Port Macquarie-Hastings Council and Australian Centre for Arts & Health presents

CELEBRATE CREATIVE AGEING
A festival of ideas, innovation, inspiration and imagination

1 - 10 APRIL 2016 PORT MACQUARIE-HASTINGS

A FESTIVAL FOR EVERYONE to share and enjoy that will Spark ideas, Lead to innovative ways to ‘AGEING WELL’, Inspire achievement, Excite the imagination
The Celebrate Creative Ageing Festival is back again for 2016 Seniors Week from 1 to 10 April, in the Port Macquarie-Hastings. The Festival is an innovative, and we hope, annual event which acknowledges the valuable role that seniors play in our community and highlights the importance of engaging in the arts and creative activities to foster good health and wellbeing as people age. Celebrate Creative Ageing Festival has been inspired by the creative ageing festivals in Ireland (Bealtaine), Wales (Gwanwyn Festival) and Scotland (Luminate). These four creative ageing festivals, including our homegrown festival, offer opportunities for older people to participate in the arts – through exhibitions, performances, film screenings, workshops, discussion groups, networking and sharing of experiences and information... and they are good fun!

Evidence demonstrates the powerful impact that the arts can have on the health and wellbeing of older people – enhancing quality of life for people who are seeking to remain fit and well as they age and for people who live with a chronic condition such as dementia or depression. Health benefits through arts activities, such as dancing and singing, include improved mobility and motor control, improved heart and respiratory function, greater self-esteem and confidence, less reliance on medication and personal care, higher social engagement and beneficial effects on mental health.
This is of particular importance to the Port Macquarie-Hastings region, where there is a very large ageing population and related growing incidence of dementia. Port Macquarie is actually leading the way in developing Dementia Friendly Communities in NSW, led by local MP Leslie Williams, Minister for Early Childhood Education, Minister for Aboriginal Affairs and Deputy Minister for Education.

A key event within the Celebrate Creative Ageing Festival is ‘The Big Chat’ on Thursday 7 April 2016 at the Glasshouse.

‘The Big Chat’ is a one day event, supported by Arts Mid North Coast, which explores what ageing looks like in the 21st Century and the benefits of creative ageing in terms of health, fitness, wellbeing and quality of life. The role of local government and the role of artists and creative ageing programs in supporting older people will be examined.

‘The Big Chat’ will consider ways to challenge the barriers for older people in our society, including how to change ageist attitudes and people’s negative perceptions of ageing, the most effective ways of disseminating information to older people and improved transport options.

In particular, we will explore ways to move isolated older people from the widespread reliance on television to engaging with community life in a more active, meaningful and rewarding way to tackle loneliness.

With this in mind, we are proud to announce that the 2nd Celebrate Creative Ageing Festival has enabled the development of the new PMHC Cultural Companions program to encourage people to get out and about and enjoy what’s on offer in the arts and entertainment locally. (more details on page 20).

The 2nd Celebrate Creative Ageing Festival is presented by Port Macquarie-Hastings Council and The Australian Centre for Arts and Health, with support from NSW Department of Family and Community Services and Local Government NSW.

Festival partners include Arts Mid North Coast, North Coast TAFE, Alzheimer’s Australia NSW (Mid North Coast), Catholic Care of the Aged, Uniting, The Whiddon Group, Port Macquarie Historical Museum, the Glasshouse, ABC Mid North Coast Radio and Charles Sturt University, Port Macquarie.
Countless dedicated, energetic, generous older people play active roles in everything from sporting clubs and community groups to business organisations and families... and it is them and their contributions that the Creative Ageing Festival celebrates.

Council is delighted to co-present a full 10 days of activities, exhibitions, performances and workshops for those who are young at heart from 1 to 10 April 2016. Highlights of the Celebrate Creative Ageing Festival includes the One Book One Community giant bookclub, High Tea and a chance to try out some new technology in the Library. “Pimp my Ukulele”, a joint venture with the Wales UK Festival will feature this year along with free Art and iPad workshops and short films.

We thank the NSW Department of Family and Community Services and Local Government NSW who sponsor the Creative Ageing Festival which explores the importance of older people engaging in the arts and creative activities to foster good health and wellbeing as they age.

This year we are proud to launch Cultural Companions. Cultural Companions in the Port Macquarie-Hastings creates local networks of people interested in arts and culture that will accompany each other to events. The program is all about like minded people that meet up regularly to go out together as part of a small group and aims to provide increased opportunities for older people in our community to engage with our vibrant cultural and arts scene.

We look forward to celebrating the invaluable contributions of seniors in our community during seniors week (1 - 10 April 2016) and I encourage you all to get involved and make the most of this comprehensive program full of activities - there really is something for everyone.
This year we are pleased to present, once again, The Big Chat, a day for reflection, discussion, discovery and illumination about ageing well in modern society. We thank Arts Mid North Coast for its support of The Big Chat.

Scheduled for Thursday 7 April, from 9.30am to 4.30pm at the Glasshouse, The Big Chat will offer a variety of presentations and workshops from guest speakers from Sydney, Canberra and Tasmania, to stimulate conversations about “Perceptions of Ageing” and why older people are often disregarded within the community and what we can do about it.

The National Gallery of Australia iPad Project will be demonstrated, showing how easy it is to draw and create images on an iPad. And the ability of the humble “chook” to make life more enjoyable for older people will be revealed in an exploration of the successful UK arts and health program called “Hen Power”, which is being trialled in NSW by the Whiddon Group.

Plus we will explore a variety of ways to use creative activities, such as painting, music, singing, dancing, drama, storytelling, poetry and photography, to exercise the mind and the spirit.

We promise that the arts activities discussed during the day are all easy to master at home, during a hospital stay or in an aged care facility.

Remember “Art is like chocolate for the brain” (Dr Gene Cohen). So join us for The Big Chat over a cuppa, chocolate biscuits and more besides for a day which will be stimulating, enlightening and definitely good fun.
AUSTRALIA’S FORGOTTEN ANZACS

LOST IMAGES FROM AUSTRALIA’S FIRST CONFLICT – THE FALL OF GERMAN NEW GUINEA

Thomas James Rodoni’s glass plate negatives were unearthed from under a house in Speers Point by Rodoni’s son Bill, and given to Cultural Collections at the University of Newcastle in 2014 – one hundred years after the start of WW1.

This is the first time these images will be on display, commemorating 100 years of ANZAC.

Australia’s Forgotten ANZACS is a University of Newcastle exhibition.

JENNIFER KEELER-MILNE

DRAWN TO A CABINET OF CURIOSITIES

Discover the wonders of the natural world in this stunning exhibition of exquisite drawings inspired by the Wunderkammer as Keeler-Milne explores the beauty of our world. The culture of collecting, classifying and drawing natural specimens predates the naming of disciplines such as biology, science or art.

During the Renaissance specimens were assembled into rooms that were designed to evoke the spectacle and marvel of the natural world. These designated spaces were called wonder-rooms (Wunderkammer) or cabinets of curiosities.

A Glasshouse Regional Gallery touring exhibition.

WHEN: 11 March - 25 April
WHERE: Glasshouse Regional Gallery
        Open Tuesday - Sunday
        Corner of Clarence & Hay Sts
        Port Macquarie
COST: Free admission
CONTACT: Call 02 6581 8888
         www.glasshouse.org.au

Image credit: Thomas James Rodoni, Troops posting for a comical photograph after fall of German Paua, 1914.

Image credit: Jennifer Keeler-Milne, 8 Nests, 2013-14, charcoal on paper, 22 x 33cm each (detail), courtesy of the artist.
“PIMP MY UKULELE” ART EXHIBITION

This project was developed in partnership with Gwanwyn - the Creative Ageing Festival of Wales UK.

Definition: ‘to pimp’ – to modify, adorn, embellish or upgrade to an extreme, and occasionally ridiculous degree.

The Men’s Sheds from Laurieton and the Birpai Men’s Group have made and embellished the happiest instrument in the world - the ukulele. These playful creations are on exhibition during the 10-day Festival and showcases the skill and humour of our local artists. The ukuleles will then be donated to seniors who wish to learn the uke.

When: Friday 1 - Sunday 10 April
Where: Glasshouse Foyer
Open Monday - Sunday.
Corner of Clarence & Hay Sts
Port Macquarie

Cost: Free admission
Contact: Council’s Place Facilitator, Call 02 6581 8111

Image credit: Mandy Thomas Creative Ageing Festival of Wales UK.

LESLEY WILLIAMS SENIORS CONCERT

Produced by Hastings Combined Seniors

Enjoy morning tea before being entertained by a host of talented local performers including Adam and the Antiques, The Sublime Chimes Ensemble Sing Australia and more.

When: Thursday 31 March
10.30am - 12noon
Doors open 9.45am

Where: Panthers, Port Macquarie,
Bay Street (Settlement City)

Cost: FREE tickets available from Port Panthers (tickets essential)
Contact: For more information call Leslie Williams Office: 02 6584 0977

Image credit: Adam and the Antiques
PORT MACQUARIE MUSEUM OPEN HOUSE
FREE ENTRY TO THE MULTI-AWARD WINNING PORT MACQUARIE MUSEUM FOR ALL SENIORS DURING NSW SENIORS WEEK.

Browse the exhibits, learn something new, reflect on the past and be entertained.
Seniors Groups Welcome!

WHEN: 1 April to 9 April 2016 (note closed Sundays) 9.30am to 4pm
WHERE: Port Macquarie Museum 22 Clarence Street, Port Macquarie
COST: Free admission for seniors
CONTACT: Port Macquarie Historical Society Call 02 6583 1108 or visit www.portmuseum.org.au/events.php

NEWPORT VILLAGE OPEN DAY
DISPLAY HOMES OPEN

There will be Display Homes open for inspection, complimentary sausage sizzle, scones with tea and coffee and plenty of consultants to answer your questions.

WHEN: Saturday 2 April 10am to 2pm
WHERE: Newport Village 1a Lincoln Road, Port Macquarie
COST: Free entry and free lunch
CONTACT: Please contact us on 02 6580 3000 for a free personal inspection. If you are unable to attend, feel free to visit our events page for further expo dates www.newportvillage.com.au
FREE FRIDAY LUNCHTIME CONCERTS

EVERY FRIDAY YOU CAN ENJOY AN HOUR OF MUSIC, AND ALL FOR FREE WITH MUSICIANS RANGING FROM 9 TO 90, EVERY WEEK IS DIFFERENT!

Experience vocalists, pianists, instrumentalists, choirs and bands performing everything from classical to rock. All live and all local. Support our local artists and enjoy yourself.

The Lunchtime Concert Program is presented by the Conservatorium Mid North Coast Inc with the support of Port Macquarie-Hastings Council and the Glasshouse.

WHEN: Friday 1 April 12noon to 1pm
Friday 8 April 12noon to 1pm

WHERE: Ross Family Studio, The Glasshouse, Corner of Clarence & Hay Sts, Port Macquarie

COST: Free admission, max capacity 100

CONTACT: Visit www.glasshouse.org.au
02 6581 8888 or drop in and see us corner of Clarence & Hay Sts, Port Macquarie

MOVING INTO A RETIREMENT COMMUNITY

An introduction and information session on Retirement Living Communities, including the different government legislations, financials and procedures. Includes an overview of the changes to Aged Care as of July 2015.

Followed by morning tea and the opportunity to meet the current residents living in a retirement village community.

WHEN: Saturday 2 April 10am to 11.30am

WHERE: The Governors Retirement Community
166 River Park Road, Port Macquarie

COST: Free, includes morning tea, bookings essential

CONTACT: Call 02 6584 3731
or mobile 0400 933 373 or visit www.australianunityrl.com

CELEBRATE CREATIVE AGEING
Tired of the big smoke’s bright lights and constant applause, *The Divine Miss Bette* is in dire need of a soil change and has decided to go bush.

Following several sell-out seasons both in Australia and overseas (aka Tassie), Catherine Alcorn channels the people’s diva, Bette Midler.

Bawdy, brash and even more buxom than the original (yes, it’s possible) this whirlwind of a show will leave you breathless and begging for more!

With all of Bette’s great hits, including *Boogie Woogie Bugle Boy, The Rose, Friends* and more.

Get ready for a divine experience, as the charismatic Catherine Alcorn inhabits the Divine Miss Midler.

And have no fear, she knows what to do if they can’t take a joke!

**When:** Saturday 2 April 8pm

**Where:** Glasshouse, Corner of Clarence & Hay Sts, Port Macquarie

**Cost:** General $55, Concession $50, Glasshouse Member $45, Group 10+ $50 Youth < 18 $45, Recommend 15 years+

**Contact:** Visit www.glasshouse.org.au or call 02 6581 8888. Drop in and see us at the corner of Clarence & Hay Sts, Port Macquarie
MEMORY WALK & JOG 2016
PORT MACQUARIE

ALZHEIMER’S AUSTRALIA NSW IS EXCITED TO BE RETURNING TO PORT MACQUARIE FOR THE SECOND YEAR AT WESTPORT PARK ON SUNDAY 3 APRIL 2016.

Register for the 2km or 6.5km walk/run and help us help those impacted by dementia by joining us for the race against dementia.

All funds raised will go to support the great work done at the Port Macquarie Dementia and Memory Community Centre which helps local people in need. The services the centre provides helps to reduce feelings of isolation and empowers people living with dementia and those caring for them. With your help, we can make sure that our support is always available to those who need it.

The first 500 people to register will receive a FREE Memory Walk & Jog event T-shirt!

WHEN: Sunday 3 April
WHERE: Westport Park, Port Macquarie
COST: Entry fee

CONTACT: To register and for more information visit www.memorywalk.com.au
Phone 02 6585 4676

SENIORS 2016 INFORMATION EXPO

A free and informative expo for Seniors and their families on services that are available to Seniors living in the Port Macquarie and Mid North Coast areas.

WHEN: Monday 4 April 9:30am - 12:30pm
WHERE: Port City Bowling Club
4 Owen Street, Port Macquarie
COST: Free admission

CONTACT: Organisers - Home Instead Senior Care,
Call 0408 634 025 or email scott.marsh@homeinstead.com.au
**ART USING IPAD WORKSHOP**

This program is back due to popular demand. Learn how to use your iPad as an art tool with artist Mic Rees.

At this fun and practical workshop you will learn how to use artists, apps to create artwork.

Participants will then return for a follow-up workshop a week later to finalise their artwork and print their finest creation.

**When:** Monday 4 April 10am to 2pm, Monday 11 April 10am to 12noon

**Where:** Port Macquarie Library, Grant Street

**Cost:** Free. Bookings essential. Capacity 20 people

**Contact:** Call 02 6581 8755. Drop in and see one of the friendly Library staff

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**ART AFTER HOURS WITH DAVID DEGIUSTINO**

Art history lecture series presented by Art Historian and guest speaker David de Giustino. Last year this lecture series ‘sold out’.

GLASS as a component of the ‘decorative arts’ has enjoyed a long history - the beautiful glass vases and jewellery of the ancient world attest to that. But glass as a component of architecture is a modern development. The first notable examples include the walls of stained glass in the medieval cathedrals, and the greenhouses and ‘orangeries’ of the 18th century. The real breakthrough is probably the ‘Crystal Palace’, which took only 12 weeks to build in 1851.

This illustrated talk will examine all these examples, and go on to look at the stunning use of ‘plate glass’ in 20th century pavilions, office blocks and private homes. One of the most curious examples is the ‘Glasshaus’, built and demolished for a German expo of architecture in 1914.

**When:** Monday 4 April  5pm - 6pm

**Where:** Ross Family Studio, Glasshouse Port Macquarie

**Cost:** $10 per ticket includes one glass of house wine or orange drink

**Contact:** Bookings essential - visit www.glasshouse.org.au Call 02 6581 8888. Drop in and see us at the corner of Clarence & Hay Sts, Port Macquarie
PLEIN AIR PAINTING WITH HASTINGS VALLEY FINE ARTS ASSOCIATION INC.

Discover the special beauties of our region painting outdoors with a group of enthusiasts from the Hastings Valley Fine Arts Association.

Pack your painting gear, lunch, a chair, hat and flyspray and join us for a day outdoors. This is a great opportunity to meet with other local creative people and explore the beautiful landscape. It’s a given in art that to paint well and with vitality you need to paint outdoors. This group will be led by well known Wauchope artist Elsa Toms. Beginners welcome!

**WHEN:** Monday 4 April 9am - 1pm
**WHERE:** Meet at Town Green, Port Macquarie
**COST:** Free. Bookings recommended

*CONTACT:* Call Elsa from the Hastings Valley Fine Arts Association to find out more information call 0457 299 525 or 0417 417 389 (Bernice)

HAPPY HATTERS TEA CUP PARTY

JOIN THE PORT MACQUARIE HISTORICAL SOCIETY FOR THIS CREATIVE AND FUN PROGRAM USING RECYCLED MATERIALS.

Design a hat or decorate a tea cup to create a temporary community art installation at the Port Macquarie Museum. The installation will be launched with a celebratory morning tea on Friday 8 April at 10.30am.

This event is a NSW Seniors Festival Community Partner.

**WHEN:** Tuesday 5 to Friday 8 April, 10am to 4pm
*Celebratory morning tea on Friday 8 April at 10.30am*
**WHERE:** Port Macquarie Museum
22 Clarence Street Port Macquarie
**COST:** Free admission

*CONTACT:* Port Macquarie Historical Society
Call 02 6583 1108 or visit www.portmuseum.org.au/events.php

CELEBRATE CREATIVE AGEING
ZUMBA® GOLD FITNESS TRIAL CLASS

**ZUMBA® GOLD FITNESS** is the low-intensity version of ZUMBA® Fitness and offers low-impact moves which are easy to follow.

You’ll be grooving to a wide range of zesty Latin, spicy Indian and other international rhythms! Krista is a passionate and licensed dance instructor who will let you go home after class totally happy and invigorated!

Come along and try this class, no doubt that you will be asking for more!

**WHEN:** Tuesday 5 April 10am to 11am

**WHERE:** Garden Village
7 Garden Crescent Port Macquarie

Due to roadworks on Hastings River Drive: parking & entry via Findlay Avenue instead of Garden Crescent (no access via this road).

**COST:** $2 admission

**CONTACT:** Contact Krista: 0432 935 799 or email oceanstudiossa@hotmail.com or visit our website www.krista321.zumba.com

**COMING ‘N TRY UKULELE BEGINNERS WORKSHOP**

Come along and have a try at playing the happiest instrument on earth - the ukulele.

No prior musical knowledge is needed! This fun, relaxed, one hour session is led by Ruth Allen-founder of the Port Macquarie Ukestra and the Conservatorium Ukulele Ensemble. Perfect for absolute beginners. If you don’t have your own ukulele you can borrow a library uke. Did you know the Library has 10 ukulele kits available for loan?

**WHEN:** Tuesday 5 April, 1.00pm to 2.00pm
OR 2.30pm to 3.30pm

**WHERE:** Port Macquarie Library
Grant Street, Port Macquarie

**COST:** Free. Bookings essential
Capacity 15 people per class

**CONTACT:** Call the Library on 02 6581 8755
Drop in and see one of the friendly Library staff
NEW NOTE ENSEMBLE CONCERT BAND

NEW NOTE ENSEMBLE (A DIVISION OF THE PORT MACQUARIE-HASTINGS MUNICIPAL BAND) WILL BE PERFORMING IN FRONT OF THE HISTORIC COURTHOUSE.

The group is a Concert Band and will play a wide variety of musical styles including marches, theatre, film, popular and light classics under the baton of Musical Director Glenn Moore.

WHEN: Wednesday 6 April 10.30am  
WHERE: The lawns of the Historic Courthouse  
Clarence Street, Port Macquarie

COST: Free admission

ONE BOOK, ONE COMMUNITY

During the month of March, Port Macquarie-Hastings Library is encouraging the whole community to read and discuss the same book under its ‘One Book, One Community’ program.

Book lovers can immerse themselves in Lisa Genova’s bestselling novel, “Still Alice”, a moving and vivid depiction of life with early-onset Alzheimer’s. Copies of the book will be available for the community to read and pass on to friends and family from all Port Macquarie-Hastings Libraries, Council offices, the Glasshouse and at various mystery locations as an ebook, audio book or as a ‘book club set’.

During the festival there will be a special Big Book Club evening with an engaging panel to discuss the literary and thematic tones of the book and a free supper will be provided.

WHEN: Tuesday 5 April 6.30pm to 8.30pm  
WHERE: Port Macquarie-Hastings Library

COST: Free. Capacity 100 persons

CONTACT: RSVP call 02 6581 8755. Drop in and see one of the friendly Library staff

FREE

CELEBRATE CREATIVE AGEING
YOUNG AT HEART SHORT FILM FEST 2016

THIS IS A GREAT OPPORTUNITY FOR MATURE FILM GOERS TO SHARE THEIR LOVE OF CINEMA WITHIN THE FESTIVAL’S FUN, ACCESSIBLE AND INCLUSIVE ENVIRONMENT.

Come along and bring your friends and relatives and watch some cracking Australian short films starring actors aged 55 and over. Audience members can vote for their favourite short film. In previous years actors have included Jack Thompson, Roy Billing and Robyn Nevan.

**WHEN:** Wednesday 6 April 11.00am to 12.30pm  
**WHERE:** Ross Family Studio, The Glasshouse  
Port Macquarie  
**COST:** Free admission  
**CONTACT:** Bookings essential - visit www.glasshouse.org.au  
Call 02 6581 8888. Drop in and see us at the corner of Clarence & Hay Sts, Port Macquarie

REACHING FOR THE STARS PRESENTS

SPLIT SECONDS FROM THE SOUND OF MUSIC SHORT FILM PREMIERE

Uniting called for cast members from community clients on Home Care Packages, Healthy Living for Senior groups, residents of Mingaletta, their family, friends, grandchildren, volunteers and staff. This included finding potential nuns, goat herders, Baronesses, brown paper packages tied up with string or any of our favourite things. Two months of planning and workshops, help from the Players Theatre and Charles Sturt University and all captured by Film Producer Greg Smith of Foster Film Festivals fame to reveal an amazing active ageing journey. Come and see the premiere screening of this rollicking, endearing, whimsical and feel good short documentary at the Young at Heart Short Film Festival at the Glasshouse.

**WHEN:** Wednesday 6 April 11am - 12.30pm  
**WHERE:** Highlight at the Young at Heart Short Film Festival
COUNCIL ON THE AGEING - REFERENCE GROUP WORKSHOP

Welcome everyone, to COTA NSW’s first round of consumer reference group consultations for 2016. This April we want to talk to you about how you spend your time and money in retirement. We also want to talk to you if you are in the process of transitioning to retirement, or if you have no plans to retire at all.

Are you doing all the things you want to do now that you are retired, or are you hampered by other responsibilities - or by your budget?

COTA NSW understands that the circumstances of every older person is different. We value both your time and your opinions.

**WHEN:** Wednesday 6 April 10am to 12.30pm (Morning tea provided)

**WHERE:** Renaissance Room, Panthers, Port Macquarie, 1 Bay Street, Port Macquarie

**COST:** Free admission

**CONTACT:** Wednesday 23rd March, 2016
Ruth Anstice – 1800 449 102 – Ruth.Anstice@cotansw.com.au
For further information: www.cotansw.com.au

HIGH TEA AND I.T. AT THE LIBRARY

**COME ‘N TRY THE LATEST IN “WEIRD TECHIE STUFF” AT THE LIBRARIES IN THIS RELAXED ENVIRONMENT WHERE EVERYONE IS A BEGINNER.**

Road test some virtual reality goggles, see how a 3D printer works and find out what in the world is “Makey Makey, “Rasberry Pi” and “3Doodler”. Delicious High Tea provided while you browse the latest Information Technology over a cuppa and some sweet and savoury treats.

**WHERE:**
- Wauchope Library
  - Wednesday 6 April 10am to 11am

- Laurieton Library
  - Thursday 7 April 10am to 11am

- Port Macquarie Library
  - Friday 8 April 10am to 11am OR 2pm to 3pm

**COST:** Free. Bookings essential for Port Macquarie

**CONTACT:** Call 02 6581 8755. Drop in and see one of the friendly Library staff
AGEING CREATIVELY WORKSHOP

Work on your own artwork with the expert guidance of a fully qualified, experienced art teacher, who will inspire you to explore your ‘ageless creativity’.

Enjoy the social aspect of creating together, benefit from the therapeutic experience of working with mark making tools, colour and material and leave with a piece of art that you will be proud to call your own.

**When:** Friday 8 April 10 am to 12 noon

**Where:** Room E1.20, E Block, Port Macquarie TAFE Campus (disabled access available)

**Cost:** $20 covers all tutoring, materials and equipment

**Contact:** North Coast TAFE - Lorrae O’Brien 6581 6221 or Jennifer Pickert 6581 6316

BOOKINGS ESSENTIAL
CRAFT SPOT
QUIRKY CRAFTS FOR ADULTS

Be creative in the Gallery! Are you inspired by craft and design? Is quirky craft your thing? Have you ever wonder how artists create their work? This workshop is for you! Craft Spots are hands on creative workshops for adults inspired by the current Gallery exhibitions. Each workshop will feature a technique, process or material that will inspire you to create your own creative projects. Workshops are designed for all skill levels and can be a great way to learn something new or brush up on your favourite craft or art technique.

**WHEN:** Saturday 9 April 1.30pm to 3.30pm

**WHERE:** Glasshouse Regional Gallery
Corner of Clarence & Hay Sts
Port Macquarie

**COST:** $10 general admission
Transaction fees may apply

**CONTACT:** Visit www.glasshouse.org.au or call 02 6581 8888.
Drop in and see us at the corner of Clarence & Hay Sts, Port Macquarie

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LEGENDARY VOICES OF ROCK SHOW

Featuring the music of Kansas and Journey. Famous Australian professional Golfer Jan Stephenson is coming back to Australia and bringing along some of America’s rock royalty. The Legendary Voices of Rock stars Steve Augeri from iconic 80s band Journey, and Robby Steinhardt from classic rock band Kansas. Supported by the epic band Stormbringer, The Legendary Voices of Rock will bring you the best of Journey and Kansas plus all of the classic rock hits in Stormbringer’s vast cover collection.

**WHEN:** Tuesday 12th April Starts 8pm

**WHERE:** Glasshouse, corner of Clarence & Hay Sts, Port Macquarie

**COST:** General $65, Concession $60
Glasshouse Member $55,
Group 10+ $55, Meet ’n greet $120

**CONTACT:** Visit www.glasshouse.org.au or call 02 6581 8888.
Drop in and see us at the corner of Clarence & Hay Sts, Port Macquarie
Many of us would probably go to a lot more plays, films, shows, concerts, exhibitions or other events if we had someone to go with. There’s a thriving social and arts scene out there to be enjoyed if only we had someone with the know-how, the transport or the shared interest to get us going. That’s where Cultural Companions comes in.
Based on Age & Opportunity’s highly successful Cultural Companions initiative in Ireland, this idea began with a retired ship’s captain Tony O’Grady who loves the theatre, enjoys jazz and wouldn’t be averse to a trip to the Dublin National Concert Hall or the Leopardstown races. The problem is, he had no-one to go with.

As he avoids driving after dark and dislikes being alone in the city at night, he tends not to attend such events. But that all changed, thanks to the Dublin Cultural Companions scheme which provides more opportunities for older people to enjoy the culture and arts scene.

Cultural Companions in Port Macquarie-Hastings creates local networks of people interested in arts and culture that will accompany each other to events – like minded people that meet up regularly to go out together as part of a small group. Its aim is to provide increased opportunities for older people to engage with our local vibrant cultural and arts scene.

The PMHC Cultural Companions is free to join and, as part of setting up a recognisable brand, members will receive a keyring and badge.

Cultural Companions shows during the festival include a choice of: The Divine Miss Bette; Legends of Rock; Art after Hours; One Book, One Community; Young at Heart Short Film Fest; and Free Friday lunchtime concerts.

If this sounds like something you might like to join, contact Council’s Volunteer Coordinator on telephone 6581 8111 for more information or visit www.pmhc.nsw.gov.au/seniors
The Big Chat will offer a day of presentations and workshops, with guest speakers from Sydney, Canberra and Tasmania, to stimulate conversations about “Perceptions of Ageing” and how to age well through engaging with the arts.

To lead this debate is Denis Mamo, an award winning creative director who has led campaigns for Australia’s leading healthcare advertising agency. Denis’ work has helped thousands of people give up smoking, break free from HEP C, manage their diabetes, avoid heart attacks, prevent allergies and treat coughs.

Denis has created two campaigns currently running for the Federal Department of Health. ‘Breast Screening. It’s an invitation that could save your life’ and ‘A gift for living’ for bowel screening”. His ‘Listen out for Lung Cancer’ campaign for Cancer Institute NSW has been running for over two years with continued success.

Denis led his healthcare advertising agency to be the first to achieve two wins on “The Pitch” segment of the popular TV show, The Gruen Transfer. Denis is now a member of the advisory board of The Australian Centre for Arts and Health and has established a consultancy as a “creative ringmaster”.

The National Gallery of Australia iPad Project will be showcased by Adriane Boag, Access Co-ordinator for the NGA. Adriane will demonstrate how easy it is to draw and create images on an iPad as well as talking about the NGA’s acclaimed Art and Dementia program, which she founded in 2007. Adriane established the NGA’s outreach program for Art and Dementia in 2010 with the Glasshouse Gallery the first regional gallery to receive training from the NGA. The Glasshouse Art and Dementia continues today. Following Port Macquarie, twenty other public galleries have developed similar programs for people living with dementia, in association with the NGA.
The work of United States educator and artist, Anne Basting, a world leader in drama and storytelling programs for people living with dementia, will be explored through local case studies in Port Macquarie, using her acclaimed Time Slips Creative Storytelling Project, which Anne founded in 1998.

The ability of the humble “chook” to make life more enjoyable for older people will be revealed in an exploration of the successful UK arts and health program called “Hen Power”, which is being trialled in NSW by the Whiddon Group.

Creative ageing is a broad field which looks at creative ways to encourage social engagement and foster community living. “Hen Power” has achieved significant results both in the UK and in Australia to enhance quality of life for older people.

Creature Tails in Tasmania is an arts and health organization based in the small town of “Penguin”, specializing in intergenerational creative ageing programs which have a big heart.

Director, Chris Mead returns to Port Macquarie for the 2nd Celebrate Creative Ageing Festival to profile ‘Carnivale’, a program he developed with a local arts team in Casino NSW, as part of Whiddon’s creative ageing program.

Plus The Big Chat will explore a variety of ways to use creative activities, such as painting, music, singing, dancing, drama, storytelling, poetry and photography, to exercise the mind and the spirit. The arts activities discussed during the day are all easy to master at home, during a hospital stay or in an aged care facility. The Big Chat will be a day of stimulating conversation, enlightening ideas, new friendships and good fun.

Meet Port Macquarie-Hastings 2016 Senior Citizen of the Year, Jeannette Rainbow from Wauchope

BOOKINGS ESSENTIAL AS PLACES ARE LIMITED
Thursday 7 April 2016, 9.30am to 4.30pm
Tickets $39 Adults (includes lunch), $36 Pensioner Concession, $26 Students
Bookings from the Glasshouse Box Office or book online www.glasshouse.org.au

"Finding Penelope", a play created by Anne Basting and inspired by a year of intergenerational conversations and staged at Luther Manor, with residents living with dementia in a long term care facility in Wisconsin, USA, created by Anne Basting.

“Pimp My Ukulele” FREE Art Exhibition, developed in partnership with Gwanwyn Creative Ageing Festival in Wales and The Men’s Shed Laurieton and Birpai Men’s Group.
CELEBRATE CREATIVE AGEING
A festival of ideas, innovation, inspiration and imagination

FOR MORE DETAILS OR TO JOIN CULTURAL COMPANIONS

Phone: Port Macquarie-Hastings Council on 6581 8111

For more information about The Australian Centre for Arts and Health, visit www.artsandhealth.org

Information correct at time of printing.

Festival mascot OMA - The Creative Ageing Koala, sponsored by The Whiddon Group (Laurieton), for the Hello Koalas Sculpture Trail www.hellokoalas.com