

FRIDAY

14



Frothin' Film Night

6 – 9pm
Old Bar Surf Club

Join us for an unforgettable evening featuring the legendary surf film *Morning of the Earth* and a live set by local favourites, The Benchwarmers.

Macrame Coaster Workshop

1 – 4pm
Nabiac Library

Create a custom set of four coasters, no experience necessary.

Seniors Expo

10am – 2pm Ormsby House, Taree

Join us for a free expo with tea, coffee, and information from services including home care, dementia support, carer assistance, legal services, My Aged Care, and social groups tailored for seniors.

What's Your Philosophy?

10am – 12pm Gloucester Library

A friendly and engaging philosophy discussion where thought-provoking topics are explored in a relaxed, inclusive environment.

SATURDAY

15

Take Better Photos

10am – 12pm
Forster Library

Learn photography basics to help you capture stunning images. Bring your camera or smartphone, no experience required.

Bob Berrigan Band Show

2 – 4pm
Forster Library

A lively variety show with music from the 1940s to the 1980s and a delicious afternoon tea.

Try something new with a

LIVELY CREW

NSW Seniors Festival, 3 – 15 March 2025

Take a look at our jam-packed program of free activities to enjoy during the NSW Seniors Festival.

DISCOVER YOUR NEXT PASSION



BOOK NOW

Celebrate being a senior on the MidCoast this March with our jam-packed program of free activities. Browse what's on then scan the code to head online and book.

Hurry, places are limited. Enquiries: 7955 7001



midcoast.nsw.gov.au/seniorsfest



MONDAY

03

Fishing Confidence

10am – 12pm
Harrington Library

Get Hooked on the Basics! Hands-on session covering fishing basics, safe spots, gear, and techniques to boost your confidence and help you fish safely and enjoyably. Hosted by Pete from PJ's Fish'N'Outdoors.

Knitting Drop-In

10am – 12pm
Forster Library

Connect with the joy of knitting in this relaxed, friendly drop-in session. All levels welcome.



Research and Write Local and National History

10am – 12pm Tea Gardens Library

Explore the basics of researching and writing history in this workshop led by published writer Elena Filipczyk. Learn to access online databases, conduct research from home, and craft compelling stories that catch the eye of newspapers.

TUESDAY

04

Crafting with Decoupage

1 – 3 pm
Gloucester Library

Craft a unique eco-friendly wooden ornament using recycled materials.

Create with Colour Pencils

2 – 4pm
Hallidays Point Library

Hands-on session exploring blending, shading, and textures – perfect for beginners and seasoned artists alike.

Teddybears Picnic

10am – 12pm
Taree Library

A special Storytime celebrating grandparents and grandchildren with a morning of connection, memories and fun for the whole family.

WEDNESDAY

12

Legacy In Words: Life Writing Workshop

10am – 12:30pm
Bulahdelah School of Arts

Unlock your creativity, gain confidence, and craft your unique life stories to preserve your memories and leave a lasting legacy.

Dementia Information Session

10am – 12pm
Harrington Library

Join us for an informative and open discussion about dementia with Anthony Parker from Dementia Australia.

Stamp and Sew

2 – 3:30pm
Taree Library

Learn to carve stamps, explore stamping techniques, and create unique postcard-sized artworks to take home in this hands-on workshop.

Beginners Watercolour Painting

10am – 12:30pm Gloucester Library

Learn the basic techniques of watercolour painting. Be guided step-by-step in painting a simple blue wren and a lovely pear.



THURSDAY

13

Mahjong and Mingle

2 – 4:30pm
Forster Library

Bring a friend or come alone for a fun social game and afternoon tea.

Mindfulness and Meditation for Health

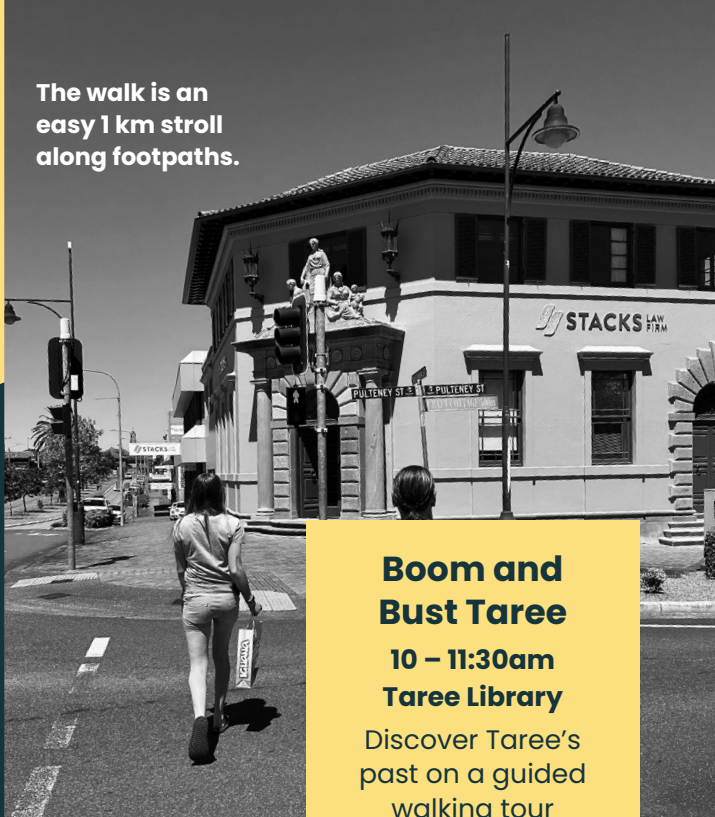
10 – 11am Wingham Library

Join us for a 45-minute session blending science and mindfulness. Learn about the benefits of meditation, followed by a 30-minute guided meditation on breath awareness and gratitude.

TUESDAY

11

The walk is an easy 1 km stroll along footpaths.



Create a Fused Glass Sun Catcher

1 – 4pm
Rushby's Hall, Old Bar

Create a vibrant glass suncatcher, perfect for illuminating your home or garden.

Shorebird Walk and Talk

9:30 – 11:30am Harrington Sandspit

Discover the migratory shorebirds of Harrington Sandspit on a guided tour, learning about their species, migratory patterns, and the site's vital role in their survival – perfect for birdwatchers and nature enthusiasts alike.

Recycling Talk

9 – 10:30am Tuncurry Waste Management Facility

Join us for an informative session on all things recycling at the MidCoast Sustainability Centre. Our experts will share tips and tricks on how to recycle effectively, giving insight into where your waste and recycling goes and what it is transformed into.

Boom and Bust Taree

10 – 11:30am
Taree Library

Discover Taree's past on a guided walking tour through the CBD, exploring the stories of the 1920s and 30s, from post-WWI optimism to the hardships of the Great Depression. Learn about the unique tales of local figures, including a policeman who revolutionised Australian policing and the humble beginnings of a famous opera singer. The walk is approximately 1km on footpaths.

Don't forget your walking shoes, water, and love for wildlife!

WEDNESDAY

05



Create Ceramics and Cater

10:30am – 12:30pm Tea Gardens Library

Create a beautiful handmade ceramic cheese board or serving platter with a small serving bowl, perfect for entertaining.

Fishing Confidence

10am – 12pm Taree Library

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Chair Yoga

10:30 – 11:15am

Manning Regional Art Gallery, Taree

Beginner-friendly Chair Yoga session focusing on flexibility, balance, and relaxation – all from the comfort of a chair!

Koala Walk

9:30 – 11:30am
Tinonee

Join us for a guided walk around Tinonee, exploring the stunning landscape and learning about koalas, their habitat, and conservation efforts, starting at Tinonee Recreation Reserve.

Enhanced Vegetable Gardening

10am – 12pm
Wingham Library

Join Brett Cooper for an Enhanced Vegetable Gardening session, exploring innovative techniques for all levels, from backyard gardens to market plots!

MARCH



THURSDAY
06

Explore More Than Your Backyard Bus Tour

9am – 3pm Forster Library

Hop on the bus at Forster Library for a scenic guided tour of the stunning Barrington Coast, featuring breathtaking landscapes, hidden gems, and local highlights. Along the way, you'll learn about the area's history, wildlife, and natural beauty, with a stop to purchase lunch or enjoy your own packed meal.

Research and Write Local and National History

10am – 12pm Hallidays Point Library

Explore the basics of researching and writing history in this workshop led by published writer Elena Filipczyk. Learn to access online databases, conduct research from home, and craft compelling stories that catch the eye of newspapers.

Legacy In Words: Life Writing Workshop

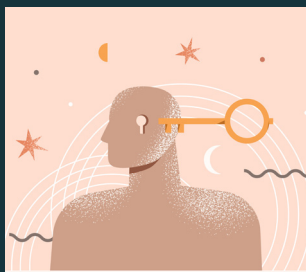
10am – 12:30pm Stroud Library

Unlock your creativity, gain confidence, and craft your unique life stories to preserve your memories and leave a lasting legacy.

What's Your Philosophy?

2 – 4pm Wingham Library

A friendly and engaging philosophy discussion where thought-provoking topics are explored in a relaxed, inclusive environment – perfect for all backgrounds and levels of experience.



SATURDAY
08



Artist Talk and Tour

11am Manning Regional Art Gallery

Join us for an insightful and educational floor talk and tour of the latest Gallery exhibition, featuring insights into the artist's passion, techniques, and processes, with a special morning tea provided.



Cattai Wetland Walk

9:30 – 11:30am Cattai Wetland

Explore the unique landscape of the Cattai Wetlands on a guided walk featuring insightful discussions about local wildlife, plant life, and the vital role of wetlands in biodiversity. Bring comfortable shoes, water, sunscreen, and your curiosity for nature!

Fishing Confidence

2 – 4pm Forster Library

Get Hooked on the Basics! Hands-on session covering fishing basics, safe spots, gear, and techniques to boost your confidence and help you fish safely and enjoyably. Hosted by Pete from PJ's Fish'N'Outdoors.

MONDAY

10