

Celebrate & connect, it's in our nature.



Full program of
FREE & low cost events
for seniors in the Macleay!

Kempsey Shire Council presents

MACLEAY SENIORS FESTIVAL 2021 13-24 APRIL



Kempsey Shire Council acknowledges the land of the Thungutti/Dunghutti Nation.

We pay respect to Elders past and present.

We acknowledge the role of emerging leaders to continue to guide us in the future.

We acknowledge the Stolen Generations and the need to change practices to be inclusive.

This land always was and always will be Thungutti/Dunghutti land.

FESTIVAL WELCOME



Kempsey Shire Council is proud to support the 2021 Macleay Seniors Festival. The Seniors Festival is a celebration of our seniors and the wonderful contributions they make to our community.

This year's program offers a broad range of activities and events for seniors across the Macleay including fitness activities, information sessions, music and art & crafts. There is something for everyone.

Thank you to all our event hosts. This festival would not have been possible without your valuable contributions.

To all our seniors – I hope you all enjoy the 2021 Macleay Seniors Festival – I look forward to seeing you out and about.



Liz Campbell, Mayor of Kempsey Shire Council



THROUGHOUT THE FESTIVAL



Health
Mid North Coast
Local Health District

Group	Where & When	Starting Point
Kempsey Walking Group	Kempsey Tuesdays & Thursdays Start time: 9am	Kempsey Riverside Park
Thursday Walkers	Kempsey Tuesdays & Thursdays Start time: 7.30am	Kempsey Riverside Park
Rocks Ramblers	South West Rocks Mondays & Fridays Start time: 7am 8am start Winter days	Horseshoe Bay Shelter Shed South West Rocks
Rissoles (RSL's)	South West Rocks Thursdays Start time: 7am	SWR RSL Hall, McIntyre Street. (\$3.00 for breakfast after walk)
Gladstone Walking Group Heart Health	Gladstone Fridays Start time: 7am	Gladstone Hotel
Yarrahapinni Walkers	Stuarts Point Sundays & Thursdays Start time: 8am	Variable. Contact Walk Organiser

THROUGHOUT THE FESTIVAL



Kempsey & Macleay Walking Groups (free)

Join your free local walking group and start your better health journey today! Walking is suitable for people of all ages and fitness levels. It is low impact with a very low risk of injury and doesn't require any special equipment or training. If you would like to start your own Heart Foundation Walking Group, there is support available.

Get in touch with Heart Foundation Walking: Phone 13 11 12
Website: walking.heartfoundation.org.au or facebook.com/HFWalking

You can also access the Active and Healthy website on activeandhealthy.nsw.gov.au to get information on the different activities in your local area.



THROUGHOUT THE FESTIVAL



Behind the Scenes at Tank FM (donation)

Tank FM Radio Station, 59 Elbow St West Kempsey. By appointment April 13 to April 24

Would you like to try being a DJ, have a radio experience or see for yourself how a radio show goes to air?

Perhaps you would like to have a bit of fun seeing how radio promos are made?

Or just take advantage of the Seniors Festival to look inside your local radio station, Tank FM.

Simply book a behind the scenes radio experience this Seniors Festival!

Gold coin donation.

For all enquiries and bookings contact the friendly team at Tank FM via email at info@tankfm.org indicating what type of radio experience you would like to book.



THROUGHOUT THE FESTIVAL



Majestic Movie Deal (tickets just \$9.90)

**Majestic Cinemas, Kempsey
Central Shopping Centre
April 13 to April 24**

If you haven't already checked out the Majestic Cinemas Kempsey, you now have no excuse with this special deal for seniors during the Macleay Seniors Festival 2021.

See any movie for just \$9.90 by showing your valid Seniors Card to the ticket office.

Offer conditions: no further discounts apply.

Valid on all sessions, apart from NFT (no free ticket films) and listed special event.

**For more information please call
Majestic Cinemas on 6524 5960**



TUESDAY 13TH APRIL



Mayor's Welcome & Morning Tea (free)

**Slim Dusty Centre, 490 Macleay Valley Way South Kempsey
10am to 11:30am**

Join Mayor Liz Campbell to celebrate the official opening of the 2021 Macleay Seniors Festival with a special morning tea at the Slim Dusty Centre.

View the Black Summer and Beyond photo exhibition that showcases local bushfire and recovery images from the Black Summer Fires of 2019.

Bookings essential. Please call Paul Koch on 6566 3200 or email: paul.koch@kempsey.nsw.gov.au



Seniors Morning Tea (free)

**PCYC Kempsey, 42-44 Bloomfield St South Kempsey
10am to 11am**

Come and share some afternoon tea, enjoy a cuppa and hear what we have to offer here at Kempsey PCYC.

Bookings essential. Please call Kempsey PCYC on 6562 8399 or email: kempsey@pcycnsw.org.au to secure your spot.



WEDNESDAY 14TH APRIL



Community Gateway Hub Seniors Day

**Community Gateway Hub,
corner of Forth & Yaelwood
streets Kempsey**

Brain Active (free)

9am to 10.30pm

Stimulating word games and puzzles to promote mental wellbeing in a fun and interactive way. Dementia friendly. Games & activities will be modified to suit the client's needs and ability.

Morning Tea provided.

Craft and Convo (\$20)

10.30am to 1.30pm

Learn the art of macramé – a simple technique to make a feather that can be used as part of a bigger wall hanging.

Light refreshments provided for lunch.

Pamper Me (\$20)

1pm to 3pm

Enjoy a manicure and hand massage and/or foot spa and foot massage.

Afternoon tea provided.

Limited places available for each event. Bookings essential. Please call Amanda Davis on 0401 318 879 or email: amanda.davis@communitygateway.net.au to secure your spot.

Tech Help @ SWR (free)

**South West Rocks Library,
22 Landsborough St South West
Rocks 10am to 12pm**

Book in for a 20 minute one-to-one session and get some answers to those tricky technological questions. Please bring your own fully charged device.

Bookings essential. Please call the library on 6566 5044 or email swr.library@kempsey.nsw.gov.au

Senior Safety (free)

**Kempsey Shire Library, corner
of Elbow & Tozer streets West
Kempsey 1pm to 2pm**

Join MNC Police Senior Constable Ruth Handley to hear what you can do to stay safe in your home and community, and to learn more about seniors' rights.

Bookings essential. Please call Paul Koch on 6566 3200 or email: paul.koch@kempsey.nsw.gov.au



THURSDAY 15TH APRIL

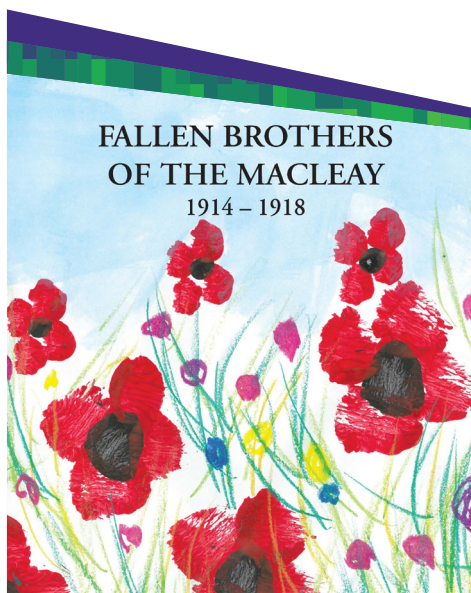


Fallen Brothers Book Launch (donation)

**Kempsey Macleay RSL Memorial Hall, 1 York Lne Kempsey
10am to 12pm**

The Kempsey Family History Group will host the launch of *Fallen Brothers of the Macleay 1914-1918*, a book documenting families associated with the Macleay who lost two or more sons during World War One.

Family history research discovered 37 soldiers who qualified for the project, with 17 families losing two sons and one family losing three sons.



This book is a fitting tribute to those men and is proudly supported through Kempsey Shire Council's Community Grants Program.

Gold coin donation.

Bookings essential. Please call Debbie Reynolds on 0422 737 886 or email: kempseyfhg@hotmail.com

End of Life Doula (free)

**Oddfellows Hall,
22 Kemp St West Kempsey
10am to 11:30am**

Senior members are invited to come along to an interactive information session about services available when planning for end of life.

Learn how an End-of-life Doula can support you to figure out what you want for your end-of-life and to put plans in place.

Also learn about Tender Funerals Mid North Coast, a new not-for-profit funeral service coming soon. They offer authentic, affordable and beautiful funerals.

It's all about empowering yourself with choices.

Bookings essential. Please call Relle Hart on 0490 478 180 or email: relle@lifedeathandbeyond.com.au

FRIDAY 16TH APRIL



Community Gateway Hub Luncheon (\$15)

**Community Gateway Hub, corner of Forth & Yaelwood streets
Kempsey 11:30am to 2:30pm**

Join us for a fun Hub-based BBQ luncheon with games and activities.

Bookings essential. Please call Amanda Davis on 0401 318 879 or email: amanda.davis@communitygateway.net.au

Intergenerational Storytime (free)

**Kempsey Library, corner of Elbow & Tozer streets West Kempsey
10:30am to 11:30am**

This special storytime is for the young and the young at heart. Bring your grandchildren along and listen to some wonderful stories and songs, and finish with some creative craft.

Bookings essential. Please call the library on 6566 3210 or email us at kempsey.library@kempsey.nsw.gov.au



SATURDAY 17TH APRIL



Healthy Choices & Good Food (free)

Keystone Health at Kempsey Masonic Hall, 24 Tozer St West Kempsey 9am to 10am

Join staff from Keystone Health at this special session to learn about healthy lifestyle choices you can make and the foods you should be eating to ensure a healthy future.

Bookings are not required, please just come along to the hall.

Horseshoe Bay Reserve Parkrun (free)

Horseshoe Bay Reserve, near the playground alongside the lagoon 6.50am (for a 7am start) to 8am

This fun, weekly, 5km run/jog/walk is for people of all ages and abilities – prams,

dogs

(on a lead) and

wheelchairs are welcome!

Please note that while all paths are accessible, some are uneven in places.

Please sign up online by visiting parkrun.com.au/register/

For more information call Faye Jarman on 0404 836 577 or email horseshoebayreserve@parkrun.com

South West Rocks CWA Morning Tea (\$7)

South West Rocks CWA Hall, 47 Landsborough St South West Rocks 10am to 11.30am

Join the SWR Country Women's Association for fun entertainment and their famous morning tea including delicious homemade scones, cakes, slices and sandwiches.

There will be lucky door prizes, a raffle, trading table, book sale and trivia.

Bookings are not required.

MONDAY 19TH APRIL



Strength & Exercise for the Older Adult (free)

**Keystone Health at Kempsey
Masonic Hall, 24 Tozer St West
Kempsey 9am to 10am**

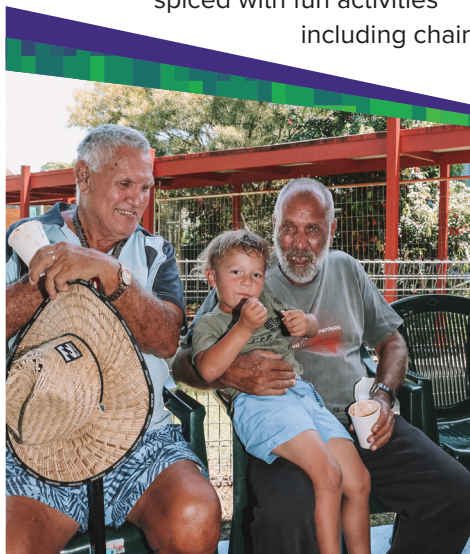
Join staff from Keystone Health as they teach you about how you can maintain your strength and agility as you move into your senior years.

Bookings are not required.

Healthy Eating Active Living Expo (free)

**Kempsey Pensioners Hall, Clyde
St Kempsey 10am to 2pm**

Come and experience an information expo for healthy living for older people, spiced with fun activities including chair



exercises, entertainment and more.

Bookings are not required.

Beginner's Fitness Class for Seniors (free)

**Kempsey PCYC, 42-44
Bloomfield St South Kempsey
11am to 12pm**

Come and enjoy our free fitness class for seniors, run by our very own personal trainer! This class will use a combination of seated and standing exercises suitable for most people.

**Bookings essential. Please call
Kempsey PCYC on 65628399 or
email: kempsey@pcycnsw.org.au**

Tender Funerals Film Screening (free)

**Kempsey Shire Library, corner
of Elbow & Tozer streets West
Kempsey 1pm to 3pm**

TENDER is at once a heartbreakingly beautiful and beautifully funny glimpse of an extraordinary community taking on one of the most essential challenges of human life...its end. Join us for a screening of this inspirational film by award-winning filmmaker Lynette Wallworth followed by Q & A.

**Bookings essential. Please call Denis
Juelicher on 0419 607 516 or email:
tendermnc@gmail.com**

TUESDAY 20TH APRIL



Kempsey Tennis Taster (donation)

**Kempsey Tennis Club, 90A Sea St
West Kempsey 9am to 12pm**

Regardless of your ability or experience, come and try your hand at tennis and stay for morning tea.

Gold coin donation.

Bookings are not required.

SWR Tennis Taster (\$5)

**South West Rocks Tennis Club,
Short St South West Rocks
10am to 11am**

Come along and have a go at tennis or perhaps brush up on your tennis skills from long ago. This event will be led by tennis coach Vicki Allman.

Please wear suitable attire and footwear, and bring a drink and tennis racquet if possible.

Bookings essential. Please contact tennis coach Vicki Allman via email: vicki1tennis@gmail.com

Morning Tea & Banking Workshop (free)

**Coastline Community Hub,
26 Smith St Kempsey
10am to 12pm**

Coastline will host a special morning tea and banking workshop session aimed at seniors 50+ at our Coastline Community Hub in Kempsey.

The workshop will feature information from Coastline staff and Financial Planner Tania Powick from Coastal Wealth Directions. The goal of the workshop is to educate seniors on online safety, fraud, elder abuse, estate planning and other general banking information relevant to seniors.

Bookings essential. Please call Annabelle Sneddon on 6562 0134 or Kathryn Reynolds on 6562 0101 or email: social@coastline.com.au

TUESDAY 20TH APRIL



Author Talk with Kaneana May (free)

Kempsey Shire Library, corner of Elbow & Tozer streets West Kempsey 10.30am to 11.30am

Join author Kaneana May in conversation with Fiona McArthur as they discuss Kaneana's book *All We Have is Now*.

Bookings essential. Please call the library on 6566 3210 or email: kempsey.library@kempsey.nsw.gov.au.

Tech Help @ SP (free)

Stuarts Point Library, corner of Ocean Ave & Marine Pde Stuarts Point 10am to 12pm

Book in for a 20 minute one-to-one session to get some answers to those tricky technological questions. Please bring your own fully charged phone, iPad, tablet, or laptop.

Bookings essential. Please call the library on 6569 0289 or email: stuartspoint.library@kempsey.nsw.gov.au

Riding for the Disabled (free)

Kempsey Showground, enter via Thompson St West Kempsey 9.30am to 2pm

Riding for the Disabled invites

you to join them as they showcase their riders and horses enjoying their activities at Kempsey Showground.

Bookings are not required.

Dine & Discover with Service NSW (free)

Kempsey Shire Library, corner of Elbow & Tozer streets West Kempsey 1:30pm to 3:30pm

Join Service NSW to learn how to access your free \$25 Dine NSW vouchers for dining in restaurants, cafes, bars, pubs and clubs, and \$25 Discover vouchers for entertainment and recreation at cultural, music and arts venues.

Bookings essential. Please call Angela on 0448 292 387 or email: angela.jordan@service.nsw.gov.au



Buddy Benches (free)

Across the Kempsey Shire

Kempsey Community Suicide Prevention is working with young people in schools and the wider community to create a local legacy and safe spaces for suicide prevention awareness and help seeking.

Benches, picnic shelters, and bus shelters in public spaces will be revamped with unique designs and signage. This activity is funded by North Coast PHN through the Healthy North Coast Program.

To be involved or find out more information, please call Melissa Robinson on 6563 1790 or email: mrobinson@mvwlc.nsw.edu.au

SWR Tennis Taster (\$5)

South West Rocks Tennis Club, Short St South West Rocks 10am to 11am

Come along and have a go at tennis or perhaps brush up on your tennis skills from long ago. This event will be led by tennis coach Vicki Allman.

Please wear suitable attire and footwear, and bring a drink and tennis racquet if possible.

Bookings essential. Please contact tennis coach Vicki Allman via email: vicki1tennis@gmail.com

Intergenerational Storytime (free)

Crescent Head Public School, 44 Pacific St Crescent Head 10am to 11am

Come along and share your love of reading with students at Crescent Head Public School.

This opportunity will allow students to read their favourite stories to senior citizens while enjoying a lovely morning tea together.

Visitors are welcome to browse the school's library and take a look around the school.

For catering purposes please RSVP by calling or texting a message to 0429 660 217. You can also call the school on 6566 0255.

Falls Prevention & Staying Agile (free)

Keystone Health at Kempsey Masonic Hall, 24 Tozer St West Kempsey 10am to 11.30am

Join staff from Keystone Health as they inform you of techniques you can use to minimise your risk of injury from falls, and show you how you can stay agile as you grow older.

Bookings are not required.

WEDNESDAY 21ST APRIL



Acoustic Performances in the Library with Liam Moylan (free)

**Kempsey Shire Library, corner
of Elbow & Tozer streets West
Kempsey 4.30pm to 5pm**

Listen to some live, local acoustic music as you browse our shelves, or take a seat and enjoy the songs played by one of the Shire's best young performers.

This is an intergenerational event so please feel free to bring your grandchildren and other family members along with you.

**Bookings essential if you wish to
secure seating. Please call the library
on 6566 3210 or email: [kempsey.
library@kempsey.nsw.gov.au](mailto:kempsey.library@kempsey.nsw.gov.au)**

Dine & Discover with Service NSW (free)

**Kempsey Shire Library, corner
of Elbow & Tozer streets West
Kempsey 1:30pm to 3:30pm**

Join Service NSW to learn how to access your two free \$25 Dine NSW vouchers for dining in restaurants, cafes, bars, wineries, pubs and clubs, and your two \$25 Discover vouchers for entertainment and recreation outings at cultural, music and arts venues.

**Bookings essential. Please call Angela
on 0448 292 387 or email: [angela.
jordan@service.nsw.gov.au](mailto:angela.jordan@service.nsw.gov.au)**



Faces of the Macleay Exhibition (free)

**Kempsey PCYC, 42-44
Bloomfield St Kempsey
12pm to 1pm (includes a light
meal & refreshments)**

A photo exhibition showcasing portraits of our local youth. Celebrating our future community leaders and the diversity in our community.

There will also be a premier screening of the PCYC rap video that has been recorded and produced by our kids!

Event brought to you by Kempsey PCYC, supported by Kempsey Shire Council and collaborative.

**Bookings essential. Please call
Kempsey PCYC on 65628399 or
email: kempsey@pcycnsw.org.au**

Family History Group Morning Tea & Chat (\$2)

**Old Refreshment Room Kempsey
Railway Station, Kemp St West
Kempsey 10am to 12pm**

Interested in your family history? Come along and learn some tips on how to research your family tree while enjoying a lovely morning tea.

Everyone welcome. Assistance can be provided to those with mobility issues.

Bookings essential. Please call Debbie Reynolds on 0422 737 886 or email: kempseyfhg@hotmail.com

Tech Help @ SWR (free)

**South West Rocks Library,
22 Landsborough St South West
Rocks 10am to 12pm**

Book in for a 20 minute one-to-one session and get some answers to those tricky technological questions. Please bring your own fully charged device.

**Bookings essential. Please call the
library on 6566 5044 or email swr.library@kempsey.nsw.gov.au**

Acoustic Performances in the Library with Jack Goodchild (free)

**Kempsey Shire Library, corner
of Elbow & Tozer streets West
Kempsey 4.30pm to 5pm**

Listen to some live, local acoustic music as you browse our shelves, or take a seat and enjoy the songs played by one of the Shire's best young performers. This is an intergenerational event so bring your family with you.

**Bookings essential if you wish to
secure seating. Please call the library
on 6566 3210 or email: kempsey.library@kempsey.nsw.gov.au**

SATURDAY 24TH APRIL



Kempsey Community Suicide Prevention Fun and Entertainment Festival (free)

**Riverside Park Kempsey
2pm to 9.30pm**

KCSP is hosting this special multi-generational festival in the Macleay Valley and invites our community seniors to come along and bring your family and grandchildren with you to join in the fun!

There will be an obstacle course in the afternoon. Services and community members can register their team to tackle the course! All ages are welcome, but every team must

include young people. There will be games and activities for little ones, too. The evening will continue with a well-known short film festival that showcases films by our local young people. There will also be music, free food and local market stalls as well! This activity is funded by North Coast PHN through the Healthy North Coast Program.

Bookings are not required. Please call Melissa Robinson on 6563 1790 or email: mrobinson@mvwlc.nsw.edu.au for more information.

GODZILLA vs KONG Movie Screening (\$10)

**6th toe | movies + music at South
West Rocks School of Arts Hall,
269 Gregory St South West
Rocks 4pm to 7pm**

Come and watch the epic three-hour Sci-Fi action movie Godzilla vs Kong hosted by 6th Toe Movies.

We encourage you to bring your grandchildren along to this PG rated movie (13 years+) and make this an intergenerational event, with all tickets at the special price of just \$10 each. This brilliant movie will have you on the edge of your seat!

Tickets \$10 per person. Please register at www.6thtoe.com.au or email: garry@6thtoe.com for more information.



SATURDAY 24TH APRIL



Horseshoe Bay Reserve Parkrun (free)

Horseshoe Bay Reserve, near the playground alongside the lagoon. Every Saturday from 6.50am (for a 7am start) to 8am

Horseshoe Bay Reserve Parkrun takes place every Saturday. This weekly timed 5km (3miles) run/jog/walk is a fun event organised by volunteers for the benefit of everyone.

The Horseshoe Bay group already boasts a number of senior members, so please don't be afraid to come along!

Before you come, please register online and print out a copy of your personal bar code to bring with you.

This event is for people of all ages and abilities – prams, dogs (on a lead) and wheelchairs are all welcome!

Please note that while all paths are accessible, however, some paths are uneven in places.

Please sign up online by visiting parkrun.com.au/register/

To volunteer (for people aged 12 and over) or for more information call the Event Director, Faye Jarman on 0404 836 577 or email horseshoebayreserve@parkrun.com

Tuesday April 13	Mayor's Welcome Morning Tea 10am to 11:30am Slim Dusty Centre South Kempsey	Wednesday April 14	Community Gateway Hub Seniors Day 9am - 10:30am Brain Active 10.30am - 1.30pm Craft & Convo 1pm - 3pm Pamper Me Community Gateway Hub Kempsey	Thursday April 15	End of Life Doula Information Session 10am to 11:30am Oddfellows Hall Kempsey	Friday April 16	Healthy Choice & Good Food 9am - 10am Masonic Hall Kempsey Intergenerational Storytime 10.30am - 11.30am Kempsey Library	Saturday April 17		Monday April 19	Strength & Exercise 9am - 10am Masonic Hall Kempsey Healthy Eating Active Living Expo 10am to 2pm Kempsey Pensioners Hall Seniors Fitness Class 11am - 12pm Kempsey PCYC Tender Funerals Film Screening 1pm - 3pm Kempsey Library
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Heart Foundation Walks - Kempsey, South West Rocks, Gladstone, Yarrahapinni - various days/times - see page 4 for details

Behind the Scenes at Tank FM - book yourself a radio experience during Seniors Festival - see page 6 for details

Majestic Cinemas Kempsey - Seniors Movie Special - all screenings during Seniors Festival just \$9.90 - see page 7 for details

Tuesday April 20	Tuesday April 20 (cont)	Wednesday April 21	Wednesday April 21 (cont)	Thursday April 22	Saturday April 24
Coastline Morning Tea & Workshop 10am - 12pm Coastline Hub Smith St Kempsey	Tech Help @ Stuarts Point 10am - 12pm Stuarts Point Library	Crescent Head Intergenerational Storytime 10am - 11am Crescent Head Primary School	SWR Tennis Taster 10am -11am SWR Tennis Courts	Faces of the Macleay 12pm - 1pm Kempsey PCYC	KCSP Festival 2pm - 9.30pm Riverside Park Kempsey
Tennis Taster 9am - 12pm Kempsey Tennis Courts	Riding for the Disabled 9.30am - 2pm Kempsey Showground		Falls Prevention & Staying Agile 10am - 11.30am Masonic Hall Kempsey	Family History Morning Tea 10am - 12pm Kempsey Railway Station	
SWR Tennis Taster 10am -11am SWR Tennis Courts	Dine & Discover Voucher Session 1.30pm to 3.30pm with Service NSW at Kempsey Library	Dine & Discover Voucher Session 1.30pm to 3.30pm with Service NSW at Kempsey Library	Buddy Benches Across the Shire Contact Melissa for details: 6563 1790	Tech Help @ SWR 10am - 12pm South West Rocks Library	Godzilla vs Kong Movie Screening 4pm - 7pm School of Arts Hall South West Rocks
Author Talk with Kaneana May 10.30am - 11.30am Kempsey Library			Acoustic Session Liam Moylan 4.30pm - 5pm Kempsey Library	Acoustic Session Jack Goodchild 4.30pm - 5pm Kempsey Library	
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Horseshoe Bay Reserve Parkrun - every Saturday morning at South West Rocks - see page 21 for details					
MACLEAY SENIORS FESTIVAL 22					

**For general enquiries, contact
Kempsey Shire Council on 6566 3200 or visit
ksc.pub/seniors-festival**

- Events are organised by various organisations and will be required to meet NSW Health COVID requirements
- In the event of wet weather or other unforeseen circumstances, the event organisers may cancel the event.
- Contact event organisers directly for information

**Celebrate & connect,
it's in our nature.**

