

Reminiscing sessions



Hurstville Museum & Gallery



WHAT IS A REMINISCING SESSION?

It is an activity that involves the active recollection of life experiences. It allows individuals to relive positive personal events from their past in a way that is vivid and engaging and encourages them to communicate those experiences to a listener.

In a comfortable and relaxed forum, this special program has been designed to meet the needs of seniors, nursing homes, organised groups and day care centres. Under the guidance of Museum & Gallery staff, participants are encouraged to handle objects and share memories with other members of the group.



SPECIAL REMINISCING SESSION: GEORGES RIVER ART PRIZE 2023

28 OCTOBER – 18 JANUARY 2023



The Georges River Art Prize is a biennial art prize that provides an opportunity for artists from all over Australia to display their best work. There are categories for painting and sculptural work, children and youth, and local artists.

Join us for a 45 minute session where participants will be encouraged to draw an item that sparks positive memories, and take home a new tangible memory.



GEORGES RIVER ART PRIZE 2023



BOOKING INFORMATION

\$5.00 per participant. Refreshments can be provided for an extra \$2.00 per person. Carers and bus drivers are free of charge. Minimum of 10 participants.

Hurstville Museum & Gallery

14 MacMahon Street, Hurstville

Phone: 02 9330 6444

Email: museumgallery@georgesriver.nsw.gov.au

georgesriver.nsw.gov.au/HMG

Opening hours: Tues - Sat 10.00am - 4.00pm, Sun 2.00pm - 5.00pm