

2025 MACLEAY SENIORS

TIME TO SHINE EXPO

FREE 10AM - 2PM
WEDNESDAY 2ND APRIL
Kempsey Central Coles Complex



Health & Wellbeing Hub

Inside Country University Centre

Drop in for mindfulness, breathwork, fun and engaging chair exercise sessions. Limited seats per session.

HEALTH & WELLNESS SESSION SCHEDULE

- 10:10am **Gentle Chair Exercises** (20mins)
- 10:40am **Mindfulness & Meditation** (20mins)
- 11:10am **Breathwork** (10mins)
- 11:30am **Gentle Chair Exercises** (20mins)
- 12:00pm **Mindfulness & Meditation** (20mins)
- 12:30pm **Breathwork** (10mins)
- 12:50pm **Gentle Chair Exercises** (20mins)
- 1:20pm **Mindfulness & Meditation** (20mins)
- 1:50pm **Breathwork** (10mins)

Mid North Coast Local Health District will also be offering

- ✓ **Free health checks** (blood pressure & respiratory health)
- ✓ **Falls risk assessments**
- ✓ **Nutrition & lifestyle advice** for healthy ageing

Talk to the **Clear Ear Clinic** about our professional micro-suction earwax removal services and diagnostic hearing assessments.



Entertainment Zone

Level 2 - Riverside Cinemas

Accessible cinema - limited seating per session. Enjoy live music performances and a short film sharing community stories!

PERFORMANCE & FILM SCHEDULE

- 10:10am **Life Stories of the Macleay in Flood** Short Film, 25 mins
- 10:40am **Kathryn Jones** Live Music, 35 mins
- 11:20am **Pete Ball** Live Music, 35 mins
- 12:10pm **Kathryn Jones** Live Music, 35 mins
- 12:50pm **Pete Ball** Live Music, 35 mins
- 1:30pm **Life Stories of the Macleay in Flood** Short Film, 25 mins



VENUE MAP

Kempsey Central

LEVEL 1





Activity & Dementia-Friendly Zone

Interactive, hands-on activities to engage and inspire!

Pickleball Demonstration & Stall Try out this fun, easy-to-learn sport and find out how to join a local group!

Manhuti WalkAbout Jewellery & Weaving Learn simple weaving techniques and create your own piece of jewellery.

Guided Art Project Collaborative painting workshop with artist Yvonne Kiely - no experience needed!

Dementia Australia Play memory games, puzzles, and craft activities while getting expert advice on living well with dementia.



Rest, Refresh & Social Space

Inside Country University Centre

A place to relax, connect, and enjoy light refreshments.

Tea & Coffee Lounge Free light refreshments available.

Photo Booth Capture the moment with fun props and friends.

Lounge Area A comfortable space to unwind and chat with others.



Information & Community Stalls

Discover local services, get expert advice, and connect with community organisations.

Community, Financial & Legal Support

Seniors Rights Service Free legal, aged care, and financial advocacy for older people.

Mid North Coast Legal Centre A community not-for-profit providing free legal advice, advocacy, and education.

Service NSW Helping seniors access savings, rebates, and cost-of-living support.

Mid North Coast Financial Counselling Service Free, confidential support for budgeting, debt management, and financial advocacy.

NSW Police Local officers available for a chat and advice.

Carers NSW Support for carers, including counselling, respite, peer groups, and financial assistance.

Community Housing Limited (CHL) A not-for-profit providing social and affordable housing for vulnerable and low to moderate-income earners.

Technology, Health & Everyday Living

Echo Voice & Data (Telstra Partner) Help with mobile phones, avoiding scams, and using technology. Visit their stall for a chance to win a Philips Airfryer or a \$100 Kempsey Cash gift card!

Kempsey Library Sign up for a library card, grab freebies, and explore books, DVDs, and digital resources like magazines and film streaming.

Guide Dogs Australia Support and advice on mobility, low vision services, and assistive technology for people with vision impairment.

Mid North Coast Health Promotion Free advice on nutrition, physical activity, and healthy ageing, plus take-home resources.

Vital Living Explore mobility, disability, and independent living products, with items to trial!

Dementia Australia Advice and support for people with dementia and their carers.

See Changes Disability Providing NDIS therapeutic supports with local and remote practitioners to enhance quality of life.

Aged Care & Home Support

Nurse Next Door Home care, 24/7 nursing, meal preparation, and dementia support for independent living.

Home Instead In-home care, companionship, and support for independent living.

Calvary Aged Care Person-centred aged care, offering permanent and short-term residential support in a welcoming environment.

Roshana Macleay Valley Aged Care Residential aged care in a tranquil setting, focused on keeping residents active, engaged, and connected.

Macleay Valley Village Independent senior living with tailored support, low-maintenance villas, and a vibrant community lifestyle.

NVC Group - provides aged care, lifestyle living, home care, and education services across the NSW Mid North Coast.

Omicare Affordable home care services, including personal care, transport, meals, and home support to help you live independently.

Kinchela Boys Home Aboriginal Corporation (KBHAC)

Supporting KBH survivors, Stolen Generations families, and the community through peer support, elder care, and NDIS services.

Community Gateway Providing respite care, in-home support, transport, and social connection through CHSP, Home Care Packages, and NDIS.

Hastings Neighbourhood Services Helps people with disability access Aged Care and NDIS services, assist with paperwork, and offers peer mentoring, social activities, and capacity-building workshops.

Booroongen Djugun Limited Culturally inclusive residential care for Aboriginal and non-Indigenous individuals, including those with disabilities.

Red Cross Learn about the Aged Care Volunteer Visitor Scheme, connecting volunteers with seniors to reduce social isolation.

Annecto A not-for-profit offering support for Home Care Packages, Short Term Restorative Care and My Aged Care access.

Transport & Community Connections

Linked Community Services Subsidised transport, social outings, and volunteer visitor programs for seniors.

The Man Walk A men's walking group for social connection, support, and fitness.

Smithtown Croquet Club A friendly, social club where all ages can enjoy low-impact croquet—no experience needed.

Kempsey Macleay Table Tennis Club Stay active and social with friendly table tennis sessions for all skill levels.

Kempsey Family History Group Talk to the group about resources and support for family history research.

U3A Lifelong learning, social activities, and educational programs.

Kempsey Friendship Force - Founded in 1987, promotes cultural exchange through regular inbound and outbound trips.