

CESSNOCK LOCAL  
GOVERNMENT AREA

# SENIORS FESTIVAL

# 2024

11-24 March



*Reach beyond*  
in this annual festival  
for the community.



CESSNOCK  
CITY COUNCIL

[cessnock.nsw.gov.au/Seniors2024](https://cessnock.nsw.gov.au/Seniors2024)

 CessnockCityCouncil  CessnockCityCouncil  CessnockCouncil



# 2024

## MAYOR'S MESSAGE

It is a great pleasure to see the Cessnock Local Government Area Seniors Festival is back for another year. This is such a wonderful nearly two-week event which not only celebrates our seniors but also brings together more than 20 community services and organisations to offer over 50 events. Each year I see Seniors Festival grow, and I find it very fitting that this year's theme is Reach Beyond.

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, Northern Coalfields Community Care Association, Calvary Retirement Community, Campbell Lifestyle Estate by Lincoln Place, Priceline Cessnock, Green Ridge Hunter Valley and Specsavers Cessnock. 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 Pam Snaddon, the 2023 Cessnock Senior Citizen of the Year and our 2024 Seniors Festival Ambassador, at the 2023 Australia Day Awards ceremony.



Pam Snaddon  
Australia Day 2023 Cessnock Senior Citizen of the Year

## AMBASSADOR'S MESSAGE

Hi all,

Welcome to our Seniors Festival 2024.

Our Senior Citizens play an integral part in our great city. They provide volunteer services, nurture future generations, give countless hours of time and are the staple of our local economy.

Seniors Festival engages an opportunity for them to social network, join many organised activities, and is recognition of their vital community role.

So come and join us from 11 - 24 March 2024, at the 'Cessnock Local Government Area Seniors Festival'. It will be worth the visit.

Kind regards and many thanks, for the honour bestowed upon me as your Senior Citizen of the Year in 2023, and as the Seniors Festival Ambassador in 2024.

## ACKNOWLEDGMENT 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.*

# 5

# WAYS TO WELLBEING

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

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. It can cost nothing and is easier than you think!

It was important for us to provide opportunities to inspire you to use this framework, hence next to every event in this program, you will see how it can help you improve your wellbeing and happiness.



Each activity has been explained for you below:



## Connect

Connecting with people; participation in the community



## Be Active

Engage in physical activity; be active in making positive health decisions



## Take Notice

Take time to be mindful of surroundings; listen and support people



## Keep Learning

Be a learner; gain knowledge; be inquisitive; learn new ways of doing things



## Give

Volunteering within the community



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).



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.





## Exhibition Space

Come and visit the Exhibition Space at the Performance Arts Culture Cessnock (PACC). Experience the latest exhibition and browse the gift shop.

**Performance Arts Culture Cessnock (PACC),  
198 Vincent Street, Cessnock**

**9am-4.30pm Tuesday-Friday  
10am-2.30pm Saturday-Sunday**

For more information  
phone 4993 4266



## It's All In Our Backyard

From grapes and wine, sparkling tea, oils and jams to cheese, olives and honey, artwork and handicrafts. It's all available on our doorstep at Cessnock. Discover more of what we have here in our own backyard and experience a unique range of goods and products from over 60 local artisans.

**9am-4pm Daily**

**Hunter Valley Visitor Information Centre, 455 Wine Country Drive, Pokolbin**

For more information  
phone 4993 6702 or email  
VIC@cessnock.nsw.gov.au



## Intergenerational Playgroup

Join an intergenerational playgroup at Cessnock Youth Centre and Outreach Service. Come and hang out with our Young Parents Group, have a chat, and get involved in some craft activities.

**Cessnock Youth Centre and Outreach Service (CYCOS),  
49D Aberdare Road, Cessnock**

For more information or to book,  
phone 4993 4355  
or email youthcentre@cessnock.nsw.gov.au



## Come and Try Croquet

Croquet is a wonderful way of socialising while enjoying a moderate form of exercise. Come along and try your hand at a game (all equipment provided) and enjoy morning tea and a friendly chat afterwards. Everyone welcome.

**9am-11am Tuesday, Wednesday, Thursday and Friday**

**Cessnock Croquet Club,  
19 Wine Country Drive, Cessnock  
(located in the grounds of  
Calvary Retirement Community)**

For more information phone  
Vicki on 0425 355 492 (Secretary)  
or George on 0402 016 752  
(President)







## In the Loop

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

**10am-12pm on Wednesdays**

**Cessnock Library,  
65-67 Vincent Street, Cessnock**

**For more information phone  
Susan Davy 4993 4382**



## Learn to swim assessments for seniors

Any seniors wanting stroke correction or looking for adult beginner learn to swim lessons can come in to the centre between 12pm-2pm. Chat with a learn to swim teacher for either an assessment, information, stroke corrections.

**12pm-2pm on Wednesdays,  
Thursdays and Fridays**

**Kurri Kurri Aquatic and Fitness  
Centre, Cnr Boundary Street and  
Deakin Street, Kurri Kurri**

**For more information  
phone 4937 1362 or email  
kkafcenquiries@  
belgravialeisure.com.au**



## Ukulele Group

Let there be Uke! Did you know Cessnock City Libraries have 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. Come along and be part of the ukulele revival.

**1pm-2pm on Fridays**

**Kurri Kurri Library,  
251 Lang Street, Kurri Kurri**

**For more information phone  
Kurri Kurri Library 4937 1638**



## Marthaville Arts and Cultural Centre

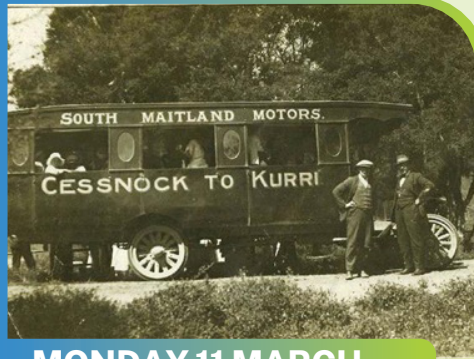
Visit this lovely centre with an extensive range of local arts and crafts on display and for sale.

**10am-2pm on Thursdays, Fridays & Saturdays**

**Marthaville Arts and Cultural Centre,  
200 Wollombi Road, Cessnock**

**For more information phone 0403 161 511**





MONDAY 11 MARCH

## Find My Family

Drop in and visit the Cessnock Family History Group to discover the wealth of information available to you if you are interested in researching your own family history (Please note, this is not a formal presentation).

9am-1pm

Cessnock Library - Stan Parkes Room, 65-67 Vincent Street, Cessnock

For more information email [cfhgm@gmail.com](mailto:cfhgm@gmail.com)



MONDAY 11 MARCH

## How to have a Happier and Richer Life

Join guest speaker and Author, Eric Stanley as he presents his book '9 keys to a Happier & Richer life'. Additionally, at this event, Cessnock CWA will also release a continuing program for talks by professionals on lifestyle and health issues.

10am-12pm

CWA Rooms Cessnock, 161 Vincent Street, Cessnock

For more information or to book phone Narelle 0427 731 952 or email [kevincrebert@bigpond.com](mailto:kevincrebert@bigpond.com)

Entry via donation to Royal Flying Doctor Service for morning tea provided by CWA



MONDAY 11 MARCH

## Bellbird Hotel: a history chat

This year, the Bellbird Hotel is celebrating its 110th anniversary. An important stop over for travellers going from Wollombi to Maitland, the hotel has seen enormous change in its over-a-century life. It may even be the Hunter's most haunted pub! Come and hear fascinating stories of the hotel's history and enjoy a chat with our Local Studies Librarian, Kimberly O'Sullivan.

10.30am-12.30pm

Bellbird Hotel, 388 Wollombi Road, Bellbird

For more information phone Kimberly O'Sullivan 4993 4383

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Cessnock Library on 4993 4399 or Kurri Kurri Library on 4937 1638



MONDAY 11 MARCH

## Cessnock Men's Shed and Garden BBQ

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. The more the merrier, so bring your partner to experience how much we also focus on the mental health of our members.

11am-1pm

Cessnock Men's Shed and Garden, 19 Wine Country Drive, Cessnock (located in the grounds of Calvary Retirement Community)

For more information phone Col Chapman on 0407 003 280 or email either [col-chapman@bigpond.com](mailto:col-chapman@bigpond.com) or [info@cmsg.org.au](mailto:info@cmsg.org.au)







**TUESDAY 12 MARCH**

### Cessnock Quilters and Embroiderers

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, crochet, cross stitch, sashiko, hand embroideries and patchwork.

**9.30am-12.30pm**

**Crawfordville/Millfield Community Hall, 25 Bennett Street, Millfield**

For more information or to book, phone Maureen 0427 146 978 or Julie 0422 604 822



**TUESDAY 12 MARCH**

### Seniors Central

For an unforgettable senior centric experience, join us for a relaxing morning of interactions and experiences featuring our local area and all it has to offer. Options available include complimentary wine tasting, meeting the makers of local products, discovering unique and interesting things to see and do, right throughout the year.

**10am-12pm**

**Hunter Valley Visitor Information Centre, 455 Wine Country Drive, Pokolbin**

For more information phone 4993 6702 or Email: [VIC@cessnock.nsw.gov.au](mailto:VIC@cessnock.nsw.gov.au)

No bookings required, but you can phone ahead to reserve a spot



### Stream movies, TV shows, music and more with your library card for Free

Did you know that you can access movies, TV shows, and music for free with your library card? Are you tired of spending money on streaming services? Discover the power of free streaming with your library card! Join us for an informative workshop that will show you how to access these resources and find the perfect content for you.

**10am-11.30am**

**Kurri Kurri Library, 251 Lang Street, Kurri Kurri**



**TUESDAY 12 MARCH**

For more information phone **Susan Davy 4993 4382**

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Kurri Kurri Library on **4937 1638**



**TUESDAY 12 MARCH**

### Remember When - A Celebration of Australian Singers and Songwriters

Our group of Singers, accompanied by Delma Whyte, will perform songs by Johnny O'Keefe, John Farnham, Olivia Newton-John, Peter Allen, Helen Reddy, The Seekers among others. Recapture some of your youth by joining in singing the songs you remember!

**10.15am-11.45am**

**Wesley Hall, Cooper Street, Cessnock**

For more information or to book, phone Lyndle 0457 130 990 or Peter 0439 189 743





**TUESDAY 12 MARCH**

### Seniors Rights Service Presentation – What you need to know about Aged Care services

Seniors Rights Service is a community organisation dedicated to protecting and advancing the rights of older people, particularly vulnerable and disadvantaged groups. Come along and listen to our experienced Aged Care Advocate talk about the role of Seniors Rights Service, and all you need to know about access aged care services.

**10.30am-12pm**

**Cessnock Library,  
65-67 Vincent Street, Cessnock**

For more information phone Jodeane Anderson on 8217 0232 or email [janderson@seniorsrightsservice.org.au](mailto:janderson@seniorsrightsservice.org.au)



**WEDNESDAY 13 MARCH**

### Knitting for Kindness: Trauma Teddy Knitting Group

Would you like to help knit (or crochet) some teddies which are given to children to comfort them in times of sadness or crisis? Why not come along to our Red Cross Trauma Teddy Knitting group for some 'bear repair', morning tea and a friendly conversation. Non-knitters are welcome to come and help sew and stuff the knitted skins too.

**10am-12pm**

**Kurri Kurri Library,  
251 Lang Street, Kurri Kurri**

For more information phone Kurri Kurri Library on 4937 1638



**WEDNESDAY 13 MARCH**

### Beat It Music & Movement

Don't miss your chance to join Jo from Beat It Music & Movement for this incredible group drumming experience! Get ready to have your toes tapping as you dive into rhythm in a fun and energizing atmosphere. This is a seated activity and no prior experience is necessary - just bring your excitement!

**10.30am-11.30am**

**Cessnock Library,  
65-67 Vincent Street, Cessnock**

For more information phone Susan Davy on 4993 4382

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Cessnock Library on 4993 4399 or Kurri Kurri Library on 4937 1638

**1.30pm-2.30pm**

**Kurri Kurri Library,  
251 Lang Street, Kurri Kurri**

For more information phone Susan Davy on 4993 4382





NCCA



## Seniors Fun Fest



WEDNESDAY 13 MARCH

### Fun Fest hosted by the NCCCA

The NCCCA 'Seniors Fun Fest' is an exciting annual event designed to celebrate and honour the senior citizens of our Community. It's a day filled with a wide variety of activities and attractions to provide seniors with a fun and engaging experiences.

Joining us on the day will be:

- Bellbird Automobile Restorers Club exhibition
- Cessnock Quilters and Embroiderers display
- The Cessnock Lions Club sausage sizzle
- Services NSW "discount for seniors" presentations
- A healthy movement class
- The local radio station broadcasting live from the event (2CHR Central Hunter Community Radio)
- Coffee and cake stalls
- The Branxton Women's and Men's Sheds

- A dedicated stall for 'Volunteering' as NCCCA has volunteers for all our services, Residential Care, Community Care, Meals on Wheels and Transport
- Bunnings demonstrations
- Cessnock City Library
- NCCCA Information sessions and more.

The number of participants is growing, promising a day filled with entertainment, social interaction, and community spirit, all in honour of our cherished seniors.

10am-2pm

**Ted Jackson Community Centre,  
196 Wollombi Road, Cessnock.  
(Opposite Aldi)**

**For more information  
phone 4993 3100**



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Scams Awareness Talk

THURSDAY 14 MARCH

### How to protect yourself from scams

Join your nbn Local Community Ambassador for Hunter New England for this essential scam awareness info session. Learn about the most up-to-date scam trends, how to safeguard yourself from fraudsters, and what action to take if you suspect that you have been scammed.

10am-11.30am

**Cessnock Library,  
65-67 Vincent Street, Cessnock**

**For more information phone  
Susan Davy on 4993 4382**

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Cessnock Library on **4993 4399** or Kurri Kurri Library on **4937 1638**



BOOKINGS ESSENTIAL



FREE

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THURSDAY 14 MARCH

### 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, artefacts 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.

10am-2pm

**Abermain School of Arts,  
Cnr Orange Street and  
Cessnock Road, Abermain**

**For more information or to book,  
phone 4044 8020**



BOOKINGS ESSENTIAL



FREE

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Gold coin donation on arrival



**THURSDAY 14 MARCH**

### Free Tech Help

Need help with your computer, tablet or smartphone? Book a 30-minute help session for individual support for tech issues and set-up of library eResources.

**2.30pm-4pm**

**Kurri Kurri Library,  
251 Lang Street, Kurri Kurri**

**For more information phone  
Susan Davy on 4993 4382**

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Cessnock Library on **4993 4399** or Kurri Kurri Library on **4937 1638**



**FRIDAY 15 MARCH**

### Art and Craft Displays and Stalls

Showcase of arts and crafts made by our residents. Small workshops on crafts of interest will be provided. Items will also be available for purchase on the day. Additionally, a Coffee Van will be on-site for those wanting to buy a caffeine hit and the kiosk will be open for those who would like to buy meals.

**10am-2pm**

**Calvary Retirement Community,  
Multipurpose Centre,  
19 Wine Country Drive, Cessnock**

**For more information phone  
0435 785 089 or 4993 9000**



**FRIDAY 15 MARCH**

### Free Tech Help

Need help with your computer, tablet or smartphone? Book a 30-minute help session for individual support for tech issues and set-up of library eResources.

**10am-12pm**

**Cessnock City Library,  
65-67 Vincent Street, Cessnock**

**For more information phone  
Susan Davy 4993 4382**

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Cessnock Library on **4993 4399** or Kurri Kurri Library on **4937 1638**



**FRIDAY 15 MARCH**

### Chair Yoga with Libby from Soul Pods Yoga

Chair yoga is a gentle form of the practice that can be done by anyone, regardless of their fitness level. Research shows yoga is linked to decreased levels of stress, anxiety and depression, lowered cholesterol and blood pressure, improved energy, better sleep quality and less pain. Chair Yoga can provide muscle relief and improve circulation, balance, mood and mental wellbeing. These sessions will be delivered by Libby Olson, founder of Soul Pods Yoga. No special yoga clothes are required unless you prefer active wear.

**10.30am-11.30am**

**Kurri Kurri Library,  
251 Lang Street, Kurri Kurri**

**For more information phone  
Susan Davy 4993 4382**

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Cessnock Library on **4993 4399** or Kurri Kurri Library on **4937 1638**







SATURDAY 16 MARCH

## Electric Vehicle Workshop

Join independent consultant and expert, Julien Freed as he explains why you should consider electric vehicles, what technologies the different types of electric vehicles utilise, what the real costs are – financial and environmental and more.

10am-12pm

**Cessnock Library,  
65-67 Vincent Street, Cessnock**

**For more information phone  
Karinda Stone on 4993 4100**

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Cessnock Library on **4993 4399** or Kurri Kurri Library on **4937 1638**

 **BOOKINGS  
ESSENTIAL**



SATURDAY 16 MARCH

## Magnificent Mandalas

Join Valerie from Maude's Madhouse and learn to create magnificent and delicate Mandala Designs. This workshop is perfect for everyone - no experience necessary and all materials provided. With Valerie's guidance and instruction, you will be amazed at the beautiful mandala you create. Don't miss out on this creative and unique experience!

10.30am-12pm

**Kurri Kurri Library,  
251 Lang Street, Kurri Kurri**

**For more information phone  
Susan Davy on 4993 4382**

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Cessnock Library on **4993 4399** or Kurri Kurri Library on **4937 1638**

 **BOOKINGS  
ESSENTIAL**



SATURDAY 16 MARCH

## Silver Senior's Soiree - Branxton, Greta and North Rothbury

An afternoon of listening to music provided by the talented locals at Miss Jade's Music School, whilst enjoying a delicious afternoon tea by Hillview Graze and Platter. This event has also been made possible through donations by Dan Repacholi MP Federal Member for Hunter and Coles at Huntlee.

**Branxton Community Hall,  
35 Bowen Street,  
Branxton NSW**

**For more information or  
to book, phone Helen Scott  
on 0427 047 024**

 **BOOKINGS  
ESSENTIAL**



SUNDAY 17 MARCH

## Richmond Vale Railway Museum

Richmond Vale Railway Museum is the only operating heritage railway north of the Hawkesbury. The site offers unlimited full-size train rides, miniature train rides, historic films in the mining museum, picnic tables and an electric BBQ, a canteen and more.

**Richmond Vale Railway Museum,  
262 Leggett's Drive,  
Richmond Vale**

**For more information phone  
4018 7230**

**Concession \$11, purchase  
on arrival**





**MONDAY 18 MARCH**

### 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 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.

**9.20am-10.30am**

**Kearsley Hall,  
22 Allandale Street, Kearsley**

**For more information phone  
Lyndall McKie on 0418 486 596 or  
email lyndall.mckie@gmail.com**

 **BOOKINGS  
ESSENTIAL**



**MONDAY 18 MARCH**

### Petanque

Have fun with the French version of bowls. U3A members have access to many different activities all designed to keep us retirees physically, mentally, and socially active. Enjoy one, two or all the activities.

**The Valley Brewhouse,  
Wine Country Drive, Nulkaba**

**For more information phone  
Barbara on 4990 5250**



**MONDAY 18 MARCH**

### Khartoum Hotel: a history chat

The Khartoum Hotel is heritage-listed and rightly so. Opened in 1926 it was the watering hole for miners from Aberdare Central Colliery across the road. The hotel's intriguing name comes from a great military victory at Khartoum in 1896 by Lord Kitchener, British Secretary for War. Yes, that gave Kitchener its name too! Come and hear more fascinating stories of the hotel's history and enjoy a chat with our Local Studies Librarian, Kimberly O'Sullivan.

**10.30am-12.30pm**

**Khartoum Hotel,  
19 Cessnock Street, Kitchener**

**For more information phone  
Kimberly O'Sullivan on 4993 4383**

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Cessnock Library on **4993 4399** or Kurri Kurri Library on **4937 1638**

 **BOOKINGS  
ESSENTIAL**



Contact the venue to discuss your access requirements



**TUESDAY 19 MARCH**

### Tai Chi

Members complete Tai Chi Activities for better, stronger bodies. U3A members have access to many different activities all designed to keep us retirees physically, mentally, and socially active. Enjoy one, two or all the activities.

**10am-11am**

**North End Hall,  
Church Street, Cessnock**

**For more information phone  
Sue on 0431 296 379**

**Cost: \$3**







**TUESDAY 19 MARCH**

### Concert for the Community

Presented by the Wine Country Music Association

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.

**10.30am-12.30pm**

Performance Arts Culture Cessnock (PACC), 198 Vincent Street, Cessnock

For more information email [winecountrymusicassociation@gmail.com](mailto:winecountrymusicassociation@gmail.com)

**BOOKINGS ESSENTIAL** by visiting [mypacc.com.au](http://mypacc.com.au)



**TUESDAY 19 MARCH**

### Fat Elvis

Fat Elvis (aka Chris Kelly from Newcastle clown troupe Ship O Fools) is an enormously popular character. Loved by Novocastrians and beyond, he will rove through the crowd serenading in his pure white and heavily bejewelled jumpsuit. He also dons authentic-looking Elvis glasses and hair do! Plenty of humour comes off-the-cuff at the same time as he uses his musical, circus and magic skills to entertain.

Come, sing along and experience Chris Kelly's hilarious take on 'The King' as part of Seniors Festival 2024.

**5.30pm-6.30pm**

Kurri Kurri Library, 251 Lang Street, Kurri Kurri

For more information phone Susan Davy on 4993 4382

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Cessnock Library on 4993 4399 or Kurri Kurri Library on 4937 1638



### Stream movies, TV shows, music and more with your library card for Free

Did you know that you can access movies, TV shows, and music for free with your library card? Are you tired of spending money on streaming services? Discover the power of free streaming with your library card! Join us for an informative workshop that will show you how to access these resources and find the perfect content for you.

**10am-11.30am**

Cessnock City Library, 65-67 Vincent Street, Cessnock



**TUESDAY 19 MARCH**

For more information phone Susan Davy 4993 4382

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Kurri Kurri Library on 4937 1638



**WEDNESDAY 20 MARCH**

### 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 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.

**9.20am-10.30am**

Kearsley Hall, 22 Allandale Street, Kearsley

For more information phone Lyndall McKie on 0418 486 596 or email [lyndall.mckie@gmail.com](mailto:lyndall.mckie@gmail.com)





**WEDNESDAY 20 MARCH**

### Over 55's Employment Session and Morning Tea

Are you (or do you know of any) 55+ people looking to work or volunteer a few hours a week to supplement your pension? Or are you a business interested in hiring them? Then join us for the Over 55's Employment Session & Morning Tea.

**10am-11.30am**

**Cessnock Leagues Club,  
1 Darwin Street, Cessnock**

For more information or to book, phone Alena Pople, Economic Development Officer at Cessnock City Council on 4993 6707 or visit

<https://events.humanitix.com/over-55-s-employment-session-and-morning-tea>

 **BOOKINGS ESSENTIAL**



**WEDNESDAY 20 MARCH**

### Coffee and Chat

A topic will be prepared on a current event for conversation, grab a coffee pull up a chair and join in. U3A members have access to many different activities all designed to keep us retirees physically, mentally, and socially active.

**10.30am-12pm**

**Cessnock Leagues Club,  
1 Darwin Street, Cessnock**

For more information phone Greg on 0428 577 255

Free, but you may be required to pay for your coffee



**THURSDAY 21 MARCH**

### The Learning for Life Program

Join the Cessnock View Club at their March luncheon and enjoy a two-course meal. Guest speaker Mark Bundy will be entertaining attendees with the history of Rookwood Cemetery in Sydney.

**10.30am-1pm**

**Cessnock Leagues Club,  
1 Darwin Street, Cessnock**

For more information or to book, phone Kay on 0401 860 505

Cost: \$30

 **BOOKINGS ESSENTIAL**



**THURSDAY 21 MARCH**

### Free Tech Help

Need help with your computer, tablet or smartphone? Book a 30-minute help session for individual support for tech issues and set-up of library eResources.

**2.30pm-4pm**

**Kurri Kurri Library,  
251 Lang Street, Kurri Kurri**

For more information phone Susan Davy on 4993 4382

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](https://cessnock.nsw.gov.au/libraries) or call Cessnock Library on 4993 4399 or Kurri Kurri Library on 4937 1638

 **BOOKINGS ESSENTIAL**







**THURSDAY 21 MARCH**

### How to protect yourself from scams

Join your nbn Local Community Ambassador for Hunter New England for this essential scam awareness info session. Learn about the most up-to-date scam trends, how to safeguard yourself from fraudsters, and what action to take if you suspect that you have been scammed.

**10am-11.30am**

**Kurri Kurri Library,  
251 Lang Street, Kurri Kurri**

**For more information phone  
Susan Davy on 4993 4382**

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Cessnock Library on **4993 4399** or Kurri Kurri Library on **4937 1638**



**FRIDAY 22 MARCH**

### Tai Chi

Members complete Tai Chi Activities for better, stronger bodies. U3A members have access to many different activities all designed to keep us retirees physically, mentally, and socially active. Enjoy one, two or all the activities.

**10am-11am**

**North End Hall,  
Church Street, Cessnock**

**For more information phone  
Sue on 0431 296 379**

**Cost: \$3**



**FRIDAY 22 MARCH**

### Free Tech Help

Need help with your computer, tablet or smartphone? Book a 30-minute help session for individual support for tech issues and set-up of library eResources.

**2.30pm-4pm**

**Kurri Kurri Library,  
251 Lang Street, Kurri Kurri**

**For more information phone  
Susan Davy on 4993 4382**

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Cessnock Library on **4993 4399** or Kurri Kurri Library on **4937 1638**



**FRIDAY 22 MARCH**

### Ukulele Dreaming Mini-Concert

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!

**12pm-1pm**

**Kurri Kurri Library,  
251 Lang Street, Kurri Kurri**

**For more information phone Susan  
Davy on 4993 4382**

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Cessnock Library on **4993 4399** or Kurri Kurri Library on **4937 1638**





**FRIDAY 22 MARCH**

### One Night in Memphis - Presley, Orbison & Cash Show

One Night in Memphis is the show that finally brings together three of the world's greatest and most popular performers - Elvis Presley, Roy Orbison and Johnny Cash - showcasing the greatest songs of the early Rock 'n' Roll years of the '50s and '60s. It features three of Australia's internationally renowned tribute artists bringing to you over two hours of hit after hit from the early Memphis years through to some of their personal biggest hits.

**8pm-10.20pm**

**Performance Arts Culture Cessnock (PACC), 198 Vincent Street, Cessnock**

**For more information phone 4993 4266 or email [pacc@cessnock.nsw.gov.au](mailto:pacc@cessnock.nsw.gov.au)**

**Concession \$55**

**BOOKINGS ESSENTIAL** by visiting [mypacc.com.au](http://mypacc.com.au)



**SATURDAY 23 MARCH**

### Lions Club of Branton Presents Branxton and Greta Seniors Festival Event 2024

The Branxton Women's Shed and Branxton Greta Men's shed will hold open days to showcase their considerable skills at handicraft, woodwork, metalwork, and a multitude of practical talents. The events will be coordinated by the Lions Club of Branxton who will provide a free sausage sizzle and soft drinks at each main location. Participants will be offered the opportunity to travel between the two events in a coach so that they can see the magic that goes on in each location. Seniors (seated) yoga session will be available at Branxton utilising an experienced yoga teacher.

**9am-2pm**

**Branxton Women's shed Cliff Street, Branxton and Branxton Greta Men's Shed, Branxton Street, Greta.**

**For more information phone Alan Beckley on 0426 261 948 or email [Branxton\\_Lions@outlook.com](mailto:Branxton_Lions@outlook.com)**



**SATURDAY 23 MARCH**

### Seniors Festival in Wollombi

Morning starting with a holistic moment of seated breathing, meditation, relaxation for seniors. Followed by storytelling about Wollombi Valley history and entertainment by local musicians. There will be dancing, joy and community spirit. Come and join us!

**10am-1pm**

**Wollombi Cultural Centre, 2888 Wollombi Road, Wollombi**

**For more information visit [wollombi.org](http://wollombi.org) and access the Contact Form**



**SATURDAY 23 MARCH**

### Magnificent Mandalas

Join Valerie from Maude's Madhouse and learn to create magnificent and delicate Mandala Designs. This workshop is perfect for everyone - no experience necessary and all materials provided. With Valerie's guidance and instruction, you will be amazed at the beautiful mandala you create. Don't miss out on this creative and unique experience!

**10.30am-12pm**

**Cessnock City Library, 65-67 Vincent Street, Cessnock**

**For more information phone Susan Davy on 4993 4382**

Book under 'What's On' at [cessnock.nsw.gov.au/libraries](http://cessnock.nsw.gov.au/libraries) or call Cessnock Library on 4993 4399 or Kurri Kurri Library on 4937 1638

**BOOKINGS ESSENTIAL**







**SUNDAY 24 MARCH**

## Seniors Festival in Wollombi

Morning starting with a holistic moment of seated breathing, meditation, relaxation for seniors. Followed by storytelling about Wollombi Valley history and entertainment by local musicians. There will be dancing, joy and community spirit. Come and join us!

**10am-1pm**

**Wollombi Cultural Centre,  
2888 Wollombi Road, Wollombi**

**For more information visit  
wollombi.org and access the  
Contact Form**



**SUNDAY 24 MARCH**

## The Good Old Days of Rock N Roll

Iconic TV shows like Johnny O'Keefe's Six O'Clock Rock and Brian Henderson's Bandstand saw the birth of a generation of talented performers and recording stars. Now, re-live all the fabulous original hits from the hitmakers themselves with *THE GOOD OLD DAYS OF ROCK 'N' ROLL*.

**2pm-4.30pm**

**Performance Arts Culture  
Cessnock (PACC),  
198 Vincent Street, Cessnock**

**For more information phone  
4993 4266 or email  
pacc@cessnock.nsw.gov.au**

**Concession \$79.90**

 **BOOKINGS  
ESSENTIAL** by visiting  
[mypacc.com.au](http://mypacc.com.au)



*Reach  
beyond*

A series of horizontal dotted lines for writing notes.

Reach  
beyond

## We would love to hear from you...

How satisfied are you with Seniors Festival overall between 1-5 (with 1 being low satisfaction and 5 being high satisfaction)?

1                      2                      3                      4                      5

How satisfied are you with the promotion of Seniors Festival? (with 1 being low satisfaction and 5 being high satisfaction)?

1                      2                      3                      4                      5

How satisfied are you with the range of events on offer? (with 1 being low satisfaction and 5 being high satisfaction)?

1                      2                      3                      4                      5

Are there any events you would like to see included in future Seniors Festival Programs?

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If you would like to know more about getting involved in the planning and coordination of Seniors Festival, provide your details here.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Give your feedback by handing into the Customer Service desk at the Council Building 62-78 Vincent St, Cessnock, or taking a photo and sending to [council@cessnock.nsw.gov.au](mailto:council@cessnock.nsw.gov.au)

### Privacy Notice

The information on this form is being collected for the purpose of planning Cessnock Local Government Area Seniors Festival. The information collected will be used for the purpose outlined, related administrative functions, compliance and complaint handling, internal auditing, and in accordance with Council's Privacy Management Plan and Privacy Statement which can be found on Council's website

The information is intended for relevant council officers and supplying the information is voluntary. Your personal information will be kept in Council's Information Management System in accordance with the relevant legislation. Council's address is 62-78 Vincent Street CESSNOCK NSW 2325.



# THANK YOU

to all of our Festival Sponsors. Without your generosity and support this years event would not be possible.

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