

# Victorian Seniors Festival 40 Years 2022



# CELEBRAGE Warrnambool's Seniors Festival Monday 3<sup>rd</sup> - Monday 31<sup>st</sup> October 2022

**BOOKINGS OPEN 1<sup>ST</sup> SEPTEMBER**

## Celebrage Festival Launch

**Mon 3 Oct 1:45pm – 3:00pm**

Ngata everyone! Hello everyone!

Warrnambool City Council Mayor Vicki Jellie will launch the CELEBRAGE Seniors Festival and local nominees for the Victorian Senior of the Year Award 2022 will be introduced and their community contributions will be acknowledged and celebrated.

The guest presentation by Lachlan Farrington will shine a light on the theme of the festival which is how engaging with nature and taking care of it, enables us to take care of ourselves.

Refreshments will be prepared by our Archie Café Volunteers. To avoid disappointment, book early!

**Venue:** Archie Graham Community Centre  
118 Timor Street, Warrnambool

**Bookings:** Call: 5559 4920

**Email:** [agccustserv@warrnambool.vic.gov.au](mailto:agccustserv@warrnambool.vic.gov.au)

**Cost:** Free



## Spectrum Concert

**Wed 5 Oct 11:00am**

Singer/songwriter Mike Rudd formed Spectrum in 1969 with bassist Bill Putt. Spectrum's first single release, *I'll Be Gone (Someday I'll Have Money)* was a national number one hit in 1971. Get a group of friends together and rock along with Spectrum and relive great times out with friends listening to live music at the Lady Bay Hotel or the Cri!

**Venue:** Lighthouse Theatre

**Bookings:** Call: 5559 4999

**Email:** [lighthouse@warrnambool.vic.gov.au](mailto:lighthouse@warrnambool.vic.gov.au)

**Cost:** \$20; Groups of 10+ \$15

<https://www.lighthousetheatre.com.au>

## Out to Lunch after the Concert

**Wed 5 Oct 12:30pm**

Book a table for lunch after the concert!

Local restaurants that are in walking distance from the Lighthouse Theatre are ready to take your group booking. Individuals are welcome to contact Archie Reception or call 5559 4920 to join our tables.

**Venue:** RSL Saltwater Bistro : 5562 4634

Images: 5562 4208

**Bookings:** Call: 5559 4920

**Cost:** Cost of own meal

## Art Workshop: Inspired by Nature with Madeleine Peters

**Thu 6 Oct 11:00am – 12:30pm**

Join Warrnambool Art Gallery exhibiting artist Madeleine Peters for an artist talk to coincide with her first institutional public gallery exhibition Catherine's Handstand, followed by a nature-inspired drawing workshop. This hands-on creative art experience is open to all levels of experience. Morning tea and artist talk from 11am hosted by Gallery Director Aaron Bradbrook, alongside the Friends of the Gallery. Workshop to commence at 11:30am.

**Venue:** Warrnambool Art Gallery

**Bookings:** Call: 5559 4920

**Cost:** Free

## Bus Trip: Spring Garden Tour

**Fri 7 October 9:00am– 3:30pm**

This delightful Spring Garden Tour is a fundraiser for Live for Lily – a foundation to cure childhood cancer. The tour will include visits to three gardens in the Terang/Noorat area which will showcase stunning new Spring growth and flowers. Meet at Flagstaff Hill Carpark at 9am for a 9.15am departure. Independent mobility over uneven ground and gravel is required for this trip. Please be prepared for all weather conditions. Tour will be postponed if forecast is for inclement weather;

**Venue:** Meet at Flagstaff Hill Carpark

**Enquiries:** Call: 5559 4920

**Cost:** \$45 includes coach, morning tea and light lunch

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## Pure- Hair, Beauty and Wellness Academy Pamper Session

**Tues 11 Oct 9.30am-12.30pm**

A pampering session is sure to lead to feeling relaxed and indulged. Choose from a manicure, a seated massage or a wash, blow dry or set and style hair treatment by the wonderful students from Pure - Hair, Beauty and Wellness Academy.

Appointments are 45 minutes; Seated massages 30 minutes.

**Venue:** South West TAFE; Building F Block, entrance from Gilles St (south side of new library)

**Bookings:** Call: 5559 4920

**Email:** [agccustserv@warrnambool.vic.gov.au](mailto:agccustserv@warrnambool.vic.gov.au)

**Cost:** \$5 per treatment. Payment required on booking.

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## Grandparents Storytime

**Wed 12 Oct 11:00am**

Join us for our Celebrate "Grandparents" Storytime. Suitable for 3 – 6 year olds and their special "older person". Enjoy listening to a dedicated storytelling session followed by a creative activity

**Venue:** Warrnambool Library

**Enquiries:** Call: 5559 4990

**Email:** [library@warrnambool.vic.gov.au](mailto:library@warrnambool.vic.gov.au)

**Cost:** Free

<https://library.warrnambool.vic.gov.au/>

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## Fun with Plants: For lovers of plants and sharing cuttings

**Wed 12 Oct 10:30am**

Meet with our Archie Gardening Volunteers for an informal chat about the plants (mainly succulents), that grow so well in our courtyards and brighten up the Centre. Potted cuttings generously grown by our volunteers will be available for sharing. Participants are welcome to bring small cuttings to share as they wish.

**Venue:** Archie Graham Community Centre  
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**Enquiries:** Call: 5559 4920

**Email:** [agccustserv@warrnambool.vic.gov.au](mailto:agccustserv@warrnambool.vic.gov.au)

**Cost:** Free

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## Social bike ride along the Warrnambool Foreshore

**Fri 14 Oct 9am for new riders to be fitted with bikes; 10am ride out with group**

Come and ride with our social cycling group who ride regularly on Warrnambool's fantastic bike paths & trails. Bikes and trikes available for hire \$5.10/session. BBQ lunch after the ride.

Bookings essential for new riders; contact Archie

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Reception on 5559 4920 to book and for info on where to meet and volunteers will know to look out for you.

**Venue:** Meet at bike shed at Shipwreck Holiday Park

**Enquiries:** Call: 5559 4920

**Email:** [agccustserv@warrnambool.vic.gov.au](mailto:agccustserv@warrnambool.vic.gov.au)

**Cost:** Free

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## Nature Craft

**Mon 17 Oct 1:30pm – 4:30pm**

Do you enjoy making things and connecting with the natural world? Claire Norman will lead a workshop where you have the opportunity to explore your creativity using stones, leaves, rocks, twigs etc... in a fun and supportive environment.

Creations will be photographed and photos made into cards.

**Venue:** Archie Graham Community Centre  
118 Timor Street, Warrnambool

**Enquiries:** Call: 5559 4920

**Email:** [agccustserv@warrnambool.vic.gov.au](mailto:agccustserv@warrnambool.vic.gov.au)

**Cost:** \$5, make 4 cards to take home

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## Warrnambool Botanic Garden- Spring Garden Tour

**Wed 19 Oct 10:15am**

Join us for a tour of the Warrnambool Botanic Gardens and enjoy the insight of Curator John Sheely and the company of Members of the Friends of the Botanic Gardens. Meet at the Rotunda and the tour will commence at 10.30am followed by morning tea together. While we hope for glorious Spring sunshine, don't forget to check the forecast and be prepared for all the weather conditions.

**Venue:** Warrnambool Botanic Garden

**Enquiries:** Call: 5559 4920

**Email:** [agccustserv@warrnambool.vic.gov.au](mailto:agccustserv@warrnambool.vic.gov.au)

**Cost:** Free

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## Classic Car Tour

**Thu 20 Oct 9:45am –approx. 3:00pm**

Tour in classic vehicles thanks to members of the Warrnambool and District Historic Car Club via Killarney and Tower Hill to Koroit. Enjoy some free time in the main street to visit small businesses such as The Local Place, Crystal Lee Op Shop, Antiques & Collectables, Koroit Nursery, The Bookworm Gallery, Noodledorf Brewing Co and Mickey Bourke's Hotel. We will drive in convoy on to Woolsthorpe where we will enjoy a light lunch together at the Union Station Hotel. Passengers to switch cars for the return trip to Warrnambool via a different route.

**Venue:** Meet at Flagstaff Hill Carpark

**Enquiries:** Call: 5559 4920

**Cost:** \$35 includes tour & light lunch at Union Hotel.

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## Blast from the past- Fabulous Florado

**Thu 20 Oct 10:00am**

The Florado Festival, held annually in Warrnambool from 1957 to 1966 consisted of a cornucopia of colourful events: everything from street parades to sheaf tossing, floral carpets to firework displays. Some of the Historical Society's collection of amateur films will be shown at this session, featuring street garden displays, grand balls and many other activities which were part of this popular community run festival.

There will be an opportunity for follow-up discussion over light refreshments.

**Venue:** Warrnambool Library

**Bookings:** Call: 5559 4990

**Email:** [library@warrnambool.vic.gov.au](mailto:library@warrnambool.vic.gov.au)

**Cost:** Free

<https://library.warrnambool.vic.gov.au/>

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## Intergenerational Board Games

**Sat 22 Oct 10:00am – 2:00pm**

Family members, neighbours, friends, come along in your competing age groups – kids, parents, grandparents and enjoy an intergenerational competition!

**Venue:** Warrnambool Library

**Bookings:** Call: 5559 4990

**Email:** [library@warrnambool.vic.gov.au](mailto:library@warrnambool.vic.gov.au)

**Cost:** Free

<https://library.warrnambool.vic.gov.au/>

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## Back to Crossley- Seniors Dance

**Sun 23 Oct 2:00pm– 6:00pm**

The Friends of the Crossley Hall warmly invite you to the Back to Crossley Seniors Dance. Music by Trevor Keilar. Feel free to be on your feet, or simply sit, tap your toes, listen to the music and reminisce with friends.

**Venue:** Crossley Hall

**Bookings:** Call: Loretta Lane 0408 687 261

Jose Farrar 0438 891 313

**Cost:** \$10; includes afternoon tea

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## What is this thing called Mindfulness?

**Mon 24 Oct 1:30-2:30pm**

Mindfulness is about compassionately paying attention to the present moment. Aneeta Snow will present an introduction to mindfulness techniques including body scan, breath awareness and mindful movement. By learning where and how to place attention, the world opens up and small and large freedoms can be found.

**Venue:** Archie Graham Community Centre

**Bookings:** Call: 5559 4920

**Email:** [agccustserv@warrnambool.vic.gov.au](mailto:agccustserv@warrnambool.vic.gov.au)

**Cost:** Free

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## Bus Trip - Budj Bim Walking Tour

**Tue 25 October 9:45am-5:00pm**

The tour provides an overview of the Gunditjmara story and the lake's extensive marine and birdlife, and continues on to see the network of aquaculture systems designed to trap and harvest kooyang (eel) for food and trade. Lunch will be provided at the Tae Rak Aquaculture Centre before the 2 hour walk and afternoon refreshments after the walk.

**Venue:** Meet at the Flagstaff Hill Carpark

**Bookings:** Call: 5559 4920

**Email:** [agccustserv@warrnambool.vic.gov.au](mailto:agccustserv@warrnambool.vic.gov.au)

**Cost:** \$100 includes coach & light lunch and afternoon refreshments

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## Nurture in Nature: Stonework Play

**Wednesday 26 Oct 10:00am – 11:30am**

Join Tania Maloney for a workshop in stonework play, where participants connect with nature, creative expression, art, and storytelling, using a beautiful variety of stones as the medium. Be guided through a 5 Step process of:

1. GATHERING their chosen stones
  2. CONSTRUCTING their stone creation
  3. RENDERING (drawing) their work on paper
  4. NARRATING (writing) what they have done in story form
  5. SHARING their stories and experience with the group.
- All welcome!

**Venue:** Warrnambool Library

**Bookings:** Call: 5559 4920

**Email:** [library@warrnambool.vic.gov.au](mailto:library@warrnambool.vic.gov.au)

**Cost:** Free

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## Walk for Wellness

Monday 24 October 9:15am

Join the group of regular walkers from the Heart Foundation Walking Group to give your health a boost when you walk the Promenade path and enjoy the stunning views and fresh air. Light refreshments will be available from 10.15am. If you enjoy this walk, there are walks every day of the week that you can find out about and join in. Bookings essential for new walkers.

**Venue:** Meet on the beach side of the Surf Club

**Enquiries:** Call: 5559 4920

**Email:** [agccustserv@warrnambool.vic.gov.au](mailto:agccustserv@warrnambool.vic.gov.au)

**Cost:** Free

## Sing-a-long; Warrnambool Senior Citizens Club

Sat 1 October 2:00pm – 4.00pm

Come a long and sing-a-long with members of the Senior Citizens Club and The Silver notes Choir with Cynthia Dunn accompanying on piano. This is a wonderful opportunity to re-connect with friends while listening or singing along to some old favourites.

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**Enquiries:** Call: 5559 4920

**Email:** [agccustserv@warrnambool.vic.gov.au](mailto:agccustserv@warrnambool.vic.gov.au)

**Cost:** Free

**Let's go on an adventure**

From 2 to 9 October take advantage of free public transport with your Seniors myki and Victorian Seniors card.

Explore Melbourne and regional Victoria or experience the many live Seniors Festival events.

Catch public transport and save on petrol and the stress of looking for a park.

Plan your journey at [ptv.vic.gov.au/seniorsfestival](http://ptv.vic.gov.au/seniorsfestival)

**VICTORIA** Department of Transport  
**PUBLIC TRANSPORT VICTORIA** PT>

**flagstaffhill** | **Seniors Festival 2022**

50% discount on day & night ticketing.  
By Day \$7.50 & By Night \$14.

**Valid October 1 – 31**

\*Bookings advised for evening tickets.  
**Contact** 1800 556 111 or 5559 4600

[www.flagstaffhill.com](http://www.flagstaffhill.com) | **I AM WARRNAMBOOL**

## We would like to thank the following partners:



Archie GRAHAM  
COMMUNITY CENTRE

