

Seniors Week 2025



Merriwa

TUESDAY 4 MARCH -

9.30am Heart Foundation Walking: 30min social walk from Merriwa Showground

TUESDAY 11 MARCH -

9.30-11am Merriwa Playgroup: Bring along a Grandparent day at Merriwa Library

WEDNESDAY 12 MARCH -

10am Grandparents Gathering morning tea in Merriwa CWA Hall

THURSDAY 13 MARCH -

1pm-3pm Wesley Aged care speaker with refreshments: info about safe drivers and licensing

Aberdeen

FRIDAY 14 MARCH -

10am Social Ukulele in Willowgrove Village Hall, 17 Hall Street - All abilities welcome!

Murrurundi

MONDAY 3 MARCH -

10.30am Chair Yoga at Murrurundi Library

TUESDAY 4 MARCH -

10am Mah-jong: a game of skill, strategy and luck at Murrurundi Library

WEDNESDAY 5 MARCH -

9am Qi gong class: coordinated movement and breathing for overall health at Anglican Church, Mount Street

FRIDAY 7 MARCH -

10am Grandparents Gathering: storytime, craft and morning tea at Murrurundi Library

Scone

MONDAYS -

1pm-2pm Pickleball in Scone Basketball Stadium

THURSDAY 6 MARCH -

10am-11.15am Grandparents Gathering morning tea and soft play at Scone Youth Centre Hall, 105 Susan Street

SATURDAY 8 MARCH -

8am Parkrun: volunteer, walk or run at Bill Rose Complex, Scone

MONDAY 10 MARCH -

9am Men on the Move: social walk starting at Bill Rose Complex front park. Come and meet Richie and Russell who will lead the walk

WEDNESDAY 12 MARCH -

Smart Driving, Safe Scooting: Independence at Any Age at Scone Library

THURSDAY 13 MARCH -

11 am Mindful Colouring at Scone Library

FRIDAY 14 MARCH -

10.30am Grandparents craft and storytime at Scone Library

THIS PROGRAM IS SUBJECT TO CHANGE. DETAILS ARE CORRECT AT TIME OF PRINTING. Contact UHSC for info.