



Archie Graham
COMMUNITY CENTRE

OPEN
9AM - 5PM
MON - FRI

September - October

The Archie Graham Community Centre is on the lands of the Gunditjmarra people of the Maar Nation. We wish to pay our respects to Elders past, present and emerging. All First Nations people are welcome.

The Archie Graham Community Centre (Archie) is a great place to be actively connected to community. Meet the team, we are here to help you find the community activities and information you're looking for.



L-R Esmae Gray, Clare Vaughan, Jacob Gilmour, Jill Bourke, Terese Jones, Jenni Katsaros

Reception: Jenni, Esmae or Terese will assist you with enquiries as well as take bookings & payments. Call 5559 4920.

Community Programs: Clare co-ordinates the programs and welcomes people interested in finding out what is on offer at the Centre for a tour **10am Tues 13 Sept, 3pm Tues 27 Sept or 10am Mon 10th Oct.**

Community Connections Program

A free service, to support people to reconnect to social activities within the community. Contact Jacob or Jill to develop a plan to link you to social activities, groups and services.

Jacob: 0478 325 823

Jill: 0418 944 276 or visit our webpage:

www.warrnambool.vic.gov.au/community-connections-program



Victorian Seniors Festival 2022– Celebrate

The Spectrum Concert is finally coming to Warrnambool after being cancelled in 2021 due to Covid. Tickets \$20; \$15 group 10+; Book online today

www.lighthouse theatre.com.au/warrnambool-celebrate-seniors-festival-spectrum

or at the Lighthouse Theatre box office or call 5559 4990

Back by popular demand: bus trips, pampering sessions, the classic car tour and a showing of Florado festival amateur films from the 50's and 60's. This years program has a nature theme and includes: garden tours, as well as nature craft, art and story telling sessions. **Bookings open 1st September.** Programs including details of how to book are available online and at Archie Reception.



Neighbourhood Houses Victoria and Good Shepherd have partnered to help community members apply for the 2022 State Government's \$250 Power Saving Bonus!

Applications for the Power Saving Bonus need to be made online, however we understand that many people in our community either lack access to devices or internet, or lack confidence and skills in using technology. To ensure no one gets left behind, **West Warrnambool Neighbourhood House** can assist you to complete your Power Saving Bonus application.

APPOINTMENTS ARE NECESSARY Please phone Jill 0418 944 276

Archie Graham Community Centre; 118 Timor St Warrnambool.

Phone: 03 5559 4920 Email: agccustserv@warrnambool.vic.gov.au

Weekly Timetable

Note: Senior Citizens Club Activities require Annual Membership of \$25

Monday	Tuesday	Wednesday	Thursday	Friday
9am - midday Hydrotherapy Pool 1hr; \$10.10	9am - 1pm Hydrotherapy Pool 1hr; \$10.10	9am - midday Hydrotherapy Pool 1hr; \$10.10	9am - midday Hydrotherapy Pool 1hr; \$10.10	9am - midday Hydrotherapy Pool 1hr; \$10.10
9.15am Tai Chi \$5 Seniors Club	9am Walking 50c for lucky draw Meeting point: varies Seniors Club	9.30am Heart Foundation Walking - free Start: Surf Club	9am Walking 50c for lucky draw Meeting point: varies Seniors Club	9.30am Painting - free Seniors Club
9.30am Heart Foundation Walking - free Start: Surf Club	9am Men's Strength Train- ing \$10 No class 6 Sept	10am 2 nd & 4 th Wed/mth Social Gardening Free	9am Men's Strength Training \$10 No class 8 Sept	9.30am Heart Foundation Walking - free. Start: Centro
10am Social Cy- cling free. Enquire at Reception	9.30am Yoga -beginners \$10	10am Kanga Training for mums & bubs; \$20		
10.30am Gentle Exercise. \$5 Seniors Club	10am Women's Strength Training; \$10 No class 6 Sept		10am Women's Strength Training; \$10 No class 8 Sept	10am Social Cycling, free Enquire at Reception
	10.30am Yoga - Mums/Dads & child class \$10			
	11am Stepping Stones; now called Kickstarters! \$10. No class 6/9		11am Stepping Stones; now Kickstarters! \$10 No class 8/9	10.30am Line dancing Seniors Club \$4
	11.30am Yoga - Seated \$10			
1pm, 1 st & 3 rd Mon/month Knitting free Seniors Club	Midday Pulselite \$10 No class 6 Sept	1.30pm Cards 500, \$1 Seniors Club	Midday My Strength; now called Fit & Trim \$10 No class 8 Sept	1pm Cards Euchre, free. Seniors Club
1pm, 2 nd Mon/mth Writing Group \$2	12.30am Guided relaxation & meditation, \$10	1.30pm Mahjong \$2 Scrabble \$2		1pm Singalong free Seniors Club
1.30pm Billiards - free Seniors Club	1pm set-up Indoor Bowls \$1 Seniors Club	1.30pm Billiards - free Seniors Club	1pm set-up Indoor Bowls \$1 Seniors Club	1.30pm Billiards - free Seniors Club
	1.30pm Confidential assistance with your personal info with Mabel Mitchell. Free		1- 2.30pm Archie Intercultural Café. Free	
	4.30pm Heart Foundation Walking - free Start: Aquazone		2pm Petanque - free; Lake Pertobe Piste. Seniors Club	

The *This Girl Can* Campaign - inspiring women and girls to be physically active however, wherever and whenever they choose... without being judged. For more information: www.thisgirlcan.com.au

Donella will lead a range of 45 minute group yoga & mindfulness sessions

THIS GIRL CAN

Tuesday 13th September

First session free then continues each Tuesday
\$10/class

Beginners Yoga: 9.30am

Mums/dads & child class: 10.30am

Seniors seated yoga: 11.30am

Guided relaxation & meditation: 12.30pm

Bookings: At Archie Reception or call 5559 4920

DONELLA'S
Yoga

Kangatraining - the ultimate baby-wearing workout that is perfect for new mums to socialise and exercise without the need to find a babysitter. Come and try for four sessions free, then continue each week \$20 for 1 hour.

When: Wed 14, 21, 28 Sept, 5 Oct; 10am-11am;

Instructor: Sharna Atcheson

Bookings: At Archie Reception or call 5559 4920



Graceful "Girl" Classes !! Introduction to basic ballet

When: Mon 12, 19, 26 Sept & 3 Oct; Session 1: 2pm -2.30pm; Session 2: 2.45pm-3.15pm

Instructor: Michelle Steere **Bookings:** At Archie Reception or call 5559 4920.

THIS GIRL CAN

Learn basic feet & arms positions that strengthen the entire body. Dancing promotes healthy bones, burns calories & is great for balance and cognitive function as you need to practice coordination & concentration.
- No tutu's or ballet shoes needed. Leggings and socks will be great!



This Girl Can Week is back!

— 12 - 18 September 2022 —



THIS GIRL CAN



BOOTYLICIOUS BOOTCAMP

FOR MUMS AND NANS

FREE
CRECHE!

FREE

Mon Sept 12
Wed Sept 14
Fri Sept 16
10.15am-11am

Bookings essential
Ph: 0418 944 276
E: jbourke@warrnambool.vic.gov.au
Address: 1113 Raglan Parade
Warrnambool



Physical Activity

At Archie we offer a range of physical activity options... and the options are being expanded! YAY!
Enquire at Reception or call 5559 4920 to find out more and make a start this Spring!

Hydrotherapy

Book a hydrotherapy session at 9am, 10am or 11am Monday to Friday, at Reception or call 5559 4920. Max. 10 people in pool/session. \$10.10/ session. Water temperature is a therapeutic 34^o Celcius. A pool wheelchair and hoist are available and our friendly Lifeguards **Janine, Mark, Zaya, Nadine and Marcia** will assist with your access and safety needs.

Walking/Cycling

A recreational cycling group for adults led by volunteers, who ride on bike paths & trails on Mondays & Fridays at 10am. New riders welcome: **Fridays 2/9, 26/9 & 14/10; meet 9am at the bike shed.** There are Heart Foundation walking groups and Senior Citizens Club walking groups each weekday. Morning tea after Monday walk outside surf club: **Mon 26/9 & Mon 24/10**

Tai Chi - Senior Citizen's Club

Tai Chi involves a series of gentle movements performed in a slow, focused manner and accompanied by deep breathing. **Linda** leads this class on **Mondays at 9.15am** and new members are welcome. \$5/ session; plus annual Club membership \$25

Gentle Exercise - Senior Citizen's Club

A low intensity gentle exercise class where all participants start seated to warm up and stretch and then move into muscle strengthening exercises using your own body weight & light hand weights.

Linda leads this class on **Mondays at 10.30am** and new members are most welcome. \$5/ session; plus annual Club membership \$25

Line Dancing - Senior Citizen's Club

Line dancing is great fun! Learn sequences of steps while arranged in lines or rows. Line dancing is great for body and mind. **Phyllis** calls and leads the dances on **Fridays at 10.30am** and new members are most welcome. \$4/ session; plus annual Club membership \$25

NEW CLASSES AT ARCHIE:

Enquire about joining new classes at Reception or call: 5559 4920

Group fitness - Michelle Steere

WELCOME BACK MICHELLE! Michelle has recommenced group fitness; \$10 per 45 min. class

Tuesday 9am Men's Strength

10am Women's Strength

11am Kick Starter (Stepping Stones)

12pm Pulselite

Thursday 9am Men's Strength

10am Women's Strength

11am Kick Starter (Stepping Stones)

12pm Fit and Trim (My Strength)

Graceful Girl- beginner ballet: **FREE** in *This Girl Can* campaign **Mon: 12,19, 26 Sept, 30Oct 2pm or 2.45pm**

Yoga - Donella Mulraney

Donella teaches a range of group **yoga & mindfulness sessions**. Stretch, Strengthen, Harmonise and Relax your Mind, Body and Spirit. Commencing with free 45 min classes as part of *This Girl Can* campaign on **Tuesday 13 Sept**; these first sessions are free; \$10 thereafter

Beginners yoga: **Tues 9.30am**

Seniors seated yoga: **Tues 11.30am**

Mums/Dads & child yoga: **Tues 10.30am**

Guided relaxation & meditation: **Tues 12.30pm**

Kangatraining - Sharna Atcheson

Sharna leads **Kangatraining** - the ultimate babywearing workout that is perfect for mothers to socialise and exercise without the need to find a babysitter. **Wednesdays 10am**

Free classes as part of *This Girl Can* campaign: **Wednesday 14, 21, 28 Sept, 5 Oct; \$20/1hr thereafter**

Social Activities

Out to Lunch Group - All Welcome!

Come along and enjoy good food and great company for our monthly lunch get - togethers. We purchase our own meals and chat about anything and everything and form new friendships.

Please book at *Archie* Reception or call **5559 4920** and we'll know to look out for you.

We will meet at the restaurants listed below:

When: Wed 21st September 12pm



When: Wed 19th October 12pm

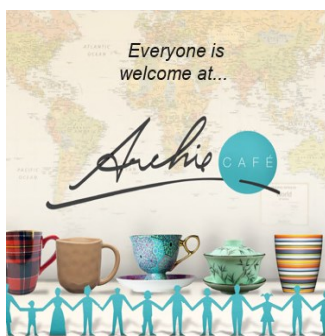


Where: Warrnambool Football Club
Cramer Street,

Where: Brother Fox Cafe
Deakin University

The **Archie Café** is run by our friendly volunteers and is open on **Mondays & Thursdays from 10am-2pm** for espresso coffee, sandwiches, soups and sweet treats, all at low cost. Salads available as of October.

Everyone can enjoy the café space to meet up with others, read the newspaper or use free WiFi.



The **Archie Intercultural Café** is open **Thursdays 1-2.30pm**.

No appointment needed. Free - just come along.

Our friendly volunteers are available to meet with anyone who would like to practice English conversation and those wanting to meet people from cultural backgrounds different from their own.

All new-comers to Warrnambool are most welcome.








Please share the invitation to those you know who might like to attend.

Enquires, contact Clare Vaughan on 5559 4920 or E: cvaughan@warrnambool.vic.gov.au

Tech Support

In person 1:1 Technology support

Call 5559 4920 to book a session. Please let Reception staff know what tech support you require so they can pair you with the volunteer best able to assist. \$7.10 session

Brian Richards		Areas of Expertise: Computers (Windows) Help to solve tricky problems. Anything and everything
Christine O'Grady		Areas of Expertise: Computers (Windows) - any version. Android tablets and phones. Social Media.
David Pearson		Areas of Expertise: Computers (Windows) Getting started online. Genealogy/ancestry.
Mabel Mitchell		Areas of Expertise: Help with Android and Smartphones. Assistance with online applications.
Alan Richardson		Areas of Expertise: Apple iPads or iPhones. Overcoming the fear of using an iPad or iPhone
Richard Skilbeck		Areas of Expertise: Computers (Windows) Word and Excel.
Victoria Dunn		Areas of Expertise: Apple iPads or iPhones

Community Information

My Aged Care Info Session & Archie Tour

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
- After session, stay for a tour of the Archie facility

Presenters: Archie Community Care Team

When: Tuesday 27th Sept 2-3pm

Enquiries or book: at Archie Reception or call 5559 4920

Cost: Free

End of Life Preparations Workshop

Over the course of two hours 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.

Presenter: Eric Fairbank from the Warrnambool and District Hospice.

Dying well requires thought and planning.

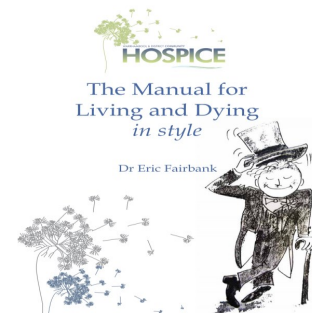
When: 2 - 4pm

Thur 8 Sep & Thur 13th Oct

Where: Archie Graham Community Centre

Cost: Free.

Bookings essential at Reception or call 5559 4920



NATIONAL CARERS WEEK



MILLIONS OF REASONS TO CARE

16 – 22 October, 2022



Free Cinema Event to Thank You during Carer's Week 2022.

Are you an unpaid carer?

Enquiries to Narelle 5559 4916 or Mary 5559 4963

RUOK?

Thursday 8 Sept 2022

It's our annual National Day of Action when we remind Australians to ask, 'are you OK?'

Dress in yellow/black and show your support for others who might be struggling with life.

Take the R U OK Quiz to better equip yourself to start a conversation that could change a life:

www.ruok.org.au/questions



1. Ask



2. Listen



3. Encourage action



4. Check in

Dementia Action Week; 19-25 Sept 2022

Community Information Sessions to be held at Archie for families and friends interested in learning more about the Dementia disease.

Understanding Dementia: Mon 19 Sept; 10.30am

Understanding Changes in Behaviour: Tues 20 Sept; 10.30am. Presenter: Jason Kelly, Counsellor, Dementia Australia

Max numbers apply so book your spot today!

Book at Archie Reception or call 5559 4920



West Warrnambool Neighbourhood House

West Warrnambool Neighbourhood House is seeking donations of wool, jute, string or any fabric that can be woven, knitted, crocheted or made into pom-poms for our yarn bombing project on Laverock Road!

Please contact Jill 0418 944 276 or leave your donations at Archie Graham Centre Reception.

