

Archie

Archie Graham COMMUNITY CENTRE

NEWSLETTER

APRIL - JUNE 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



**WEST WARRNAMBOOL NEIGHBOURHOOD
HOUSE OPENING CELEBRATION**



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 – MORE THAN YOU IMAGINE!

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 come and go and chat to those involved. There is more on offer than you imagine.

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 16 April 11-11.30am
Tuesday 29 April 9.30-10am
Thursday 15 May 10.30-11am
Monday 26 May 10-10.30am
Wednesday 4 June 2-2.30pm
Friday 27 June 9.30-10am



ARCHIE CAFÉ

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

The Archie Café provides 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 café volunteers who find it easier when they can plan ahead. The Archie Café is a great example of community supporting community.



(L-R) Back: Danuta (Chess), Brian (Backgammon), Pat & Suse (Scrabble) Peter (cards/500 Seniors Club)
 Front: Vladek (Chess), Yola (Backgammon), Judy (Mahjong)



BRAIN GAMES

The human brain is extraordinary. It powers our bodies, creates our thoughts and feelings, keeps us alive, makes sense of the world around us and dreams of impossible things.

www.dementia.org.au/brain-health

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 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.



FOOD CUBE GARDENING, WORM FARMING AND COMPOSTING

When: Wednesdays

Time: 10am-11.30am. Followed by morning tea.



SOCIAL GARDENING

When: Wednesdays

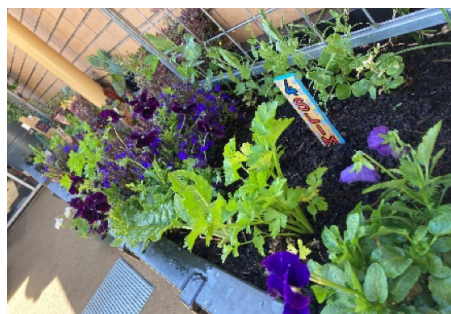
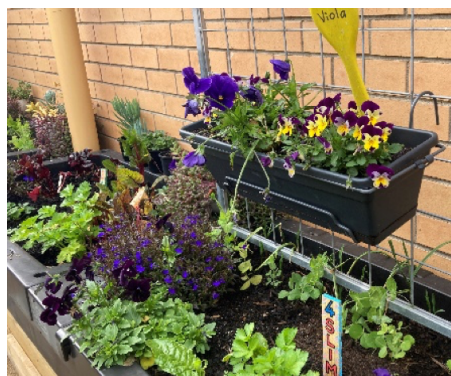
Time: 10am – Midday

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 vegies, worm farming, composting, exchanging produce, seeds, flowers and other plants.



HELP WANTED.

We are looking for more people to join us to keep our gardens productive and the courtyards beautiful for everyone to enjoy. Contact Community Programs Coordinator Clare Vaughan on 0447 528 469 for further information.



Food cube, garden tours and demonstrations available on the first Wednesday of the month:

Wednesday 2 April

Wednesday 7 May

Wednesday 4 June

ARCHIE FRESH PRODUCE EXCHANGE

When: Wednesdays

Time: 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.





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. 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

Back by popular demand, Yvonne Court is an experienced water colour artist who studied Art, Craft & Design in Melbourne.

Sessions are suitable for beginners who are keen to explore the unique and often meditative experience of watercolour painting that is full of unpredictability.

Date: Tuesday 17 June 1-3pm - painting sea creatures

Tuesday 24 June 1-3pm - painting coastal scenes

Cost: \$5 per session. Paint & paper supplied.

Bookings essential: Archie Reception or call 5559 4920



LIVE MUSIC

Join us for a free session of live music with talented local musician and song-writer Eddy Boyle.

Eddy will be sharing some of his life stories as well as doing what he loves best, playing the blues with his harmonica. Bookings not required.

Date: Monday 7 April

Time: 1pm - 1.45pm



THE WEDNESDAY WHISTLERS AND COMPANY

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

Bookings not required.

Date: Monday 5 May

Time: 1pm-1.45pm



POI TWIRLING

Discover the joy of this dynamic practice 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 practised seated or standing.

Dates: Mon 9, 16 & 23 June

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

Time: 1pm -1.45pm

Cost: \$10



SENIORS BALLET

Channel the grace and beauty of ballet in a dance class for seniors based on movements and music of The Australian Ballet productions.

The programs inclusive design ensures there are options for everyone aged 60+, regardless of ability or experience. Options for movement will include:

- Seated
- Standing
- Supported

Date: Friday 13th June

Time: 1:30pm -2:45pm

Please register via the link here: <https://bit.ly/warrnamboolseniorsdance> OR **Book:** Archie Reception

Government
Partners

Foundation
Partners

Principal
Partner



MADE AT ARCHIE CRAFTS

When: Wednesdays

Time: 10am-11.30am. Followed by morning tea.

Cost: \$2 to cover materials for personal use, otherwise it's free and fun making items together to share.

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.

Items made at these sessions are available for donation or small fee from the Fresh Produce Exchange table on the First Wednesday of each month (2nd April, 7th May and 4th June).

Regular crafters will make slippers & teach anyone who is interested to make their own.

Thanks to Tricia & Julianne from the Men's Shed sewing group for teaching us how to make produce bags. Warrnambool Men's Shed is at 91 Hyland Street and members meet on Saturdays to sew and chat.

The Seniors Club also have a knitting group that welcomes new members on 1st & 3rd Monday of each month at Archie. That's three opportunities for community sewing and knitting on weekdays & weekends. How fantastic!



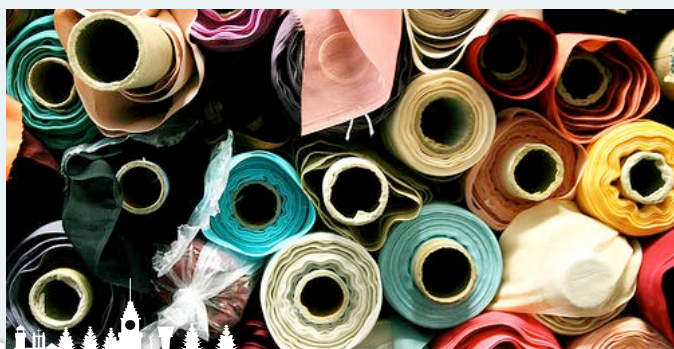
HELP WANTED.

It would be wonderful to find more crafters willing to be part of the Made at Archie Project.

Ways to be involved:

- Join us and learn to make items for yourself (fee for materials)
- Come along and make items to share (free)
- 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.

NOTE: Please check in with Reception to see if what you are donating is suitable for any of our groups and that we have capacity to store it.



WARRNAMBOOL REPAIR CAFE

Date: Saturday 5th April 2025

Time: 10am - noon

Got something broken? Don't toss it—fix it!

Join us at the Repair Café, where skilled volunteers help repair your items for free. Bring your broken jewellery, clothes, bikes, small appliances, and more! Let's reduce waste, save money, and keep things out of the landfill—

together.

Come by, have a cuppa, and let's fix it!

Scan on this QR code to book a spot for your repair:



VOLUNTEER CONNECT

Last year, Council representatives, community organisations and volunteers shared an enjoyable afternoon of guest speakers, afternoon tea, and a complimentary movie showing at Lighthouse Theatre.

This year, National Volunteer Week is May 19 – 25, 2025. Connecting Communities is the theme for National Volunteer Week 2025. The theme will celebrate how volunteering can bring people together and build inclusive communities.

This will be another great opportunity to acknowledge our 340 wonderful Council volunteers. During National Volunteer Week, remember to thank our volunteers for all that they do! If you would like to consider volunteering, contact Volunteer Connect on 5559 4919.



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



**West Warrnambool
Neighbourhood House**

Programs commence the first week of March



YOUTH

UP IN LIGHTS 2025 EXHIBITION OPENING

Thursday, 24th April

Get ready for the grand opening of the Up in Lights 2025 exhibition on Thursday 24th April! FReeZA will showcase this year's vibrant artworks from talented local young artists along Timor Walk. Join us for an evening filled with creativity, live music, and free pizza. This is a great opportunity to experience fresh perspectives from emerging artists and celebrate the artistic spirit of our community. Don't miss out on this exciting and free event!



GREEN FUTURES NOW SUMMIT

First Weekend in May

Mark your calendars for the Green Futures Now Summit, taking place on the 2nd, 3rd & 4th May! This youth-led climate change summit will feature a range of interactive workshops and hands-on events designed to inspire action and educate participants on sustainable practices. In collaboration with local environmental partners, the summit will empower young people to make a difference in the fight against climate change. It's a chance to connect with like-minded individuals and gain the tools needed for a greener future.



JUNE 15 WORLD ELDER ABUSE AWARENESS DAY



WORLD ELDER ABUSE AWARENESS DAY

Sunday 15 June 2025

World Elder Abuse Awareness Day reminds us that this issue exists in our community and while it comes in a range of forms, financial abuse of older people is real in our community.

Clearly the best way to deal with elder abuse is to prevent it by finding out what it is.

Look out for more information about opportunities to better understand Elder Abuse in the weeks either side of World Elder Abuse Awareness Day in June 2025.

Seniors Rights Victoria is a trusted site to find more information:

<https://seniorsrights.org.au/elder-abuse/>

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 Made at Archie Crafts \$2 | 10am Women's Strength Training - Michelle \$12 | |
| | 10am Women's Strength Training Michelle \$12 | 10.30am Gentle Exercise Linda \$6 Seniors Club | 10.30am Pilates Karen Anderson \$10 | 10am Seniors Club Learners Line dancing Free |
| | 11am Kickstarters! Michelle \$12. | 12.15pm Pilates Karen Anderson \$10 | 11am Kickstarters Michelle \$12. | 10.30am Line dancing Seniors Club \$6 |
| | 11am Chair Yoga Robyn \$6 | 1pm Scrabble \$2 | 12.15pm Aqua Exercise \$11.80 | |
| 1pm, 1st& 3rd Mon/month Knitting \$1 Seniors Club | Midday Pulselite Michelle \$12. | 1pm Cards 500, \$2 Seniors Club | Midday Fit & Trim Michelle \$12. | 1pm Cards Euchre, \$2. Seniors Club |
| | | 1.30pm Mahjong \$2 Backgammon \$2 Chess \$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 |

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.

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 4 June

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 April

Thursday 8 May

Thursday 12 June

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 24 June

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 13 May

Time: 1-2 pm

Book: Archie Reception



COMMUNITY INFORMATION

FINDING FREEDOM BUS TRIP - TRIAL

As a partnership initiative with Archie Graham Community Centre, Warrnambool Bus Lines & Victoria Police, we're looking for a small group (max 10) of curious community members willing to work together to give small group travel on our public buses a 'test-run' with us.

We will start with a trip to Port Fairy for morning tea on Thursday 24 April.

FREE

Interested? Text or leave a message for Clare Vaughan on 0447 528 469



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






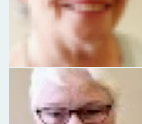
Date: Thursday 29 May

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: Wednesday 18 June

Time: 1-2pm

Book: Archie Reception



I'm asking
for a
friend.



CONVERSATIONS ABOUT MONEY...

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

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

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!



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



What are the hazards impacting our coast?
How will these change in a rapidly warming world?
How do we manage them into the future?

Explore these questions with a panel of world experts and local government scientists.

 Wednesday, April 16, 9.30am to 4.05pm

FEATURING PRESENTERS FROM:

Deakin University, University of Melbourne, CSIRO, Tsunami Aware Prepare and Local Government.

FREE ADMISSION

please register attendance at u3awarrnambool.org.au or call 5559 4920

