

NSW Seniors Festival

1-12 February 2023

Celebrate together



Tweed Seniors Festival 2023 Event Program

Wednesday 1st February

Opening Ceremony

10 – 11:30 am

Murwillumbah Auditorium Civic & Cultural
Centre, Tumbulgum Road, Murwillumbah

Free event

Presentation of Local Achievement Awards
Entertainment by Murwillumbah Philharmonic Choir,
Coolangatta Ukulele Players plus more!
Morning tea provided.

Information tables available from service providers.

Transport available from Tweed Heads
and Banora.



Bookings essential

To book attendance or transport
contact 07 5569 3110

communityservices@tweed.nsw.gov.au

Morning tea and tour at Tropical Fruit World

9 am

Tropical Fruit World, 29 Duranbah Road,
Duranbah

Cost \$25.00

First our guests will enjoy a morning tea of warm scones
with jam, cream and tea/coffee at 9 am (duration 30
minutes). Followed by a plantation safari by tractor train at
9:30 am (duration 45 minutes).

Disabled parking & wheelchair ramp available.

info@tropicalfruitworld.com.au

Bookings essential

02 6677 7222

Supported by



Wednesday 1 February

Sailability Open Day – call for volunteers!

9:30 am – 1 pm
Dry Dock Rd Boat Ramp
Tweed Heads
Free event

Sailability is group of volunteers who provide a sailing experience for people with a disability.
We are having an open day and having a social sailing day at the boat ramp!
The morning will include sailing, BBQ - you'll get to meet our team of volunteers.
If you have sailing experience that's fantastic but you don't necessary need it. We need all types of volunteers.

Thursday 2 February

Day bus trip with Northern Breeze Tours

9 am pick up
Banora Point Community Centre,
cnr Leisure Drive and Woodland Drive,
Banora Point
Cost \$37.00
Bookings essential
Rob 0417 248 205

Visit to Hinze Dam, travel through Numinbah Valley to Murwillumbah including lunch at Natural Arch.
Bus trip includes morning tea and sandwich lunch/drinks.

Morning tea and tour at Tropical Fruit World

9 am
Tropical Fruit World, 29 Duranbah Road,
Duranbah
Cost \$25.00

First our guests will enjoy a morning tea of warm scones with jam, cream and tea/coffee at 9 am (duration 30 minutes). Followed by a plantation safari by tractor train at 9:30 am (duration 45 minutes).
Disabled parking & wheelchair ramp available.

Bookings essential
02 6677 7222

info@tropicalfruitworld.com.au

Thursday 2 February

High tea with Adventist Senior Living

10 – 11.30 am

20 Banks Ave, Tweed Heads

Free event

High tea with us

We invite you to have some tasty food and celebrate seniors with us.

Morning tea provided.

Parking on street, wheelchair access.

Bookings essential

07 5536 5463

heatherlewis@adventistseniorliving.com.au

Chair yoga (Utkatasana)

11 am

Tweed Heads Library, cnr Brett Street and Wharf Street, Tweed Heads

Free event

Utkatasana Yoga are postures modified to be accessible from a chair.

Take home ideas that can be used on a plane or for those with limited mobility.

Bookings essential

07 5536 3672

tweed@rtrl.nsw.gov.au

Landcare for seniors

9 – 11 am

Tweed Landcare Inc.
Fingal Head Coastcare

Free event

Meet the regular volunteers and find out how you can become involved. Join one or more of our Tweed Care groups for a tour, activity (tree planting, weed removal, rubbish collection) and a cuppa.

Directions available on booking.

Limited parking, please carpool if possible. Generally rough and sandy ground but part of some sites are wheelchair accessible.

Bookings essential

0493 146 626

amalia.pahlow@tweedlandcare.org.au

Thursday 2 February

Virtual singing for fun

2 – 2:30 pm

Tweed Shire Council Community Services

Join in on-line

Free event

Sing well known songs in the comfort of your home accompanied by a music therapist.

Contact before the day and words of the songs and information for joining the session will be emailed to you.

No auditioning, just join in and have fun!

For information

07 5569 3110

communityservices@tweed.nsw.gov.au

Family History Introduction

10 am – 3 pm

Family History Research Room

South Tweed Sports Club

4 Minjungbal Drive, Tweed Heads South

Free event

Family History Introduction. Discover how to Research your family tree. Discussions with experienced family historians. Special member offer during Seniors Festival.

Drop into the Research Room & have one-on-one with an experienced researcher.

Plenty of parking available.

Disability access to research room available.

Bookings essential

07 5524 8531

tweedfhs@hotmail.com

Friday 3 February

FABS (Fun activities for Banora seniors) Open day

10 am – 3 pm

Banora Point Community Centre

Corner Leisure and Woodland Drive,

Banora Point

Free event

No booking required.

OPEN DAY showcasing the FABS (Fun Activities Banora Seniors) activities.

Come along and try:

- Stretch Your Mind (puzzles and fun activities to keep your mind active) at 10:30 am -12 pm
- Singing For Fun 2:45 pm – 4 pm

Or just drop into the Community Centre to learn about the different activities available. Interest groups include Family History, Art/Craft, Exercise, Card Playing and many more!

Friday 3 February

Let's talk rubbish

10:30 – 11:30 am

Banora Point Community Centre
Corner Leisure and Woodland Drive,
Banora Point

A free community workshop all about waste

Explore the world of waste with the experts from Council's Waste Management Team and North East Waste.

We will also uncover the answer to these common questions: What goes in which bin and why? What can't be recycled in kerbside bins? Where can I take alternative recycling?

All attendees will receive a reusable shopping bag and compostable kitchen caddy on arrival.

We invite you to send us any questions you have prior to the workshop to education@tweed.nsw.gov.au

Bookings essential via Eventbrite
Limited spaces

rubbishtalk.eventbrite.com.au

Come & try croquet

2 – 4 pm

Murwillumbah Croquet Club
Knox Park
Brisbane Street, Murwillumbah

Free event

Come and try croquet.

We supply croquet mallets.

Wear a hat and flat shoes (joggers).

Directions: Behind tennis courts Brisbane Street, Murwillumbah. Parking in Knox Park - flat ground.

Country music concert

7 – 10 pm

Murwillumbah Autumn Club Inc.
16 Tumbulgum Road,
Murwillumbah

Free event

Enjoy a fun night with old time and modern country music, sing-alongs, visiting and local artists, raffles. lucky door - free supper.

Venue is next to Murwillumbah Library.

Parking at hall and on street.

Bookings essential

02 6672 2262

Saturday 4 February

Parkrun

8 am
Bells Boulevard, Kingscliff
Free event

A free, fun and friendly weekly 5km community event.
Walk, jog, run, volunteer or spectate - it's up to you!
No experience necessary.

Please register before you first come along. You only ever register with parkrun once at parkrun.com.au/register and don't forget to bring a scannable copy of your barcode. Printed or a screenshot on your phone is fine. Please email us if you would like to volunteer any Saturday at kingscliffoffice@parkrun.com

Free parking, amenities, cafes.

Ample free parking available at Salt SLSC.

Please register

parkrun.com.au/register

Farmers market

8 – 11 am
Tropical Fruit World
29 Duranbah Road, Duranbah

Saturday farmers market – visit the market stalls of local produce.

tropicalfruitworld.com.au

Sunday 5 February

Seniors and youth artmaking session

11 am – 12 noon
Hosted by Tweed Regional Gallery
& Margaret Olley Art Centre Youth
Collective
Frances Mills Workshop Tweed Regional
Gallery,
2 Mistral Road, South Murwillumbah

Tweed Regional Gallery & Margaret Olley Art Centre Youth Collective welcomes seniors and their young guests to a guided tour and artmaking session for Tweed Seniors Festival 2023.

Parking and wheelchair access available.

Free event

Bookings essential

TRGSeniors2023.eventbrite.com.au

Monday 6 February

Day bus trip with Northern Breeze tours

9 am pick up

Banora Point Community Centre,
cnr Leisure Drive and Woodland Drive,
Banora Point

Cost \$25.00

Bookings essential

Rob 0417 248 205

Discover the Tweed – visit local points of interest, Razorback Lookout, new Tweed Hospital, Pottsville, Murwillumbah Museum.

Morning tea included, lunch at own expense in Murwillumbah.

Morning tea and tour at Tropical Fruit World

9 am

Tropical Fruit World, 29 Duranbah Road,
Duranbah

Cost \$25.00

Bookings essential

0266 777 222

First our guests will enjoy a morning tea of warm scones with jam, cream and tea/coffee at 9 am (duration 30 minutes). Followed by a plantation safari by tractor train at 9:30 am (duration 45 minutes).

Disabled parking & wheelchair ramp available.

info@tropicalfruitworld.com.au

Sconeversation

10 am – 12 noon

South Tweed Community Centre,
corner Heffron St and Minjungbal Drive

Cost \$8.00

Bookings 0408 982 258

Fun, food and friendship. Come along to this monthly event giving community members the chance to meet and connect over scones, jam and cream.

Sconeversation is held each month on the 1st Monday of the month.

delma810@outlook.com.au

Come & try croquet

2 – 4 pm

Murwillumbah Croquet Club
Knox Park, Brisbane Street
Murwillumbah

Free event

Come and try croquet. We supply croquet mallets.

Wear a hat and flat shoes (joggers).

Directions – Behind tennis courts, Brisbane Street, Murwillumbah.

Parking in Knox Park – flat ground

Monday 6 February

Family History Introduction

10 am – 3 pm

Family History Research Room

South Tweed Sports Club

4 Minjungbal Drive, Tweed Heads South

Free event

Discover how to Research your family tree. Discussions with experienced family historians.

Special member offer during Seniors Festival.

Drop into the Research Room & have one-on-one with an experienced researcher.

Plenty of parking available.

Disability access to research room available.

Bookings essential

07 5524 8531

tweedfhs@hotmail.com

Tuesday 7 February

Morning tea and tour Tropical Fruit World

9 am

Morning Tea and Tour

Tropical Fruit World

29 Duranbah Road, Duranbah

Cost \$25.00

Bookings essential

02 6677 7222

First our guests will enjoy a morning tea of warm scones with jam, cream and tea/coffee at 9 am (duration 30 minutes). Followed by a plantation safari by tractor train at 9:30 am (duration 45 minutes).

Disabled parking & wheelchair ramp available.

info@tropicalfruitworld.com.au

Radio control sailing

10 am – 2 pm

Twin Towns Radio Yacht Club,

Hec Beswick Park

Lake Kimberley, Banora Point,

Winders Place

Free event

This is your chance to try out radio control sailing with our experienced instructors. It really is easier than it looks, and a lot of fun. Come take the controls and give it a go. Radio control sailing is a breeze with these amazing boats.

No age limit and no experience necessary.

Radio sailing is for everyone.

Free entry, all boats ready for you!

Directions to venue: Opposite the Banora Point Shopping Centre, turn into Winders and Hec Beswick Park is on your right. Street parking approx 50 metres from lakeside. Wheelchair access is via level concrete path. No toilets available.

Tuesday 7 February

FABS (Fun Activities for Banora Seniors) Open Day

10 am – 3 pm

Banora Point Community Centre
Corner Leisure and Woodland Drive,
Banora Point

Free event

No booking required

OPEN DAY showcasing the FABS (Fun Activities Banora Seniors) activities.

Come along and try:

- Qi Gong (movement mediation) at 12.30pm – 2pm
- Ukulele at 2.15to 4pm

Or just drop into the Community Centre to learn about the different activities available. Interest groups include Family History, Art/Craft, Exercise, Card playing and many more.

Indoor bowls and lunch

10 am – 1 pm and 12 noon – 3 pm

The Salvation Army Tweed Centre
Cnr Leisure & Woodlands Drive,
Banora Point

Cost \$10.00

includes 2 games and lunch

2 games of indoor bowls and lunch.

Session 1: 10 am-1 pm

Session 2: 1 pm – 3 pm

RSVP by 1 February 2023.

Bookings essential

07 5524 5081

tweed.centre@salvationarmy.org.au

Whiddon Mystery Picnic lunch trip

10:30 am – 2:30 pm

Whiddon Community Care
4d/34 OysterPoint road,
Banora Point

Free event

Bookings essential

0498 195 201

Attendees are invited to participate in a mystery picnic lunch trip around our beautiful area complete with games, music and a beautiful picnic lunch (if attending and you have dietary preferences, please let us know).

Street Parking available.

l.legge@whiddon.com.au

Tuesday 7 February

Landcare for seniors

9 – 11 am

Tweed Landcare Inc.

Hastings Point Community Dunecare

Free event

Meet the regular volunteers and find out how you can become involved. Join one, or more of our Tweed Care groups for a tour, activity (tree planting, weed removal, rubbish collection) and a cuppa.

Limited parking, please carpool if possible. Generally rough and sandy ground but part of some sites are wheelchair accessible. Directions provided on booking.

Bookings essential

0493 146 626

amalia.pahlow@tweedlandcare.org.au

Family history members monthly get-together

1:30 pm – 3:30 pm

Family History Research Room

South Tweed Sports Club

4 Minjungbal Drive,

Tweed Heads South

Free event

Join our members for their monthly get-together.

Drop into the Research Room and have a one-on-one with an experienced researcher

Discussions with experienced family historians.

Special member offer during Seniors Festival.

Plenty of parking available.

Disability access to research room available.

Bookings essential

07 5524 8531

tweedfhs@hotmail.com

Wednesday 8 February

“Say Cheese” at Mountain View

2:30 – 4 pm

Mountain View Retirement Village
3 Ingram Place, Murwillumbah

Free event

“Say Cheese”! Awaken your palate with an afternoon tea delight featuring Kat Harvey Cheese, a local artisan cheese maker.

Great music, refreshments and a tour of our Mountain View Retirement Village.

natalie.traicevski@aveo.com.au

Bookings essential

0497 277 334

Energise: lower your bills!

9:30 am – 12:30 pm

Banora Point Community Centre,
corner Leisure and Woodlands Drive,
Banora Point

Free event

‘Speed date’ an energy expert! and share your own tips and tricks.

Interested in saving money on energy bills? Come and ‘speed date’ experts in solar, batteries and home energy efficiency. Share your tips and tricks and help co-design programs that can help others in your community to save on their power bills too.

Refreshments available.

Parking available, wheelchair access.

Bookings essential

tweed.nsw.gov.au/energy

Mobility scooter information day

10 am

Gold Coast Mobility
16-32 Wharf Street,
Tweed Mall
Near Aldi

Free event

Come along for our mobility scooter safety and information day.

We will have demonstrations, special deals and take-home information packs.

Plenty of parking at Tweed Mall, fully wheelchair accessible.

Bookings essential

07 5523 4042

admin@goldcoastmobility.com

Wednesday 8 February

Family History Introduction

10 am – 3 pm

Family History Research Room

South Tweed Sports Club

4 Minjungbal Drive, Tweed Heads South

Free event

Discover how to Research your family tree. Discussions with experienced family historians.

Special member offer during Seniors Festival.

Drop into the Research Room & have one-on-one with an experienced researcher.

Plenty of parking available.

Disability access to research room available.

Bookings essential

07 5524 8531

tweedfhs@hotmail.com

Thursday 9 February

MisterChef class for men

10 am – 1 pm

Tweed Heads South

Community Centre – Hall

Corner Heffron and Minjungbal St,

Tweed Heads South

Free event

Improve confidence in the home kitchen and get advice on planning weekly menus, budgeting and searching for recipes.

This program is for men who have little or no cooking experience who may have:

- recently started cooking for themselves – and in some cases their partner
- simply want help to improve their cooking knowledge and skills.

Come and along and see what MisterChef is all about – includes a shared lunch.

Bookings essential

Limited numbers 07 5569 3110

communityservices@tweed.nsw.gov.au

Thursday 9 February

Freedom Seniors Festival Day

10:30 am – 1 pm
Aveo Freedom
Tweed Heads Retirement Village,
1-3 Soorley Street, Tweed Heads
Free event

Seniors Festival fun day including educational talks, Pet Parade competition, activities, lunch and an optional tour of the village.

Our communities provide a place to be yourself and control where you are supported and encouraged to do the things you love. Our unique model allows you to receive tailored support to your lifestyle.

Parking onsite and in surrounding streets.

Bookings essential

0497 277 334

natalie.trajcevski@aveo.com.au

Landcare for seniors

9 – 11 am
Tweed Landcare Inc.
Island Drive Landcare

Meet the regular volunteers and find out how you can become involved. Join one, or more of our Tweed Care groups for a tour, activity (tree planting, weed removal, rubbish collection) and a cuppa.

Limited parking, please carpool if possible. Generally rough and sandy ground but part of some sites are wheelchair accessible.

Bookings essential

0493 146 626

amalia.pahlow@tweedlandcare.org.au

Morning tea and assembly

9:30 am
Burringbar Public School
59 Burringbar Road, Burringbar
Free event

Burringbar Public School Students will greet senior from the community. There will be items of interest such as song, dance and poetry. Afterwards visitors will be invited to join the students in light activities and then finish with a morning tea.

Street parking, wheelchair accessible.

Bookings essential

02 6677 1469

burringbar-p.school@det.nsw.edu.au

Thursday 9 February

Virtual singing for fun

2 – 2:30 pm

Tweed Shire Council Community Services

Join in online!

Free event

For information

07 5569 3110

Sing well known songs in the comfort of your home accompanied by a music therapist. Contact before the day and words of the songs and information for joining the session will be emailed to you.

No auditioning needed! Join in and have fun!

communityservices@tweed.nsw.gov.au

Chair yoga (Utkatasana)

11 am

Tweed Heads Library

Cnr Brett and Wharf Streets

Tweed Heads

Free event

Bookings essential

07 5536 3672

Utkatasana Yoga are postures modified to be accessible from a chair. Take home ideas that can be used on a plane or for those with limited mobility.

tweed@rtrl.nsw.gov.au

Friday 10 February

Energise: lower your bills!

10:30 am – 1:30 pm

Banora Point Community Centre,
Corner Leisure and Woodlands Drive,
Banora Point

Free lunch provided

‘Speed date’ an energy expert! and share your own tips and tricks

Interested in saving money on energy bills? Come and ‘speed date’ experts in solar, batteries and home energy efficiency. Share your tips and tricks and help co-design programs that can help others in your community to save on their power bills too.

Refreshments available.

Parking available, wheelchair access.

Booking essential:

tweed.nsw.gov.au/energy

FABS Art and craft exhibition

6 – 9 pm

Banora Point Community Centre,
Corner Leisure and Woodland Drive,
Banora Point

Free event

A fabulous exhibition showcasing the talent and creativity of the FABS (Fun Activities Banora Seniors) community. From painting to cross-stitch, crochet to mosaic, scrapbooking to ukulele, there is something for everyone. Opening night wine and nibbles, classical musician and a VIP or two, raffle raising fund for Wedgetail.

Parking Available, wheelchair access

To bury or not to bury, that is the question

10 – 10:45 am

Tweed Valley Cemetery Chapel
813-871 Eviron Road,
Eviron

Free event

At some time, many of us will face the decision of burial vs cremation. This guided forum will answer key questions about this sensitive subject, such as: What is the cremation process? What are your burial options? What are your ash interment options? To scatter or not to scatter? What are the costs?

**Bookings essential
through Eventbrite**

toburyornot.eventbrite.com.au

Saturday 11 February

Farmers Markets

8 – 11 am

Tropical Fruit World

29 Duranbah Road, Duranbah

Free event

Saturday farmers market – visit the stalls of local produce.

tropicalfruitworld.com.au

Parkrun

8 am

Bells Boulevard, Kingscliff

Free event

A free, fun and friendly weekly 5km community event.

Walk, jog, run, volunteer or spectate - it's up to you!

No experience necessary.

Please register before you first come along. You only ever register with parkrun once at parkrun.com.au/register and don't forget to bring a scannable copy of your barcode.

Printed or a screenshot on your phone is fine. Please email us if you would like to volunteer any Saturday at kingscliffoffice@parkrun.com

Free parking, amenities, cafes.

Ample free parking available at Salt SLSC.

Please register

parkrun.com.au/register

FABS Art and craft exhibition

10 am – 3 pm

Banora Point Community Centre,
Corner Leisure and Woodland Drive,
Banora Point

Free event

A fabulous exhibition showcasing the talent and creativity of the FABS (Fun Activities Banora Seniors) community. From painting to cross-stitch, crochet to mosaic, scrapbooking to ukulele, there is something for everyone. Raffle raising funds for Wedgetail.

Parking Available, Disability/Wheelchair access.

Events on multiple days for the duration of festival

How to access library eBooks and eAudiobooks

Wednesday 1 February – Friday 10 February

Tweed Heads Library
Cnr Brett and Wharf Streets,
Tweed Heads

Bring along your tablet or smart phone and helpful library staff will assist you to access a wide range of eBooks and eAudiobooks.

Free event

Bookings essential

07 5536 3672

tweed@rtrt.nsw.gov.au

Introduction to Ancestry Library

Wednesday 1 February – Friday 10 February

Tweed Heads Library
Cnr Brett and Wharf Streets,
Tweed Heads

Are you interested in family history? Book in for an introduction to Ancestry Library website.

Free event

Bookings essential

07 5536 3672

tweed@rtrt.nsw.gov.au

Club Active

Wednesday 1 February – Wednesday 8 February

114 Minjungbal Drive,
Tweed Heads
Next to Asian Supermarket

7- day free group fitness class, subject to availability.

Free event

Bookings essential

07 5523 9771

tweed@clubactive.com.au

Any changes to the program will be updated on the Tweed Shire Council website:

tweed.nsw.gov.au/seniors-festival

NSW Seniors Festival

1-12 February 2023

Celebrate together



Customer Service | 02 6670 2400 | 1300 292 872

tsc@tweed.nsw.gov.au

tweed.nsw.gov.au



PO Box 816

Murwillumbah NSW 2484

