



Archie Graham  
COMMUNITY CENTRE

# NEWSLETTER

**JULY - SEPTEMBER 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](mailto:agccustserv@warrnambool.vic.gov.au)



**MARTIN SULLIVAN'S GIFT OF KAWAI UPRIGHT PIANO  
TO THE ARCHIE GRAHAM COMMUNITY CENTRE**

More information on Page 2





## 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 Whurrung 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.

## WHAT'S ON AT ARCHIE?

The Archie Graham Community Centre belongs to the Warrnambool Community. Come in and see what is on offer by joining a tour or spend some time in the Archie Café, watch the activities and chat to those involved. There is more on offer than you imagine.

### MARTIN SULLIVAN'S GIFT OF KAWAI UPRIGHT PIANO TO THE ARCHIE GRAHAM COMMUNITY CENTRE

Martin adores playing the piano and believes people deserve far better than a 'make do' instrument.

Martin, who is a local artist and paints by the name of "Smartzie" has arranged 5 quality pianos in public spaces, has voluntarily performed at over 500 piano sessions and cannot wait to see others clambering onto the piano seat at the Archie Graham Community Centre and having a go.

So please come into Archie to play, or listen, to this high quality piano. Martin believes a quality piano attracts quality pianists, which leads to an audience.

We thank Martin for this gift and look forward to what it will offer our Community.

If you would like to book a set time to play the piano, you can contact reception, or call in at any time and see if it's available to play.



### TOURS:

Book into 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 9 July 11-11.30am**  
**Tuesday 29 July 9.30-10am**  
**Thursday 14 August 10.30-11am**  
**Monday 25 August 10-10.30am**  
**Wednesday 10 September 2-2.30pm**  
**Friday 26 September 9.30-10am**



### ARCHIE CAFÉ

The Archie Café is open on Mondays, Tuesdays, & Thursdays from 10:00 am to 1:30 pm.

With the cooler days now upon us, come along to The Archie Café and enjoy our 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.

You can take your time to sit and enjoy the food over a chat with others, perhaps before or after attending one of our classes or information sessions. There is plenty of room to settle into the space and stay as long as you like!

If you would like to arrange a group lunch, please drop into the Centre and book directly with our friendly café volunteers who find it easier when they can plan ahead.

The Archie Café is a great example of community supporting community and we thank the wonderful team of café volunteers. If you are interested in volunteering in the café, let us know.





## ARCHIE GRAHAM COMMUNITY CENTRE FEES & CHARGES

Please see fees and charges for the 2025 – 2026 financial year effective as of the

**1 July 2025.**

The following list includes the comparative rates from the previous financial year.

Fees and Charges	2024-2025	2025-2026
Hydro pool casual admission	\$10.80	\$11.10
Aqua Aerobics	\$11.80	\$12.00
Commercial rate – pool hire per hour	\$107.90	\$110.60
Community rate – pool hire per hour	\$75.50	\$77.40
Community Computer Support – per hour session	\$7.50	\$7.70
Mahjong, Scrabble and Backgammon	\$2.00	\$2.10



## BRAIN GAMES

Wednesday afternoons at Archie are a time in the week to give your brain a workout!

Chess, Backgammon, Scrabble, Mah-jong and Cards (500 Seniors Club activity) are all on offer for \$2.10 per session. Regular players welcome beginners and are happy to teach you how to play.

### Start times:

- Cards/500 and Scrabble start at 1pm
- Chess, Backgammon & Mah-jong start at 1.30pm.

If attending for the first time, please call reception on 5559 4920 so we can let regular players know to expect you.



**Do you have complete jigsaw puzzles that you would be willing to swap? If so, we can assist with a Puzzle Swap, where you donate your set and swap for other sets.**

## ACTIVE ARCHIE

### CHANGES TO TUESDAY & THURSDAY EXERCISE CLASSES

There will be a temporary change to the Tuesday and Thursday morning exercise classes.

Michelle Steere is taking leave for a 10- week period, and we are fortunate to have two instructors to replace Michelle during this period. We thank Allahna and Clare, and wish Michelle all the best for her period of leave.

Michelle will return on Tuesday 2 September.

## HEART FOUNDATION WALKING

We congratulate Kayleen and Alan who recently completed their 500th walk. Check out our weekly timetable on page 5 for more information.



## HYDROTHERAPY

A reminder to our regular pool patrons to ensure that your bookings are up to date. Please check your bookings regularly with the reception team.

**Happy birthday to Neil who recently celebrated his 90th birthday**







## SOCIAL GARDENING

**Wednesdays 10am - midday**  
**Learn, grow, harvest, share**

Are you into GREEN LIVING and SKILLS SHARING?

At Archie we're excited to host skill-sharing opportunities related to gardening, growing veggies, worm farming, composting, exchanging produce, seeds, flowers and other plants.

Food cube, garden tours and demonstrations available.



## HELP WANTED

We are looking for more people to join us to keep our gardens productive and the courtyards beautiful for everyone to enjoy.



## RECYCLING

**Have you ever wondered what becomes of the milk lids that you recycle at Archie Graham?**

Lids that are deposited at the Archie Recycling station are regularly collected by recycling warrior Jan Holdsworth.



Jan began collecting for the Lids4Kids program but when the program lost funding Jan continued to collect lids and source other means to recycle them. Jan washes and sorts lids before transporting the lids to a school in Mt Gambier to be used in recycling projects. A portion of the lids deposited at Archie are used by Nick Yandall from Precious Ocean Plastic

who crusades to reduce the volume of plastic going into the environment. The lids are mixed with ocean plastic that Nick cleans off the beach. The products that Nick creates help fund his cleaning and crusading. Thank you Jan and Nick for all that you do to keep these items from going to landfill.

**Facebook: Precious Ocean Plastics**

Reminder: Archie Graham is no longer taking blister packs and these can now be taken to Chemist Warehouse on Liebig Street and at Gateway Plaza.

## ARCHIE FRESH PRODUCE EXCHANGE

**Every Wednesday from 11am – midday**

Do you have an abundance of home-grown produce or do you 'long for' home grown produce?

Come along to the Archie Fresh Produce Exchange and meet other growers and local food enthusiasts.

Produce grown in our food cubes is also available for exchange. We have a donation box for those without produce to swap.

The idea is simple: share what you have and take only what you need. Fresh veggies, flowers, seedlings, seeds, potted plants, and cuttings are all brilliant to share.



# 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
<b>9am - midday</b> Hydrotherapy Pool 1hr \$11.10	<b>9am - midday</b> Hydrotherapy Pool 1hr \$11.10	<b>9am - midday</b> Hydrotherapy Pool 1hr \$11.10	<b>9am - midday</b> Hydrotherapy Pool 1hr \$11.10	<b>9am - midday</b> Hydrotherapy Pool 1hr \$11.10
<b>9.15am</b> Tai Chi - Linda \$6 Seniors Club	<b>9am</b> Walking - \$1 for lucky draw Meeting point: varies Seniors Club	<b>9.15am</b> Tai Chi - Linda \$6 Seniors Club	<b>9am</b> Walking - \$1 for lucky draw Meeting point: varies. Seniors Club	<b>9am</b> Pilates Karen Anderson \$10
<b>9.30am</b> Heart Foundation Walking - free Start: BBQ opposite Kiosk	<b>9am</b> Men's Strength Training - Michelle \$12	<b>9.30am</b> Heart Foundation Walking - free Start: BBQ opposite Kiosk	<b>9am</b> Men's Strength Training - Michelle \$12	<b>9.30am</b> Painting - \$1 Seniors Club
	<b>9.30pm</b> Heart Foundation Walking - Free Start: Aquazone	<b>10am</b> Social Gardening Free		<b>9.30am</b> Heart Foundation Walking - Free Start: Centro
<b>10.30am</b> Gentle Exercise Linda \$6 Seniors Club	<b>9.45am</b> General Yoga Robyn \$10	<b>10am</b> Made at Archie Craft	<b>10am</b> Women's Strength Training - Michelle \$12	
	<b>10am</b> Women's Strength Training Michelle \$12	<b>10.30am</b> Gentle Exercise Linda \$6 Seniors Club	<b>10.30am</b> Pilates Karen Anderson \$10	<b>10am</b> Seniors Club Learners Line dancing Free
	<b>11am</b> Kickstarters! Michelle \$12.	<b>12.15pm</b> Pilates Karen Anderson \$10	<b>11am</b> Kickstarters Michelle \$12.	<b>10.30am</b> Line dancing Seniors Club \$6
	<b>11am</b> Chair Yoga Robyn \$10	<b>1pm</b> Scrabble \$2.10	<b>12.15pm</b> Aqua Exercise \$12.00	
<b>1pm,</b> 1st& 3rd Mon/month Knitting \$1 Seniors Club	<b>Midday</b> Pulselite Michelle \$12.	<b>1pm</b> Cards 500, \$2 Seniors Club	<b>Midday</b> Fit & Trim Michelle \$12.	<b>1pm</b> Cards Euchre, \$2. Seniors Club
		<b>1.30pm</b> Mahjong \$2.10 Backgammon \$2.10 Chess \$2.10	<b>1pm</b> Aqua Exercise \$12.00	<b>1.30pm</b> Singalong - \$1 Seniors Club
<b>1.30pm</b> Pool/8 Ball - \$2 Seniors Club	<b>1pm</b> Indoor Bowls \$1 Seniors Club	<b>1.30pm</b> Pool/8 Ball - \$2 Seniors Club	<b>1pm</b> Indoor Bowls \$1 Seniors Club	<b>1.30pm</b> Pool/8 Ball - \$2 Seniors Club

**Please note:** Michelle Steere will be taking leave on Tuesday 29th April and Thursday 1st May.  
Michelle's classes will not be running on these days.



# 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:

## MADE AT ARCHIE CRAFTS

**Learn, create, repurpose, share**

Continuing the GREEN LIVING and skill sharing ideas we are creating useful and attractive craft projects including knitted/crocheted dish cloths, produce bags, shopping bags and slippers using repurposed materials.

**Every Wednesday from 10am - 11.30am.**

No experience necessary. If you'd like to learn to knit, crochet, machine sew or use an overlocker – come in. You can also bring along an existing project of your own to work on with others.

Shopping bags, produce bags and dishcloths MADE AT

ARCHIE are available for purchase. The shopping bags come in a range of fabrics and sizes.

**We are always looking for more crafters willing to be part of the Made at Archie Project.**

- Join us and learn to make items for yourself
- Come along and make items to share
- Pick up some pre-cut bag kits to make bags at home
- Pick up some cotton to knit/crochet dishcloths at home
- Donate excess fabric or yarn (where appropriate/ needed)

The Seniors Club also have a knitting group that welcomes new members on 1st & 3rd Monday /month at Archie.



## SENIORS CLUB 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.

We congratulate Barbara Smith, a member of the Friday painting group who recently exhibited at the Glyph Gallery and Painting Space in Port Fairy.



## ART AND UPCYCLING WITH LOCAL ARTIST CLAIRE CHATFIELD

**Upcycled Art – Creativity meets Sustainability**

**Date:** Friday 15 August 1-4pm  
Friday 19 September 1-4pm

**Cost:** Free (donation for materials appreciated)

**Bookings essential** (indicate your likely arrival time)

Have you ever thought of how you can be more creative with your sustainable practices?

Claire Chatfield is a Warrnambool based Visual Artist, Musician and Song Writer. Claire has been making and exhibiting art for over 30 years around Australia and Internationally. Claire will be hosting two sessions of Upcycled Art, which is the practice of repurposing your "waste" in order to turn it into something that is a creative work of art. E.g. creating a sculpture out of plastic, or reusing newspaper for collage art.

Bring along your pre-loved goods for upcycling. Assistance and guidance will be provided by Claire with:



- Sewing/Weaving
- 3D (e.g. sculpture)
- Collaging
- Card making
- Any other project ideas you may have.

Come and share your skills and expertise.

While some tools and materials will be available on the day, you are encouraged to think about the medium that most interests you and bring what you need to complete your project.

Acrylic paints are fine, but please leave oil paints at home. Drop in any time between 1-4pm.



# LIVE MUSIC



## RODGER PUNCH "ACOUSTIC AL"

If you like pop songs from the 1960's, 70's and 80's come and join us for a fun hour of musical reminiscing with Acoustic Al.

**Date:** Monday 7 July & Monday 1 September

**Time:** 1pm-1.45pm

**No bookings required**



## THE WEDNESDAY WHISTLERS AND COMPANY

If you like traditional Irish Music, join us for a fun afternoon with live music from the Wednesday Whistlers and Company.

**Date:** Monday 4 August

**Time:** 1pm-1.45pm

**No bookings required**



## HANNAH BEKS

Local singer and pianist, Hannah Beks, will be sharing her love of music. She will be presenting a program of jazz, classical, musical theatre and original music.


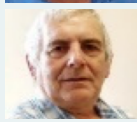


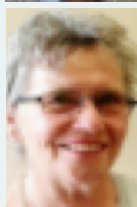

**Date:** Monday 18 August

**Time:** 1pm-1.45pm

**No Bookings required**

## TECH SUPPORT

Book a one-on-one Tech Support session with an Archie Volunteer for \$7.70. 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.

	<b>Alan Richardson</b>	Overcome your fear of using an iPad or iPhone. This session is just for you! Plus Apple Watch tips.
	<b>Brian Richards</b>	Computers (Windows), Android tablets and phones.
	<b>David Pearson</b>	Computers (Windows) Getting started online. Genealogy/ancestry.
	<b>Richard Skilbeck</b>	Computers (Windows) Word, Excel, Email and Networking.
	<b>Mabel Mitchell</b>	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.
	<b>Victoria Dunn</b>	Help using iPads, iPhones, or MacBook Computers.

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

## RED CROSS TRANSPORT SERVICE

The Red Cross Transport service is available to help people access hospital and medical appointments. The service is run by volunteers who cherish the opportunity to meet new people and can drive you to appointments in the South West, Ballarat, Geelong and even Melbourne.

You don't need to be registered for My Aged Care to access this service, but you will need a referral from your doctor or specialist.

**Call 03 8327 7868** or head to the Red Cross Website for more information.

**[www.redcross.org.au/transport](http://www.redcross.org.au/transport)**





## FINDING FREEDOM IN BUS TRAVEL

Thanks to the crew from Warrnambool Bus Lines and the community members from the Archie Graham Community Centre who trialled a small group trip to Port Fairy for lunch and some gallery/shopping time in April.

We departed from Warrnambool at 10am and took a scenic tour via Tower Hill and Koroit to arrive in Port Fairy at the Visitors Centre at 10.39am. We had two hours in Port Fairy which was plenty of time for lunch as well as some gallery/shopping time.

There are two options to depart the Port Fairy Visitor Centre; a scenic loop of Port Fairy via South Beach and the wharf and back to the Port Fairy Visitor Centre or a slightly later departure going direct to Koroit, Tower Hill and Warrnambool.

### Feedback from the Archie passengers about the trial small group trip.

*"Return tickets to Port Fairy cost \$5.50 which is very affordable. On weekends seniors tickets are free! That's fantastic! I'll be catching the bus to go on an outing with a few friends for sure!"*

*"The bus had easy access ramps and our bus could also be lowered to make it even easier to get on/off with my wheelie walker. 'The drivers were really helpful'"*

## WARRNAMBOOL BUS NETWORK & TIMETABLE INFORMATION SESSION

Come along to this session where the team from Warrnambool Bus Lines will show you the map of the Warrnambool Bus Network and help you to read the relevant timetables to enable you to plan trips you'd like to take.

**Date:** Tuesday 5 August

**Time:** 1pm-2pm

**Location:** Archie Graham Community Centre

## DID YOU KNOW YOU CAN CATCH A BUS FROM ARCHIE TO GATEWAY PLAZA?

**Buses depart from Archie:** 9.11am, 10.11am, 11.11am, 12.11pm, 1.11pm ... and arrive 14 minutes later at Gateway Plaza.

**Buses depart from Gateway Plaza:** 10.33am, 11.33am, 12.33pm, 1.33pm... and arrive 13 minutes later at Archie.

Check out bus timetables online:

[www.warbus.com.au/services/transit-south-west/timetables](http://www.warbus.com.au/services/transit-south-west/timetables)

## PERSONAL SAFETY AND ROAD SAFETY – FEELING SAFE IN YOUR COMMUNITY

Join Mal Agnew, Community Engagement Officer from the Victoria Police, for an important workshop for older adults. Learn how to improve your personal safety as you access your community, and how to improve your safety on the road. Come along with any questions or concerns you may have relating to living safely in your community.

**Date:** Thursday 4 September

**Time:** 11am-12pm

**Cost:** Free

**Book at reception.**

### Small group trip to Gateway Plaza

We will catch the 10.11am bus at Archie and get off at the bus stop in Gateway Road at 10.24am.

We will then catch the return bus at 10.33am to arrive back at Archie at 10.46am. Less than 40minutes for the experience that you can then repeat whenever you need to go to Gateway Plaza. A daily ticket is \$3 so you could return to Gateway Plaza on the next bus 11.11am and be there in time for lunch!

**Date:** Thursday 21 August

**Time:** 9.45am meet at Archie Graham

**Cost:** A 2 hour ticket costs \$1.50.

**Book** at Archie or call 5559 4920.

Maximum of 10 passengers.

If more than 10 people wish to attend, we will repeat the trip.

### Small group trip to Koroit

We will travel to Koroit, arriving at 10.20am for morning tea at 'The Art of Tea' at own cost. The return trip departs Koroit at 11.25am and arrives at the bus interchange at 11.50am.

A pleasant outing with time to chat during the trip and over a cuppa and simply to enjoy getting out in the countryside. The view over Tower Hill is always lovely.

**Date:** Thursday 18 September

**Time:** Meet at the Warrnambool Bus Interchange on Lava Street at 9.50am to catch the 10am Port Fairy bus

**Cost:** Purchase a 2hr ticket at a cost of \$2.80.

**Book** at Archie or call 5559 4920.

Max 10 passengers.





# VOLUNTEER CONNECT

## VOLUNTEER CONNECT

Council celebrated National Volunteer Week 2025 with a special event on 20 May.

Volunteers enjoyed a relaxed afternoon at the Carmichael Room at the City Memorial Bowls Club, where they could share their volunteering experiences and socialise with other volunteers.

The event was attended by Cr. Billy Edis (Guest Speaker), and Cr. Willy Benter. Council representatives included Andrew Mason (CEO), Brooke Love (Director of City Wellbeing), Peter Russell (Manager of Community

Strengthening), and a number of Council branch and service managers and volunteer supervisors. The Archie Graham Centre was lit up red during National Volunteer Week, as part of a nation-wide campaign via Volunteering Australia.



The theme for the week was "Connecting Communities," focusing on how volunteering builds relationships and strengthens communities. National Volunteer Week is an annual celebration in Australia that recognises and acknowledges the significant contributions of volunteers to the country. This year's theme highlighted the power of volunteering to bring people together and foster a sense of belonging within communities.

**Are you interested in volunteering? Please contact:** [volunteers@warrnambool.vic.gov.au](mailto:volunteers@warrnambool.vic.gov.au) or **phone** 5559 4919 (Mon – Thurs).

## WEST W'BOOL NEIGHBOURHOOD HOUSE

*From Monday to Saturday,  
there's always something happening at...*



**West Warrnambool  
Neighbourhood House**

**Programs commence the first week of March**



**PLUS MORE!**

### SCHOOL HOLIDAY PROGRAM: July 7 – 17, 2025

Lots of fun and interactive activities for children aged 5 – 12 years.

**Monday July 7:** Creative Cooking

**Tuesday July 8:** Life for Glass Program

**Wednesday July 9:** Sewing adventures – kids on the machine

**Thursday July 10:** Paint a local landscape

**Tuesday July 15:** Textiles and Printmaking

**Wednesday July 16:** Crochet for kids

**Thursday July 17:** Monster Madness – create your own creature

**Bookings essential**

**phone** 0418 944 276

**Ejbourke@warrnambool.vic.gov.au**

### Term 3 Programs

CWA – Monthly Cooking Program

Quiz & Coffee Connections

Meet Up Mondays

Toddle on Hoddle Playgroup

Home is Where the Art is Projects

Library Service and Children's Story Time

English Conversation Café

Zentangles Mindful Doodling

Casual Crochet,

Crafts & Laughs

Knit and Natter

Westside Walkers

# 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 27 August

**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 10 July

Thursday 14 August

Thursday 11 September

**Time:** 2pm-4pm

**Book:** Archie Reception



## FALLS PREVENTION

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.

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.

**Date:** Tuesday 19 August

**Time:** 1-2pm

**Book:** Archie Reception



## CALL PUSH SHOCK TRAINING

Is it time to refresh your first aid skills?

Come along and learn lifesaving First Aid and CPR skills, which are very practical and easy to apply in an emergency. Presented by Ambulance Victoria.

At the session we can assist you in downloading the Emergency Plus App to your smartphone. Also find out about the Victorian Virtual Emergency Department (VVED), a public health service for non-life-threatening emergencies.

**Date:** Tuesday 19 August

**Time:** 2pm - 3pm

**Book:** Archie Reception



## FREE HEARING TESTS

Book a free hearing check, and rediscover the sounds you love.

**Date:** Thursday 7 August

**Time:** 12.30pm until 3.00pm (20 minute appointment times)

**Book:** Contact Archie Reception to make an appointment





# COMMUNITY INFORMATION

## 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.

Presented by the team from Warrnambool Osteoarthritis of Hip and Knee Clinic:

- John Manderson – GP
- John Cooney or Tony Pritchard – Physiotherapists

**Date:** Thursday 7 August 11am – 12pm

**Time:** 11 am - midday

**Book:** Archie Reception

## CONVERSATIONS ABOUT MONEY...

Come along and join these conversations about money, to help you or someone you care about find the info you need... from local services.

The more of us that know about the services available, the more we can help ourselves and one another.

### Our next session is "Financial literacy for all".

Join us to learn more about how to make the most of your money.

- All you need to know about options for managing your water bills, including water saving tips.
- How to protect yourself from scams and what to do if you have been scammed.
- Basic tips and tricks to ensure you are making your dollars work best for you.
- How to access FIS and what it can assist with.

The session is delivered by Wannon Water, Beyond Bank, Meli and Financial Services Australia.

**Date:** Tuesday 26 August

**Cost:** Free, with afternoon tea provided.

**Time:** 2pm-3pm

**Location:** Archie Graham Community Centre

**For bookings & enquiries call 5559 4920**

Bookings help us plan for the session, however it's ok to just come along rather than not come!



## EDIE FOR FAMILY CARERS; A VIRTUAL REALITY DEMENTIA EXPERIENCE

This session is a virtual reality simulation that enables participants to see the world through the eyes of a person living with dementia. This will enhance your knowledge of dementia, while exploring strategies to support a person living with dementia to live more confidently.

We have two sessions on offer:

**Date:** Tuesday 12 August

**Time:** 10am – 12pm and 1pm-3pm

Please book at reception if you would like to attend, as the session numbers are capped.

## WORRIED ABOUT YOUR MEMORY

This session provides information on memory and common changes that may occur with ageing. It provides strategies for improving memory, when to seek help about your concerns and services provided by Dementia Australia.

**Date:** Tuesday 16 September

**Time:** 1-2pm



## UNDERSTANDING DEMENTIA

This session provides an introduction to dementia including an overview of different types of dementia, diagnosis, planning ahead and how to support someone living with dementia. This will include communication tips.

**Date:** Wednesday 17 September

**Time:** 1-2pm

**For bookings & enquiries: call 5559 4920**

# YOUTH

## 7th, 9th & 14th July – Library Takeover Days

FReeZA is taking over the library with an exciting series of workshops designed for young people, by young people. Dive into creative arts, skill-building, life skills, and extend your skills to enhance your future career in the creative industries. These free workshops are perfect for young people looking to explore, create, and connect. If you know a 12-25yr old that may be interested, head over to the Library's website for all the details.

## 29th August – Wear it Purple Roller Disco

Get ready to skate and celebrate at the Wear it Purple Roller Disco, honoring LGBTQIA+ young people. This fun, family-friendly event features local young DJs spinning great tunes. Whether you identify as LGBTQIA+ or are a supportive ally, come join the party and show your pride on wheels!

## September – ARTOLESCENCE Exhibition at F-Project

Throughout September, the F-Project will showcase ARTOLESCENCE, an inspiring exhibition featuring artworks by Warrnambool Secondary Students. Young local artists will display and sell their work, giving a powerful voice to youth creativity and expression. Don't miss this vibrant celebration of young talent!

**All Youth Events are promoted on our Social Media channels – find us on Facebook and Instagram as WarrnamboolCityYouth, or email [youthservices@warrnambool.vic.gov.au](mailto:youthservices@warrnambool.vic.gov.au) for more details**

# ARCHIE AT A GLANCE - WHAT'S ON WHEN

Event	Date and Time
Live Music	Monday 7 July, 4 & 18 August, 1 September 1-1.45pm
End of Life Preparations Workshop	Thursday 10 July, 2pm-4pm
Bus Network and Timetable session	Tuesday 5 August, 1pm-2pm
Management of Osteoarthritis of Hips & Knees	Thursday 7 August 11am-12pm
Free Hearing Tests with Hearing Australia	Thursday 7 August from 12.30pm-3pm
Dementia Australia – EDIE Virtual Reality Experience	Tuesday 12 August 10am-12pm and 1pm-3pm
End of Life Preparations Workshop	Thursday 14 August 2pm-4pm
Art and Upcycling – with Claire Chatfield	Friday 15 August, 1pm-4pm
Falls Prevention	Tuesday 19 August 1pm-2pm
First Aid Training – Call Push Shock	Tuesday 19 August 2pm-3pm
Bus Trip to Gateway Plaza (bus travel trial)	Thursday 21 August
Conversations about Money	Tuesday 26 August 2pm-3pm
My Aged Care Information Session	Wednesday 27 August 1pm-2pm
Safety in your community: Victoria Police	Thursday 4 September 11am-12pm
End of Life Preparations Workshop	Thursday 11 September 2pm-4pm
Dementia Australia: Worried about your Memory?	Tuesday 16 September 1pm-2pm
Dementia Australia: Understanding Dementia	Wednesday 17 September 1pm-2pm
Bus Trip to Koroit (bus travel trial)	Thursday 18 September
Art and Upcycling – with Claire Chatfield	Friday 19 September 1pm-4pm



DancePD by Rosalie O'Connor.

**Come and try our new "FREEDOM Dance for Wellbeing" classes with Diana Montes-Cooper.**

The classes are designed for older adults who want to experience the joy of dancing, regardless of mobility or skill. Come and be physically and mentally stimulated, as you fuel your body with music and movement, have fun, form new friendships and feel good!

We are offering four free trial sessions, as we launch this new dance class option at the Archie Graham Community Centre.

**When:** Wednesday 30 July and Wednesday 6 August

**Time:** 1.30pm - 2.30pm - for participants with limited or impaired mobility  
3.30pm - 4:30pm - for participants able to move at a more energetic pace

**Cost:** First two weeks are free. Price to be determined after the trial classes.

Please book at Reception or call 5559 4920

