

Archie
Archie Graham
COMMUNITY CENTRE

NEWSLETTER

OCTOBER - DECEMBER 2024



Archie Graham Community Centre

118 Timor Street, Warrnambool

Opening hours: Monday – Friday 8.45am - 5pm

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





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.

WHAT'S ON AT ARCHIE



ARCHIE RECEPTION TEAM

The friendly Archie Reception team takes all bookings and payments and responds to queries every day at the Centre. If you are new to Warrnambool or new to Archie, talk to them about booking into the next tour of the facility. (L-R) Esmae, Ali, Terese and Jenni.

TOURS OF ARCHIE

Book into a tour of the Archie Graham Community Centre with one of our staff and take a look at the café, hydrotherapy pool, the new food cubes courtyard, and the various rooms suited to group fitness, Yoga & Pilates, art activities, and meeting rooms. The Centre is a community hub that is open to EVERYONE in the community.

Tuesday 15 October 10.30am-11am

Thursday 31 October 9.30-10 am

Wednesday 6 November 11-11.30 am

Monday 18 November 9.30-10 am

Thursday 5 December 11am- 11.30am

FRESH PRODUCE EXCHANGE

Wednesdays between 11am-midday

Fresh flowers, Columbian limes, eggs are just some of the produce exchanged recently. Curious about the exchange – pop in and say hi!

If you have a 'Green Living' – gardening or crafty repurposing skill that you would like to share, please come along on a Wednesday morning and chat with Clare Vaughan. Clare can also be contacted by email cvaughan@warrnambool.vic.gov.au or by phone 5559 4920.



ARCHIE CAFÉ



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

OPEN: Mondays, Tuesdays and Thursdays 10 am-1.30 pm

MENU: fresh/toasted sandwiches, soup, frittata/zucchini slice, cake/slices, and espresso coffee.

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



Kevin Sparrow



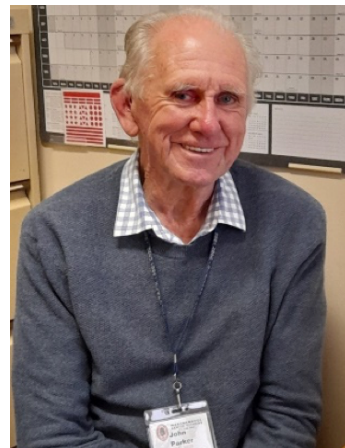
Bruce Cameron



Virginia Mack



John Parker



WARRNAMBOOL SENIORS FESTIVAL 2024 LAUNCH

1.30pm – 3pm Wednesday 2 October

How fabulous is it that we have FOUR local nominees for the Victorian Senior of the Year Award 2024.

The nominees are Kevin Sparrow, Bruce Cameron, Virginia Mack and John Parker and the community contributions of these high achieving community members will be acknowledged and celebrated at this event.

Family and friends are warmly invited to attend this celebration.

The theme of the Warrnambool Seniors Festival 2024 is **Explore. Engage. Evolve.**

Following the festival launch and the presentation to nominees, we will have a short presentation from the Warrnambool Historical Society and Wannon Water, which will include images of Warrnambool gardens from the 1960's Florado festivals contrasted with gardens of the future. This presentation aims to inspire thinking about clever ways to use water in our gardens now and in the future.

After the launch, refreshments prepared by the Archie Café volunteers will be available.

Garden volunteers will be onsite to guide visitors on a tour of the Archie Food Cube Courtyard – a demonstration project of a water wise, productive small space vegetable garden.

All welcome. Please RSVP at Reception or call 5559 4920 by COB on Monday 30 September.



WARRNAMBOOL SENIORS FESTIVAL 2024 PROGRAM:

If you are yet to pick up your program – they're available at Archie Reception and online:

www.warrnambool.vic.gov.au/seniorsfestival

CONCERT 'HITS OF THE SWINGING SIXTIES' – LET'S FILL THE THEATRE!

One of Australia's favourite artists, Wendy Stapleton, has a brand-new show titled 'The Swinging Sixties', featuring a raft of fabulous songs from the great female artists of the Swinging Sixties. She'll sing through a songbook of hits from The Chiffons, The Ronettes, The Shirelles, Petula Clark, Lulu, Cilla Black, Dusty Springfield and more – presenting a show that promises to bring back great memories. This concert is presented by Warrnambool City Council and Seniors Victoria as part of the 2024 Victorian Seniors Festival Country Concert series.

Wed 23 Oct 11am – 12.15pm

Venue: Lighthouse Theatre 185 Timor St, Warrnambool

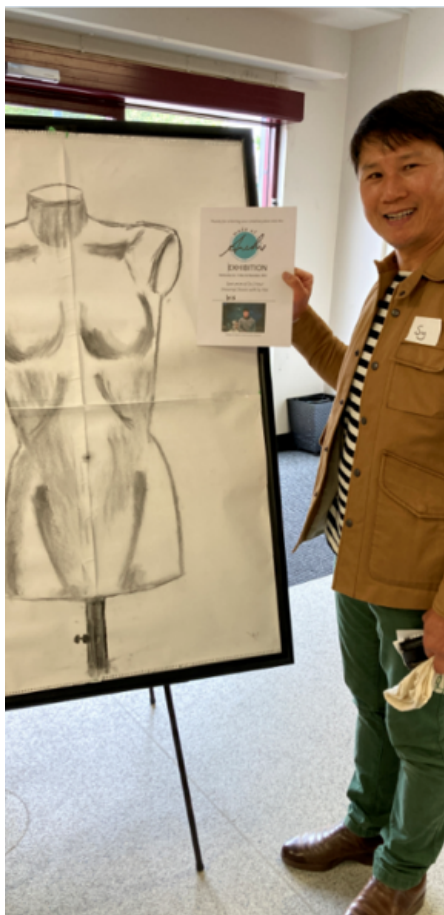
Bookings: Call: 5559 4999

Online: www.lighthouse theatre.com.au

Cost: \$10. Get a group and book together to sit together.



ART AT ARCHIE



DRAWING WITH SY

Sy's drawing classes aim to inspire you to discover your artistic ability in a safe, fun, and creative space. Sy is a local visual artist who will lead you to discover new ways of drawing and develop your own ideas. Still life, human figures, and portraiture are some of the areas to explore in these classes.

Dates: Monday 21 October
Monday 4 November
Monday 18 November
Monday 2 December

Time: 10-midday

Fee: \$25 per class to be paid on booking

Basic materials are provided or you can bring your own.

Students can book a block of 4 classes or attend single classes.

Book at Archie Graham Community Centre Reception

MADE AT ARCHIE EXHIBITION

All creatives are welcome to enter something you have created at Archie, into our second annual Made at Archie Exhibition. Generous spot prizes are available – so be in it to win it!

Entries created at any of the following sessions are most welcome:
Unfinished Projects sessions – Wednesday at 10-11.30 am
Seniors Club Knitting group – first & third Mondays/month at 1 pm
Drawing with Sy – Mondays 10 am - midday
Seniors Club painting group – Fridays 9.30am-midday




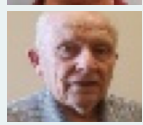
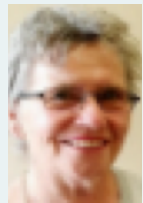

Save the date: Wed 30 October Made at Archie Exhibition Launch.

Entries due: 5 pm Wed 23 Oct



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



• GREEN LIVING SKILLS SHARING SESSIONS • SOCIAL GARDENING • UNFINISHED PROJECTS

10am-11.30am on Wednesdays

\$2 contribution to materials and/or notes where provided.

Book at Reception or call 5559 4920

Come along and learn from others willing to share their gardening, craft, and repurposing skills with you. You can come every week or when we have a specific session as described below.



Wed 9 Oct 10 am-11.30 am:

The Power of Flowers Workshop – a Wbool Seniors Festival event. Come along & create beautiful floral pieces to take home and share a delicious morning tea with us. Book at Reception 55594920

Wed 16 Oct 10 am-11.30 am:

Finalise Made at Archie Exhibition entries: art, craft, plantings – all eligible.

Wed 23 Oct:

no Green Living activities today, due to Seniors Festival Concert and set-up for Lunch

Wed 30 Oct 10.30 am:

Launch of the Made at Archie Exhibition and refreshments to share

Wed 6 Nov 10 am-11.30 am:

Food Cube Information session and worm farm / composting update

Wed 13 Nov 10 am-11.30 am:

Christmas wreaths; repurposing embroidery hoops; add decorations from nature

Wed 20 Nov 10 am-11.30 am:

Making Christmas wreaths, decorations and Nature cards

Wed 4 Dec 10 am-11.30 am:

Food Cube Information session and worm farm / composting update

Wed 11 Dec 10 am-11.30 am:

Making Christmas wreaths, decorations and Nature cards

Wed 18 Dec 10 am-11.30 am:

Social gardening, Food Cube gardening and unfinished projects



FOOD CUBES: As we get into Spring we look forward to having an abundance of fresh greens, spring onions, herbs, and snow peas in the Archie Food Cube courtyard to share in our Fresh Produce Exchange (11am- midday). Our harvest also contributes to lunches prepared in the Archie Café.

Did you know we also have a hydroponic green wall growing strawberries? Come and have a look.



RECYCLING AT ARCHIE



✓ Toothpaste tubes and caps



✓ Electric toothbrush heads



✓ Floss containers



✓ RecyClean toothbrushes



✓ Manual toothbrushes



✓ Interdental brushes

Did you know you can recycle pens, batteries, medication blister packs, plastic bottle lids, reading glasses and tooth brushes and toothpaste tubes at Archie?

Join the 'circular economy' movement and add your recyclables to the station outside the Archie Café.

Together we do better!



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; \$10	9.30am Heart Foundation Walking - free Start: Surf Club	9am Men's Strength Training; Michelle; \$10	9.30am Painting - \$1 Seniors Club
	9.45am General Yoga Robyn; \$6 Seniors Club	10am Social Gardening Free		9.30am Heart Foundation Walking - Free. Start: Centro
10.30am Gentle Exercise; Linda \$6 Seniors Club	10am Women's Strength Training; Michelle; \$10	10am Un-Finished Projects (UFP'S) Free	10am Women's Strength Training; Michelle; \$10	
		10am Scrabble \$2	10.30am Pilates Karen Anderson \$10	10am Seniors Club Learners Line dancing Free
	11am Kickstarters! Michelle \$10.	10.30am Gentle Exercise; Linda \$6 Seniors Club	11am Kickstarters Michelle \$10.	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 \$10.	1.30pm Cards 500, \$2 Seniors Club	Midday Fit & Trim Michelle \$10.	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 Billiards - \$2 Seniors Club	1pm Indoor Bowls \$1 Seniors Club	1.30pm Billiards - \$2 Seniors Club	1pm Indoor Bowls \$1 Seniors Club	1.30pm Billiards - \$2 Seniors Club
			2pm Petanque - Free; Lake Pertobe Piste. Seniors Club	
	4.30pm Heart Foundation Walking - Free Start: Aquazone			

YOUTH

Following on from the incredibly successful Green Futures Now community project – **Rubbish Repurposed Art Exhibition**, the unveiling of the winning artwork signage will take place on Saturday 2nd November at 11:30 am outside the Pavilion café.

Green Futures Now came up with the messaging that will appear on the sign- messaging that has been reflected throughout the Rubbish Repurposed project – **Keep Beaches Clean, pick up rubbish in your Routine!**

The project has helped bring further attention to the damage rubbish is doing to our environment and gives people an alternative to binning it. It gets you to think about creative ways these plastics and other materials can be repurposed and given a second life.

Well done Green Futures Now Team, you are our future environmental leaders, creating awareness and advocating for change.



WHAT'S ON



THIS GIRL CAN WEEK 2024: 10-17 November

This Girl Can – Victoria: A VicHealth Campaign is all about empowering women to get active and move together on their own terms.

As a city, we are looking to showcase opportunities for women and girls to get active in Warrnambool. At the time of writing, an exciting program is being created. Look out for it in local media and find low cost / no cost activities to get involved in. Whether it's a little or a lot, what matters is getting some movement into your day.

Programs will be available online at <https://whatson.warrnambool.vic.gov.au/> and from the Archie Graham Community Centre and the Civic Centre.

WHEELIE CONVOY

11am-1pm Wednesday 27 November 2024

Calling all community members who use a 'wheeled walker', wheelchair, mobility scooter or trikes to get around Warrnambool, to join us in the 'Wheelie Convoy'.

As part of the Warrnambool Seniors Festival and to celebrate International Day of Persons with Disabilities, we are hosting the convoy as an enjoyable, active and social community event. On the day there will be a full course (approximately 1km) and a shorter course (400m). At the finish of the convoy there will be a free BBQ lunch provided, live music and other community information. Spot prizes will also be available for 'pimping your wheels' and 'hats with bling'.

Please dress for all weather conditions e.g. hat, sun protection, coat. In the case of extreme weather this event will be postponed.

Venue: Warrnambool's Foreshore Promenade / Lake Pertobe
More information including the registration details will be available from: <https://whatson.warrnambool.vic.gov.au/> or from **Archie Reception – 5559 4920.**



WEST WARRNAMBOOL NEIGHBOURHOOD HOUSE



Neighbourhood Houses
The Heart of Our Community

WEST WARRNAMBOOL NEIGHBOURHOOD HOUSE - MAKERS MARKET 2025

Community crafters are invited to come along and share some crafting skills.

Your donations of saleable art and craft will help create a makers market to be held at the opening event of the new West Warrnambool Neighbourhood House!

Commencing Every Thursday from 21 November 2024

Time: 1.00-3pm

Venue: Lane Pavilion, Hyland Street Warrnambool

Cost: Free - includes afternoon tea

TODDLE ON HODDLE PLAYGROUP

Grandparents, parents and grandchildren aged 0-5yrs are warmly invited to join this playgroup presented by West Warrnambool Neighbourhood House as part of the Warrnambool Seniors Festival Celebrations. Join in the fun and play, sing with us and enjoy healthy snacks together.

Venue: Archie Graham Community Centre 118 Timor Street, Warrnambool

Bookings / Enquiries: JBourke@warrnambool.vic.gov.au or 0418 944 276

Cost: Free



2 DAY MACRAMÉ WALL-HANGING WORKSHOP

Experience working with macramé knots is an advantage!

Date: Thursday October 31 & November 7

Time: 1.00-3.30pm

Cost: \$12 per person includes afternoon tea

Venue: Lane Pavilion, Hyland Street Warrnambool

Bookings: 0418 944 276

MOSAICS WORKSHOP

Date: Thursday November 14

Time: 12noon – 3pm

Cost: \$8 per person includes light lunch

Venue: Lane Pavilion, Hyland Street Warrnambool

Bookings: 0418 944 276

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 an Archie team member.

When: : Wednesday 6 December

Time: 1pm-2pm

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

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 October

Thursday 14 November

Time: 2pm-4pm

Book: Archie Reception



COMMUNITY INFORMATION



I'M ASKING FOR A FRIEND:

When seeking help, the first step is the hardest – you could 'ask for info for a friend.'

During the month of November at the Archie Graham Community Centre, we will have a display on the Café Community Noticeboard of services available to deal with a range of social or economic issues that community members or their family or friends may be facing. Financial challenges, loneliness, mental health challenges and addictions are some of the topics that are uncomfortable to talk about... and tough to ask for help. We want to make it easier to find the information you need and be able to ask for the help you or someone you care about needs. Look for information with the aqua heart logo and find right the professionals to get the right support.



FINANCIAL INFORMATION SERVICE INFO SESSION

The Financial Information Service (FIS) provides free, independent, and confidential education and information.

In this session we will explain:

1. How to access FIS
2. Who can access FIS
3. What FIS can provide assistance with?
4. Discuss options available to assist with cost of living pressures: Disability/Carer options, Concession Cards, Home Equity Access Scheme, Accommodation options, Advance loans and how to find support

Presented by Services Australia FIS Officer

Date: Tuesday 12 November

Time: 10.30am-11.30am

Book: Archie Reception



GETTING OLDER AND DRIVING SAFELY - VICTORIA POLICE

As with many aspects of positive ageing, accessing information early to help with decision making related to lifestyle changes is helpful. Being aware of how getting older impacts one's ability to drive safely and planning for these changes is no different.

Mal Agnew Community Engagement Officer Victoria Police and John Keats will present this workshop at the Archie Graham Community Centre. Older adults including groups of friends and family members are warmly welcome to come along and join this conversation.

Regular bus users are invited to join this session.

It will be helpful to learn from your experience on Warrnambool bus travel.

Date: Wednesday 20 November

Time: 1-2pm

Book: Archie Reception



COMMUNITY INFORMATION

ADVANCED CARE PLANNING

Mabel Mitchell has career experience in advance care planning. Mabel is a valued Tech Support Volunteer at the Archie Graham Community Centre who also provides confidential 1:1 guidance and tips to better understand the advance care planning process as well as the rights and responsibilities of all involved.

Book: Call Archie Reception 5559 4920 for Mabel's availability and to make a booking.

BONE HEALTH INFO SESSION

Bone is living tissue that is constantly being broken down and replaced. Osteoporosis occurs when the creation of new bone doesn't keep up with the loss of old bone and bones become weak and brittle, so brittle that a fall or even mild stresses such as bending over or coughing can cause a break. Osteoporosis related breaks most commonly occur in the hip, wrist or spine.

Come along and hear from the team at Monaghan's Pharmacy about medication, healthy diet and weight-bearing exercises to help prevent bone loss or strengthen already weak bones.

Date: Wednesday 13 November

Time: 1.15-2.15pm

Book: Archie Reception



END OF YEAR CLOSURE:

The Archie Graham Community Centre will be closed from 5pm on Tuesday 24 December and will reopen 8.45am Thursday 2 January 2025. Program recommencement dates will be available in the Jan - March edition of the Archie Newsletter.

Activity	Last Session
Hydrotherapy	
Tech Support	The week ending Friday 20th December
Exercise Classes- Michelle Steere	Thursday 19th December
Pilates - Karen Anderson	Friday 20th December
Heart Foundation Walking Groups <ul style="list-style-type: none"> • Surf Life Saving Club • Aquazone • Centro/North Point Shopping Centre 	Monday 16th December Wednesday 18th December Tuesday 17th December Friday 20th December
Mahjong and Backgammon	Wednesday 18th December
Green Living sessions	Wednesday 18th December
Tai Chi & Gentle Exercise	Monday 9th and Wed 11th December
Seniors Citizens Club Yoga	Tuesday 17th December
Seniors Citizens Club Walking Group	Ongoing
Seniors Citizens Club Singing Group	Friday 20th December
Seniors Citizens Club Indoor Bowls	Thursday 19th December
Seniors Citizens Club Painting	Friday 20th December
Seniors Citizens Club Line Dancing	Friday 20th December
Seniors Citizens Club Knitting	Friday 20th December
Seniors Citizens Club Euchre	Friday 20th December
Seniors Citizens Club Cards 500	Wednesday 18th December
Seniors Citizens Club Billiards	Friday 20th December
Cafe	Thursday 19th December

Get Online Week 14-20 October

**WARRNAMBOOL
LIBRARY
& LEARNING CENTRE**

Digital Discovery: Connecting Communities to Resources
Tuesday 15 Oct 10:00am-12:00pm

This event brings together local organizations to connect community members with digital skills resources. Participants can engage with service providers, ask questions, and gather valuable information.

