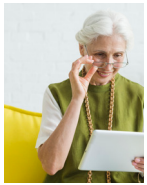


ACTIVITIES



Teabag workshops

Forster Library
Mon. 10 February 2pm - 3pm
Wingham Library
Thurs. 20 February 10.30am - 11.30am
Learn how to make your own flavoured tea in bags from natural ingredients.



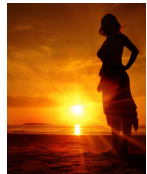
Introduction to tablets and/or smartphones

Harrington Library
Tues. 18 February 10.30am - 1.30pm
Nabiac Library
Wed. 19 February 9.30am - 12.30pm



Making beeswax lipbalms and moisturiser

Wingham Library
Thurs. 13 February 10.30am - 11.30am
Stroud Library
Wed. 19 February 10am - 11am
Make your own beeswax lipbalms and moisturiser with local ingredients.



Meditation and Mindfulness

Harrington Library
Wed. 12 February 10.30am - 12pm
Taree Library
Fri. 21 February 3.30pm - 4.30pm Join Kate from Gumboots By The Sea for a relaxing meditation and mindfulness session.



Stories and Scandals of the MidCoast

Taree Library
Fri. 21 February 1pm - 3pm
Join us for a presentation of true stories that are slightly disgraceful and definitely dark. Delve into the world of swindles, murder plots, and past injustices with the MidCoast Stories team.

MIDCOAST ASSIST

50/50 Country Rock & Roll Dance

Tuncurry Memorial Hall
Fri. 14 February 5pm - 9.30pm (book tickets by 7 Feb)
Music by Barney Carle. Light supper provided. Tickets \$10. Come along, have fun, refresh your dancing skills or just listen to the music. Mobility Aids also welcome. For tickets call 1300 65 88 30, press 1 for Ageing.

Concert, cuppa and cakes

Hawks Nest Community Hall
Fri. 14 February 10.30am - 12.30pm (RSVP 7 February)
Morning Tea provided. Entertainment by a local choir, musicians and a singer. Please RSVP to 1300 65 88 30, press 1 for Ageing.

NSW Gov. 'Cost of Living' Service Information Session

MidCoast Assist, Forster (near Library)
Fri. 21 February 10am (RSVP by 19 Feb.)
Morning tea will be provided. This will be an informative, important session. Please RSVP to 1300 65 88 30, press 1 for Ageing.

Dealing with scams workshop with Hunter Community Legal Centre

MidCoast Assist, Forster (near Library)
Fri. 21 February 11am (RSVP by 19 Feb.)
Refreshments will be provided. This will be an informative, important session. Please RSVP by phoning 1300 65 88 30, press 1 for Ageing.

Card Making Workshop

MidCoast Assist Seniors Room, Stroud Library
Wed. 19 February 11.30am - 12.30pm
Learn how to make your own giftcards.

Head to the events page on Council's website and search 'seniors' for all listings and booking info www.midcoast.nsw.gov.au/events



MIDCOAST
council

NSW SENIORS
FESTIVAL



12-23 FEBRUARY 2020
seniorsfestival.nsw.gov.au



NSW
GOVERNMENT

Love to Celebrate!

NSW Seniors Festival 2020

midcoast.nsw.gov.au/events

MOVIE SCREENINGS



Yesterday (PG)

Gloucester Library

Thurs. 13 February 10.30am – 12.30pm
A struggling musician realises he is the only person on earth who can remember the Beatles after waking up in an alternate time where they never existed.



Wild Rose (M)

Tea Gardens Library

Fri. 14 February 2pm – 4pm
A troubled young Glaswegian woman dreams of becoming a Nashville country star.



Rocket Man (M)

Taree Library

Sat. 15 February 11am – 1pm
A biographical musical film based on the life of Elton John including his early days as a prodigy at the Royal Academy of Music his musical partnership with Bernie Taupin.



Red Joan (M)

Forster Library

Mon. 17 February 2pm – 4pm
The story of Joan Stanley, who was exposed as the KGB's longest-serving British spy. Starring Judy Dench, Sophie Cookson and Stephen Campbell Moore.



Going in Style (PG)

Hallidays Point Library

Tues. 18 February 2pm – 4pm
Joe, Willie and Albert, three lifelong friends, plan to rob the bank that swindled them out of their pension money in order to come through for themselves and their loved ones.



The Hustle (M)

Wingham Library

Tues. 18 February 5.30pm – 7.30pm
Two female scam artists, one low rent and the other high class, team up to take down the men who have wronged them.

ACTIVITIES



Reminiscing with the museum

Forster Library

Mon. 10 February 10am - 12pm
Join the Great Lakes Historical Museum for a fun, interactive morning, reminiscing with some interesting memorabilia from their fascinating collection.



Singing on Q Choir

Wingham Library

Fri. 14 February 5.30pm - 6.30pm
Relax and listen to a performance by 'Singing on Q' with refreshments provided.



Joy of Singing

Harrington Library

Fri. 21 February 10.30am - 12pm
Join Lyanne on a journey of joyful singing. Lyanne is a graduate of the Sydney Conservatorium, and has travelled the world performing music and singing. Lyanne is passionate about the way in which singing can enrich our lives and is an advocate for bringing this message to the world.



Tai Chi

Tea Gardens Library

Fri. 21 February 10.30am - 11.30am
Start your morning with a relaxing introductory Tai Chi session with a well known local instructor.

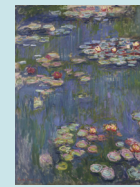
Manning Regional Art Gallery

Packing room tour

Tues. 18 Feb 9.30am
Exhibitions are more than just hanging pictures on hooks. Come along and discover the art of curation. Morning tea provided. RSVP online or by calling Michelle Palmer on 7955 7235.

Behind the scenes at the MEC

Thurs. 13 Feb 9.30am
Ever wondered what goes on behind the scenes to bring your favourite shows to life? Join us for an exclusive sneak peek behind the curtain! Morning tea provided. RSVP online or by calling Michelle Palmer on 7955 7235.



Mosaic Masterpiece

Taree Library

Fri. 21 February 10.30am - 12pm
Join us for a collaborative art project where we will create copies of famous paintings. No experience needed, just a love of colour and colouring in. Our mosaics will be Vincent van Gogh's 'A Starry Night' and Claude Monet's 'The Water Lilies'.



Armchair Yoga

Hallidays Point Library

Thurs. 20 February 11am - 12pm
Start your morning off with guided armchair yoga with local instructor Laura Armstrong.



Memoir Workshop

Forster Library

Mon. 17 February 10am - 12pm
We all have stories to tell. This workshop is designed to help you reflect, explore and document events that moved you along your life's journey. Your memories are precious. You don't have to be famous or a professional writer, your story is unique, and you get to tell it the way you experienced it. Don't put it off. Make the time. Write your stories.



Dawson River Ramble

Wednesday 12 February 8.30am for 8.45am start.
The exact location will be provided at time of booking.
A guided tour exploring the unique beauty of an area not typically available to the public. Moderate fitness level required over uneven surface. Long pants and closed in shoes to be worn. Morning tea provided. Numbers strictly limited to 25. Book online only.

