



Archie Graham  
COMMUNITY CENTRE

OPEN  
9AM - 5PM  
MON - FRI

# July - August 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.*

## Tips to help you stay warm and safe this winter



1. Keep active



2. Get a flu jab



3. Keep warm (layers of clothing, hot water bottle, close curtains at night)



4. Keep medication up to date and in order



5. Plan for an emergency (torches, emergency contacts, keep mobile phone charged)



6. Stay up to date with weather forecasts



7. Be extra careful when driving

## Archie, is a warm and safe place to escape the cold weather

**The Archie Café** is a warm and bright place that is open on Mondays & Thursdays from 10am-2pm and operated by our friendly volunteers. MENU: espresso coffee \$3 cup, \$4 mug, toasted sandwiches \$5, soups \$3 small; \$6 medium & sweet treats \$2.50.



Feel free to arrange to meet with friends or drop in on your own. There are newspapers and a book swap available for you to read as well as free WiFi.

Where in Warrnambool can you and enjoy a tropical 34°C? **“The Archie hydrotherapy pool!”**



*Thanks for the photo Gwen, Pam, Pat and Marita!*

Bookings are available for 9am, 10am, 11am sessions each day. \$10.10/ session. Max. 10 people.

Our friendly Lifeguards **Janine, Mark, Zaya & Nadine** will assist with your access and safety needs. A pool wheelchair and hoist are available. Enquire and book at Reception or call 5559 4920.

# Timetable

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9am - midday</b> Hydrotherapy Pool 1hr; \$10	<b>9am - 1pm</b> Hydrotherapy Pool 1hr; \$10	<b>9am - midday</b> Hydrotherapy Pool 1hr; \$10	<b>9am - midday</b> Hydrotherapy Pool 1hr; \$10	<b>9am - midday</b> Hydrotherapy Pool 1hr; \$10
<b>9.15am</b> Tai Chi \$4 Seniors Club	<b>9am</b> Walking 50c for lucky draw Meeting point: varies Seniors Club	<b>9.30am</b> Heart Foundation Walking - free Start: Surf Club	<b>9am</b> Walking 50c for lucky draw Meeting point: varies Seniors Club	<b>9.30am</b> Painting - free Seniors Club
<b>9.30am</b> Heart Foundation Walking - free Start: Surf Club	<b>1pm set-up</b> Indoor Bowls \$1 for prize Seniors Club	<b>10am</b> Kangatraining for mums and bubs \$20	<b>1pm set-up</b> Indoor Bowls \$1 for prize Seniors Club	<b>9.30am</b> Heart Foundation Walking - free. Start: Centro
<b>10am</b> Social Cycling free. Enquire at Reception	<b>1.30pm</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Tue/mth Netflix Movie \$2	<b>10am</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Wed/mth Social <b>Gardening</b> Free	<b>1- 2.30pm</b> Archie Intercultural Café, free	<b>10am</b> Social Cycling free. Enquire at Reception
<b>10.30am</b> Gentle Exercise. \$4 Seniors Club	<b>1.30pm</b> Confidential assistance with personal info Mabel	<b>1.30pm</b> \$1 for prize Cards 500	<b>2pm</b> Petanque - free; Lake Pertobe Piste. Seniors Club	<b>10.30am</b> Line dancing Seniors Club \$4
1pm, 1 <sup>st</sup> & 3 <sup>rd</sup> Mon/month Knitting free Seniors Club	<b>4.30pm</b> Heart Foundation Walking - free Start: Aquazone	<b>1.30pm</b> Mahjong \$2 Scrabble \$2		<b>1pm</b> Cards Euchre, free. Seniors Club
1.30pm Billiards - free Seniors Club		<b>1.30pm</b> Billiards - free Seniors Club		<b>1pm</b> Singalong free Seniors Club
<b>1pm, 2<sup>nd</sup> Mon/mth</b> Writing Group \$2				<b>1.30pm</b> Billiards - free Seniors Club

## Group Fitness Update

As per the Archie May/June newsletter, an expression of interest (EOI) for group facilitators is out and closes on June 30<sup>th</sup> 2022.

Due to the timing of the July/August 2022 Archie newsletter deadline (prior to June 30<sup>th</sup> 2022), we are unable to advertise a revised group fitness timetable due to the legalities of the EOI process.

We anticipate the new group fitness timetable will be released in the first week of July. Our friendly Archie Admin team and Coordinator of Community Programs, Clare Vaughan will advise of these changes as soon as possible.

It is likely there will be a one week gap with no group fitness sessions in the week commencing July 4<sup>th</sup>.

We appreciate your continued patience and understanding.

- The Archie Team

# Archie Fees & Charges 2022 - 2023

## Activity Fees & Charges

A slight increase in fees will come into effect on 1st July 2022

Hydrotherapy pool single session: \$10.10; visit pass: 5 sessions \$50.50; 10 sessions \$101

Bike hire single session: \$5.10; visit pass: 5 sessions \$25.50; 10 sessions \$51

Tech support single session: \$7.10; visit pass: 5 sessions \$35.50; 10 sessions \$71

Group fitness - fees to be set by private businesses instructing the sessions.

Further details available from our friendly staff at Archie Reception.

## Room Hire Fees and Charges 2022-23

After a review of our room hire terms, conditions and fee structure, changes will be implemented in order to make charges fairer and more equitable.

From July 2022 an hourly, half day and full day rate structure with fees calculated based on the size and facilities in the various rooms will be implemented. We have ensured that no organisation or individual is disadvantaged by the changes.

The terms and conditions, and booking forms have been updated. If you have an existing booking you will not be required to complete new paperwork for that booking. Please see our Admin Team for a revised venue hire booking form, or if you would like more specific information on the new fee structure.

## Victorian Senior of the Year Award

The Victorian Senior of the Year Awards are our chance to celebrate the many senior Victorians who share their skills, experience, time, and energy with in our communities.

The nomination period is now open till 29 July 2022. Nomination forms are available from Archie Reception or online: [www.seniorsonline.vic.gov.au/festivalsandawards/seniors-awards](http://www.seniorsonline.vic.gov.au/festivalsandawards/seniors-awards)

Enquiries or for assistance call Clare Vaughan on 5559 4920 or E: [cvaughan@warrnambool.vic.gov.au](mailto:cvaughan@warrnambool.vic.gov.au)

All Warrnambool Nominees will be invited to the Launch of the Celebrage Seniors Festival in W'bool.

Winners of the Victorian Senior of the Year Award will be invited to a celebration at Government House in Melbourne in October 2022.

## Archie Intercultural Cafe

Everyone is  
welcome at...  
The Archie Intercultural Cafe



The Archie Intercultural Café is open **Thursdays 1-2.30pm**.  
No appointment needed. Free - just come along.

Our friendly volunteers are available to meet with anyone who would like to practice English conversation and those wanting to meet people from cultural backgrounds different from their own.

All new-comers to Warrnambool are most welcome.

Please share the invitation to those you know who might like to attend.

Enquires, contact Clare Vaughan on 5559 4920 or  
E: [cvaughan@warrnambool.vic.gov.au](mailto:cvaughan@warrnambool.vic.gov.au)





# Social Activities

## Morning Music at the Lighthouse Theatre.

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

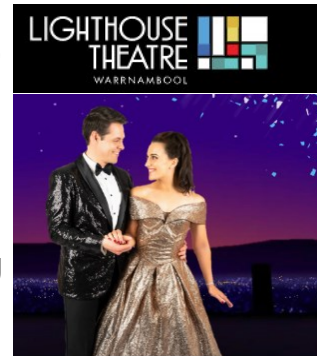
## Some Enchanted Evening

Join us for a very special event paying tribute to the timeless music from the legendary Richard Rodgers and Oscar Hammerstein II.

In an intimate setting amongst the stars, come on a whimsical journey through song and dance, and be captivated by the beautiful music of 'You'll Never Walk Alone', 'Younger Than Springtime', 'I Have Dreamed', 'Climb Every Mountain', 'Oh What a Beautiful Morning', and many more.

BOOKINGS: Tickets are available from Archie Reception at discounted price of \$15 (Full admission tickets cost \$20). 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.



**Some Enchanted Evening**

**Wed 31 Aug 11am**

**Meet at Archie at 10.15am**

## 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 20 July 12pm**

**Where:** Flying Horse Hotel  
10691 Princes Hwy  
Warrnambool



**When: Wed 17 Aug 12pm**

**Where:** City Bowls Club,  
Cramer Street,  
Warrnambool



## Comedy on Film & TV

Isn't it fun to laugh till your sides hurt? Join us to enjoy comedy at Archie. \$2; ice-cream included



**Laurel & Hardy in 'Way Out West' 1937 65mins**  
**Tuesday 12 July 1pm**



Way Out West is one of the best Laurel and Hardy comedy films - their only western spoof.

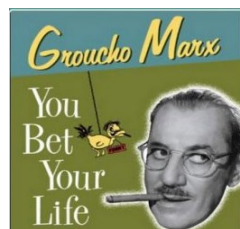
Again, they reprise their most familiar roles; Stanley, the thin, meek simpleton, and Ollie, the fat, pompous one. Simply funny!

**A selection of comedy TV shows including:**  
**Tuesday 23 August 1pm**

**Lucille Ball**



**Groucho Marx**



**Beverly Hillbillies**



**Graham Kennedy**



# Social Activities

## FAMILY HISTORY MONTH EVENTS

**WEDNESDAY 3RD  
AUGUST 5PM**  
*at the Library*

**EXPLORING  
YOUR FAMILY'S  
HISTORY: FIRST  
STEPS**

**THURSDAY 11TH  
AUGUST AT 11AM**  
*at the Library*

**USING  
AUSTRALIAN  
NEWSPAPERS – A  
VITAL RESOURCE  
FOR FAMILY  
HISTORIANS**

**WEDNESDAY 17TH  
AUGUST AT 10AM**  
*at Archie*

**RESEARCHING  
YOUR FAMILY  
HISTORY ON THE  
INTERNET FOR  
FREE**

**WEDNESDAY 24TH  
AT 2PM**  
*at Archie*

**DNA FOR FAMILY  
HISTORY – SOME  
BASICS**

**For further information or to book for any of  
these sessions please phone Archie on 5559 4920  
or visit <https://library.warrnambool.vic.gov.au/>  
and click 'Events'**



**NFHM**  
National Family History Month











*Archie*  
Archie Graham  
Community Centre



[www.warrnambool.vic.gov.au](http://www.warrnambool.vic.gov.au)

## West Warrnambool Neighbourhood House School Holiday Program

Monday 4 July	Tuesday 5 July	Wednesday 6 July	Thursday 7 July	Friday 8 July
Excursion Boxercise & Karate (5+ yrs) 	Playgroup (0-5yrs) 	Creative cooking (7+yrs) 	Playgroup (0-5yrs) 	Portrait painting with Jane Curtis (7+yrs) 10am—12noon 
	<b>EXCURSION</b> Wheelchair basketball (7+yrs) 1.30-3pm 	Resin Art with Kaz (8+yrs) 1.30-3pm 	Quirky Science Experiments (5+yrs) 1.30-3pm 	

Bookings are essential - our program will be operating from various locations.

Cost: \$2 /child; children under 8 yrs must be accompanied by an adult

Morning and Afternoon tea will be provided.

Contact Jill: Phone: 0418 944 276 mail: [jbourke@warrnambool.vic.gov.au](mailto:jbourke@warrnambool.vic.gov.au)



### The Yarning Place is coming to West Warrnambool Neighbourhood House!

The mobile pop up van stocks all types of yarn, a complete range from Extra Fine Merino Wool, Sheep Wool, Alpaca, Cottons, Mulberry Silk and many blends as well as all accessories for knitting, crochet and macramé!

Dates to be confirmed – Please contact Jill for more information

Ph: 0418 944 276 / Email: [jbourke@warrnambool.vic.gov.au](mailto:jbourke@warrnambool.vic.gov.au)



Yarning  
Place



# Community Connections Program

Provided by Warrnambool City Council, the Community Connections Program is a free service aiming to support people that may be experiencing loneliness or social isolation and wish to be reconnected to non-medical social support services within the community.

**This is done through a referral to our Community Connectors.**

This referral can easily be made by:

- By filling out our referral cards at Archie reception;
- Your GP or service provider; or
- By contacting the Community Connector yourself.



Once referred, the Community Connectors will assist you in developing a personal plan and goals to link you to social activities and groups in the local area.

## COMMUNITY CONNECTOR

A person who will support you get started to participate in social activities and help connect you with your community

### COMMUNITY CONNECTION ACTIVITIES



**WE KNOW IT CAN BE HARD TO GET STARTED – WE ARE HERE TO HELP!**

To find out more contact our Community Connectors:

Jacob: [jgilmour@warrnambool.vic.gov.au](mailto:jgilmour@warrnambool.vic.gov.au) |0478 325 823

Jill: [jbourke@warrnambool.vic.gov.au](mailto:jbourke@warrnambool.vic.gov.au) |0418 944 276

Or visit our webpage: [www.warrnambool.vic.gov.au/community-connections-program](http://www.warrnambool.vic.gov.au/community-connections-program)

## Archie Graham Community Centre Tours

**Curious about what is on offer at Archie?**  
**or**  
**Do you want to recommend Archie to others?**

Join a tour of the Community Centre with a member of the Archie Team to find out about 'what's on.'

**When:** Wed 27 July 2-2,30pm; Tues 16 Aug 3-30pm

**Book:** call in and book a spot with the friendly staff at Archie Reception or call 5559 4920

All welcome!

## Your Finances in Retirement

### Your Finances in Retirement

This session will include:  
Planning for retirement  
Accommodation options  
My Aged Care fees and charges

**Tuesday 19 July 2-3pm** at Archie

#### Presenters:

Murray Eccles: Financial Information Service – Services Australia

Melissa Laird: Aged Care Specialist Officer – Services Australia

**Bookings:** Archie Reception or call 5559 4920



# Health & Wellbeing

Have a look at the list of activities below and if anything is of interest, feel free to enquire at Reception about how to join in.

Many people start exercising at Archie for health reasons and then continue to come along to be with friends. Let us help you to find your thing! The reviewed group fitness timetable will be released early July.

## 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 & 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**; new members are most welcome.

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

## Cycling/Walking

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. Bikes and trikes available for hire \$5.10/session.

New riders welcome **Friday 1st July & Friday 5 August at 9am at the bike shed.**

Social cycling registration details are below.

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 W'bool. **Refreshments provided Monday 25 July & Monday 29 August**

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.

## Introduction to Meditation and Mindfulness

This 4 week course will help you learn traditional Buddhist Meditation and will provide you with the tools to bring alertness, mindfulness, mental tranquility and emotional positivity to your everyday life!

Dates: **July 13, 20, 27 & August 3**

TIME: 7.00 – 8.30pm COST: \$50

For more information and enrolments, please contact Jill: Phone: 0418 944 276

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



# Volunteers

## Volunteers are the beating heart of the Archie Graham Community Centre.

Two teams of volunteers generously operate the *Archie* Café on Mondays and Thursdays, 10am-2pm. Café volunteers have had the opportunity to complete Food Safety and Barista training and there is Cultural Awareness Training is coming up soon (see below).

Thank you Cafe volunteers! We appreciate the time and effort you put into preparing our coffees, home-made soups, sandwiches and scones with such care. New volunteers welcome - call 5559 4920



Café Volunteers L-R are: Wendy Grigg, Mary Whelan, Denise Richards, Anne Farely, Di Pettigrew and Sian Duggan.  
Café Volunteers not in photo: Marie Baxter, Jennie Miller, Brenda Smith, Skye Owen.

## Cultural Awareness Training

Meeting and interacting with people from diverse cultural and linguistic backgrounds is quickly becoming part of our daily life. This Cultural Awareness Training will give volunteers tips and tools to better communicate and effectively work across cultures.

### Learning outcomes will include:

- Enhanced understanding of engaging with people from a culturally and linguistically diverse background.
- Improved customer service provision.
- How to keep your unconscious bias in check.

**When:** Tuesday 19 July - 2.30pm - 4.30pm at Archie. Light refreshment provided.

**RSVP:** Angie Doldan; Volunteer Connect at : [adoldan@warrnambool.vic.gov.au](mailto:adoldan@warrnambool.vic.gov.au) or call 5559 4900. Please provide any dietary requirements for the session.



[www.warrnambool.vic.gov.au/volunteering](http://www.warrnambool.vic.gov.au/volunteering)

## Celebrage - Warrnambool's Seniors Festival - Volunteers Wanted

**CELEBRAGE** - Warrnambool's Seniors Festival will be held in October 2022.

Would you like to volunteer to help plan, host, provide refreshments/catering for a seniors festival activity?

**EXAMPLES:** bus trips, historic vehicle tour, walks, nordic pole walks, bike and trike rides, craft, cooking, fun with plants, photography, music/dancing outdoors, picnics... other ideas are most welcome!

If yes, or to simply find out more, please express your interest with Clare Vaughan on [cvaughan@warrnambool.vic.gov.au](mailto:cvaughan@warrnambool.vic.gov.au) or call 5559 4920 before Friday 8 July.



# Naidoc Week Celebrations

Gunditjmara Aboriginal Cooperative

## NAIDOC Week Events

**Opening Ceremony**  
Monday 4th July

8am to 11.30am  
Harris Street Reserve  
Breakfast, NAIDOC Awards,  
Smoking Ceremony, Koko Blokes

**NAIDOC Night Show Exhibition**  
Wednesday 6th of July

5pm to 7pm  
Lighthouse Theatre  
Nibbles provided, Short video,  
Photo display, Dance

**Family Day**  
Friday 8th of July

11am to 3pm  
Harris Street Reserve  
Cultural activities, BBQ,  
Live Music



A vertical poster for the Gunditjmara NAIDOC Awards. It features a red background with white text. At the top, it says 'GUNDITJMARA NAIDOC AWARDS' and 'GET UP! STAND UP! SHOW UP! Monday 4th July'. Below this is a circular logo with a stylized figure and the text 'CELEBRATING NAIDOC WEEK'. The background of the poster has large, faint white letters spelling 'SHOW UP! STAND UP! SHOW UP!'.

## Young Parents Social Support Group

The Young Parents Social Support Group is a Home and Community Care Program at *Archie* for Younger People.

It can be easy to feel alone when you first become a parent.

Our young parents social support group provides the opportunity to join like-minded parents who are going through their own experiences and emotions related to parenting.

Based on the values of equity, social inclusion, and collaboration, we offer a non-judgemental environment where parents and children are supported and encouraged by our caring staff to engage and work together to form social connections in a supported environment.

Our group of young parents who are also welcome to bring their toddlers along meet once a week for lunch and social interaction.

For further information, please contact our social support coordinator, Kim Fort on 55594879



Above: Hudson on the play equipment



Above: Darling cherubs aren't they?

# Community Information

## My Aged Care Info Session & Archie Tour

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

Presenters: *Archie* Community Care Team

**When:** Tues 16 Aug, 2-3pm; tour from 3-3.30pm

**Cost:** Free

**Enquiries or book:** at Archie Reception or call

## 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.**

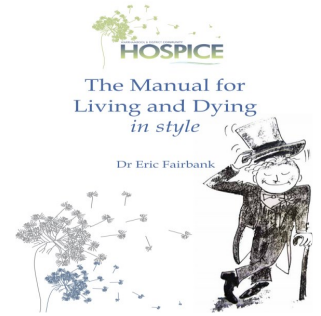
**When:** 2 - 4pm

**Thurs 14 July & Thurs 11 Aug**

**Where:** Archie Graham Community Centre

**Cost:** Free.

**Bookings essential at** Reception or call 5559 4920



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



The benefits of having the emergency plus app on your phone will also be explained.







Members of walking and cycling groups who are yet to attend this training, please book in.

**When:** Fri 19 Aug 2-3pm at Archie. FREE. Enquiries/bookings: Reception or call 5559 4920

## Tech Support

### In person 1:1 Technology support

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. **\$7.10/session**

<b>Brian Richards</b>		<b>Areas of Expertise:</b> Computers (Windows) Help to solve tricky problems. Anything and everything
<b>Christine O'Grady</b>		<b>Areas of Expertise:</b> Computers (Windows) - any version. Android tablets and phones. Social Media.
<b>David Pearson</b>		<b>Areas of Expertise:</b> Computers (Windows) Getting started online. Genealogy/ancestry.
<b>Mabel Mitchell</b>		<b>Areas of Expertise:</b> Help with Android and Smartphones
<b>Alan Richardson</b>		<b>Areas of Expertise:</b> Apple iPads or iPhones. Overcoming the fear of using an iPad or iPhone
<b>Richard Skilbeck</b>		<b>Areas of Expertise:</b> Computers (Windows) Word and Excel.