

# Lithgow Seniors Festival 2017



<p><b>6<sup>th</sup> March</b></p> <p><b>Free transport</b> provided on this day courtesy of Lithgow Buslines. Pick up times are: 9am Portland RSL; 9.15am Wallerawang Bowling Club; 9.40am Treeview Estate. Dropping at the Workies and Padley street, and picking up at 1pm from library for return trip.</p>	<p><b>Lithgow Library Tour on daily during Seniors Festival</b> From 10am to 10.20am. Meet at the Customer Service Desk for a guided tour of the Library and an overview of the services the library offers. Free membership is available at any time. FREE.</p>	<p><b>Morning melodies at the Showroom</b> The amazing David Cazalet entertains with an up close and personal glimpse inside Elvis Presley's Song-Book! Tickets \$15 includes tea/coffee/cake plus *\$5 beverage voucher when a meal is purchased in the in the bistro. From 10am at Lithgow Workies, 3-7 Tank Street, Lithgow. Tickets on sale now. Ph (02) 6350 7777.</p>	<p><b>Belly-dancing for Beginners</b> Come along and learn the gentle art of belly-dancing – be prepared for fun, laughter and beautiful music. Please bring a scarf or wrap that can be tied around your hips. From 10.30am to 11.30am, Lithgow Library Meeting Room. FREE.</p>	<p><b>Grow Young!</b></p>	<p><b>Pamper Day</b> Pamper yourself with a free facial, hand scrub, wax or hair cut at the neighbourhood centre, 1 Padley St, Lithgow from 10am-12pm. FREE event, includes morning tea. Bookings essential (02) 6352 2077.</p>
<p><b>7<sup>th</sup> March</b></p> <p><b>Free transport</b> provided on this day courtesy of Lithgow Buslines. Pick up times are: 9am Portland RSL; 9.15am Wallerawang Bowling Club; 9.40am Treeview Estate. Dropping at Hoskins Parish centre and library, picking up at 1pm from library for return trip.</p>	<p><b>Ukulele Session</b> Join in our beginners Ukelele Group. We have a limited number of ukuleles for you to use, or bring your own. Enjoy a fun morning making music with other beginners @ the Library, 10.30am to 11.30am, Lithgow Library Meeting Room. FREE.</p>	<p><b>Meet the Mayor</b> Come along to Lithgow Library and meet the Mayor, Councillor Stephen Lesslie, and have a chat, a cuppa and a free morning tea. Tuesday 7 March 2017, from 11am-12pm, at Lithgow Library, 157 Main Street, Lithgow. FREE.</p>	<p><b>Libraries Online</b> Learn about all the free online library resources that you can access from home on your digital device. The session includes accessing free ebooks and emagazines, as well as the library catalogue and local studies resources. From 11.00am to 12.00pm at Portland Branch Library, and from 2.00pm to 3.00pm, Wallerawang Branch Library. FREE.</p>	<p><b>Beehive Open Day</b> Buzzing with community life, local arts and crafts group, the Beehive, are having an open day to showcase the activities they have on offer this term. Come along and meet the crew over a scrumptious morning tea. From 10.00am-2.00pm at Hoskins Parish Centre, Bridge street, Lithgow. For further enquiries, please call (02) 6352 2292. FREE</p>	<p><b>Let's do more together!</b></p>

<p><b>8<sup>th</sup> March</b></p>	<p><b>Seniors Festival Storytime</b> All seniors are welcome at this special children's story-time session. Come along with your grandchild and join in storytelling, songs and craft. Pick up some tips for reading with your own grandchildren. From 10.30am to 11.30am, Lithgow Library Children's Area. FREE</p>	<p><b>NSW Trustee and Guardian Presentation</b> Information seminar on planning ahead options in the following areas: • What is a Will and why you need one? • Why is it important to have a Power of Attorney? • How you go about making a Will and/or Power of Attorney. From 10.30am to 11.30am at Lithgow Library, FREE.</p>	<p><b>Tour &amp; Tea at Eskbank House</b> A self-guided tour and morning tea at the oldest residence in the Lithgow Valley. Eskbank House and Museum, Bennett Street, Lithgow, 2pm-3pm. Special seniors rate of \$2.30 includes tour and morning tea.</p>	<p><b>International Women's Day Talk</b> Come along and hear guest speakers – local business woman Tania Aussel, and lawyer Julie Howes – talk about how they are contributing to changing our world and inspiring us to #BeBoldForChange. Light lunch provided. From 12pm at Library, 157 Main Street, Lithgow.</p>	<p><b>Yoga &amp; meditation</b> Join this class and achieve a sense of wellbeing through yogic postures, breathing and relaxation techniques. At Band Hall on Wylde Street, Lithgow (building behind the Mitchell Conservatorium). From 11.45am – 1pm. FREE event. Yoga mats provided. Wear loose, comfortable clothing and shoes that can easily be removed.</p>
<p><b>9<sup>th</sup> March</b></p>	<p><b>Knitting Session</b> The Knitting Group meets weekly at the library. Come along and join in with your own knitting project, or get some ideas for a new project, all while enjoying coffee, tea and friendly conversation. 10.00am to 12.00noon, Library Study Room.</p>	<p><b>Author Talk</b> Author, Suzi Samuel, will talk about her new book 'The Unintentional Medium'. Copies of the book will be available for sale and signing by the author. From 11.00am to 12.00noon, Lithgow Library Community Space. FREE</p>	<p><b>NDIS Workshop &amp; Information Session</b> Come along to this National Disability Insurance Scheme workshop and information session. From 1pm-2pm at Lithgow Library, 157 Main Street, Lithgow. FREE.</p>	<p><b>Tour &amp; Tea at Eskbank House</b> A self-guided tour and morning tea at the oldest residence in the Lithgow Valley. Eskbank House and Museum, Bennett Street, Lithgow, 2pm-3pm. Special seniors rate of \$2.30 includes tour and morning tea.</p>	<p><b>Libraries Online</b> Learn about all the free online library resources that you can access from home. The session will include accessing free ebooks, free emagazines, as well as the library catalogue and local studies resources. From 2pm to 3pm, Library Meeting Room.</p>
<p><b>10<sup>th</sup> March</b></p>	<p><b><i>Be Inspired!</i></b></p> 	<p><b>Mindfulness Colouring</b> Join in as we learn what it's all about. Be guided through a colouring session. Suitable for beginners &amp; advanced colourers. From 10.30am to 11.30am, at Lithgow Library Community Space. FREE event</p>	<p><b>Tai Chi for Seniors</b> Tai Chi is an ancient Chinese practice that relaxes your mind, body and soul. Join your local tai chi class to improve your lower and upper body strength and meet new people. At Lithgow Hospital, 10am-11am, \$7 per session, ph. (02) 63593037</p>	<p><b>Art Tonic</b> Join Wendy Hawkes for a fun drawing class using various mediums. A creative remedy to lift you into a joyful space. From 12pm-2pm at Eskbank House, Inch st, Lithgow. Bookings essential Ph (02) 6352 9100.</p>	<p><b>Tour &amp; Tea at EHM</b> A self-guided tour and morning tea at the oldest residence in the Lithgow Valley. Eskbank House and Museum, Bennett Street, Lithgow, 2pm-3pm. Special seniors rate of \$2.30 includes tour and morning tea.</p>