



Archie Graham
COMMUNITY CENTRE

OPEN
8.15AM - 5PM
MON - FRI

January - February 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.

New Year - New Opportunities

The Archie Graham Community Centre (*Archie*) will be closed from 5pm Thursday 23 December and reopen at 8.15 am Monday 4 January 2021.

Each new year brings with it the opportunity for a fresh start. The pandemic presented us all with the opportunity to reflect on things and plan ways to make the most of life going forward.

Being involved in community at *Archie* is a great way to meet new people, find new interests or rekindle old ones while keeping fit, healthy, independent and connected. If you are yet to come to *Archie*, or have not been for quite some time, the new year is a great time to pop in and find out how you can be involved. It is also a good place to escape the heat of summer.

At the time of writing this newsletter, proof of double vaccination is required for entry to Archie.

ARCHIE RECEPTION

When the Centre reopens for 2022, the friendly team at *Archie* Reception, Jenni, Esmae and Terese will be ready to welcome you.

If you have not been to *Archie* before - you are welcome to come in over summer and escape the heat and holiday crowds.



Jenni



Esmae



Terese

SURVIVE THE HEAT



For more information visit the Better Health Channel.
Call NURSE-ON-CALL on 1300 60 60 24
or see your doctor if you are unwell.
In an emergency, call 000.

On days of extreme heat - don't forget Archie is cool

Feel free to find a spot at *Archie* to have a quiet read, a cool drink or cup of tea or coffee with friends. Bring your own food if you wish. The daily newspapers & book swap are available and there is free wifi too.



The Volunteer operated *Archie Café* will re-open 10am-2pm on Mondays & Thursdays from 31 January 2022.

Movies - Classics & Netflix to be screened on Tuesdays from 1.30pm.. See page 5 of this newsletter for titles/dates.



Re-start dates for 2022

Activity:	Date to re-start
Hydrotherapy Pool; bookings essential - 5559 4920	9am Tues 4 Jan
Group Exercise Classes - Pulselite, Strength Training, Stepping Stones; bookings essential - 5559 4920 (PTO for Timetable)	Mon 17 Jan
Chair Yoga	3pm Mon 31 Jan
Senior Citizens Club - Tai Chi	9.15am Mon 17 Jan
Senior Citizens Club - Gentle Exercise	10.30am Mon 17 Jan
Social Cycling. New riders welcome; please contact Clare Vaughan 5559 4920	10am Mon 31 Jan
Heart Foundation Walking Groups. - Warrnambool Surf Life Saving Club - Aquazone - Centro; North Point Shopping Centre	9.30 am Mon 31 Jan & Wed 2 Feb 4.30pm Tue 18 Jan 9.30 am Fri 21 Jan
1:1 Technology Support with Volunteers; bookings essential - 5559 4920	Tues 4 Jan
Senior Citizens Club Walking, Russell Creek walk	9 am Tues 4 Jan
Mah-jong & scrabble; Senior Citizens Club cards -500 and Billiards	1.30pm Wed 5 Jan
Writing Group	1.30pm Mon 14 Feb
Senior Citizens Club Indoor Bowls	1pm Tue 11 Jan
Assistance with My Aged Care, Advanced Care Planning, Using Personal Information Online with Volunteer Mabel Mitchell: bookings 5559 4920	1.30pm Tues 4 Jan
Senior Citizens Club Painting	9.30 am Fri 7 Jan
Senior Citizens Club Line Dancing	10.30 am Fri 7 Jan
Senior Citizens Club Euchre	1pm Fri 7 Jan
Senior Citizens Club Knitting	1pm Mon 17 Jan

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 degrees celsius

A pool wheelchair and hoist are available and our friendly Lifeguards, **Janine** and **Mark** will assist with your access and safety requirements

Bookings for exclusive use of the hydro pool are available for groups and for those with special needs. Enquire and book at Reception or call 5559 4920.



Group exercise

Indoor group exercise sessions with **Michelle** will re-start on Monday 17 January 2022. Timetable PTO.

Archie sessions: \$7 single session

Visit passes: 5 sessions = \$35 and 10 sessions = \$70. Visit passes can be used to book sessions over the phone and transfer bookings to another time
Card payment preferred.

Bookings open two weeks in advance.

This will reduce the likelihood that some people will miss out, while others attend multiple sessions per week.



Find your Class sessions for new patrons commence: 2.30pm Wed 19 January

Bookings essential; enquire at Reception or call 55594920

Timetable

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

Monday	Tuesday	Wednesday	Thursday	Friday
9am - midday Hydrotherapy Pool 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 Men's Strength Training \$7	9.30am - 4pm Tech Support with Volunteers 1hr; \$7	9.15am 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 Strength Training \$7	11.45am My Strength \$7	10.30am Strength Training \$7	10am Social Cycling free. Enquire at Reception
10.30am Gentle Exercise. \$4 Seniors Club	11.45am Stepping Stones \$7. Transition from Health Services only	1pm Pulselite \$7	11.45am Stepping Stones \$7	10.30am Line dancing Seniors Club \$4
11.45am 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 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
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	4pm Heart Foundation Walking - free Start: Aquazone	2.30pm Find your class. Appointment with instructor before starting		
1pm, 2nd Mon/mth Writing Group \$2	<p>Most activities require paperwork to be completed before attending. Enquire at Reception - 5559 4920 or ask others who are involved in the activities that interest you about what is involved. Collect paperwork from Reception, complete & return it, then make your bookings.</p>			
2pm Scottish Country Dancing; call 5559 4920 to express interest in re-starting				
3pm Chair yoga \$7 Restart 31/1/2022				

Social Connection

The Archie Graham Community Centre (*Archie*) is all about connecting socially with others. We welcome people from all walks of life to come in and form new friendships or renew old ones.



The *Archie Café* will re-open on Mondays & Thursdays from 10am-2pm from Monday 31 January 2022.

Fresh and toasted sandwiches plus a selection of sweet treats will be on the summer menu.

Archie Intercultural Cafe

The Archie Language Café is open to anyone wanting an informal place for conversation in English and others wishing to meet people who have different cultural backgrounds in a spirit of friendship and community.

When: Thursdays 1pm - 2.30pm
First session Thursday 10 February 2022.

Where: Archie Graham Community Centre (*Archie*)
118 Timor St, Warrnambool.

What's on: Come along for a quick hello to introduce yourself or take your time and chat over a cup of tea or coffee. Sandwiches are available from the café at a small cost.

Children are warmly encouraged to come along too.

Transport: limited free car parking is available at the rear of the Centre. Free 2-3 hour parking available in Banyan St or car parks with parking meters are available in Timor St.

Public bus stop is directly in front of the Centre in Timor St.

Volunteers wanted: Community members wishing to volunteer at the Language Café are encouraged to contact Clare Vaughan for more info.

Enquires: call Clare Vaughan 5559 4920 or email: cvaughan@warrnambool.vic.gov.au

At the time of printing, proof of COVID vaccination is required at the Archie Graham Community Centre.



Intercultural Café

**Thursdays
1- 2.30pm**

Archie Graham Community Centre
(*Archie*)
118 Timor St, Warrnambool.

Come along for informal conversation
and a cuppa.

Enquires most welcome:
call Clare Vaughan 5559 4920

Volunteers

Volunteer roles at the Archie Graham Community Centre for 2022 have been updated to be more contemporary and expand options for volunteer involvement.

- **Tech Support** - 1:1 support
- **Physical Activity** - walking, cycling & group fitness
- **Archie Café**
- **Social Connection** - special interest groups, trips & outings, language café, movies, hospitality
- **Gardening**
- **Community Information**

Archie Volunteers are invited to a get-together to start the New Year well and find out more about volunteering at Warrnambool City Council going forward.

FRIDAY 11 FEBRUARY 1.30-3pm in the Rec Hall.

Please RSVP for admin & catering purposes at Reception or call 5559 4920.



Social Connection

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:

Lloyd Webber and the Great Composers Wednesday
16 Feb 2022 - 11:00 am; 75 minutes no interval

Celebrate Seniors Festival Concert - Spectrum
Wednesday 2 Mar 2022 - 11:00 am; 75 minutes



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 know to look out for you. We will meet at the restaurants listed below:

When: Wed 16 Feb, 12.15pm

Where: Emperor House
Chinese Restaurant
72 Liebig St, W'bool



**Feel free to join the group going to Morning Music at the Lighthouse Theatre, then meet for lunch.*

When: Wed 16 March 12pm

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



Netflix Movies

WHEN: 1.30pm 2nd & 4th Tuesday each month
Cost: \$2 payable at Reception. All welcome.

Tuesday 11 Jan: Holiday in the Wild

2019 | M | 1h 26m | Children & Family Movies
When her husband abruptly ends their marriage, empty nester Kate embarks on a solo second honeymoon in Africa, finding purpose -- and potential romance.

Starring: Rob Lowe, Kristin Davis, Fezile Mpela

Tuesday 25 Jan: Walk. Ride. Rodeo

2019 | M | 1h 39m | Children & Family Movies
In the wake of an accident that leaves her paralyzed, a champion rodeo rider vows to get back on her horse and compete again. Based on a true story.

Starring: Starring: Spencer Locke, Missi Pyle, Sherri Shepherd

Tuesday 8 Feb: The Unforgivable

2021 | M | 1h 54m | Crime Movies
Released from prison into a society that won't forgive her, a woman convicted of murder searches for the little sister she was forced to leave behind.

Starring: Sandra Bullock, Vincent D'Onofrio, Viola Davis

Tuesday 22 Feb: Mr. Church

2016 | PG | 1h 45m | Dramas
A temporary personal chef, a terminally ill single mother and her young daughter form an unlikely bond that redefines the meaning of family.

Starring: Eddie Murphy, Britt Robertson, Natascha McElhone

Classic Movies

Tues 18 Jan 1.30pm
Singing in the Rain
1952 Gene Kelly
Donald O; Connor
Debbie Reynolds



Tues 1 Feb 1.30pm: Showboat
1936 Irene Dunne, Allan Jones,
Charles Winninger, Paul Robeson, Helen Morgan



Social Connection - Art Projects

You're Invited: Over the summer there are two art projects on display at the Archie Graham Community Centre for community members to view & reflect on. The underlying messages relate to social connection.

The Warm Safe Home Project



The Warm Safe Home Project's 'Stories to Understand' regional tour arrives at Archie Graham Community Centre this Summer after a stay in Portland and Cobden. 'Stories to Understand' aims to start conversations about fairness, ageing and the right of older people to live without fear. A widow left homeless after helping to pay off her daughter's mortgage, a woman bullied and threatened into funding her son's gambling habit, a retired farmer left without enough money to keep the gas on. Unfortunately, most of us have witnessed an elder abuse situation, even if we didn't know to call it that.

Community hubs like Archie play an important role in keeping people socially connected.

Isolation and loneliness are known to increase the risk of elder abuse. Reaching out to an older friend or relative, inviting them to join you at a social activity or simply dropping by for a cuppa can provide vital connection – and may just be the first step to someone finding their spark or seeking help.

If you are concerned about elder abuse for you or someone else, you can call Seniors Rights Victoria's Confidential Helpline Mon - Friday 10 am - 5 pm on [1300 368 821](tel:1300368821)

Strong Spirits

You're invited to view five artworks created by local indigenous and non-indigenous young people around the theme of 'connection' that are on display at the Archie Graham Community Centre this summer.

The *Strong Spirits* program was facilitated by local Keeray Woorroong artist Sherry Johnstone with support from Aliza Johnson, Wajarri woman and an emerging local artist. The young artists explored ideas such as connection to self, to each other and connection to country, community & culture.

Connection is how we can overcome adversity in life such as mental health challenges or addiction.



TITLE: Coming Together:

ARTISTS: Shakira Chatfield, Jasmine Wylie, Ebony Bennett










Strong Spirits was organised by Lily Bourke, Community Educator at Bethany Community Support. Gamblers Health Program: Ph: (03) 5278 8122; Email: intake@bethany.org.au After hours: 1800 858 858

Tech Support

In person 1:1 Technology support is back in 2022

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/session to be paid on the day.

						
Alan Richardson	Brian Richards	Christine O'Grady	David Pearson	Colin Wake	Richard Skilbeck	Barbara Skilbeck
Support: Overcoming the fear of using an iPad or iPhone. This session is targeted just for you!	Support: Computers (Windows) Help to solve tricky problems. Anything & everything.	Support: Computers Windows - any version. Android tablets and phones. Social Media.	Support: Computers (Windows) Getting started online. Genealogy/ancestry.	Support: Computers (Windows) Setting up emails. Editing and storing of photos.	Support: Computers (Windows) Word and Excel. Email & Networking.	Support: Help with Android tablets and phones. Zoom Photobooks

Please check your diary carefully before making bookings. It helps to book a few days in advance.

Covid-Safety at Archie

When you come to Archie ...

Please use the QR code or sign-in on arrival.

Check-in with the Covid Marshall at Reception and show proof of double vaccination as required.

- Keep the 1.5m social distance from others.
- Carry a mask with you and wear it when you cannot keep the 1.5m social distance from others.
- Use the hand sanitiser provided or wash hands with soap and water often.
- Please be mindful when you touch handrails, door handles, tables and chairs, newspapers, switches & remote controls and sanitise or wash your hands with soap.
- Before you drink or eat, and make sure you have sanitised your hands or washed them with soap and water. Try to avoid touching your face.
- All rooms and spaces at Archie have signage to indicate 1 person/4m² capacity. Please do a quick head count when in a room and if there are too many people, notify staff or move away and try again in 10-15 minutes.
- The outdoor courtyards are available to patrons to use.
- Surface spray and paper towel/antiseptic wipes are located in each room. Please spray the surfaces you touch such as tables, chairs, taps etc before and after use and wipe with paper or leave to air dry.
- Toilets are open as usual. It is advised that surface spray is used on all surfaces before and after use.

HAND SANITISER AND SURFACE SPRAY AVAILABLE HERE



PLEASE ASSIST KEEP ARCHIE SAFE BY USING THE PROVIDED SUPPLIES

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: Mary McLeod & Kim Fort TBC

Date: Wed 19 January OR Thurs 17 February

Time: 2.00 — 3.00pm

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.

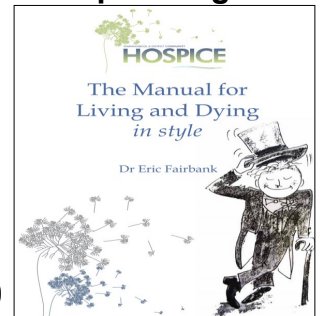
Dying well requires thought and planning

When: 2-4pm
Thurs 10 February

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, use a defibrillator.

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

Date: Friday 18 February

Time: 2.00 — 3.00pm

Enquiries or book: at Archie Reception or call 5559 4920

Cost: Free



Multicultural Women's Circle

Are you interested in friendship, support and advocacy? Join us in creating a multicultural Women's Circle in Warrnambool.

Please contact Helen or Wei-Lin if you would like further information at weilin.mai1415@gmail.com or helenf384@gmail.com

To find more information about us, please visit <https://virwc.org.au/>; to join our membership, please visit <https://virwc.org.au/membership-mw/#join>



Apply for the Power Saving Bonus

"Last chance to apply"

West Warrnambool Neighbourhood House is helping people in their community to apply for the \$250 Power Saving Bonus.

This is a one-off payment to help you with the cost of living.

To be eligible, someone in your household must have a pensioner concession card or receive, Austudy, Abstudy or Youth Allowance.

Contact Coordinator:

Jill Bourke

Phone: 0418 944 276



Neighbourhood Houses
The heart of our community

West Warrnambool Neighbourhood House School Holiday Program

- 10th – 20th January 2022; Gold coin
- Morning and afternoon tea provided
- For children aged 5 to 12 years



Neighbourhood Houses
The heart of our community

Activities include:

Art and craft	Nature Bus	Resin Art
Creative Cooking	Karate and Boxercise	Cultural Day
Playgroup for Toddlers	Jumbliearts: Music Movement Creativity	Mosaics

Bookings are Essential; Ph: 0418 944 276

E: jbourke@warrnambool.vic.gov.au