

CESSNOCK CITY

# Seniors Festival

2023 1 - 12  
February

A festival for the  
community to

*Celebrate  
together*



CESSNOCK  
CITY COUNCIL

[www.cessnock.nsw.gov.au/Seniors2023](http://www.cessnock.nsw.gov.au/Seniors2023)



CessnockCityCouncil



CessnockCityCouncil



CessnockCouncil

# 2023

## mayor's message



It is a great pleasure to see the Cessnock City Seniors Festival is back for another year.

This is such a wonderful event which not only celebrates our seniors but also brings together more than 25 community services and organisations. It is fitting that this year's theme is *Celebrate Together*.

The program of events provides an opportunity for our seniors to come together to engage with one another, as well as the arts, music, heritage, Aboriginal communities, businesses, health, on-going learning, and an array of special interest activities.

The key to the success of this event is strong partnerships with the many organisations which collaborate with Council to provide venues, facilities, promotion and volunteers. The Festival reflects the strength of our community bonds and Council is very proud to be a part of it.

I would like to acknowledge our local sponsors, and in particular our gold sponsors, Cessnock Calvary Retirement Community, East Cessnock Bowling Club, Cessnock Priceline Pharmacy, and Northern Coalfields Community Care Association. This generous community support enables our Festival to continue to grow and diversify each year.

The Festival is a great opportunity to reconnect with your community and I look forward to seeing you during the celebrations.

**Cessnock City Mayor  
Councillor Jay Suvaal**



*Mayor Suvaal with Mike Lowing, the 2022 Cessnock Senior Citizen of the Year and our 2023 Seniors Festival Ambassador, at the 2022 Australia Day Awards ceremony.*



## ambassador's message

I would like to thank Cessnock City Council for the invitation to be Senior Citizen Ambassador for the 2023 Seniors Festival.

This year Seniors Festival runs from 1-12 February and is a great chance to celebrate older adults in our area for their valuable contributions in our community.

The City will celebrate Seniors Festival with a program of some great events and activities, so why not try something new, meet new people and have a great time at the many free and discounted events.

**Mike Lowing**  
2022 Australia Day Cessnock Senior Citizen of the Year

## 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.*

# 2023

## at a glance

### ART + CULTURE

Throughout the Festival	Celebrate Together
Throughout the Festival	Smile at Seniors in the Streets
Throughout the Festival	Marthaville Arts and Cultural Centre
Throughout the Festival	Pop-up Street Performers
Throughout the Festival	Wollombi Cultural Centre
Thursday 2 February	Wine Country Music Association Concert at the PACC
Thursday 2 February	Streaming Music and TV at Cessnock Library
Friday 3 February	Ukulele Dreaming Mini Concert
Friday 3 February	Ukulele Group at Kurri Kurri Library
Friday 3 February	Calvary Art and Craft Exhibition and Sales
Saturday 4 February	Weaving and Cultural Wellbeing Workshop
Tuesday 7 February	Celebrating the Joy of Music funded by NSW Seniors Festival Grant Scheme
Tuesday 7 February	Fat Elvis Show (Ship O Fools)
Wednesday 8 February	The Old Man and The Gun film at the PACC
Thursday 9 February	Streaming Music and TV at Kurri Kurri Library
Friday 10 February	Friday at the Flicks: The Sapphires
Friday 10 February	Ukulele Group at Kurri Kurri Library
Saturday 11 February	Weaving and Cultural Wellbeing Workshop

### HEALTH + WELLBEING

Every Friday	Scone Time at Marthaville by Rotary
Wednesday 1 February	Chair Yoga with Fyona at the Library
Friday 3 February	Free Bowls and Sausage Sizzle at ECBC
Friday 3 February	Free Bowls and Sausage Sizzle at KKBC
Monday 6 February	Tai Chi Qi Gong at Kearsley Hall
Tuesday 7 February	Branxton Croquet Club 'Come and Try' Day
Thursday 9 February	Free Morning Tea at Kurri Kurri Fitness
Thursday 9 February	Healthy Movements Free Exercise Class
Friday 10 February	NCCCA Open Day: Markets + Classic Car Show 'n' Shine

## HISTORY + HERITAGE

Selected Days	Community CPR Classes at KKAFC
Throughout the Festival	War Memorial and Hall of Fame Plaques
Throughout the Festival	Collect a Seniors Card information booklet
Wednesday 1 February	Cessnock Hotel: A history chat
Wednesday 1 February	In the Loop at the Cessnock Library
Thursday 2 February	Sir Edgeworth David Museum Open Day and BBQ
Thursday 2 February	Tech Help at Kurri Kurri Library
Friday 3 February	Aged Care Services Navigator
Friday 3 February	Tech Help at Cessnock Library
Monday 6 February	Seniors Rights Service Talk at Kurri Kurri Library
Monday 6 February	Seniors Right Service Talk at Cessnock Library
Wednesday 8 February	Everything you need to know about the NBN
Thursday 9 February	Its All In Your Own Backyard hosted by Hunter Valley Visitor Information Centre

## CLUBS + SPECIAL INTEREST

Throughout the Festival	Women's Shed Branxton
Throughout the Festival	Branxton Greta Men's Shed
Throughout the Festival	Visit the Hunter Valley Visitor Information Centre
Wednesday 1 February	Kurri Kurri Community Men's Shed Free BBQ
Friday 3 February	Bridge Club Open Day at CWA
Monday 6 February	Cessnock Men's Shed and Garden Open Day
Monday 6 February	Cessnock Croquet Club Open Day
Tuesday 7 February	Cessnock Quilters and Embroiderers Open Day
Saturday 11 February	Branxton Greta Men's Shed Open Day and Market
Saturday 11 February	Women's Shed Branxton Open Day and Market



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

For specific requirements, contact Council on **4993 4100**. For general information, visit the Access and Inclusion page on Council's website at [www.cessnock.nsw.gov.au/access](http://www.cessnock.nsw.gov.au/access).

**FREE**

This symbol indicates an event is free to attend.



This symbol indicates you must contact the event host to register your attendance.

**PLEASE NOTE:** Every effort has been made to ensure the details in this program are correct at the time of printing.



## NCCCA Lower Hunter Transport Services



### Do you need transport to a Festival event?

Door to door return transport is available to most events for a gold coin donation.

Weekends not included.

Places are limited, bookings essential. Phone 4019 9750 to book and use the promotional code *GetMoving*.

Ask us how to access this service all year round!



## Kurri Kurri Aquatic and Fitness Centre

Try one of the many fitness and aqua classes available at KKAFC.

Seniors can access the pool, gym and all classes for free during Seniors Festival.

Kurri Kurri Aquatic and Fitness Centre  
Boundary St,  
Kurri Kurri  
Ph: 4937 1362



# throughout the festival



## Branxton Greta Men's Shed

Enjoy woodwork, metalwork and gardening with like-minded men.

**Wednesday, Thursday and Friday from 7am - 11:30am**

**Ladies Craft on Tuesdays from 8:30am - 12pm**

**49 Branxton St, Greta  
Ph: 0467 314 211**

FREE



## Women's Shed Branxton

We are local women of all ages who get together to make friendships, gain skills and share experiences with fun and laughter. We are also active at local markets.

Visit our Facebook page or website for more information:  
[womenshedbranxton.com](http://womenshedbranxton.com)

**Thursdays from 9:30am**

**Branxton Uniting  
Church Hall  
9 Drinan St,  
Branxton  
Ph: Karen on  
0408 886 913**

FREE

## Visit Your Bowling Clubs

East Cessnock Bowling Club (ECBC) and Kurri Kurri Bowling Club (KKBC) are offering free Open Days for seniors and their families during Seniors Festival.

Both clubs encourage Seniors and All Abilities tailored sessions, along with Inductory Gala's all year round.

No bowls experience necessary.



Contact the clubs or see event page for more information.



**East Cessnock Bowling Club**  
Victoria St,  
Cessnock  
Ph: 4990 1444

**Kurri Kurri Bowling Club**  
Tarro St,  
Kurri Kurri  
Ph: 0421 259 360



## Visit the Hunter Valley Visitor Information Centre

Hunter Valley Visitor Information Centre is inviting seniors to visit the Centre and chat to the team throughout the Festival.

Lovedale Café on site will be open to purchase light refreshments.

See event page for info on the special seniors learning activity at the venue.



**Hunter Valley Visitor Information Centre**  
455 Wine Country Dr,  
Pokolbin  
Ph: 4993 6700

Open 9am - 5pm every day





# throughout the festival



## In the Loop

Anyone interested in knitting, crochet or needlework is welcome to join this drop-in group at Cessnock Library.

No experience necessary. New knitters are welcome.

**Wednesdays from 9:30am**

**Cessnock Library  
62-67 Vincent St, Cessnock  
Ph: 4993 4399**



FREE



## Cessnock Croquet Club

Established eight years ago, Cessnock Croquet Club has 42 members and a club house in the grounds of Calvary Retirement Community.

**Tuesday, Wednesday,  
Thursday and Friday  
mornings at 9am**

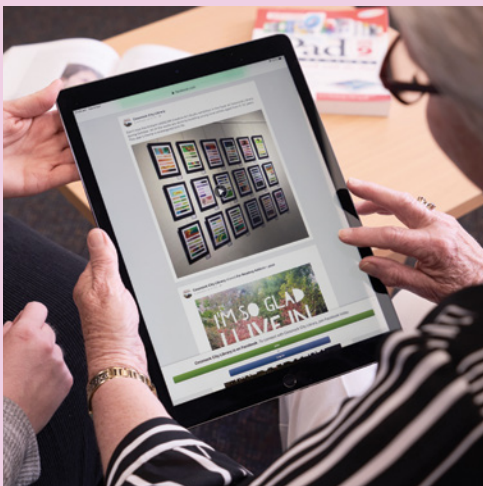
**Calvary Cessnock  
Residential Aged Care  
19 Wine Country Dr, Cessnock  
Ph: Vicki on 0425 355 492**

**Directions:**

Go through the Calvary entrance and follow the signs to the Croquet Club house.

FREE





## Tech Help

Need help with your computer, tablet or smartphone?

Book a 30 minute help session at Cessnock or Kurri Kurri Library and get all your questions answered by our tech savvy staff.

Fridays from 10am  
Cessnock Library  
62-67 Vincent St,  
Cessnock  
Ph: 4993 4399

Thursdays from 2pm  
Kurri Kurri Library  
251 Lang St,  
Kurri Kurri  
Ph: 4937 1638



## Wollombi Cultural Centre

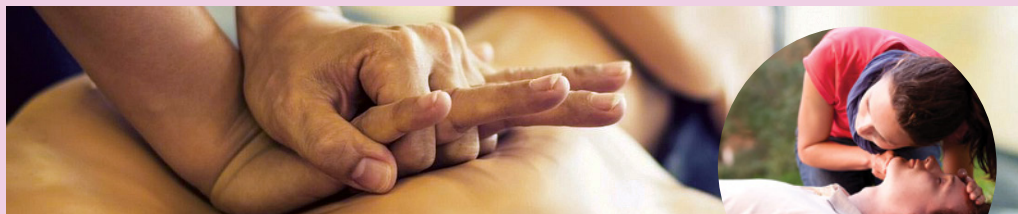
Visit the Little Yengo Gallery, with a range of Aboriginal artworks and artefacts on display and for sale.

The Old Fireshed Gallery will also be open with its monthly exhibition.

Open 9am - 6pm daily  
2888 Wollombi Rd,  
Wollombi



# throughout the festival



## Community CPR Classes

CPR is a life-saving skill that anyone can learn and may one day need to use.

This class, facilitated by Kurri Kurri Aquatic and Fitness Centre, will give you the knowledge and confidence to perform CPR on an adult, child or infant.

From 12:30pm - 1:30pm  
on Wednesday 1 February,  
Tuesday 7 February and  
Thursday 9 February

Kurri Kurri Aquatic  
and Fitness Centre  
Boundary St,  
Kurri Kurri  
Ph: 4937 1362

FREE



 **BOOKINGS  
ESSENTIAL**



## Marthaville Arts and Craft Centre

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

Fridays and Saturdays  
from 10am to 2pm

200 Wollombi Rd, Cessnock  
Ph: 0403 161 511

FREE



## Cessnock Hotel: A history chat

Come along and hear fascinating stories of Cessnock Hotel's history told by Local Studies Librarian, Kimberly O'Sullivan.

A hotel, known as the Cessnock Inn, was first built on this site in 1856. It stands in a significant position, half way between Wollombi and Maitland, and was an important overnight stop for travelers.

Meet at Cessnock Library at 10:30am for walk to Hotel.

WEDNESDAY 1 FEBRUARY



Time: 10:30am - 12:30pm

Venue: Meet at  
Cessnock Library  
65-67 Vincent St,  
Cessnock  
Ph: 4993 4399



FREE



## Chair Yoga with Fyona

Chair Yoga can provide muscle relief and improve circulation and balance.

These sessions will be delivered by Fyona Coulton, founder of Yoga Brave. No special yoga clothes are required unless you prefer active wear.

WEDNESDAY 1 FEBRUARY



Time: 10am

Venue: Cessnock Library  
65-67 Vincent St, Cessnock  
Ph: 4993 4399

Time: 1:30pm

Venue: Kurri Kurri Library  
251 Lang St, Kurri Kurri  
Ph: 4937 1638



FREE





## In the Loop

Join this knitting and crochet drop-in group who meet at Cessnock Library. No experience is necessary and new knitters are welcome.

Time: 9:30am

Venue: Cessnock Library  
65-67 Vincent St, Cessnock  
Ph: 4993 4399

FREE



WEDNESDAY 1 FEBRUARY



## Kurri Kurri Community Men's Shed

Open Day with free morning tea and BBQ lunch provided.

Time: 10am - 2pm

20 Bruncker St,  
Kurri Kurri  
Ph: 0474 285 159

FREE



WEDNESDAY 1 FEBRUARY



## Tech Help at the Library

Individual support for tech issues, general training classes and set-up of library eResources.

Time: From 2pm

Venue: Kurri Kurri Library  
251 Lang St, Kurri Kurri  
Ph: 4937 1638

FREE



THURSDAY 2 FEBRUARY





**THURSDAY 2 FEBRUARY**

## **Wine Country Music Association Concert**

It is our pleasure to present a 'Concert for the Community' to launch the Cessnock City Seniors Festival 2023.

Wine Country Music Association is a community group of like-minded musicians, performers and folks who share the love of music.

We are more than Country Music artists. We are a multi-genre club for popular music.

Our monthly concerts at our Home Club, East Cessnock Bowling Club, are on the second Sunday of each month.

Come along for some great entertainment. See our Facebook page for more information.

**Time: 10:30am**  
**Venue: Performance Arts Culture Cessnock (PACC)**  
**198 Vincent St,**  
**Cessnock**  
**Ph: 4993 4266**



## Sir Edgeworth David Memorial Museum

Come along to an Open Day and BBQ at the historic Sir Edgeworth David Memorial Museum.

The museum houses an extensive collection of hardcopy documents, books, photos, artifacts and memorabilia that captures the rich history and culture of the Northern Coalfields.

Enjoy the hospitality of our passionate volunteer members, a free BBQ and guided tours of the museum.

**Time: 10am - 2pm**  
**Venue: Abermain School of Arts**  
**Cnr Orange St and Cessnock Rd, Abermain**  
**Ph: 4044 8020**

THURSDAY 2 FEBRUARY



FREE



 **BOOKINGS ESSENTIAL**

## Streaming Music and TV

Learn how to stream movies, TV shows and music for free, all with the power of your library card.

**Time: 10:30am**  
**Venue: Cessnock Library**  
**65-67 Vincent St, Cessnock**  
**Ph: 4993 4399**

THURSDAY 2 FEBRUARY

FREE



 **BOOKINGS ESSENTIAL**



## Seniors Card Directory

Collect your Seniors Directory with savings and suppliers for Central Coast and Hunter.



## Ukulele Dreaming Mini Concert Followed by Ukulele Group

Hear ukulele versions of your favourite songs and traditional ukulele folk songs at Kurri Kurri Library's Ukulele Dreaming Mini Concert.

Stay for Ukulele Group to jam with other uke enthusiasts. You can even borrow a ukulele from the Library's collection!

FRIDAY 3 FEBRUARY



Mini Concert Time: 12pm  
Ukulele Group Time: 1pm  
Venue: Kurri Kurri Library  
251 Lang St, Kurri Kurri  
Ph: 4937 1638

FREE



 **BOOKINGS  
ESSENTIAL**

## Bridge Club Open Day at CWA

Pop into the Country Women's Association on Vincent Street to meet the Bridge Club after their Friday Club Game. Light refreshments will be available.

FRIDAY 3 FEBRUARY

Time: 1:30pm  
Venue: CWA  
Rooms  
161 Vincent St,  
Cessnock  
Ph: 0407 305 557

FREE



## Calvary Art and Craft Exhibition and Sales

A lovely display of arts and crafts created by Calvary residents. All proceeds from sales go to the activity department or resident.

Time: 10am - 2pm  
Venue: Calvary  
Retirement Village  
19 Wine Country  
Dr, Cessnock  
Ph: 4993 9000

FRIDAY 3 FEBRUARY

FREE





## Aged Care Services Navigator

Mandy Barton, Aged Care Specialist Officer from Services Australia will talk about:

- What is My Aged Care
- How My Aged Care can help you
- What services you can access
- How you contact My Aged Care
- How an Aged Care Specialist Officer can help you



**FRIDAY 3 FEBRUARY**

**Time: 10am**  
**Venue: Cessnock Library**  
**65-67 Vincent St,**  
**Cessnock**  
**Ph: 4993 4399**

FREE



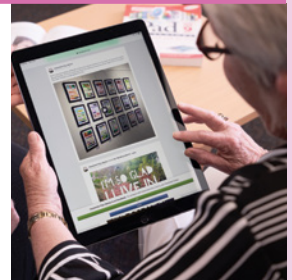
## Tech Help at the Library

Individual support for tech issues, general training and setup of library eResources.

**Time: From 10am**  
**Venue: Cessnock Library**  
**65-67 Vincent St, Cessnock**  
**Ph: 4993 4399**

**FRIDAY 3 FEBRUARY**

FREE



## Scone Time Every Friday

Join us for a relaxing day at historic Marthaville, with tea and scones provided by the Rotary Club of Cessnock, entertainment and the gift shop.

FREE



**Time: 10am - 2pm**  
**Venue: Marthaville Arts and Craft Centre**  
**200 Wollombi Rd,**  
**Cessnock**  
**Ph: 0418 250 887**

**FRIDAY 3 FEBRUARY**



## FRIDAY 3 FEBRUARY

### Free Game of Bowls and Sausage Sizzle

East Cessnock Bowling Club (ECBC) and Kurri Kurri Bowling Club (KKBC) invite all members of the public to attend their club to enjoy a free game of bowls, just partake in the activity or watch.

Clubs will provide a free sausage sizzle and ice water to attendees.



**Time:** 10am - 2pm  
**Venue:** ECBC  
Victoria St, Cessnock  
**Ph:** 4990 1444

**Time:** 10am - 2pm  
**Venue:** KKBC  
Tarro St, Kurri Kurri  
**Ph:** 0421 259 360

## SATURDAY 4 FEBRUARY

### Weaving and Cultural Wellbeing Workshop

Kiray Putjung Aboriginal Corporation invites you to join Ngiyampaa Elder, Aunty D for a day of weaving, string making using Kurrajong bark, and natural dying.

Everyone is welcome to join. Please RSVP for catering purposes.

**Time:** 10:30am - 2:30pm  
**Venue:** Marthaville Arts and Craft Centre  
200 Wollombi Rd, Cessnock  
**Ph:** 0474 106 537



## Tai Chi Qi Gong

Come along and try Tai Chi Qi Gong, a centuries-old practice that calms the mind and strengthens the body.

Tai Chi and Qi Gong involve postures and gentle movements which incorporate mental focus, breathing and relaxation. It can be practiced while walking, standing or sitting, making it perfect for those with limited movement.

Suitable for all ages, no experience needed.

MONDAY 6 FEBRUARY



Time: 9:30am  
Venue: Kearsley Hall  
22 Allandale St, Kearsley  
Ph: 0418 486 596

FREE

 BOOKINGS ESSENTIAL

## Cessnock Men's Shed and Garden Open Day

Come and enjoy a free BBQ and find out how you can get involved with the Cessnock Men's Shed.

Take part in woodworking, metalwork and horticulture.

Time: 11am - 1pm  
Venue: Calvary Cessnock  
19 Wine Country Dr,  
Cessnock  
Ph: 0407 003 280

MONDAY 6 FEBRUARY



FREE



## Cessnock Croquet Club Open Day

Croquet is a fantastic activity for moderate exercise and socialising with others.

Cessnock Croquet Club are inviting all seniors to come along to meet club members and give croquet a go.

No experience required.

**Time: 9am - 11:30am**

**Venue: Calvary Cessnock  
19 Wine Country Dr, Cessnock  
Ph: Vicki on 0425 355 492**

**MONDAY 6 FEBRUARY**



## Seniors Rights Services

Hear from an Aged Care Advocate at this talk on seniors rights.

Seniors Rights Service provides information and support to people using or seeking to access in-home and residential aged care services.

Seniors Rights Service is a free community organisation.

**Time: 10:30am  
Venue: Kurri Kurri Library  
251 Lang St,  
Kurri Kurri  
Ph: 4937 1638**

**Time: 1:30pm  
Venue: Cessnock Library  
65-67 Vincent St, Cessnock  
Ph: 4993 4399**

**MONDAY 6 FEBRUARY**





## Cessnock Quilters and Embroiderers Open Day

Come along and see the incredible quilts and goods made with love by the talented ladies of Cessnock Quilters and Embroiderers Group.

At their twice monthly gatherings you're likely to see them working at machine embroidery, hand quilting, knitting, crochet, cross stitch, sashiko, hand embroideries and patchwork.

**TUESDAY 7 FEBRUARY**



**Time: 9:30am - 12:30pm**  
**Venue: Bellbird Community Hall**  
**Crossing St,**  
**Cessnock**  
**Ph: 0427 146 978**



## Fat Elvis Show (Ship O Fools)

Fat Elvis (aka Chris Kelly from Newcastle clown troupe Ship O Fools) is an enormously popular character. Loved by Novocastrians, he's known to serenade on saxophone, perform magic and make a crowd roar with laughter.

Come and experience Chris Kelly's hilarious take on 'The King' as part of Seniors Festival 2023.

**Time: 5:30pm**  
**Venue: Kurri Kurri Library**  
**251 Lang St, Kurri Kurri**  
**Ph: 4937 1638**



**TUESDAY 7 FEBRUARY**



## Celebrating the Joy of Music

'Caberet' is a stage performance comprising 30 songs from the 50s to the 90s well known and loved by seniors. You'll hear tunes by Irving Berlin, The Seekers, John Denver, ABBA, Neil Diamond and Queen.

There will be 18 singers on stage together with conductor, pianist and MC. The concert is free but ticketed to enable participants to really enjoy the experience.

Time: 10:15am - 11:45am

Venue: Ted Jackson Centre  
196 Wollombi Rd, Cessnock  
Ph: Michael on 0415 890 784



FREE



BOOKINGS ESSENTIAL

TUESDAY 7 FEBRUARY



## Branxton Croquet Club 'Come and Try' Day

Come along to Branxton Croquet Club for a social game, morning tea and free sausage sizzle. Chat to club members and show off your skills on the court.

Time: 9am - 12pm

Venue: Branxton Croquet Club,  
8 John Rose Ave, Branxton  
Ph: Janet on 0428 387 635

FREE



TUESDAY 7 FEBRUARY



## The Old Man and The Gun

Film screening at the PACC

At the age of 70, career criminal Forrest Tucker (Robert Redford) makes an audacious escape from prison, conducting an unprecedented string of heists that confound authorities and enchant the public. Based on a true story.

Time: 11:30am

Venue: Performance Arts Culture Cessnock (PACC)  
198 Vincent St, Cessnock  
Ph: 4993 4266

WEDNESDAY 8 FEBRUARY



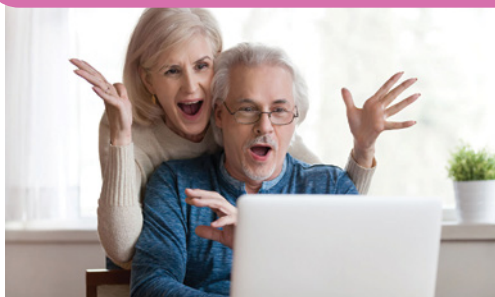
## Everything you need to know about the NBN

Come along to a free info session and learn more about the nbn™ access network.

Have your questions answered by the NBN Community Ambassador, Hunter New England and Western NSW.

Also find out about scams and learn the best ways to protect yourself.

WEDNESDAY 8 FEBRUARY



Time: 10:30am  
Venue: Cessnock Library  
65-67 Vincent St,  
Cessnock  
Ph: 4993 4399



## In the Loop

Join this knitting and crochet drop-in group who meet at Cessnock Library. No experience is necessary and new knitters are welcome.

**Time: 9:30am**

**Venue: Cessnock Library  
65-67 Vincent St, Cessnock  
Ph: 4993 4399**

FREE



WEDNESDAY 8 FEBRUARY



## Healthy Movements Free Exercise Class

Come along to NCCCA's Healthy Movements Free Exercise Class!

The NCCCA team have been trained to deliver these classes with many benefits to seniors.

**Time: 10:30am  
Venue: Ted Jackson  
Community Centre  
196 Wollombi Rd,  
Cessnock  
Ph: 4993 3100**

FREE



THURSDAY 9 FEBRUARY



## Tech Help at the Library

Individual support for tech issues, general training classes and set-up of library eResources.

**Time: From 2pm**

**Venue: Kurri Kurri Library  
251 Lang St, Kurri Kurri  
Ph: 4937 1638**

FREE



 **BOOKINGS  
ESSENTIAL**

THURSDAY 9 FEBRUARY





## Streaming Music and TV

Learn how to stream movies, TV shows and music for free, all with the power of your library card.

**Time: 1:30pm**

**Venue: Kurri Kurri Library**  
251 Lang St, Kurri Kurri  
Ph: 4937 1638

**THURSDAY 9 FEBRUARY**



## Free Morning Tea at Kurri Kurri Fitness

Come along to a free morning tea to celebrate Seniors Festival.

Take a leisurely stroll around the facilities, use the facilities for free, and attend the free CPR class at 12:30pm.

**Time: 9am**  
**Venue: Kurri Kurri Aquatic and Fitness Centre**  
Boundary St,  
Kurri Kurri  
Ph: 4937 1362

**THURSDAY 9 FEBRUARY**



## It's All in Your Own Backyard

From grapes and wine to cheese and olives, it's all on our doorstep in Cessnock.

Discover more of what's here in our own backyard and the product ranges of over 60 local producers.

**Time: 10am - 11am**  
**Venue: Hunter Valley Visitor Information Centre**  
455 Wine Country  
Dr, Pokolbin  
Ph: 4993 6700

**THURSDAY 9 FEBRUARY**



## Scone Time Every Friday



FREE

Join us for a relaxing day at historic Marthaville, with tea and scones provided by the Rotary Club of Cessnock, entertainment and the gift shop.

**Time:** 10am - 2pm  
**Venue:** Marthaville Arts and Craft Centre  
200 Wollombi Rd,  
Cessnock  
**Ph:** 0418 250 887

FRIDAY 10 FEBRUARY



## Friday at the Flicks: The Sapphires

Enjoy a traditional outing at the flicks, complete with popcorn and Jaffas! We'll be screening great Australian movie, The Sapphires.

Set in the 1960s, it tells the true story of this wildly popular group which had almost been forgotten. The young women in The Sapphires learn about love, friendship and war as they go on tour entertaining troops during the Vietnam War.

**Time:** 10:30am  
**Venue:** Cessnock Library  
65-67 Vincent St, Cessnock  
**Ph:** 4993 4399

FRIDAY 10 FEBRUARY



THE ACCLAIMED COMEDY THAT WON OVER 10 INTERNATIONAL AWARDS!

## THE SAPPHIRES

BASED ON THE INCREDIBLE TRUE STORY

FREE



BOOKINGS  
ESSENTIAL

FRIDAY 10 FEBRUARY

## NCCCA Open Day: Markets + Classic Car Show 'n' Shine

NCCCA will be hosting an Open Day for seniors with markets, service providers and a Classic Car Show 'n' Shine.

Kick off the day by taking the Healthy Movements Free Exercise Class then enjoy a wander down memory lane with the beautifully restored vehicles on display from the Bellbird Workers Automobile Restorers Club.

There will be local craft stalls and a range of service providers who specialise in supporting seniors to live safely and independently.

Speak to NCCCA's expert staff about respite or permanent residential care, and the many home and community services available to help seniors stay living in their homes. You can also get assistance registering with My Aged Care and Community Transport services.

A sausage sizzle will be provided by Lions Club, with coffee and cake also available.



### Healthy Movements Free Exercise Class

Do a Healthy Movements Free Exercise Class on Open Day at 10:30am.

The team at NCCCA have been trained to deliver these classes with many benefits to Seniors.

Come to a class and then enjoy the Open Day!



Time: 10am - 2pm  
Venue: Ted Jackson Community Centre  
196 Wollombi Rd, Cessnock  
Ph: 4993 3100

FREE



## Ukulele Group

Did you know Cessnock City Libraries has ukuleles for loan? Head to Kurri Kurri Library to borrow one and join in the fun of the Library's Ukulele Club at 1pm on Friday afternoons. All skill levels are welcome, from beginner to virtuoso.

**Time:** 1pm

**Venue:** Kurri Kurri Library  
251 Lang St, Kurri Kurri  
**Ph:** 4937 1638

FREE



FRIDAY 10 FEBRUARY



## Weaving and Cultural Wellbeing Workshop

Kiray Putjung Aboriginal Corporation invites you to join Ngiyampaa Elder, Aunty D for a day of weaving, string making with Kurrajong bark, and natural dying.

Everyone is welcome. Please RSVP for catering purposes.

**Time:** 10:30am - 2:30pm

**Venue:** Marthaville Arts and Craft Centre  
200 Wollombi Rd, Cessnock  
**Ph:** 0474 106 537

SATURDAY 11 FEBRUARY



FREE



 **BOOKINGS ESSENTIAL**



SATURDAY 11 FEBRUARY

## Branxton and Greta Open Day and Market

Lions Club of Branxton, Branxton Greta Men's Shed and Branxton Women's Shed will host an open day and craft markets from 10am-2pm.

This year, the Magical Mystery Tour will provide transport between the events. There will also be fitness activities, sport, home cooking, cakes and preserves, and a BBQ by Branxton Lions Club.

The RSL, Branxton Scouts and Branxton Guides will also be present on the day.

Time: 10am - 2pm

Venue: Branxton

Greta Men's Shed

49 Branxton St, Greta

Ph: 0467 314 211

Time: 10am - 2pm

Venue: Branxton

Women's Shed

Branxton Uniting Church

Ph: 0408 886 913



FREE

## Magical Mystery Tour Transport to Open Day

NCCCA will operate a bus from Cessnock to Branxton for Seniors to attend Open Day.

### SCHEDULE

**10:15am:** Bus will leave Cessnock for Branxton and arrive at Women's Shed at the rear of Uniting Church.

**10:15am - 11:15am:** Bus will pick up pre-booked people around Branxton and provide connection back to Women's Shed.

**11:15am-11:30am:** Bus will leave Branxton for Greta and arrive at Men's Shed.

**11:30am - 12:30pm:** Bus will pick up pre-booked people around Greta and provide connection back to Men's Shed.

**12:30pm:** Return to Branxton

**1:30pm:** Return to Cessnock

FREE



**BOOKINGS ESSENTIAL**



CALL  
4019 9750  
TO BOOK

# 5 Ways To Wellbeing

Make the 5 your ways

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, keep learning, be aware and help others.

Doing these five actions can help you cope better with stress and to live longer, happier and healthier, in ways that are good for you and others! So regardless of how well, young or old you are, everyone can benefit from giving the 5 Ways to Wellbeing a try. Do them at work, home or school. It costs nothing and is easier than you think! Here are some ideas to get started:



## Connect



Connect with people around you; with family, friends, neighbours or people you meet, at work, school or at the shops. Think of these social connections as important in your life and spend time developing them. Building these relationships will support and strengthen you every day.



## Be Active



Keep your mind and body active. Step outside your house or go for a walk or run. Play a sport, dance, ride a bike or do some gardening. Find something you enjoy and do it regularly. Exercising makes you feel good and helps to clear your mind.



## Keep Learning



Try something new or rediscover a past interest. Learn to sew, read a new book, listen to a radio program or take on a new role at work. Learn to play a musical instrument or do a computer course. Learning can be fun. It can give you a sense of achievement and build your confidence.



## Be Aware



Be aware of the world around you; notice the changing seasons and the beautiful sights, smells and sounds as you do your daily activities. Notice how you feel. Try this as you walk, eat lunch or wait for a train. Being aware of the 'here and now' can help you feel calm and reduce stress.



## Help Others



Do something kind for a friend or stranger. Thank someone, smile or say hello. Give your time to a community group or help a neighbour. Helping others can give you a sense of purpose and belonging, build friendships and make your community a better place.

 [5waystowellbeing.org.au](http://5waystowellbeing.org.au)

 03 8345 5459

 [info@5waystowellbeing.org.au](mailto:info@5waystowellbeing.org.au)

 <https://www.youtube.com/channel/UCr5JnWAsl3LAuwFjp6Rwqcg/videos>



The Royal  
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