



Archie Graham
COMMUNITY CENTRE

OPEN
9AM - 5PM
MON - FRI

March – April 2022

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

HARMONY WEEK

Harmony Week is about coming together to celebrate cultural diversity and spreading the message that 'everyone belongs'.

Harmony week will be celebrated from MONDAY 21 - SUNDAY 27 MARCH 2022

Through the week, wear a splash of orange to show support for cultural diversity and an inclusive Australia. Drive by the Archie Graham Community Centre in the evening to see the building glowing orange.

There will be some displays in the Café that you will be invited to contribute to - please look out for them.

The Launch of the Archie Intercultural Café will be in the afternoon on Thursday 24 March and we look forward to welcoming people from diverse cultural backgrounds, volunteers and guests to this event.

The Archie Café is open on Mondays & Thursdays from 10am-2pm.

Autumn menu: Fresh & toasted sandwiches, simple salads or soups and a selection of sweet treats.



The Archie Café is run by our friendly team of Café volunteers: Anne, Marie, Wendy and Denise on Mondays and Brenda, Jennie, Di, Mary and Maureen on Thursdays... depending on their availability.

Expressions of interest are invited from community members wanting to volunteer at the café. Those with prior café experience or a willingness to learn these skills are invited to enquire by contacting Clare by email cvaughan@warrnambool.vic.gov.au or call 5559 4920.



WARRNAMBOOL CELEBRAGE SENIORS FESTIVAL

SPECTRUM

WEDNESDAY 2ND MARCH 2022 | 11AM

LIGHTHOUSE THEATRE

ADMIT 1: \$20 | GROUP 8+: \$15

Tickets | www.lighthouse theatre.com.au

Ph: 5559 4999 | 185 Timor Street Warrnambool

Take a walk down memory lane and relive some classic 70's music!

Spectrum's first single release, *I'll Be Gone (Someday I'll Have Money)*, was a national number one hit in 1971 and still gets radio air time and crowds around the country joyfully sing along at Spectrum gigs.

Call Archie reception staff on 55594 920 to book a spot with the group who meet at Archie and walk to the Theatre & take our seats together.

Archie Graham Community Centre; 118 Timor St Warrnambool.

Phone: 03 55594 920 Email: agccustserv@warrnambool.vic.gov.au

Timetable

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

Monday	Tuesday	Wednesday	Thursday	Friday
9am - midday Hydrotherapy Pool 1hr; \$10	9am - 1pm Hydrotherapy Pool 1hr; \$10	9am - midday Hydrotherapy Pool 1hr; \$10	9am - midday Hydrotherapy Pool 1hr; \$10	9am - midday Hydrotherapy Pool 1hr; \$10
9.15am Tai Chi \$4 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 - 4pm Tech Support with Volunteers 1hr; \$7
9.30am - 4pm Tech Support with Volunteers 1hr; \$7	9.15am ON HOLD Men's Strength Training \$7	9.30am - 4pm Tech Support with Volunteers 1hr; \$7	9.15am ON HOLD Men's Strength Training \$7	9.30am Painting - free Seniors Club
9.30am Heart Foundation Walking - free Start: Surf Club	9.30am - 4pm Tech Support with Volunteers 1hr; \$7	10am 2 nd & 4 th Wed/mth Social Gardening Free	9.30am - 4pm Tech Support with Volunteers 1hr; \$7	9.30am Heart Foundation Walking - free. Start: Centro
10am Social Cycling free. Enquire at Reception	10.30am ON HOLD Strength Training \$7	11.45am ON HOLD My Strength \$7	10.30am ON HOLD Strength Training \$7	10am Social Cycling free. Enquire at Reception
10.30am Gentle Exercise. \$4 Seniors Club	11.45am ON HOLD Stepping Stones \$7. Transition from Health Services only	1pm ON HOLD Pulselite \$7	11.45am ON HOLD Stepping Stones \$7	10.30am Line dancing Seniors Club \$4
11.45am ON HOLD My Strength \$7	1pm set-up Indoor Bowls \$1 for prize Seniors Club	1.30pm \$1 for prize Cards 500 Seniors Club	1pm set-up Indoor Bowls \$1 for prize Seniors Club	1pm Cards Euchre, free. Seniors Club
1pm ON HOLD Pulselite \$7	1.30pm 2 nd & 4 th Tue/mth Netflix Movie \$2	1.30pm Mahjong \$2 Scrabble \$2	2pm Petanque - free; Lake Pertobe Piste. Seniors Club	1pm Singalong free Seniors Club call 5559 4920 to express interest in re-starting
1pm, 1 st & 3 rd Mon/month Knitting free Seniors Club	1.30pm Confidential assistance with personal info Mabel Mitchell. Free	1.30pm Billiards - free Seniors Club		1.30pm Billiards - free Seniors Club
1.30pm Billiards - free Seniors Club	4.30pm Heart Foundation Walking - free Start: Aquazone	2.30pm ON HOLD Find your class. Appointment with instructor before starting		
1pm, 2nd Mon/mth Writing Group \$2	<p>Archie Graham exercise programs are currently on hold while we work to find a replacement instructor.</p> <p>Please refer to Pge 5 of the newsletter for more information about alternative classes that may be of interest to you.</p>			
2pm Scottish Country Dancing; call 5559 4920 to express interest in re-starting				
3pm Chair yoga \$7				

Social Connection - Sharing Interests

Spending time with others who have a similar interest is enjoyable. It is also a positive step as we move toward pandemic recovery. If you or someone you know are looking to re-connect, we hope you find something that sparks an interest in the pages to follow. If not, feel free to suggest activities in the attached patron survey. We look forward to seeing you or hearing from you. - The Archie Team

Nature Craft

Do you enjoy making things and connecting with the natural world?

Claire Norman will lead these 4 sessions on Monday afternoons where you have the opportunity to explore your creativity using stones, leaves, rocks, twigs etc... in a fun and supportive environment.

Monday 21st & 28th March; 4th & 11th April; 2-4pm
Archie Room CP1; Group size capped at 8 people.

Book at Reception or call 5559 4920.
Cost \$2 per session



Intro to Local Birds

This session will be presented by members of *BirdLife Warrnambool*, who will share information about local birds and some top spots to visit where you are more likely to see them.

Monday 21 March, 1.30-2.30pm

Archie Room CP1; Group size capped at 16 people

Book at Reception, call 5559 4920 or try your luck and turn up on the day. **FREE**



Morning Music at the Lighthouse Theatre.

Do you want to go to Morning Music Shows - but don't go because you don't want to go on your own? Come with our group from Archie to see:



Blowin' in the Wind – Salute to the Vets

Wednesday 6 April 2022 - 11:00 am; 75 minutes

In the 60th year since Australia's first involvement in the Vietnam War, *Blowin' in the Wind* is dedicated to those who served, and brings the hit songs of those years to the stage. Relive the music of the era with songs from Dame Vera Lynn,

The Andrews Sisters, Normie Rowe, Bob Dylan, The Sapphires, and more!

BOOKINGS: Tickets are available from *Archie* Reception at the group booking discounted price of \$15 (*Full admission tickets cost \$20.00*). Book and pay for your ticket in advance of the show.

ON THE DAY OF THE SHOW, meet Clare and the group at Archie Reception at 10:15am and together we will walk to the Lighthouse Theatre, enjoy pre-show refreshments and take our seats together.

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 16 March 12pm

Where: W'bool Bowls Club
75 Timor St, Warrnambool



When: Wed 20 April 12pm

Where: RSL, Corner Merri & Liebigh St, Warrnambool



Social Connection

Movies @ Archie

Tuesdays at 1.30pm; \$2 for movie & ice-cream



Netflix Movies

Tues 8 March 1.30pm 'tick, tick...BOOM!'
2021 | M | 1h 55m | Drama

On the brink of turning 30, a promising theater composer navigates love, friendship and the pressure to create something great before time runs out.



Starring: Andrew Garfield, Alexandra Shipp, Vanessa Hudgens

Tues 12 April 1.30pm 'Red Notice'
2021 | M | 1h 57m | Crime Movies

An FBI profiler pursuing the world's most wanted art thief becomes his reluctant partner in crime to catch an elusive crook who's always one step ahead.

Starring: Dwayne Johnson, Ryan Reynolds,

Genealogy

Find out about where your family comes from, what did they do, where did they live, and much more... Learn to use 'Ancestry' or 'Family-tree Maker'

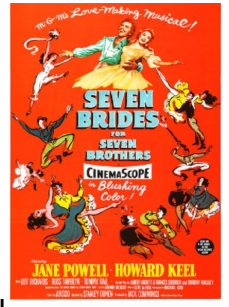
If you would like to commence a journey into your family history, David Pearson, is one of our ArchieTech Support Volunteers who is happy to guide you.

Enquiries or book: at Archie Reception or call 5559 4920 for Wednesday mornings in the computer room. Feel free to bring your own device to use the WiFi

Classic Movies

Tues 15 March 1.30pm; 1 hr 42 m
Seven Brides for Seven Brothers

Is a **1954** American musical film, directed by Stanley Donen, with music by Saul Chaplin and Gene de Paul, lyrics by Johnny Mercer, and choreography by Michael Kidd. Starring: Jane Powell & Howard Keel.



Tues 29 March 1.30pm; 1 hr 31m
Moon over Miami Is a **1941**

American musical film directed by Walter Lang, with Betty Grable and Don Ameche in leading roles and co-starring Robert Cummings, Carole Landis, Jack Haley, and Charlotte Greenwood.



Tues 5 April 1.30pm; 1 hr 46 m
Born to Dance; 1936

A tap-dancing understudy meets a sailor on leave and replaces the star of a show.

Starring: Eleanor Powell, James Stewart, Virginia Bruce



Tues 19 April 1.30pm; 1 hr 35m
On the Avenue

Is a **1937** American musical film directed by Roy Del Ruth and starring Dick Powell, Madeleine Carroll, Alice Faye, George Barbier, and The Ritz .



Archie - Volunteering

The Volunteer gatherings held during February were a great way for groups to re-engage with existing roles and sign up to new ones. The Archie Café volunteers provided the light lunches and the compliments about the freshness and quality of the sandwiches, fruit, sweet treats and coffees flowed.

WANTED:

- Tech support volunteers to assist beginners with apple and android devices
- Volunteers to work in pairs or small groups to offer social activities
- Community Information volunteers to assist with noticeboard & displays

If you are interested, contact Clare: cvaughan@warrnambool.vic.gov.au



Volunteer
CONNECT

Physical activity

Archie group fitness classes are currently on hold, as we re-set what will be available post-pandemic.

Why not try something new to you from the list of offerings below.

You are also invited to have your say about what is offered into the future, by completing the patron survey - see information at the back of this newsletter.

Don't forget, for access to videos and printable exercise programs, head to the Warrnambool City Council website www.warrnambool.vic.gov.au/archie-graham-community-centre

Hydrotherapy

Book a hydrotherapy session at 9am, 10am or 11am each day by calling Reception on 5559 4920.

Additional sessions will be added each week, if there is the demand. We hope there is!

Max. 10 people in pool/session. \$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** will assist with your access and safety needs..

Enquire and book at Reception or call 5559 4920.

Walking/Cycling

Come and join a recreational cycling group for adults who are keen to get riding on Warrnambool's fantastic bike paths & trails on Mondays & Fridays at 10am. New riders welcome on the 1st Friday of the month.

The Heart Foundation walking groups and Senior Citizens Club walking groups walk each day and provide a great chance to give your health a boost and meet new people by walking the various routes in Warrnambool.

Register your interest at Archie Reception or call 5559 4920 and **volunteers** will be notified to look out for you the first time you attend.

TRIAL - Swing Dancing

Come along to dance to simply enjoy moving, rhythm & music. **FREE** for 4 weeks only.

Nicky will lead sessions on Wednesdays at 10.30am, on 9, 16, 23, 30 March

Absolute beginners most welcome. There's an option to use a chair or the wall barre for support.

Max 15 per session. Book at Reception or call 5559 4920.

If you enjoyed doing the Charleston as part of the Port Fairy Jazz Festival pre-pandemic, and the Wallawar Golden Dance Party in the Seniors Festival - then this is for you!

Chair Yoga

The aim of the class is to improve mobility and vitality through mindful breath work coupled with gentle movement.

This 45 minute seated movement session will guide you to exercise your body safely and comfortably with the support of a chair.

Join **Kaylene** for a 45 minute class on Mondays 3pm

Max. 15 people/session. \$7/ session.

Tai Chi - Senior Citizen's Club

Tai Chi is an ancient Chinese tradition that today is practiced as a gentle form of exercise. It involves a series of 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 most welcome.

\$4/ 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 and light hand weights.

Classes are supportive, safe and friendly.

Linda leads this class on Mondays at 10.30am and new members are most welcome.

\$4/ session; plus annual Club membership \$25

Line Dancing - Senior Citizen's Club

Line dancing is great fun! Participants learn repeated 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

Community Information

My Aged Care Info Session

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

Presenters: Archie Community Care Team

When: Thurs 21 April, 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 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.

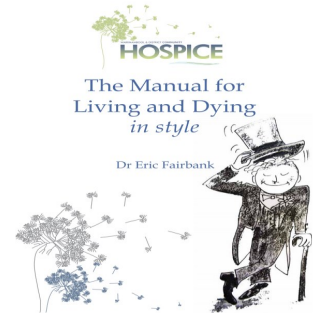
When: 2 - 4pm

Thurs 10 March & 14 April

Where: Archie Graham Community Centre

Cost: Free.

Bookings essential at Reception or call 5559 4920



CALL, PUSH, SHOCK - COMMUNITY CPR

Ambulance Victoria have a new training course for community members wanting to boost their skills to call an ambulance, perform CPR and use a defibrillator.

Archie cyclists, walkers and group fitness participants, are encouraged to please attend.

Date: Friday 18 March

Time: 2.00 - 3.00pm

Enquiries or book: at Archie Reception or call 5559 4920



ADVANCED CARE PLANNING

Melissa Couch - Advance Care Planning Officer from South West Healthcare will lead this workshop as part of Advanced Care Planning Week.

The session will inform you about how to maintain control of medical treatment even if you are unable to make decisions yourself.

Date: Wednesday 23 March

Time: 10.30 – 11.30am

Enquiries or book: at Archie Reception or call 5559 4920 **Cost:** Free

Archie volunteer Mabel Mitchell is available for 1:1 follow up sessions; book at reception on 5559 4920

Financial Information Service

As part of Services Australia, the Financial Information Service (FIS) provides FREE education and information sessions to help people understand their financial situation and build financial capability.

- The Australian Age Pension
- How it is calculated and paid.

Date: Tuesday 26 April

Time: 1.30 - 2.30pm

Presenter- Murray Eccles, Financial Information Service Officer



Australian Government
Services Australia

E-Safety using Be Connected

Join this session with Clare and our Tech Support Volunteers to use this wonderful self-help resource to build your online skills.

Monday 4 April

Time: 2 - 3pm FREE

Book at Reception to secure a spot. Max 12 people

1:1 Technology Support

Are you struggling to use a new device?

Wanting to learn how to use the computer that has been sitting unused on your desk?

Book in to see one of our Technology Support Volunteers tailored just for you! Enquire at Reception or call 55594920

Archie Survey 2022 and Archie Personal Details Form

Ngata / Hello Archie Graham Community Centre Patrons

The beginning of a new year presents an ideal time to check-in with you about how we are going and where we go from here. This is particularly relevant as we move forward, toward pandemic recovery.

There are two links below that we would appreciate if you click on to complete by Friday 11 March. Google Chrome and Safari are the preferred internet browsers.

1. [**PATRON SURVEY**](#)
2. [**ARCHIE PERSONAL DETAILS FORM**](#)

The patron survey gives existing patrons a chance to tell us how we are going and provides the opportunity to contribute your ideas to help us create the best Community Centre for the future.

The Personal Details Form will ensure the Centre's database is up to date and we can communicate effectively with you. The pandemic has highlighted the benefits of being able to communicate with you quickly by text messages and email.

In coming weeks, an Archie Tag will be introduced at Reception, to reduce time taken for patrons to book and pay for an activity and check-in on arrival. Reception staff will provide patrons with an Archie Tag to attach to your keys, in exchange for your completed Personal Details Form.

All who return their Personal Details Form and Patron Survey by Friday 11 March will go into the draw for one of five \$20 vouchers for use at the Archie Café. Thanks in advance!

In coming weeks, an Archie Tag will be introduced at Reception, to reduce time taken for patrons to book and pay for an activity where this is required and for all patrons to check-in on arrival. Reception staff will provide you with an Archie Tag to attach to your keys, in exchange for your completed personal details form.

All who return their Personal Details Form and Patron Survey by Friday 11 March will go into the draw for one of five \$20 vouchers for use at the Archie Café. Thanks in advance!



Any questions or queries about the information requested can be directed to Clare Vaughan by email: cvaughan@warrnambool.vic.gov.au or call 5559 4472.

