Morning Coffee

Date: Tuesday 4th August
Date: Tuesday 1st September

Come along and enjoy a coffee with friends and listen to guest speaker from Ambulance Victoria and join in a discussion which teaches how to recognise and respond to a medical emergency, calling triple zero and the types of questions asked, basic CPR and accessing an AED (automatic external defibrillator).

Time: 10-11am
Venue: Archie Graham Centre
Cost: Free

Celebrage Festival Morning Coffee

Date: Tuesday 29th September

Come along to morning tea to hear about all the activities and events happening over the next two weeks as part of this year’s Celebrage Festival.

Time: 10.00am
Venue: Archie Graham Centre
Cost: Free
More info: Bookings Essential

Anchor Point Senior of the Year

Each year Warrnambool City Council recognises the many women and men aged 60 plus who are actively involved within the local community. This award is to recognise the outstanding contribution and achievements that they make in supporting and inspiring others.

Nominations forms will be available for collection at Archie Graham, the Civic Centre and from the WCC website
Nomination are open from the first week in August and close 5pm Friday 11th September

Phone Archie on 5559 4920 for bookings
The Best of Me
Thursday 13th August 2015
Based on the bestselling novel by acclaimed author Nicholas Sparks, The Best of Me tells the story of Dawson and Amanda, two former high school sweethearts who find themselves reunited after 20 years apart, when they return to their small town for the funeral of a beloved friend. Their bittersweet reunion reignites the love they’ve never forgotten, but soon they discover the forces that drove them apart twenty years ago live on, posing even more serious threats today. Spanning decades, this epic love story captures the enduring power of our first true love, and the wrenching choices we face when confronted with elusive second chances.

Time: 2.00pm
Venue: Archie Graham Centre
Cost: $2

The Water Diviner
Thursday 27th August 2015
In 1919, Australian farmer Joshua Connor (Russell Crowe) goes in search of his three missing sons, last known to have fought against the Turks in the bloody Battle of Gallipoli. Arriving in Istanbul, he is thrust into a vastly different world, where he encounters others who have suffered. In 1919, Australian farmer Joshua Connor (Russell Crowe) goes in search of his three missing sons, last known to have fought against the Turks in the bloody Battle of Gallipoli. Arriving in Istanbul, he is thrust into a vastly different world, where he encounters others who have suffered their own losses in the conflict.

Time: 2.00pm
Venue: Archie Graham Centre
Cost: $2

Fifty First Dates
Thursday 10th September 2015
Playboy vet Henry sets his heart on romancing Lucy, but she has short-term memory loss; she can’t remember anything that happened the day before. So every morning, Henry has to woo her again. Her friends and family are very protective, and Henry must convince them that he’s in it for love.

Time: 2.00pm
Venue: Archie Graham Community Centre
Cost: $2

Driving Miss Daisy
Thursday 24th September 2015
Daisy Werthan (Jessica Tandy), an elderly Jewish widow living in Atlanta, is determined to maintain her independence. However, when she crashes her car, her son, Boolie (Dan Aykroyd), arranges for her to have a chauffeur, an African-American driver named Hoke Colburn (Morgan Freeman). Daisy and Hoke... More’s relationship gets off to a rocky start, but they gradually form a close friendship over the years, one that transcends racial prejudices and social conventions.

Time: 2.00pm
Venue: Archie Graham Centre
Cost: $2
### Legal & Financial Information Series
An 8 week series on the 2nd and 4th Tuesday of each month covering various legal and financial information sessions. Experts from legal & financial firms will come along to provide information and answer any questions you may have. Topics for August & September as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Cost</th>
<th>More info</th>
</tr>
</thead>
<tbody>
<tr>
<td>11th August</td>
<td>3pm</td>
<td>Archie Graham Centre</td>
<td>$2</td>
<td>Book at Archie Graham Centre</td>
</tr>
<tr>
<td>25th August</td>
<td>10am</td>
<td>Property &amp; Retirement</td>
<td>$2</td>
<td></td>
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<tr>
<td>8th September</td>
<td>10am</td>
<td>Estate Management &amp; Succession Planning</td>
<td>$2</td>
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<tr>
<td>22nd September</td>
<td>10am</td>
<td>Scams &amp; Scanners</td>
<td>$2</td>
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### Shipwrecked
**Tuesday 22nd September 2015**
Embark on the journey that resulted in one of Australia’s most infamous maritime disasters when you experience SHIPWRECKED!, an enthralling journey of discovery, tragedy, illusion and intrigue.

**Time:** 7.15pm  
**Venue:** Meet at Flagstaff Hill Foyer  
**Cost:** $16

### Out to Lunch
**Thursday 20th August & Thursday 17th September 2015**
Come along and join us for a meal and a chat with friends.

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Venue</th>
<th>Cost</th>
<th>More info</th>
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<tbody>
<tr>
<td>20th August</td>
<td>12 noon</td>
<td>Catalleya Thai – Timor Street</td>
<td>$2 – Booking Fee and buy your own meal</td>
<td>Book at Archie Graham Centre</td>
</tr>
<tr>
<td>17th September</td>
<td>12 noon</td>
<td>Warrnambool Bowls Club – Timor Street</td>
<td>$2 – Booking Fee and buy your own meal</td>
<td>Book at Archie Graham Centre</td>
</tr>
</tbody>
</table>

### Mah-Jong
**Wednesdays**
Mah Jong is a game that originated in China and is commonly played by four players. The game is played with a set of 144 tiles based on Chinese characters and symbols using bamboos, circles, dragons & the four winds. The tiles are placed into four walls, which form a rectangle. Each player has a wooden rack upon which to place the tiles. It bears some resemblance to the card game of Rummy. A beginner’s table is available for those new to the game.

**Time:** 1.30pm  
**Venue:** Archie Graham Centre  
**Cost:** $2

### Scrabble
**Wednesdays**
Scrabble is a word game in which two to four players score points by placing tiles, bearing a single letter, onto a game board. The tiles must form words which, in crossword fashion, flow left to right in rows or downwards in columns. Come along and have some fun !!

**Time:** 1.30pm  
**Venue:** Archie Graham Centre  
**Cost:** $2

Phone Archie on 5559 4920 for bookings
Warrnambool Writers’ Group
Second Monday of the Month

The Warrnambool Writing Group has been meeting once a month since the early 1980’s. It was formed so local writers could share their work in a friendly, social and encouraging environment. Currently there are over twenty members, covering a wide range of ages whose ability covers short story and poetry writing. New members are always welcome. There are no fees; just a gold coin donation paid on attendance.

Venue: Archie Graham Centre
Cost: $2
Time: 1-3pm
Information: If you would like to join the Warrnambool Writers’ Group, or receive more information, please contact Jan on 0418 171 013 or Pat on 5562 7200.

Archie’s Garden Club
Garden Tour
Date: Wednesday 23rd September

Description: Come and long and wonder through an English styled hedge garden. Morning tea will be provided. Limited numbers and location of garden will be revealed on booking.

Time: 10am
Venue: Informed on booking
Cost: $5
Information: Bookings essential
Book at Archie Graham Centre

Knitting Group
1st & 3rd Monday of each month

If you are an experienced knitter or someone who would like to learn, come along and join in. We are also on the hunt for any 8 ply wool you may have to spare so we can put it to good use for charity organisations – all donations will be gratefully accepted at Archie Graham Centre reception.

Time: 1pm – 3pm
Venue: Archie Graham Centre
Cost: $2
Information: If you would like to join the Knitting Group, or receive more information, please contact Pat on 0418 171 013 or Jan on 5562 7200.

Fletcher Jones Stories from our Community
Wednesday the 26th August and 16th September

What made Fletcher Jones special or interesting? Did you work there? Bring along a photo or an object or just come and share stories over morning tea - the best stories will become part of a collection and yours could be one of them!

Venue: Archie Graham Centre
Time: 10am
Cost: Free Morning tea supplied
Information: Bookings Essential for Catering

Techno Morning Tea
Emmanuel VCAL Students
Tuesday 18th August

Do you have a phone you can’t work, or a tablet you cannot navigate? Then come along to this special morning tea where Emmanuel Students will share their knowledge so you can get more out of your smart phone or tablet.

Time: 9.30am
Venue: Archie Graham Centre
Cost: $2 morning tea provided.
Information: Booking Essential

Phone Archie on 5559 4920 for bookings
Social Cycling

Mondays and Fridays

A recreational cycling group for adults who ride on Warrnambool’s paths and trails.

**Time:** 10-11.30am  
**Venue:** Ride along the Warrnambool foreshore and/or Rail Trail.  
Meeting at car park besides the kiosk of Shipwreck Bay Holiday Park.  
**Cost:** $5

**What to bring:** Own bike and helmet (if you have them), enclosed footwear and light coloured clothing, water bottle, coat for wet, cold and windy weather, mobile phone - if possible.

**How to join the social cyclists:**
Register to become a member of the Warrnambool City Council Social Cyclists at the Archie Graham Community Centre Reception.

Collect a Rusty Riders Checklist: it’s a list of basic skills that riders need to have to ride safely with the group, staff will evaluate if you are suited to complete the Rusty Riders checklist on the first Friday of each month.

Once this has been determined come to the bike shed in Shipwreck Bay Holiday Park on the first Friday of the month and have your skills checked by experienced members. Cyclists who can do all skills are safe to join the weekly group rides; others can take the checklist home and practice.

If you have any queries please contact Archie Graham Reception on 55594920

Heartmoves

Mondays, Wednesdays, Fridays

Heartmoves is a gentle exercise program providing a fun, social and safe way to be active. It’s an ideal program for people wanting to safely start physical activity after illness or injury as well as those with an existing base of fitness who are looking for something new to try. Classes include a thorough warm-up followed by a mix of cardio, resistance, balance and coordination activities and participants are shown how to work at a pace that is right for them.

**Time:** Mondays at 12:45PM, Wednesdays at 1:30PM, Fridays at 1:30pm  
**Venue:** Mondays and Wednesdays at Archie Graham Centre, Fridays at AquaZone  
**Cost:** $5.40

Strength Training

**Tuesday's & Friday's**

Some of the benefits of participating in strength training classes include heavier bone density, improved balance and increased total strength, all of which help to improve your overall quality of life. Classes run for approx. 50-60min.

**Time:** Tuesday 10am - 11am,  
Friday 1.30pm - 2.30pm  
**Venue:** Archie Graham Centre  
**Cost:** $6.20 for all

Phone Archie on 5559 4920 for bookings
Heart Foundation
Walking Group
Mondays @ 10am & Tuesday @ 4.30pm

Want to get fit & healthy? Come along and join in the fun, why not bring along a friend! Register your interest at Archie Graham Centre or phone 5559-4920.

Venue: Monday – Meet at the Surf Club (out front)
       Tuesday – Meet at Aquazone

Cost: Free

Phone Archie on 5559 4920 for bookings

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Phone Archie on 5559 4920 for bookings

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**Heart Foundation Walking Group**

**Mondays @ 10am & Tuesday @ 4.30pm**

Want to get fit & healthy? Come along and join in the fun, why not bring along a friend! Register your interest at Archie Graham Centre or phone 5559-4920.

Venue: Monday – Meet at the Surf Club (out front)
       Tuesday – Meet at Aquazone

Cost: Free

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**WATER THERAPY**

Sports Rehabilitation/fitness

*Ideal for all sporting clubs and teams*

**BENEFITS OF WATER THERAPY:**
- Pain Relief
- Relaxation
- Strengthens Muscles
- Rejuvenates Muscles
- Increases Flexibility
- Sport Rehabilitation

*Ask about the Rewards Card for regular users*

**Contact Archie Graham Community Centre for Single and Group session rates and bookings Ph: 5559 4920**

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**Stretch out. Tone up. Get fit!**

**Barre ATTACK**

Join us for a fun fusion of dance, cardio intervals and core work for a total body workout.

**starts 23rd June**

<table>
<thead>
<tr>
<th>Time</th>
<th>Tuesday 9am &amp; 5.45pm</th>
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<tbody>
<tr>
<td>Location</td>
<td>Archie Graham Community Centre, Timor Street</td>
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<tr>
<td>Cost</td>
<td>$15</td>
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</tbody>
</table>

**Bookings Essential**

Phone Archie Graham Reception on 5559 4920

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Phone Archie on 5559 4920 for bookings

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iPad Beginners

Beginners classes run by Murray Hennig will enable new users to obtain a basic knowledge of iPad usage through to intermediate level. There are 5 sessions which will have structured learning each week to ensure knowledge levels grow.

Date: There will be a break over winter but new classes will commence on Wednesday 16th of September so contact Archie Graham Reception to register your interest
Time: Wednesdays at 10.30am – 12 noon
Venue: Archie Graham Centre
Cost: $75 for 5 consecutive lessons
More info: Please contact reception to register your interest. The class requires a minimum of 5 participants to run and payment must be made in advance to hold a place.

iPad Next Step & Intermediate Classes

Fridays

The “Next Step” class has been broken up into 2 week courses covering specific topics as listed below. Each course starts off with the basics & progresses to give you a clear understanding of the topic. These sessions will act as a great refresher for some or maybe a new topic you’ve heard about but didn’t quite know where/how to get started on.

Intermediate level classes will assist with ongoing usage and learning, and are held at 1pm on Fridays.

Date: 18th & 25th Sept - Maps & navigation
Time: Next Step - 10.30am – 12pm
        Intermediate - 1.00pm – 2.30pm
Venue: Archie Graham Centre
Cost: $15 per session
More info: Please contact reception to book a place in your desired class. Class size is capped at 12, so payment upon time of booking is required to hold a place.

Computer Classes

Specialist classes run twice a month on a Friday morning 10.30am – 11.30am on the topics as listed below.

Date: 14th August – Learning Basic Windows 8.1 (bring your own laptop/tablet)
     28th August – Using Android Tablets (bring your own tablet)
     11th September – Using eBay – Buying & Selling
     25th September – Photos and Your Computer

Monday through Friday general classes are run on a daily basis, at different times, where you can learn how to use your computer in a small friendly class run by our local volunteer experts. Contact Reception at Archie Graham to book.

Venue: Archie Graham Centre
Cost: $4.50
More info: Bookings Essential

Phone Archie on 5559 4920 for bookings
**Snap Happy Photography Classes**

*Wednesdays 5th & 19th August*

**5th Aug / Session 1**
Your camera functions & composition. Learning how to use the functions on a camera. Basic editing on a laptop. Composition tricks such as filling the frame, depth & framing.

**19th Aug / Session 2**
Taking Pictures & looking at options. Come along on a trip to take pictures then looking at options such as digital frames, novelty books & other ideas to display your photos.

**Venue:** Archie Graham Centre  
**Time:** 10am – 12 noon  
**Cost:** $2  
**More info:** Please register at Archie Graham Centre Reception. Places are limited so payment is required to hold a place.

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**Family Lineage Group**

*Thursday 13th August*  
*Thursday 10th September*

Come along and join a group of people interested in finding out more about their family lineage. These are on-going monthly sessions to investigate & research methods of gathering information regarding family trees / lineages.

**Venue:** Archie Graham Centre  
**Cost:** $2  
**Time:** 10am-11am  
**More info:** Please contact Archie Reception on 5559-4920 to register your interest

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**August's Garden Workshop** will feature a presentation from guest speaker Paul Hartrick from the Environmental Department at Warrnambool City Council. New and interesting plants and products, afternoon tea, and lucky door prizes. Rug up warm or bring a knee rug!

**September's DIY is Ladies Day** - Everyone is welcome to our free Ladies Day event in store. Interesting and fun workshops and presentations, light lunch provided, and lucky door prizes. Bring a friend along and enjoy the afternoon.

**Venue:** Bunnings - 82 Raglan Parade, Warrnambool  
**Cost:** Free  
**More info:** For information & bookings contact Bunnings on: 5564 1800  
email warrnamboolao@bunnings.com.au or via website www.bunnings.com.au/warrnambool