

NERAM'S SENIORS' FESTIVAL 3-28 FEBRUARY 2023



SCAN QR CODE FOR
FULL PROGRAM

FRIDAY 3rd

6.00 – 8.00pm

OPENING NIGHT

Join us at NERAM to celebrate our 40th anniversary and to officially kick off NERAM's Senior's Festival 2023.

This event is free and NERAM welcomes seniors of the community to come along and enjoy some wonderful exhibitions and refreshments.

7th & 17th

10.00 – 11.00am

YOGA IN CHAIRS

Join U3A Armidale's Bron Baker and Maureen Lauder for a 1 hour session of yoga in chairs.

Yoga helps you develop strength, flexibility and a sense of well-being. Gentle movement, stretching, lots of laughter, followed by deep relaxation.

TUESDAY 7th

3.00 – 4.00pm

REMEMBERING WITH ART

An introduction to dementia awareness and benefits of art with Sally Henry.

This event is casual and friendly and NERAM welcomes everyone with a keen interest to understand more about this condition.

8th & 15th

10.00 – 10.45am

WONDERS OF HINTON TOUR

Guided through the new Hinton exhibition, NERAM's curator Belinda Hungerford will share insight and inspiration with participants. We invite participants to enjoy a cup of tea or coffee to conclude the tour.

SUNDAY 12th

2.30 – 3.15pm

A MOVED READING

Join U3AA Armchair Theatre Group in a moved reading in the *Wonders of Hinton* exhibition.

Six Counties restaurant will be offering a lunch special for those who wish to enjoy lunch before the performance.

VARIOUS

See website for program

SOUNDSCAPES

This program will involve music running in both exhibitions at select times and an interactive worksheet for participants. To conclude this program there will be an informative talk by Deidre Rickards who will detail her choice of compositions over morning tea.

THURSDAY 16th

10.00 – 11.30am

STILL LIFE DRAWING CLASS

Enjoy a morning of drawing still life with local artist and educator Dr Leah Bullen.

Open to people of all abilities, participants are able to sketch, chat, and enjoy the wonderful world of still life drawing.

FRIDAY 17th

2.00 – 3.30pm

ART THERAPY

Join local artist Paula Jenkins for an art therapy session with focus on visual expression and its link to your inner self.

This will be a light-hearted and enjoyable gathering of artmaking in NERAM's packsaddle studio where no artistic skill is required.

WWW.NERAM.COM.AU/EVENT/SENIORS-FESTIVAL-FEBRUARY-2023/

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