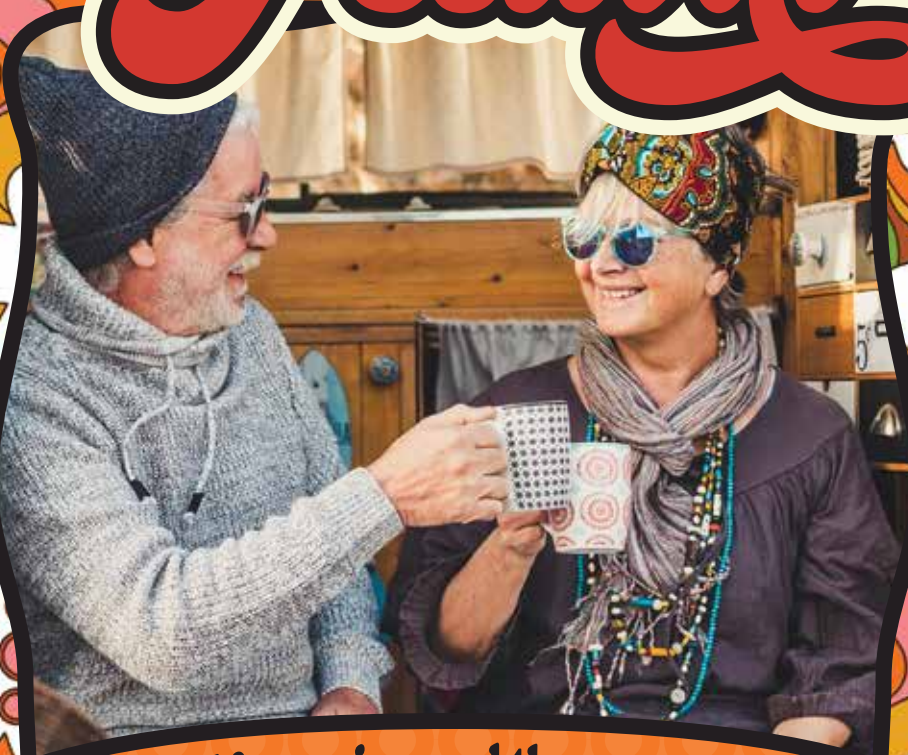




Cessnock City



# Seniors Festival



A festival for seniors and those not-so-senior!

• **13 - 24 APRIL 2021** •

For full program details visit [cessnock.nsw.gov.au](http://cessnock.nsw.gov.au)

Proudly sponsored by



HUNTER VALLEY GARDENS



# Mayor's Message



I'm so pleased and proud to be welcoming everyone to the Cessnock City Seniors Festival 2021. After a long period with limited opportunities to be out and about, this year's Festival is the perfect time to reconnect with your community.

We have worked hard with all our venues and participating organisations to ensure we can promote the whole festival as a COVID-19 safe event. We ask everyone to follow the conditions of entry and NSW Health guidelines, and help keep the community safe for all of us.

We are especially excited that this year's Festival is running in tandem with Youth Week and there are opportunities for older and younger community members to come together. The Seniors Reference Group and Youth Week Planning Committee have planned several joint events including, a free BBQ and screening of Mary Poppins at the Cessnock Performing Arts Centre and a special radio program on 2CHR.

I would like to acknowledge the generous support of this year's Festival Sponsors; in particular our Gold Sponsors, East Cessnock Bowling Club, Priceline Pharmacy Cessnock, Hunter Valley Gardens, Back in Motion and Northern Coalfields Community Care Association. This generous community support enables our Festival to continue to grow and diversify each year.

I encourage everyone to come along and participate. I look forward to seeing you during the celebrations.

Cessnock City Mayor  
Councillor Bob Pynsent



# Ambassadors Message

It's wonderful for us to be Ambassadors for the Cessnock City Seniors Festival. This year's program has so many opportunities for people to connect with each other and participate in community life. Being active and involved is good for your mental and physical health. We encourage you to view the program, pick something that interests you and get involved, not just during the Festival but all year round.

We hope to see you there!

Jane and Les Goldie  
2021 Cessnock Australia Day Awards  
Senior Citizens of the Year

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## Acknowledgement of Country

Cessnock City Council acknowledges that within its local government area boundaries are the Traditional Lands of the Wonnarua people, the Awabakal people and the Darkinjung people. We acknowledge these Aboriginal peoples as the Traditional Custodians of the land on which our offices and operations are located, and pay our respects to Elders past, present and future. We also acknowledge all other Aboriginal and Torres Strait Islander people who now live within the Cessnock Local Government Area.

# 2021 At a Glance

## Arts and Culture

Festival in the Streets	Throughout Festival
Love Stories	Throughout Festival
The Art of Ageing	Throughout Festival
Fashion Parade	Wed 14
Ukulele for Seniors	Wed 14 · Tue 20
Abermain Concert	Thu 15
Feature Film: Brassed Off	Fri 16
Interview with My Gran	Fri 16
Marthaville Arts and Cultural Centre	Fri 16 · Sat 17 Fri 23 · Sat 24
Wollombi Cultural Centre	Sat 17 · Sun 18 · Sat 24
A Taste of Ireland	Sat 17
Get Ready with Timberlina	Tue 20
Bingo with Timberlina	Tue 20
Cessnock Youth (TedX)	Tue 20
Calvary Art and Craft Exhibition	Wed 21
A Smorgasbord of Sound	Wed 21
Short films: The Citizenry / Behind the Scenes Feature Film: Finding Your Feet	Fri 23
The Art of Fashion - 1920's Evening Gowns	Sat 24
Feature Film: Mary Poppins Returns	Sat 24

## Health and Wellbeing

Fitness Passport	Throughout Festival
Fitness and Falls Prevention	Tue 13
BActive	Tue 13 · Thu 15 Tue 20 · Thu 22
Understanding Dementia Workshop	Thu 15
Tai Chi	Fri 16
Mountain Bike and eBike Ride	Sun 18
Online Event: Invest in Continence	Thu 22

# 2021 At a Glance

## History and Heritage

History of Cessnock Colliery Brass Bands	Fri 16
Convict Records in the NSW State Archives Collections	Mon 19
Using Collection Search	Mon 19
Sir Edgeworth David Memorial Museum	Tue 20

## Learning

Tech Help	Wed 14 · Thu 15 Wed 21 · Thu 22
Introducing Trove	Wed 14 · Wed 21
Energy Efficiency for Retirees	Thu 15
Everything eBranch	Fri 16 · Fri 23
Poppethead Park Spotlighting	Sat 17
On the Road 65Plus	Mon 19 · Thu 22
Cooking with a Crockpot	Thu 22

## Clubs and Special Interest

In the Loop	Wed 14 · Wed 21
Cessnock Community Women's Shed	Fri 16 · Fri 23
The Community Women's Shed Kurri Kurri	Fri 16 · Fri 23
Women's Shed Branxton	Thu 15 · Thu 22
Cessnock and Wine Country Toastmasters Club	Mon 19



This symbol indicates that the event is being held in conjunction with Youth Week 2021.



This symbol indicates that the venue has access measures for people with disability. Please contact the event host for more information.

For more information visit Council's Access and Inclusion page at [cessnock.nsw.gov.au](http://cessnock.nsw.gov.au). For any specific requirements please contact 02 4993 4258.

**PLEASE NOTE:** Every endeavour has been made to ensure that the details appearing in this booklet are correct at the time of printing.

# Throughout the Festival



## Lower Hunter Transport Services



Door-to-door return transport available through Lower Hunter Transport Services to Festival events, for a subsidised fee. Prices range from \$8 to \$20.

Bookings essential. Call 4019 9750 for more information and to make a booking.



## Love Stories



Who do we love and how do we show them we love them? An exhibition of artworks about love, created by young and old in a series of community workshops with local artist Judy Robinson. Supported by the NSW Government's Festival of Place – Summer Fund.

**Cessnock Library**  
62-67 Vincent Street CESSNOCK  
4993 4258  
**FREE**



## Festival in the Streets



Look out for performances in Vincent Street and Cooper Street during the Festival. Supported by the NSW Government's Festival of Place – Summer Fund.

**FREE**

## The Art of Ageing



A digital exhibition of photos celebrating the rich and diverse lives of people living in NSW. Presented by the NSW Department of Communities and Justice.

**Cessnock Library**  
62-67 Vincent Street CESSNOCK  
4993 4258  
**Kurri Kurri Library**  
253 Lang Street KURRI KURRI  
4993 4258

**FREE**

# Throughout the Festival



## Marthaville Arts and Cultural Centre



Come and visit this lovely centre with an extensive range of local arts and crafts on display and for sale.

**Fridays and Saturdays 10.00am - 2.30pm**  
200 Wollombi Road CESSNOCK.

**0403 161 511**

**FREE**

## Wollombi Cultural Centre



Come and visit the Little Yengo Gallery, with a range of Aboriginal artworks and artefacts on display and for sale. The Old Fireshed Gallery will also be open with its monthly exhibition.

**Saturdays and Sundays**  
10.00am - 4.00pm

2888 Wollombi Road, WOLLOMBI

**FREE**



## In the Loop



Anyone interested in knitting, crochet or needlework is welcome to join this drop-in group. No experience necessary and new knitters welcome.

**Wednesdays from 9.30am**  
Cessnock Library  
62-67 Vincent Street CESSNOCK  
4993 4399

**Wednesdays from 10.30am**  
Kurri Kurri Library  
253 Lang Street KURRI KURRI  
4937 1638

**FREE**

## Tech Help



Need help with your computer, tablet or smartphone? Stumped by email or the internet? Book a 30 minute tech help session.

**Wednesdays from 9.00am**  
Cessnock Library  
62-67 Vincent Street CESSNOCK  
4993 4399

**Thursdays from 9.00am**  
Kurri Kurri Library  
253 Lang Street KURRI KURRI  
4937 1638

**FREE**

# Throughout the Festival



## Women's Shed Branxton



Local women of all ages who get together to make friendships, learn some skills and share experiences with fun and laughter.

**Thursdays 9.30am - 11.30am**  
Branxton Uniting Church Hall  
Cnr Drinan and Clift Streets BRANXTON  
Phone 0474 121 627 FREE



## Cessnock Community Women's Shed



Join us for a cuppa, a chat and a craft activity. Morning tea provided.

**Wednesdays 10.30am - 12.30pm**  
Cessnock Youth Centre Outreach  
Service (CYCOS) Building  
149D Aberdare Road ABERDARE  
Phone 4990 5025 FREE

## The Community Women's Shed Kurri Kurri



Make new friends or get involved in many community projects. Skill sharing and fund raising. Kids welcome.

**Fridays 9.30am - 11.30pm**  
Kurri Kurri Ambulance Practice Hall  
112 Lang Street, KURRI KURRI  
Phone 0408 151 187 FREE



# Throughout the Festival



## BActive



A low to moderate intensity workout to improve your overall fitness and wellness. Designed for seniors, beginners and those with specific physical limitations. Come and try it out! Free during the Festival.

**Tuesdays and Thursdays**

**11.30am - 12.15am**

**Genesis Fitness**

**265 Vincent Street CESSNOCK**

**Phone 4991 3000 FREE**



## Fitness Passport



Access to the pool, gym and all fitness and aqua classes. Free during the Festival for seniors/concession cardholders.

**Kurri Kurri Aquatic and Fitness Centre**

**Boundary Street KURRI KURRI**

**Phone 4937 1362 FREE**

## Please help us keep the Festival COVID-19 safe:



- Stay home if you feel unwell
- Observe physical distancing measures
- Observe good hygiene practices
- Sneeze and cough into your elbow
- Follow directions at all events, including checking in and out at venues.

For the most up-to-date COVID-19 information visit [health.nsw.gov.au](https://health.nsw.gov.au)

# Tue 13



# Wed 14



## Fitness and Falls Prevention

Kurt Jaeger, accredited exercise physiologist, presents a talk and small practical session packed full with easy to do at home tips to help prevent falls. Boost your balance, stay fit and stay on your feet. Places limited, bookings essential.

**Time:** 1.00pm

**Venue:** Back in Motion  
298 Maitland Rd  
CESSNOCK

**Cost:** FREE

**Contact:** 4952 7033



## Fashion Parade

Take a trip around the world through fashion! Showcasing a beautiful range of resort wear inspired by amazing cities from Amsterdam to Zaragoza! Morning tea provided by CWA. Bookings essential.

**Time:** 10.00am

**Venue:** The Ted Jackson  
Centre  
196 Wollombi Road  
CESSNOCK

**Cost:** FREE

**Contact:** 0408 902 259

# Wed 14



## Introducing Trove

**Time:** 12.00pm - 1.00pm

**Venue:** Kurri Kurri Library  
253 Lang Street  
KURRI KURRI

**Cost:** FREE

**Contact:** 4937 1638

Created by the National Library of Australia, Trove is the best one-stop shop for information relating to Australia and is fantastic for family history research. This introductory workshop will show you how to dive into Trove. Bookings essential at [libraries.cessnock.nsw.gov.au](http://libraries.cessnock.nsw.gov.au) under 'Events' or call 4937 1638.



## Ukulele for Seniors

Join Sandy as she takes you on your first steps to playing the ukulele. Learn tuning, strumming techniques and basic chords. You don't need to have played ukulele before or be able to read music. We'll even provide a ukulele for you to use! Bookings essential at [libraries.cessnock.nsw.gov.au](http://libraries.cessnock.nsw.gov.au) under 'Events' or call 4937 1638.

**Time:** 2.00pm - 3.30pm

**Venue:** Kurri Kurri Library  
253 Lang Street  
KURRI KURRI

**Cost:** FREE

**Contact:** 4937 1638

**Thu 15**



**Abermain Concert** 

Join us for our annual variety concert. A delightful morning of music, dance and song! Morning tea provided.

**Time:** 10.30am

**Venue:** Abermain Plaza Hall  
12 Bathurst Street  
ABERMAIN

**Cost:** FREE

**Contact:** 0417 227 104

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**Understanding Dementia Workshops** 

Learn about the different types of dementia, how to recognise signs and symptoms and what it's like to live with dementia. Learn how to plan ahead, how to support someone living with dementia and what services are available.

Suitable for people living with dementia, their family carers, family members and people who want to learn more.

Bookings essential online at [libraries.cessnock.nsw.gov.au](http://libraries.cessnock.nsw.gov.au) under 'Events' or call 4937 4399.

**Time:** 10.00am - 11.30am

**Venue:** Cessnock Library  
65-67 Vincent Street  
CESSNOCK

**Cost:** FREE

**Contact:** 4993 4399

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**Time:** 1.00pm - 2.30pm

**Venue:** Kurri Kurri Library  
253 Lang Street  
KURRI KURRI

**Cost:** FREE

**Contact:** 4937 1638

**Thu 15**



### Energy Efficiency for Retirees

Want to learn how to make the most of your solar? Q & A session as well as one-on-one consultations available following the presentation. Electric vehicle will be on display and available for joyrides.

Bookings essential.

**Time:** 10.00am - 11.00am

**Venue:** Greta Workers Club  
2 West Street  
GRETA

**Cost:** FREE

**Contact:** 4993 4239

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**Time:** 3.00pm - 4.00pm

**Venue:** Cessnock Performing  
Arts Centre  
198 Vincent Street  
CESSNOCK

**Cost:** FREE

**Contact:** 4993 4239

**Fri 16**

### Everything eBranch

Join us for a small, friendly workshop that will show you how to discover the amazing range of eBooks, eAudio, eMagazines, eFilm and so much more available through your library for FREE! BYO device.

Bookings essential online at [libraries.cessnock.nsw.gov.au](http://libraries.cessnock.nsw.gov.au) under 'Events' or call 4937 4399.

**Time:** 10.00am - 11.30am

**Venue:** Cessnock Library  
65-67 Vincent Street  
CESSNOCK

**Cost:** FREE

**Contact:** 4993 4399



**Fri 16**



## **A Morning of Brass at Cessnock Performing Arts Centre (CPAC)**



### **History of Cessnock Colliery Brass Bands**



Did you know that Cessnock had its own colliery-based brass bands? Join Cessnock City Library's Archivist and Historian, Kimberly O'Sullivan, prior to the film as she shares stories of the rich history of the brass bands, orchestras and choirs that emerged from the early coalfields of Cessnock.

### **Feature Film: *Brassed Off***



A bittersweet comedy; the Grimley Colliery Band is determined to show that despite any setbacks, they will not be defeated. Supported by the NSW Government's Festival of Place – Summer Fund. Bookings essential on 4993 4266. Includes a special performance by Maitland City Brass prior to the film screening.

**Time:** 10.00am - 12.30pm  
**Venue:** Cessnock Performing Arts Centre  
198 Vincent Street  
CESSNOCK  
**Cost:** FREE  
**Contact:** 4993 4266



**Fri 16**



## Interview with My Gran



Tune into this special 2CHR program made as part of Youth Week. A group of young people turn off their devices and tune into the wisdom and experience of older people in their lives.

**Time:** 10.00am - 12.00pm

**LISTEN:** 2CHR 96.5FM



## Tai Chi



The longevity exercise. An introduction to this gentle, low impact way to improve balance, flexibility and general wellbeing. No experience needed and suitable for all ages and fitness levels.

Bookings essential.

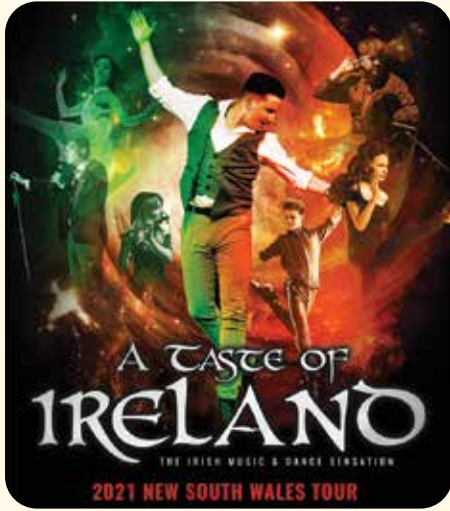
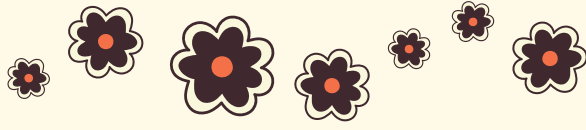
**Time:** 1.00pm - 2.00pm

**Venue:** Cessnock Youth Centre Outreach Service (CYCOS) Building  
149D Aberdare Road  
ABERDARE

**Cost:** FREE

**Contact:** 0418 486 596

**Sat 17**



## A Taste of Ireland



The Irish music and dance sensation! Experience one of the most prominent Irish dance shows in the world today. With all new sets, costumes, tunes and effects, we promise you haven't seen anything like this show! Bookings essential.

**Time:** 7.00pm  
**Venue:** Cessnock Performing Arts Centre  
198 Vincent Street  
CESSNOCK  
**Cost:** Adult \$74.90  
Concession \$69.90  
Under 13 \$59.90  
VIP, members and group bookings available  
**Contact:** 4993 4266



## Poppethead Park Spotlighting



Grab a spotlight and come and explore the nightlife in our local bushland with experienced guides. All equipment provided. Bookings essential.

**Time:** Dusk (time to be advised)  
**Venue:** Kitchener Poppethead Reserve  
Cessnock St  
KITCHENER  
**Cost:** FREE  
**Contact:** [environment@cessnock.nsw.gov.au](mailto:environment@cessnock.nsw.gov.au)  
or call 4993 4258



# Sun 18

# Mon 19



## Mountain Bike and eBike Ride

Join Cessnock Cycle Club for an easy 1-hour ride on gravel road through beautiful Werakata National Park. Ebike demonstration and test rides will be available.

**Time:** 8.00am - 10.00am

**Venue:** Deadmans Trail  
Astills Picnic Area on  
Lomas Lane  
Werakata National  
Park LOVEDALE

**Cost:** FREE

**Contact:** 4909 8492

## On the Road 65Plus



Advice and safety tips for people aged 65 or over to help make safer choices when driving, riding, walking, using a mobility scooter or catching public transport. Bookings essential.

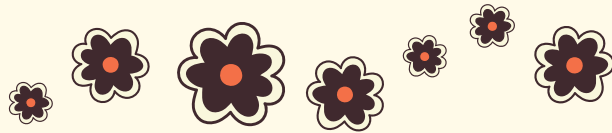
**Time:** 11.00am - 12.00pm

**Venue:** Program Room  
Cessnock Performing  
Arts Centre  
198 Vincent Street  
CESSNOCK

**Cost:** FREE

**Contact:** 4993 4311

# Mon 19



## Convict records in the NSW State Archives Collection



NSW State Archives holds a wealth of convict records. Learn how the records show what happened after a convict arrived in NSW - from assignments to permissions to marry to pardons. Bookings essential.

**Time:** 11.00am - 12.30pm  
**Venue:** Seniors Meeting Room  
Cessnock Performing Arts Centre  
198 Vincent Street  
CESSNOCK  
**Cost:** FREE  
**Contact:** 4990 9639 or  
49934258

## Using Collection Search



Collection Search is a powerful single search tool that provides access to over 2.6 million items in the State Archives Collection and 1.7 million online index entries. What can you find? Bookings essential on 4990 9639.

**Time:** 1.30pm - 3.00pm  
**Venue:** Seniors Meeting Room  
Cessnock Performing Arts Centre  
198 Vincent Street  
CESSNOCK  
**Cost:** FREE  
**Contact:** 4990 9639 or  
49934258



## Cessnock and Wine Country Toastmasters Club

Come and join us for demonstration meeting. Find out how Toastmasters develops public speaking skills and lets you talk about your interests.

**Time:** 7.00pm - 9.00pm  
**Venue:** Shiraz Room  
Cessnock Leagues Club  
1 Darwin Street  
CESSNOCK  
**Cost:** FREE  
**Contact:** 4990 4093



**Tue 20**



### Sir Edgeworth David Memorial Museum



Come and visit us in our new home! The Museum houses a wonderful collection of items documenting the history of the northern coalfields, including Aboriginal artefacts, newspapers, maps, and sporting, mining, farming and military memorabilia.

**Time:** 10.00am - 2.00pm  
**Venue:** Abermain School of Arts  
Cnr Orange Street and Cessnock Road  
CESSNOCK  
**Cost:** FREE  
**Contact:** 0409 452 555



### Ukulele for Seniors



Join Sandy as she takes you on your first steps to playing the ukulele. Learn tuning, strumming techniques and basic chords. You don't need to have played ukulele before or be able to read music. We'll even provide a ukulele for you to use!

Bookings essential at **libraries**. [cessnock.nsw.gov.au](http://cessnock.nsw.gov.au) under 'Events' or call 4937 1638.

**Time:** 2.00pm - 3.30pm  
**Venue:** Kurri Kurri Library  
253 Lang Street  
KURRI KURRI  
**Cost:** FREE  
**Contact:** 4937 1638



### TEDX Cessnock Youth



Local young people take to the stage to share ideas that will inspire, create wonder and provoke conversations relevant to our community. Bookings essential.

**Time:** 7.00pm - 8.45pm  
**Venue:** Cessnock Performing Arts Centre  
198 Vincent Street  
CESSNOCK  
**Cost:** FREE  
**Contact:** 4993 4266

# Tue 20



## Get Ready with Timberlina



Timberlina's over-the-top style and dazzling repertoire, coupled with her quick wit, will keep you fabulously entertained!

**Time:** 3.30pm - 5.00pm  
**Venue:** Kurri Kurri  
Community Centre  
251 Lang Street  
KURRI KURRI  
**Cost:** FREE  
**Contact:** 4993 4258

## Bingo with Timberlina



A fun filled evening of Bingo hosted by the hilarious Timberlina, whose dazzling style and repertoire will have you in stitches! Adults only. Bookings essential online at [libraries.cessnock.nsw.gov.au](http://libraries.cessnock.nsw.gov.au) under 'Events' or call 4993 4399.

**Time:** 5.30pm - 6.45pm  
**Venue:** Kurri Kurri Library  
253 Lang Street  
KURRI KURRI  
**Cost:** FREE  
**Contact:** 4937 1638

# Wed 21



## Calvary Art and Craft Exhibition



Join us for our annual exhibition of delightful arts and crafts created by our residents.

**Time:** 10.00am - 2.00pm  
**Venue:** Multi-purpose Centre  
Calvary Community Retirement Centre  
19 Wine Country Drive  
CESSNOCK  
**Cost:** FREE  
**Contact:** 4993 9000



## Introducing Trove



Created by the National Library of Australia, Trove is the best one-stop shop for information relating to Australia and is fantastic for family history research. This introductory workshop will show you how to dive into Trove. Bookings essential at [libraries.cessnock.nsw.gov.au](http://libraries.cessnock.nsw.gov.au) under 'Events' or call 4937 1638.

**Time:** 10.00am - 11.00am  
**Venue:** Cessnock Library  
65-67 Vincent Street  
CESSNOCK  
**Cost:** FREE  
**Contact:** 4993 4399

**Wed 21**



# Wine Country Music Assoc Inc

*Singing for the community*



## **A Smorgasbord of Sound**

Join us for a musical feast presented by the Wine Country Music Association. Come and get your chops around it!

Bookings essential.

**Time:** 10.30am - 12.30pm

**Venue:** Cessnock Performing Arts Centre  
198 Vincent Street  
CESSNOCK

**Cost:** FREE

**Contact:** 4993 4266

# Thu 22



## Online Event: Invest in Contenance



One in 4 Australians over 15 experience incontinence, and one in 3 women who ever had a baby wet themselves; but most people don't ask for help. We will share with you some simple healthy habits to use in your day-to-day life to help you to stay independent and continue to enjoy the activities that are important to you.

Bookings essential at [libraries.cessnock.nsw.gov.au](http://libraries.cessnock.nsw.gov.au) under 'Events' or call 4993 4399.

**Time:** 10.30am – 11.30pm

**Venue:** Online

**Cost:** FREE

**Contact:** 4993 4399

## On the Road 65Plus



Advice and safety tips for people aged 65 or over to help make safer choices when driving, riding, walking, using a mobility scooter or catching public transport. Bookings essential.

**Time:** 9.30am - 10.30am

**Venue:** Program Room  
Cessnock Performing Arts Centre  
198 Vincent Street  
CESSNOCK

**Cost:** FREE

**Contact:** 4993 4311



## Cooking with a Crockpot



Come and learn how to get the most out of your Crockpot or slow cooker. Tips and easy recipes that will make you want to get your cooker out of the cupboard! Bookings essential.

**Time:** 11.00am - 12.00pm  
2.00pm - 3.30pm

**Venue:** Seniors Meeting Room  
Cessnock Performing Arts Centre  
198 Vincent Street  
CESSNOCK

**Cost:** FREE

**Contact:** 4990 9639 or  
14993 4258

**Fri 23**



## **A Morning of Films at Cessnock Performing Arts Centre (CPAC)**

### **Short Films: The Citizenry / Behind the Scenes**



Two short films from Gran Slam, a performance poetry project aimed at seniors. A collaboration between Feros Care and Everybody NOW.

### **Feature Film: Finding Your Feet**



A delightful late-life rom-com that isn't afraid to delve deeper into the realities of ageing. Bookings essential on 4993 4266.



**Time:** 10.00am - 12.30pm  
**Venue:** Cessnock Performing Arts Centre  
198 Vincent Street  
**CESSNOCK**  
**Cost:** FREE  
**Contact:** 4993 4266



# Fri 23



## Everything eBranch

**Time:** 10.00am - 11.30am

**Venue:** Kurri Kurri Library  
253 Lang Street  
KURRI KURRI

**Cost:** FREE

**Contact:** 4937 1638

Join us for a small, friendly workshop that will show you how to discover the amazing range of eBooks, eAudio, eMagazines, eFilm and so much more available through your library for FREE! BYO device. Bookings essential at **libraries.cessnock.nsw.gov.au** under 'Events' or call 4937 1638.



# Sat 24

## The Art of Fashion - 1920s Evening Gowns

A dazzling collection of original 1920's evening gowns presented by the Cavalcade of History and Fashion. The 1920s saw a unique collaboration between artists and fashion designers, and fashion became a way of life. Cavalcade brings social history to life through the stories of these beautiful gowns and the women who wore them.

An afternoon tea will be served by the CWA. Bookings essential.

**Time:** 1.30pm - 3.30pm

**Venue:** The Ted Jackson Centre  
196 Wollombi Road  
CESSNOCK

**Cost:** FREE

**Contact:** 4993 4258

**Sat 24**



## Mary Poppins Returns



See the 2018 family blockbuster on the big screen.

A few decades after her original visit, Mary Poppins, the magical nanny, returns to help the Banks siblings and Michael's children through a difficult time in their lives.

A sequel to the 1964 film Mary Poppins, the film stars Emily Blunt as Mary Poppins, with Lin-Manuel Miranda, Ben Whishaw, Emily Mortimer, Julie Walters, Dick Van Dyke, Angela Lansbury, Colin Firth, and Meryl Streep in supporting roles.

Free BBQ before the movie, generously provided by the Rotary Club of Cessnock.

Bookings essential on 4993 4266 or book online at [cessnockperformingartscentre.com.au](http://cessnockperformingartscentre.com.au)

**Time:** 5.30pm BBQ  
6.30pm Film

**Venue:** Cessnock Performing Arts Centre  
198 Vincent Street  
CESSNOCK

**Cost:** FREE

**Contact:** 4993 4266



# 5 Ways to Wellbeing

Research from around the world shows you can improve your wellbeing and happiness by doing five simple things as part of your day: connect, be active, be aware, keep learning, and help others.

It costs nothing and is easier than you think! Here are some ideas to get started:



Connect with family, friends, colleagues, and your local community. Building connections with people will support and enrich you every day.



Be Active. Step outside. Go for a walk or run. Cycle. Garden. Dance. Discover a physical activity that you enjoy; that suits your level of mobility and fitness. Exercising lifts your mood and makes you feel good.



Be aware. Notice the beautiful and unusual. Savour the moment and practice gratitude. Paying attention to the simple things can bring you great joy.



Keep Learning. Try something new. Rediscover an old interest. Be curious. Read. Join the library. Learn to play music or how to cook. Learning new things will make you more confident, as well as being fun to do.



Help others. Give. Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer. Join a community group. Kindness and generosity help increase life satisfaction and general sense of wellbeing.

**Wellbeing is something you do, rather than something you are.  
The things we do and the way we think have a big impact on how we feel.**



For more information on ways in which you can improve your wellbeing and happiness visit [5waystowellbeing.org.au](http://5waystowellbeing.org.au)

# • Our Sponsors •

Thank you to all of our 2021 Seniors Festival Sponsors.  
Without your generosity and support this year's event  
would not be possible.

## GOLD SPONSORS



HUNTER  
VALLEY  
GARDENS



Northern Coalfields  
Community Care Association

## SILVER SPONSORS



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