

# NSW SENIORS FESTIVAL



Find out  
what's on  
across the  
MidCoast  
region  
3-12 March



## Friday 3 March

**Come and try Tai Chi** 9.30am-12noon. Upper Level SLSC Bennetts Beach, Hawks Nest. Morning tea provided.

**Forster Tuncurry Marine Rescue Open Day** 9.30am-12noon. Marine Rescue building, Dolphin Way, Forster. Tours, morning tea and info on how to join in.

**Grandparent's Storytime Stroud** 10.30-11.30am. Stroud Library. Grandparents are invited to a special storytime and morning tea.

## Sunday 5 March

**Great Lakes Museum tour and afternoon tea** Tours at 1pm, 2pm and 3pm. 1 Capel Street, Tuncurry.

**Family History Workshop** 10am-2pm. Shop 3, 209 Myall Street Tea Gardens. Enjoy tracing your family history and morning tea.

## Monday 6 March

**Come and try Myall Fitness** Between 9am and 12noon. 4/24 Wanya Road Industrial Estate, Tea Gardens.

**Coomba Choir Group Open Day** 10.30am. Coomba Community Hall, Moorroba Road, Coomba Park. Enjoy singing and morning tea.

**Try Croquet with the Myall Croquet Club** 9am-12noon and 1pm-3pm. Myall Park Sporting Complex, Hawks Nest. Includes refreshments.

**Craft and morning tea with the Forster CWA** 10am-12noon. Country Women's Association Rooms, Little Street (next to Visitor Info Centre).

**Join the YMCA Heartmoves Walking Group** 8.30-9.30am. Harry Bennett Park, River Street Taree. Morning tea provided.

**YMCA Health assessment and basic fitness test** 10.45am-12.30pm. Manning Aquatic Leisure Centre, Taree. Bookings essential, call 6550 0500.

**Tea Gardens Men's Shed Open Day** 9am-12.30pm. 25 Wanya Road, Tea Gardens. Visit the shed, find out more and enjoy morning tea.

## Monday 6 March continued...

**Family History Workshop** 10am-2pm. Shop 3, 209 Myall Street, Tea Gardens. Enjoy tracing your family history and morning tea.

**Indoor bowling, art exhibition and morning tea** 9am-2pm. Manning Valley Senior Citizens Association. Ormsby House, 24 Commerce Street, Taree

**Try Croquet with the Gloucester Croquet Club** 8.30-10am. Croquet Courts, Gloucester Park, Denison Street, Gloucester. Enjoy croquet and morning tea.

**Tuncurry Forster Sports Women's Bowling Club** 9.30-11.30am. Sporties Club 65 Beach Street, Tuncurry. Try a game of bowls & morning tea.

**Grandparent's Storytime Tea Gardens** 9.30-10.30am. Tea Gardens Library. Grandparents are invited to a special storytime and morning tea.

**Volunteer information session & morning tea** 10am-12noon. Forster Library. Find out how you can make a difference in your community by joining MidCoast Council's Ageing & Disability Services' team of volunteers.

**Grandparent's Storytime Wingham** 10.30-11.30am. Wingham Library. Grandparents are invited to a special storytime and morning tea.



# Tuesday 7 March

**Come and try Myall Fitness** Between 9am and 12noon. 4/24 Wanya Road Industrial Estate, Tea Gardens.

**Gloucester Senior Citizen's Centre** Hume Street, Gloucester

- 9-10am. Info session on U3A, games and morning tea
- 10am-12noon, Card and crib table and morning tea
- 1-3pm. U3A info session, balance & bones exercise and knit & crochet showcase
- 2-4pm. Mahjong and afternoon tea

**Tea Gardens Men's Shed Open Day** 9am-12.30pm. 25 Wanya Road, Tea Gardens. Visit the shed, find out more and enjoy morning tea.

**Pacific Palms Community Centre activities** 3957A The Lakes Way, Elizabeth Beach

- 9.30-10.30am. Tai Chi and Chi Gong class followed by morning tea
- 3-4.30pm. Line Dancing and afternoon tea

**Manning Valley Senior Citizens Association** Ormsby House, Taree

- 8.30-9.30am. Tai Chi, art exhibition and morning tea
- 9.30am-2pm. Card and table games followed by morning tea

**YMCA Manning Aquatic Leisure Centre** Manning River Drive, Taree

- 12-12.45pm. Join Heartmoves in the Group Fitness Room
- 1-2pm. Enjoy lunch in the Cafe area. Bookings essential - call 6550 0500.
- 2-3pm Basic First Aid training in the Group Fitness Room. Call 6550 0500 to book.

**Family History Workshop** 10.30am-2.30pm. Harrington Library. Bookings essential.

## Wednesday 8 March

**Great Lakes Museum tour and morning tea** Tours at 10am, 11am and 12 noon. 1 Capel Street, Tuncurry.

**Nabiac Landcare - New Lilly Pilly Bridge Tour** Meet at the footbridge on Clarkson Street Nabiac at 10am and enjoy the tour followed by morning tea.

**Tai Chi** 11am-1.30pm. Uniting Church Hall, 120 Myall Street, Tea Gardens.

**Gloucester Senior Citizen's Centre** Hume Street, Gloucester.

- 1-2pm. Info session on U3A, Balance & Bones exercise and afternoon tea
- 2-4pm. Indoor bowls and afternoon tea

**YMCA Manning Aquatic Leisure Centre** Manning River Drive, Taree

- 10.30-11.15am. Active Ageing Aqua in the indoor pool with morning tea
- 11.45am-1.15pm. Strengthening session in the Group Fitness Room. Bookings essential, call 6550 0500

**Grandparent's Storytime Forster** 10.30-11.30am. Forster Library. Grandparents are invited to a special storytime and morning tea.



## Thursday 9 March

**Come and try Myall Fitness** From 4-5pm. 4/24 Wanya Road Industrial Estate, Tea Gardens.

**Coomba Men's Shed Open Day** 9am-1pm. 1770 Coomba Road, Coomba Bay. Join in or just have a chat, followed by a BBQ lunch.

**Craft and morning tea with the Forster CWA** 10am-12noon. Country Women's Association Rooms, Little Street (next to Visitor Info Centre).

**Upper Lansdowne Craft Group Open Day** 10am-12noon. Upper Lansdowne Hall, 1412 Upper Lansdowne Road.

**Indoor bowling, art exhibition and morning tea** 9am-2pm. Manning Valley Senior Citizens Association. Ormsby House, 24 Commerce Street, Taree.

**Join in on PrYme Movers** 8.30-9.15am. YMCA Manning Aquatic Leisure Centre, Manning River Drive, Taree - Group Fitness Room.

**Seniors Week Expo** 9.30am-2pm. Myall Quays Shopping Centre Tea Gardens. Come along and find out more about My Aged Care, Home Care Packages, health services and more!

**Grandparent's Storytime at Harrington and Taree Libraries** 10.30-11.30am. Grandparents are invited to a special storytime and morning tea.

## Friday 10 March

**Forster Tuncurry U3A Open Day** 11am-3pm. Upstairs at Cape Hawke Surf Club Palmgrove Place, Forster. Find out more about U3A and enjoy afternoon tea.

**Coomba Men's Shed Open Day** 9am-1pm. 1770 Coomba Road, Coomba Bay. Join in or just have a chat, followed by a BBQ lunch.

**Manning Valley Senior Citizens Association Open Day** From 11am. Come along and enjoy table games, a sausage sizzle, monster raffle and art exhibition.

**Forster Tuncurry Marine Rescue Open Day** 9.30am-12noon. Marine Rescue Building Dolphin Way. Tour the radio tower and rescue vessels and enjoy morning tea.

## Friday 10 March continued...

**YMCA Manning Aquatic Leisure Centre** Manning River Drive, Taree

- 8-8.45am. Join aqua aerobics in the indoor pool.
- 12-1.30pm. Eating healthy seminar with lunch in the Group Fitness Room.

**Gloucester Croquet Club Open Day** 8.30-10am. Croquet Courts, Gloucester Park, Denison Street, Gloucester. Experience a great game of croquet and morning tea.

**Grandparent's Storytime Hallidays Point Library** 10.30-11.30am. Grandparents are invited to a special storytime and morning tea.

## Saturday 11 March

**Myall Park Croquet Club Open Day** 9am-12noon and 1-3pm. Myall Park Sporting Complex, Yamba Road Hawks Nest. Enjoy a great game of croquet and refreshments.

**Tea Gardens Hawks Nest Family Research Group Open Day** 10am-2pm. Shop 3, 209 Myall Street Tea Gardens. Research your family history with refreshments.

**Cake and craft demonstration** 10am-4pm. Forster Arts & Craft Society, Breese Parade, Forster. Morning and afternoon tea included.

**Music by the Book** 3-5pm. Taree Library. Enjoy music by Bob Berrigan and his band, dancing and afternoon tea. To book, visit [www.manningvalleylibraries.com.au](http://www.manningvalleylibraries.com.au).

## Sunday 12 March

**Coomba Aquatic Club and Wallis Spirit Dragons Open Day** 10am-2pm. Coomba Aquatic Gardens Gazebo, Coomba Park. Enjoy sailing and a BBQ lunch.

**Cake and craft demonstration** 10am-4pm. Forster Arts & Craft Society, Breese Parade, Forster. Morning and afternoon tea included.

We hope to see you out and about across the MidCoast region during the 2017 Seniors Festival from 3-12 March.

For more information on these activities, visit [www.midcoast.nsw.gov.au/Seniors](http://www.midcoast.nsw.gov.au/Seniors)



Let's  
do more  
together

