



Archie Graham
COMMUNITY CENTRE

NEWSLETTER

JANUARY-MARCH 2025

Archie Graham Community Centre

118 Timor Street, Warrnambool

Opening hours: Monday – Friday 8.45am - 5pm

Tel: 5559 4920 Email: agccustserv@warrnambool.vic.gov.au



I'm asking
for a
friend.

see page
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Archie

In 2025, the Archie Graham Community Centre and West Warrnambool Neighbourhood House are pleased to introduce our new program, 'I'm Asking for a Friend.' In partnership with local community organisations, we'll offer a series of conversations on important and sometimes challenging topics.



ACKNOWLEDGMENT

Warrnambool City Council acknowledges the traditional and ongoing Custodians of the land on which we live, work, and meet. The area now known as Warrnambool has always been known as Peek Whurrong and Kirrae Whurrong country, part of a network of Custodian groups of the Gunditjmarra/Eastern Maar nations. We extend respect to Elders, past and present, and their ongoing connections to the land, rivers, and seas. We acknowledge their sovereignty was never ceded.

ARCHIE – EXCITING TIMES AHEAD IN 2025

TOURS:

Book in to a tour of the Archie Graham Community Centre with one of our staff members. Check out the facility, ask questions and 'get the feel of the place' by attending a tour.

Wednesday 15 January 11-11.30 am

Thursday 30 January 9.30-10 am

Tuesday 11 February 10.30-11am

Monday 24 February 10-10.30 am

Wednesday 12 March 2-2.30pm

Friday 28 March 9.30-10 am



ARCHIE CAFÉ



The café continues to be a popular place for friends to gather and individuals to relax.

Open: Mondays, Tuesdays, & Thursdays 10:00 am to 1:30 pm.

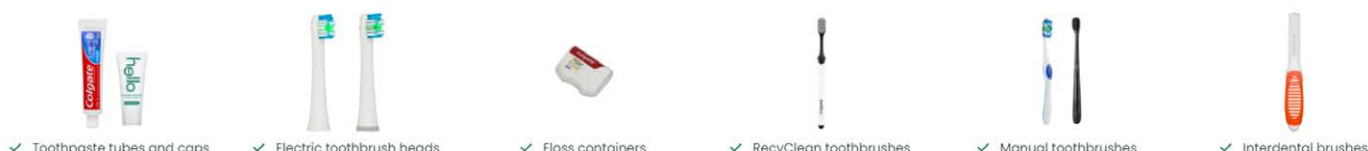
The Archie Café will reopen 2025 on Monday 3 February. Come on in and enjoy our simple, homemade food at affordable prices. Our café volunteers serve espresso coffee, fresh mixed sandwiches or toasted sandwiches, homemade cakes and slices, vegetable soups (GF) and vegetable frittata with salad. Planning a group lunch? Please drop in to the Centre and book directly with our friendly volunteers who find it easier when they can plan ahead. The Archie Café is a great example of community supporting community.

Volunteers: We continue to grow our Archie Café volunteers list to enable regular volunteers to balance volunteering with some time off.

To find out more about the Archie Café volunteer role email Clare Vaughan: cvaughan@warrnambool.vic.gov.au or express interest by contacting the Team at Volunteer Connect: volunteer@warrnambool.vic.gov.au



RECYCLING AT ARCHIE



Did you know you can recycle pens, batteries, plastic bottle lids, reading glasses and tooth brushes and toothpaste tubes at Archie? Unfortunately medication blister packs are no longer collected at Archie.

Blister packs can now be recycled at:

Chemist Warehouse

Gateway Plaza, 154 Raglan Parade, Warrnambool

Chemist Warehouse

143 Liebig Street Warrnambool

Join the 'circular economy' movement and add your recyclables to the station outside the Archie Café. Together we do better!

I'm asking
for a
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Archie

This edition features our first series of sessions under the theme 'Conversations about Money...' Future sessions will cover topics like 'Conversations about Social Connection...' and 'Conversations about Ageing...'

CONVERSATIONS ABOUT MONEY...

Conversations about money sessions will be led by staff from Wannon Water, MELI, Services Australia and MPower.

Come along and find useful information and resources for you or someone you care about, from people who know our local area and provide support services in our community.



WORRIED ABOUT PAYING YOUR WATER BILL?

Find out about the practical ways to ease the pressure of paying your water bill. There are options available to suit your situation including tips for saving water and reducing your bill - every drop counts. Wannon Water is here for you!

Date: Wednesday 12th February

Time: 1-2pm



BUDGETING BASICS AND FINANCIAL WELLBEING

Looking for tips to help stretch your dollar further?

Meli's Financial Wellbeing team will share practical budgeting advice and useful resources to support your financial wellbeing. They'll also provide information on Gamblers Help services.

Date: Wednesday 19th March

Time: 1-2pm



THE FINANCIAL INFORMATION SERVICE

Concessions and Payments

The Financial Information Service (FIS) provides free, independent, and confidential education and information from Services Australia – Aust Gov't.

In this session we will explain:

1. How to access FIS and who can access it.
2. What FIS can provide assistance with?
3. Discuss options available to assist with cost-of-living pressures: Disability/Carer options, Concession Cards, Advance loans and how to find support

Date: Wednesday 30th April

Time: 1-2pm



THE FINANCIAL INFORMATION SERVICE

Moving from the Family Home; the Options

The Financial Information Service (FIS) provides free, independent, and confidential education and information from Services Australia – Aust Gov't.

In this session we will:

1. Revisit the basics about FIS from the previous session.
2. Provide information about accommodation options, including Home Equity Access Scheme, which can be used to supplement your retirement income.

This session, the team from MPower also aims to lay the groundwork for preventing elder abuse in our community through sharing information about the signs and risks of financial exploitation.

Date: Wednesday 21st May

Time: 1-2pm

ART AT ARCHIE

Getting involved in creative activities is fun! Simply giving a creative activity a go can unblock old patterns or habits of thinking. Even if you don't think of yourself as an arty or creative adult – perhaps it's because you haven't done it for years. Creative options on offer at Archie include:



PAINTING

Fridays 9.30am-midday

Cost: \$1

A friendly group of experienced artists meet on Friday mornings to paint, share ideas and tips as they have a general chat and a cuppa. Bring your own painting equipment. Drop sheets and easels available.

No booking required: Senior Citizen Club membership required.



WATER COLOUR PAINTING

It's wonderful to offer a new art form at Archie! Yvonne Court is a very experienced water colour artist who studied Art, Craft & Design in Melbourne and then has had several decades of own practice and teaching others.

Date: Tuesday 14 Jan

Tuesday 21 Jan

Time: 1-2.45pm

Cost: \$10 for two sessions.

Group max 8. Bookings essential



SINGING

Join us for a special afternoon of live music at Archie! Jennifer King will perform a mix of well-known opera and show tunes including songs from West Side Story, Oklahoma and other favourites.

Date: Tuesday 18 February

Time: 1:15-2:00 PM

No cost

Book at Archie Reception or call 5559 4920



GLASS FOR LIFE – FUN INTERGEN SESSION

We are excited to invite grandparents & grandchildren (under 12) to this free event which aims to promote sustainable practices through engaging and interactive activities.

Event highlights:

- Story sharing session: grandparents share nostalgic memories of glass use and recycling from their youth.
- Guest speaker presentation: learn practical glass recycling methods & the environmental benefits.
- Hands-on activities: glass jar decorating - paint small jars to take home as storage or décor.

Join us for an afternoon of fun, learning, and sustainability!

Date: Thursday 16 January

Time: 1-3pm

Bookings: Archie Reception or call 5559 4920



CRAFT AT ARCHIE

Learn, share, repurpose, repair

Wednesdays 10am-midday

Do you enjoy creating useful and attractive craft projects? Join us as we work independently/together on a range of craft projects that repurpose materials or repair them. Community members are welcome to join the sessions listed below or work on your own craft projects and join the chat.

If you have ideas /activities to share with the group please chat to Clare cvaughan@warrnambool.vic.gov.au or call 5559 4920

Cost: \$2 to cover materials

No booking required



A NEW YEAR BRINGS NEW OPPORTUNITIES, AND AT ARCHIE, 2025 IS ALSO ABOUT EMBRACING GREEN LIVING. WE'RE EXCITED TO HOST INFORMATIVE SESSIONS AND SKILL-SHARING OPPORTUNITIES THAT PROMOTE HEALTH, WELLBEING, AND SUSTAINABLE LIVING PRACTICES.

FOOD CUBE GARDENING

Wednesdays from 10am - 11.30am

Food Cubes are advanced wicking beds designed for the harsh Australian climate. They have a large water-holding capacity and wicking cones to keep plants thriving for long periods. The Archie Graham Community Centre courtyard contains 4 x Cubes (1.2x1.2m) and 4x Slim Cubes (1.2x 6.6m) all planted with produce to share via the Archie Café menu and the Fresh Produce Exchange. Community members are welcome to come along and learn with us.



ARCHIE FRESH PRODUCE EXCHANGE

Wednesdays from 11am – midday

Do you have an abundance of home-grown produce? Whether it's fresh beans one week, tomatoes the next, or something else - we've got a place for you to share it! The idea is simple: share what you have and take only what you need. People bring fresh veggies, flowers, seedlings, seeds, potted plants, and cuttings to exchange.

We're aiming for a "Goldilocks" amount of produce—just the right balance, not too much and not too little. We'll learn what works as we go. Any excess produce will be composted, stored, or given away to avoid waste. Make a donation if you don't have produce to share. All welcome!



GREEN LIVING SKILLS SHARING SESSIONS

10am-11.30am on Wednesdays

\$2 contribution to materials and/or notes where provided. Book at Reception or call 5559 4920 and we will know to look out for you.

Wed 15 Jan: Food Cube & worm farm update - with social gardeners. Worm tea available in produce exchange.

Wed 29 Jan: Learn to make fabric produce bags with Pat, Lorraine, Marg & Nicole.

Wed 5 Feb: Food Cube, worm farm & composting update with the social gardening group.

Wed 12 Feb: Learn to mosaic simple garden decorations with Pat, Lorraine, Marg & Nicole.

Wed 19 Feb: Bricklaying at home. Learn the basics about bricks & mortar with Glenn – an experienced bricky!

Wed 26 Feb: Learn to make fabric produce bags with Pat, Lorraine, Marg & Nicole (repeat)

Wed 5 Mar: Food Cube, worm farm & composting update - with social gardeners

Wed 12 Mar: Learn to mosaic a simple garden decoration with Pat, Lorraine, Marg & Nicole



PHYSICAL ACTIVITIES AT ARCHIE IN 2025

At Archie, we continue to prioritise making physical activity accessible for everyone. We understand that staying active goes beyond fitness—it's about maintaining independence, forming friendships that help with motivation to participate regularly and it's about having fun.

We make sure we offer activities for those who are inactive to attend and move from “doing nothing to doing something” and gain the many benefits of an active lifestyle. We invite you to come in and give activities a go – there is more on offer than many in our community imagine.



HYDROTHERAPY

Hydrotherapy is a therapeutic practice that uses water (34 degrees) to soothe various health conditions, improve physical function, and promote relaxation. A Life guard is on pool deck and patrons workout independent of an instructor.

Monday-Friday

1hr sessions

Time: 9am - midday

Cost: \$10.80

Bookings essential



AQUA EXERCISE CLASSES

Aqua exercise uses the natural resistance of water (34 degrees), to build fitness because it makes the movements more challenging while also being gentle on the joints. A Life guard & aqua exercise instructor are on pool deck at all times. 30min sessions.

Thursdays

Time: 12.15 or 1pm

Cost: \$11.80

Bookings essential.



POI TWIRLING

Discover the joy of this dynamic practise inspired by Māori culture. Poi twirling is wonderful fun! It enhances brain health, improves coordination & balance, boosts grip strength and provides a full body workout. Poi twirling suits any age / ability & can be done in a seated or standing.

Dates: Wed 12th Feb

Wed 19th Feb

Wed 26th Feb

Time: 1.30-2.15pm

Cost: \$10

For more details or to make a booking, call Diane Hughson on 0439 385 879



MAT PILATES

Mat Pilates with Karen Anderson is a type of physical conditioning that focuses on core strength, flexibility, balance, and overall body awareness. Exercises are performed on a mat on the floor. 45min sessions.

Wed: 12.15pm

Thu: 10.30am

Fri: 9am

Cost: \$10

For more details call

Karen: 0438 387 923



YOGA & CHAIR YOGA

Robyn Collins Yoga classes combine physical postures (asanas), controlled breathing (pranayama), and meditation to promote health & well-being. Chair yoga is a modified form for those who prefer not to get on the floor. Instead practice is done sitting or using the chair for support. 45min sessions.

Seniors Citizen Club membership required.

General Yoga: Tues 9.45am

Chair Yoga: Tues 11am

Cost: \$6



TAI CHI

Tai Chi is a Chinese martial art focused on slow, deliberate movements and deep breathing. Health benefits include balance, coordination, flexibility, while promoting relaxation and mental focus. 45min sessions.

Seniors Citizen Club membership required.

Mondays & Wednesdays

Time: 9am

Cost: \$6



GENTLE EXERCISE

Linda Schlaghecke's Gentle exercise class is low-impact, easy on the joints, and suitable for people of all ages and fitness levels, especially those who may have physical limitations or are new to exercise. It focuses on movements that help maintain or improve mobility, strength, flexibility, and overall health without putting too much strain on the body. 45min sessions.

Seniors Citizen Club membership required.

Mondays & Wednesdays

Time: 10.30am

Cost: \$6



GROUP FITNESS

Michelle Steere's exercise classes are strength and balance based. Gym classes and group sessions available. No bookings required. 45min sessions.

A meet and greet introduction to be arranged with Michelle prior to first exercise class. Call 5559 4920 for more information.

Tues & Thurs

Time: 9am-1pm

Cost: \$12 or 10 pass \$90



WALKING GROUPS

Walks are led by Heart Foundation Walk Organisers or Seniors Club members. All walks are open to people of all fitness levels and provide an easy and affordable way for individuals to do regular exercise.

Heart Foundation groups (1hr):

Mon, Tues, Wed, Fri 9.30am

Seniors Club walking group (1hr):

Tues & Thurs 9am

Start points vary. Please check timetable in this newsletter for details.



LINE DANCING

A choreographed dance class performed in a group in unison with leader Phyllis Lewis calling instructions. Line dancing is a fun, social, and energizing activity that combines rhythm, coordination, fitness and fun. It can be enjoyed by people of all ages and abilities. 90min session.

Seniors Citizen Club membership required.

Learners Line Dancing

Friday: 10am – 10.30am

Line Dancing

Friday: 10.30am

Cost: \$6



INDOOR BOWLS

Indoor bowls is a low-impact, recreational sport similar to traditional lawn bowls, but played on a carpet surface indoors. It's accessible and enjoyable for people of all ages and fitness levels, making it particularly popular among seniors looking for a social, engaging activity.

Seniors Citizen Club membership required.

Tuesdays & Thursdays

Time: 1-3.30pm

Cost: \$1



POOL / 8 BALL

Played on full-sized tables, pool sessions suit seasoned player and those who are new to the game. Come along play some games, chat with others, and have fun.

Seniors Citizen Club membership required.

Monday, Wednesday & Fridays

Time: 1-3.30pm

Cost: \$2

WEEKLY TIMETABLE

Note: Senior Citizens Club Activities require Annual Membership of \$1



HYDRO

GROUP EXERCISE

SOCIAL ACTIVITIES

SENIOR CITIZENS CLUB

Monday	Tuesday	Wednesday	Thursday	Friday
9am - midday Hydrotherapy Pool 1hr \$10.80	9am - midday Hydrotherapy Pool 1hr \$10.80	9am - midday Hydrotherapy Pool 1hr \$10.80	9am - midday Hydrotherapy Pool 1hr \$10.80	9am - midday Hydrotherapy Pool 1hr \$10.80
9.15am Tai Chi - Linda \$6 Seniors Club	9am Walking - \$1 for lucky draw Meeting point: varies Seniors Club	9.15am Tai Chi - Linda \$6 Seniors Club	9am Walking - \$1 for lucky draw Meeting point: varies. Seniors Club	9am Pilates Karen Anderson \$10
9.30am Heart Foundation Walking - free Start: Surf Club	9am Men's Strength Training - Michelle \$12	9.30am Heart Foundation Walking - free Start: Surf Club	9am Men's Strength Training - Michelle \$12	9.30am Painting - \$1 Seniors Club
	9.30pm Heart Foundation Walking - Free Start: Aquazone	10am Social Gardening Free		9.30am Heart Foundation Walking - Free Start: Centro
10.30am Gentle Exercise Linda \$6 Seniors Club	9.45am General Yoga Robyn \$6 Seniors Club	10am Un-Finished Projects (UFP'S) \$2	10am Women's Strength Training - Michelle \$12	
	10am Women's Strength Training Michelle \$12	10am Scrabble \$2	10.30am Pilates Karen Anderson \$10	10am Seniors Club Learners Line dancing Free
	11am Kickstarters! Michelle \$12.	10.30am Gentle Exercise Linda \$6 Seniors Club	11am Kickstarters Michelle \$12.	10.30am Line dancing Seniors Club \$6
	11am Chair Yoga Robyn \$6	12.15pm Pilates Karen Anderson \$10	12.15pm Aqua Exercise \$11.80	
1pm, 1st& 3rd Mon/month Knitting \$1 Seniors Club	Midday Pulselite Michelle \$12.	1.30pm Cards 500, \$2 Seniors Club	Midday Fit & Trim Michelle \$12.	1pm Cards Euchre, \$2. Seniors Club
		1.30pm Mahjong \$2 Backgammon \$2	1pm Aqua Exercise \$11.80	1.30pm Singalong - \$1 Seniors Club
1.30pm Pool/8 Ball - \$2 Seniors Club	1pm Indoor Bowls \$1 Seniors Club	1.30pm Pool/8 Ball - \$2 Seniors Club	1pm Indoor Bowls \$1 Seniors Club	1.30pm Pool/8 Ball - \$2 Seniors Club

COMMUNITY INFORMATION

MY AGED CARE INFO SESSIONS

My Aged Care is the start point to access Australian Government funded services.

In this session we will help you find out about:

- Council Home Support Services available
- The types of aged care services available
- Your eligibility for services
- Costs you may need to pay

Presented by a Council Community Care team member.

When: Wednesday 12th March

Time: 1pm-2pm

After the session, stay for a tour of the Centre if you wish from 2-2.30pm.

Book: Archie Reception



END OF LIFE PREPARATIONS WORKSHOP

Dying well requires thought and planning.

Learn about advanced care planning, powers of attorney and wills.

Be inspired to complete an end of life care plan, a life review, a death plan and funeral plan.

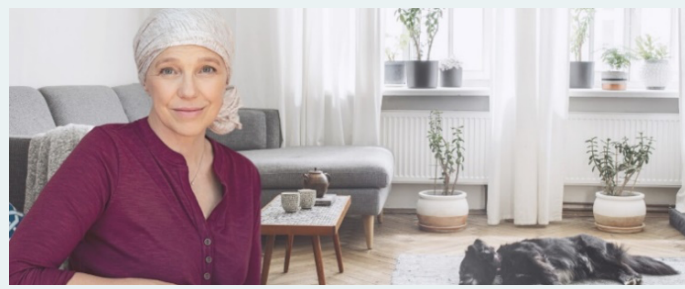
Presented by Eric Fairbank from the Warrnambool and District Hospice.

When: Thursday 9 January

Thursday 13 Feb

Time: 2pm-4pm

Book: Archie Reception



GETTING OLDER, DRIVING SAFELY & CATCHING LOCAL BUSES

Join Mal Agnew, Community Engagement Officer from Victoria Police, for an important workshop for older adults and their families. Learn how ageing impacts driving safety and plan for physical changes that impact your behaviours, lifestyle and safety on the road.

The team from Transit South West, including one of the drivers, will also share information about local bus services, trip planning, on-board experiences, and the bus buddy initiative to foster safe and enjoyable travel.

Perhaps come along with a couple of friends and have some fun learning to use the local buses together.

Date: Tuesday 18 March

Time: 1pm-2pm

Book: Archie Reception



CALL PUSH SHOCK TRAINING

Call Push Shock training for community members presented by Ambulance Victoria.

Come along and learn lifesaving First Aid and CPR skills.

At the session, Council staff will also assist you in downloading the Emergency Plus App to your smartphone and learn how it enables an ambulance to access the GPS coordinates to locate you in an emergency.

Also find out about the Victorian Virtual Emergency Department (VVED), a public health service for non-life-threatening emergencies.

Date: Tuesday 25 February

Time: 1-2 pm

Book: Archie Reception



COMMUNITY INFORMATION

FALLS PREVENTION INFORMATION SESSION

It is estimated that at least one third of people aged 65 years and over fall one or more times a year. Falling can be painful and scary, cause a loss of confidence or even restrict the activities you choose to do.

Don't miss out on all the fun things you like to do because you've fallen or have a fear of falling. Come along to this session delivered by Beth McDowell - Occupational Therapist and Simon Gaylard - Exercise Physiologist from St John of God Healthcare.

Gain practical information from the latest evidence based guidelines for falls prevention. Let's work together to prevent falls and also learn some skills so that if you do fall you can minimise the harm caused.

Date: Wednesday 5 February

Time: 1-2 pm

Book: Archie Reception

MANAGEMENT OF OSTEOARTHRITIS OF HIPS & KNEES

Are you living with painful and limiting hip or knee osteoarthritis? Come along to this session!

While osteoarthritis is not a curable disease, through education and a commitment to regularly doing a series of exercises that strengthen key muscle groups, many people do become or stay active, prevent symptom progression and reduce pain.

The team at Warrnambool Osteoarthritis of Hip and Knee Clinic are:

John Manderson – GP

John Cooney or Tony Pritchard – Physiotherapists

Sarah Serjeant – Dietitian






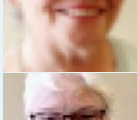
Date: Thursday 27 February

Time: 11 am - midday

Book: Archie Reception

TECH SUPPORT

Book a one-on-one Tech Support session with an Archie Volunteer for \$7.50. Whether you want advice about your Apple or Android device, or your Windows or Macintosh computer, there is a volunteer with the skills to assist you. Contact the friendly team at Archie Reception who can assist you to find the right volunteer.

	Alan Richardson	Overcome your fear of using an iPad or iPhone. This session is just for you! Plus Apple Watch tips.
	Brian Richards	Computers (Windows), Android tablets and phones.
	David Pearson	Computers (Windows) Getting started online. Genealogy/ancestry.
	Richard Skilbeck	Computers (Windows) Word, Excel, Email and Networking.
	Mabel Mitchell	Android phones - Beginner level ADVANCED CARE PLANNING SUPPORT AND TIPS – Mabel has career experience in advance care planning and volunteers at Archie to provide confidential 1:1 guidance and tips.
	Victoria Dunn	Help using iPads, iPhones, or MacBook Computers.

*Are you interested in sharing your Tech skills with others? Contact Clare cvaughan@warrnambool.vic.gov.au

PAIN REVOLUTION

At this session, Adrian Benson (Physiotherapist and Local Pain Educator with Pain Revolution) will present information to build your understanding of how pain works and provide strategies to consider in the management of chronic pain.

It will be an interactive session – so come along and learn about living your best life while managing pain.

Date: Thursday 6 March

Time: 1-2pm

Book: Archie Reception





West Warrnambool
Neighbourhood House

WEST WARRNAMBOOL NEIGHBOURHOOD HOUSE

COMING SOON!

West Warrnambool Neighbourhood House committee and friends are excited to announce that the new Warrnambool City Council managed Neighbourhood House, will be open to the community in February 2025!

The purpose built house will offer a variety of interactive programs and activities at its new facility on Pecten Avenue Park.

West Warrnambool Neighbourhood House facilitates the principals of community development while promoting community participation, inclusion and diversity.

Our programs are community led and aim to address local priorities and needs.

For more information please contact

Coordinator - Jill Bourke

Ph: 0418 944 276

Email: jbourke@warrnambool.vic.gov.au

MEDITATION AND MINDFULNESS FOR BEGINNERS

Learn traditional buddhist meditation techniques that will bring alertness, mindfulness, mental tranquillity and emotional positivity to your everyday life!

This 4-week course will help you:

- Reduce your level of stress and anxiety
- Enjoy small simple pleasures in life
- Increase your capacity for self-kindness
- Develop a greater sense of purpose and joy

Venue: West Warrnambool Neighbourhood house

Tutor: Dh Sanghamati

Date: Thursday March 6, 13, 20, 27

Time: 6.30 - 8.30pm

Cost: \$60 for 4 sessions

Contact: Jill Bourke

Ph: 0418 944 276

Email: jbourke@warrnambool.vic.gov.au

Extreme heat can be dangerous

Extreme heat days are becoming more frequent and intense.
To keep you and your loved ones safe, it's important to prepare early.



Stay hydrated
on hot days.



Use air con, fans
and wear light,
loose clothing.



Splash or
spray cool
water onto skin.



Check in with
family, friends
and neighbours.



Watch the
forecast and plan
activities at cooler
times of day.



Learn more at:

betterhealth.vic.gov.au/campaigns/extreme-heat

Authorised by the Victorian Government, Melbourne.
2310622

WHAT'S ON

2025 RECOMMENCEMENT DATES:

The Archie Graham Community Centre will be closed from 5pm on Tuesday 24 December and will reopen 8.45am Thursday 2 January 2025.

Activity	Recommencement
Archie Café	Monday 3 February
Hydrotherapy	Thursday 2nd January
Aqua Fit	Thurs 6th February
Tech Support	Contact Reception
Exercise Classes- Michelle Steere	Tuesday 21st January
Pilates - Karen Anderson	Wednesday 15th January
Heart Foundation Walking Groups	
Surf Life Saving Club	Monday 6th January Wednesday 8th January Note: Mon & Wed groups will meet at the BBQs opposite beach kiosk at 9.30am for the month of January.
Aquazone	Tuesday 7th January
Centro/North Point Shopping Centre	Friday 10th January
Mahjong	Wednesday 8th January
Backgammon	Wednesday 8th January
Scrabble	Wednesday 15th January
Social Gardening	Wednesday 8th January
Unfinished Projects	Wednesday 8th January
Tai Chi & Gentle Exercise	Monday 13th and Wed 15th January
Seniors Citizens Club Yoga	TBC
Seniors Citizens Club Walking Group	Ongoing
Seniors Citizens Club Singing Group	Friday 3rd January
Seniors Citizens Club Indoor Bowls	Tuesday 7th January
Seniors Citizens Club Painting	Friday 3rd January
Seniors Citizens Club Line Dancing	Friday 3rd January
Seniors Citizens Club Knitting	Monday 3rd February
Seniors Citizens Club Euchre	Friday 10th January
Seniors Citizens Club Cards 500	Wednesday 8th January
Seniors Citizens Club Billiards	Wednesday 8th January

YOUTH

YOUTH STAGE AT THE SUMMER NIGHT MARKETS

Warrnambool FReeZA are excited to be hosting the Youth Stage again at the Summer Night Markets in January 2025! The youth stage is a wonderful opportunity for young musicians (aged 12-25 years) to perform to a large audience down at Lake Pertobe.

The Youth stage will be at the markets on Friday 10th, Friday 17th and Friday 24th January. Each night there will be around 5-8 artists hitting the stage to entertain crowds between 4:30 and 9 pm. In a first for the Youth Stage, Friday 24th January will feature an all DJ and electronic dance music line up! What a perfect way to spend your Friday night!

For a list of the artist line-ups, please visit What's On Warrnambool. The Youth Stage is brought to you

by the Warrnambool FReeZA crew and Youth Engagement team at Warrnambool City Council. For more information, please contact youthservices@warrnambool.vic.gov.au.

