



Archie Graham
COMMUNITY CENTRE



NEWSLETTER

JULY - SEPTEMBER 2023

Archie Graham Community Centre
118 Timor Street, Warrnambool
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 country, part of a network of Custodian groups of the Gunditjmara nations. We extend our respects to Elders, past, present and emerging and their ongoing connections to the land, rivers and seas. We acknowledge their sovereignty was never ceded.



CELEBRATING YOUNG PEOPLE IN OUR COMMUNITY

Featured on the front cover, are this year's Green Futures Now crew. This leadership program for people aged 12-25, allows young people to build knowledge and explore solutions to address environmental issues.

This year, the Green team decided to address the issue around textile waste and fast fashion by organising a winter clothing donation drive. The goal was to collect as many warm clothes and blankets as they could to help the less fortunate while keeping textiles out of landfill. With more than half of new clothes imported to Australia ending up in landfill, the young people wanted to raise more awareness around textile pollution and encourage people to think about the number of items they buy.

The drive finished on the 5th June, coinciding with World Environment Day. The group received over 50 donations from the public which amounted to just under 200 kg of clothing and other winter apparel! A very impressive effort. Donations will now be distributed within the community through the Salvation Army and Loved and Shared.

R U OK?

R U OK? Day 2023 is Thursday 14 September and is our national day of action when we remind Australians that every day is the day to ask, 'are you OK?' and start a meaningful conversation whenever they spot the signs that someone they care about might be struggling with life.

Show your awareness of R U OK? Day by wearing black & yellow.

Yellow lapel ribbons will be available from Reception.

DIGITAL NEWSLETTER

To subscribe to receive this newsletter by email head to: <https://www.warrnambool.vic.gov.au/archie-graham-community-centre> and enter your details. Hard copies of the

YOUTH AWARDS

In September, Youth Fest will see a number of events happening in Warrnambool that highlight the contributions and achievements of local young people. We are excited to announce that this year's Warrnambool and Moyne Youth Awards nominations will be opening on the July 25. Each year, the Youth Awards recognise people aged 12-25 who demonstrate the values of Respect, Kindness, Resilience, Responsibility and Passion in our community. All community members, coaches, employers, teachers, peers, friends, siblings, grandparents, mentors and more are encouraged to nominate a young person they think deserves recognition. Once nominations open, you can access the form here: www.warrnambool.vic.gov.au/warrnambool-and-moyne-youth-awards or by scanning the QR code.

Also happening as part of Youth Fest is the 2023 Warrnambool and Moyne Youth Showcase which raises the profile of local young creatives. Artolesence exhibition, held at the F Project on September 20th, will showcase the works of visual artists.



This year our amazing FReeZA crew will also assist with organising the event, which is likely to feature music by a local young artist. Keep your eye out for more youth events to come!



WHAT'S ON AT ARCHIE

TOURS OF ARCHIE

Book in to a tour of the Archie Graham Community Centre with Community Programs Coordinator Clare Vaughan and take a look at the café, hydrotherapy pool and the various rooms suited to all different activities. The Centre is a community hub that is open to EVERYONE in the community.

Monday July 17, 10-10.30am

Thursday July 27, 9.30-10am & 1-1.30pm

Wednesday August 9, 3-3.30pm

Tuesday August 22, 11am

Tuesday September 5, 10-11am



EVERYONE BELONGS AT THE ARCHIE CAFÉ!

The Archie Café is a volunteer run café that is open Monday, Tuesday & Thursday 10am-1.30pm.

The café is a place for people to connect with others. Pop in on your own or meet friends for a coffee, snack or lunch. Free wi-fi is available as well as daily newspapers, a book swap and a friendly vibe. The Archie Café menu includes healthy food such as vegetable soups, fresh and toasted wholemeal sandwiches, zucchini slice, frittata and home-made cakes, slices and scones – all at affordable prices.

LIVE MUSIC AT ARCHIE

Rodger Punch plays a 12-string acoustic guitar and sings covers of great songs from the 50s - 80s. He is a semi-retired musician who likes to entertain. If you remember the Beatles, Elvis, Simon & Garfunkel, Roy Orbison, Johnny Cash, Richard Clapton, Creedence, The Stones, Tom T Hall and the Eagles, come along for an hour of free entertainment! A great chance to meet others who remember the classics from that wonderful era. Free tea/coffee available.

When: Wednesday July 19, Wednesday August 16, Wednesday September 27.

Time: 11am – 12pm



FREE RAPID ANTIGEN TESTS (RATS)

Warrnambool City Council is distributing free Rapid Antigen Tests (RATs) on behalf of the Department of Health.

Two packs of RATs (each containing 5 tests) can be collected from Archie Graham Community Centre Reception or the Civic Centre.

You are not required to have a Medicare card.

You should take a RAT:

- if you have COVID-19 symptoms, even if they're very mild;
- if you have been in contact with someone who has COVID-19;
- before visiting a hospital, aged care facility, or disability care facility; and,
- before visiting elderly people, people with disability or people at higher risk of severe COVID-19 illness.



RECYCLING AT ARCHIE

Did you know that Archie is now a recycling collection point for items including:

- batteries
- pens
- mobile phones
- reading glasses
- bread tags
- milk lids
- toothbrushes & toothpaste

Drop your items to the Archie Recycle Station at Reception and find out how each item can be reused to reduce landfill and protect our environment for future generations.

SENIOR CITIZEN'S CLUB ACTIVITIES

Activities include Tai Chi, gentle exercise, billiards, knitting, walking, singing, indoor bowls, cards, painting and line dancing. Groups are friendly and welcoming of new participants who are most welcome to attend three times before having to sign up as a member at a cost of \$25 per year.

SOCIAL CONNECTION:

For further information regarding Archie programs or if you would like to participate in an activity at Archie, but cost is a barrier, please contact Clare on 0447 528 469.

UFP'S (UNFINISHED PROJECTS)

Commencing Wednesday 5th July
10am-midday

Do you have an UN-FINISHED PROJECT (art, craft, woodwork or other creative project) that you would like to work on with other like-minded creatives at Archie? Finish something that you've not got around to doing, share your ideas, gain inspiration and learn from others at this session on Wednesdays between 10am – midday. While the Archie Café is not open on Wednesdays, you can enjoy a free coffee/tea and bring a snack to enjoy or share.

MORNING MUSIC: 007- SHAKEN NOT STIRRED

Do you want to go to concerts, but don't want to go alone? Come with our group from Archie!

No matter which spy is your favourite, experience the nostalgia and let the music take you to dangerous and exciting places, with a little mystery, a little intrigue and a lovely martini...shaken, not stirred. For more info about the performances, go to www.lighthouse theatre.com, collect a flyer from the Box Office or see the Archie Noticeboard.

When: Wednesday September 20, 11am

Cost: \$17

Bookings: Please pre-purchase your tickets at Archie Reception

On the day: Meet at Archie Reception at 10:15am and we will walk to the Lighthouse Theatre to enjoy pre-show refreshments and take our seats together.



SOCIAL GARDENING

On Wednesday mornings, a small group of gardeners tend to the indoor plants, the courtyards and garden beds at Archie. We all benefit from sharing our environments with plants and we extend thanks to the small team who bring plants into our lives. If you have an interest in gardening and would like to join the Archie social gardening group please contact Clare Vaughan.



SOCIAL LUNCH AT THE ARCHIE CAFÉ

Archie Graham welcomes new and regular patrons to meet for lunch and a chat at the Archie Café. If you would like to meet new people and join this group for lunch, save these dates

Monday July 17, Monday August 21 and Monday September 18.

Time: 12pm to about 1.15pm

Please book at Archie Reception.

OLDER, NOT ALONE

The OLDER, NOT ALONE campaign has been designed to highlight the increased social, physical health and financial pressures experienced by older Victorians during the colder, darker winter months. More importantly, it will make our most vulnerable cohort aware of the range of resources and support schemes that are already available.

Click on the link to find out more about the campaign:

www.oldernotalone.com To learn about the various concessions available to older Victorians call **1300 475 170**.



**OLDER,
Not Alone**

GETTING ARTY AT ARCHIE



DRAWING WITH SY - INTRODUCTORY DRAWING

Under the guidance of local visual artist Sy Yoo, you will learn basic drawing techniques such as how to sketch, shade, smudge and erase when drawing still life objects. You will develop your observation skills to improve your drawing in a fun and supportive environment.

When: Monday July 10 and Monday

August 28.

Time: 10am-12pm

Cost: \$30. Drawing materials supplied.

DRAWING HUMAN FIGURES- A SHORT COURSE FOR ADULTS

Come and try Sy's drawing short course where you'll develop techniques in observation to draw human figures, using charcoal and pencils.



Have fun experimenting with quick, free flowing, simplified sketching of the human form. Add detail and precision as you wish. Discover your artistic ability in a fun and supportive environment.

When: Mondays on July 17, 24 & 31 and Monday August 7.

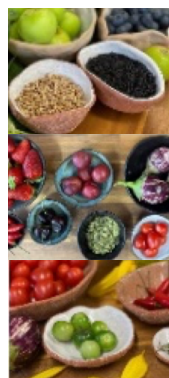
Time: 10am-12pm at the Archie Graham Community Centre

Course fee: \$120 (4 weeks) Drawing materials supplied.

Please note due to limited capacity in these sessions, pre-booking at Archie Reception is essential.

CERAMICS

Natalie Stevens is a local artist with a Bachelor of Ceramic Design Hons and a Diploma of Education. Natalie usually hosts workshops from her home Studio but is thrilled to be joining us here at Archie. All workshops are designed for 100% beginners with no experience necessary. Book your place at the following link: www.calendly.com/natalie-stevens/archie-graham-workshops?month=2023-08 Please see the team at Reception if you need help to book.

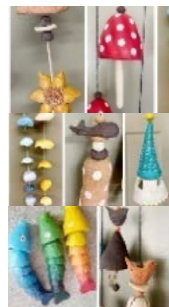


WEEK 1 - TUESDAY 1ST OF AUGUST 1-3PM

Beginners Rock pool Holding Bowls

Cost \$55

Drift away and be guided through the step by step process of creating three warm and serene holding bowls. This is two hours of Zen filled creativity using a variety of rare Black Earth, Milk and Raku clays. This workshop is the ideal introduction to working with clay.



WEEK 2 - TUESDAY 8TH OF AUGUST 1-3PM

Beginners Wind-chimes

Cost \$55

Get quirky and creative with shapes, textures and colours. The wind-chimes workshop lets you go 'simple and stylish' or 'all out quirky'



WEEK 3 - TUESDAY 15TH OF AUGUST 1-3PM

Beginners Handmade Mugs

Cost \$55

Is there really anything more joyful than drinking from a cup you've crafted yourself? Taking a piece of earth, moulding it into your ideal shape, attaching a handle (or not), having it fired and then glazed... It's unbeatable. You'll fondly recall this day with every future sip you take.

Victorian Seniors Festival 2023

SENIORS FESTIVAL 2023

The Victorian Seniors Festival focuses on providing fun and good times for Victorians over 60, with opportunities to participate in events and activities for free or low cost throughout October each year.

The Victorian Senior Of The Year Awards are also a part of the festival.

Contact Clare Vaughan if you have an idea for an activity or if you would like to make a Senior Of The Year nomination.

Email cvaughan@warrnambool.vic.gov.au or call 0447528 469

LEARN SOMETHING NEW

INTERCULTURAL COOKING

Learn to cook dishes from people who have diverse cultural backgrounds and therefore cuisines. Each small group will prepare the dishes and then enjoy lunch together. Book in for one session or all three!

When: Wednesday July 26 – Vietnamese “Bun Ga” Soup
Wednesday August 23 - Chinese Dumplings & Greens
Wednesday September 13 - Mexican Tacos

Time: 11am-1pm

Cost: \$25

Due to limited capacity, bookings at Archie reception are essential.



IMPROVISATION/ACTING FOR ADULTS

Jenny Phillips is a local creative who delights in bringing joy & colour into people's lives while empowering individuals of all ages through art & drama. Release your inner artist and fire up your imagination in Jenny's fun and supportive Improvisation/Acting sessions.

July: Monday 17th, 24th, 31st
August: Monday 7th, 21st, 28th
September: Monday 4th, 11th

Time: 2-3pm
Cost: \$15

Please contact Jenny Phillips on 0419 565 024 for bookings & enquiries

WHAT IS IMPROV?

Improv is a lot of fun!

It's creating mini-scenes together by using your imagination & life experiences.

I will guide & help you with handy tips



TECH SUPPORT

Book a one-on-one tech support session with an Archie volunteer for \$7.30. Whether you want advice about your Apple or Android device, your Windows or Macintosh computer, there is a volunteer with the skills to assist you. Contact the friendly team at Archie Reception who will help you find the right volunteer.



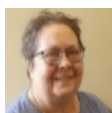
Alan Richardson

Overcome the fear of using an iPad or iPhone. This session is targeted just for you!



Brian Richards

Computers (Windows) and any tablets or phones.



Christine O'Grady

Computers (Windows) any version. Android tablets and phones. Social media.



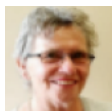
David Pearson

Computers (Windows) Getting started online. Genealogy/ancestry.



Richard Skilbeck

Computers (Windows), Word and Excel, email and networking.



Mabel Mitchell

Help with Android smartphones.



Victoria Dunn

Help using iPads, iPhones or MacBook computers.

IF YOU HAVE NOT APPLIED FOR YOUR \$250 BONUS YET - YOU HAVE UNTIL AUGUST 31!

Need help? Please make an appointment with Jill at the West Warrnambool Neighbourhood House on 0418 944 276.

DID YOU KNOW?

THERE IS A NEW ROUND OF THE VIC STATE GOV

\$250 POWER SAVING BONUS

SCHEDULED TO REMAIN OPEN UNTIL 31 AUG 2023







ARE YOU KEEN TO BE MORE PHYSICALLY ACTIVE?

A range of private practitioners offer weekly sessions at the Centre. Options currently available include strength training, balance and general mobility sessions, Pilates and Yoga. Contact the instructors directly for more information and to make bookings. **Check out the timetable of exercise classes on page eight.**



GROUP EXERCISE:

Please note the changes to instructor availability due to School Holidays.

Michelle Steere

ph: 5559 4920

Michelle Steere's classes will not be running from Thursday 7 September. Classes will resume on Tuesday 26 September.

Donella Mulraney

ph: 0428 654 570

Donella's classes will not run Tuesdays on August 15, 22 or 29. Classes are now \$12.

Karen Anderson

ph: 0438 387 923

Pilates will not run in July and will resume on August 2.

HYDROTHERAPY

Book at Reception for a one hour hydrotherapy session in the 34°celsius water to feel relief from aches and pains or complete your surgery prehab or rehab in a safe environment. Life guards are on duty and are available to assist with hoist access as required.

If you have not been in the Archie hydro pool before, make a booking and enjoy a winter workout in the warmth. Hydrotherapy multi-passes can be purchased from Archie reception. They make a perfect gift for a family members or friends!



FUN & FREE PHYSICAL ACTIVITIES

Enquire at Reception about joining the Social Cycling and Heart Foundation walking groups coordinated by the Archie Graham Community Centre.

Even in winter, both the walking and cycling groups are growing in attendance and diversity with the friendly volunteers being reliably there to welcome new people to join in. **See the timetable on page eight** for days and times of rides and walks.

New walkers are welcome to join any of the walks. New cyclists are required to do a Rusty Riders skill check at 9am on the second Monday of the month (July 10, August 14, September 11). Bookings at Archie Reception are essential in order for the volunteers to be notified to look out for you.

Walkers and Cyclists always meet for a cuppa after a ride or walk and they also meet monthly as a large group at the following times:

Heart Foundation Walking Group

On the last Monday of the month (July 31, August 28, September 25) following their walk, participants gather at 10.15am for a cuppa and a chat at a designated Lake Pertobe BBQ shelter.

Social Cycling

On the first Monday of the month the cyclists meet at the Archie Cafe after their ride at 11am for a cuppa and chat.

Riders Save the date: BBQ on Monday July 10

Meet at Surfside Camp Kitchen for a cuppa from 11.30am onwards and lunch from midday. Register your attendance on the list in the bike shed or by email to Jan Nichol.

WEEKLY TIMETABLE

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

HYDRO

GROUP EXERCISE

SOCIAL ACTIVITIES

SENIOR CITIZENS CLUB

Monday	Tuesday	Wednesday	Thursday	Friday
9am - midday Hydrotherapy Pool 1hr; \$10.50	9am - 1pm Hydrotherapy Pool 1hr; \$10.50	9am - midday Hydrotherapy Pool 1hr; \$10.50	9am - midday Hydrotherapy Pool 1hr; \$10.50	9am - midday Hydrotherapy Pool 1hr; \$10.50
9.15am Tai Chi - Linda \$5 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 Painting - free Seniors Club
9.30am Heart Foundation Walking - free Start: Surf Club	9am Men's Strength Training; Michelle; \$10	10am 2nd & 4th Wed/mth Social Gardening Free	9am Men's Strength Training; Michelle; \$10	9.30am Heart Foundation Walking - Free. Start: Centro
10am Social cycling. Free. Enquire at Reception		10am Un-Finished Projects (UFP'S) Free		
10.30am Gentle Exercise; Linda \$5 Seniors Club	10am Women's Strength Training; Michelle; \$10		10am Women's Strength Training; Michelle; \$10	10am Social Cycling, Free; Enquire at Reception
	10am Yoga – suitable for all levels incl beginners Donella; \$12		10.30am Pilates Karen Anderson \$10	10am Seniors Club Learners Line dancing Free
	11am Kickstarters! Michelle \$10.		11am Kickstarters Michelle \$10.	10.30am Line dancing Seniors Club \$5
	11am Chair Yoga Donella; \$12	12.15pm Pilates; Karen Anderson \$10		
1pm, 1st& 3rd Mon/month Knitting; Free Seniors Club	Midday Pulselite Michelle \$10.	1.30pm Cards 500, \$1 Seniors Club	Midday Fit & Trim Michelle \$10.	1pm Cards Euchre, Free. Seniors Club
		1.30pm Mahjong \$2 Backgammon \$2		1pm Singalong Free Seniors Club
1.30pm Billiards - Free Seniors Club	1pm Indoor Bowls \$1 Seniors Club	1.30pm Billiards - Free Seniors Club	1pm Indoor Bowls \$1 Seniors Club	1.30pm Billiards - Free Seniors Club
			2pm Petanque - Free; Lake Pertobe Piste. Seniors Club	
	4.30pm Heart Foundation Walking - Free Start: Aquazone			



WCC VOLUNTEER REFERENCE GROUP

Warrnambool City Council announced during National Volunteer Week that Council volunteers would be invited to form a Volunteer Reference Group (VRG). The purpose of the Volunteer Reference Group is to provide volunteers with the opportunity to consult on matters that relate to volunteering, and to be a channel of communication between volunteers and Council. Council will also benefit from the contributions of the VRG towards quality improvement process that effect volunteer engagement and enhance volunteer roles.

Information on the VRG, the application process, Terms of Reference and Expression of Interest form will be provided to volunteers during June. Applications must be from current WCC volunteers. Council anticipate the VRG will hold their first meeting in July/August.

This is an exciting new opportunity for Council volunteers. Volunteers across our many diverse programs are encouraged to apply. We would love to see a good cross-section of volunteers represented in our Volunteer Reference Group. For more information, **please contact Volunteer Connect on volunteer@warrnambool.vic.gov.au or 5559 4919.**

Council representatives, staff and volunteers celebrated National Volunteer Week at a special volunteer event at the Lighthouse Theatre in May. Council are extremely grateful for the contributions of our 350 volunteers, who work hard in many program areas to make a better community.

Volunteering is a great way to connect with your community, meet new people and provide support to programs while having fun.

The choice is yours - you can volunteer for a few months or many years, at times that suit you best. Council has volunteer vacancies in many areas, for all people, ages, skills and abilities.

If you would like to consider volunteering, please get in touch with volunteer@warrnambool.vic.gov.au or phone Volunteer Connect on 5559 4919.

ARCHIE CAFÉ VOLUNTEERS WANTED

Join the pool of volunteers who deliver great service at the Archie Café. Volunteers are involved in serving tables and cleaning up. This role suits people with a relaxed, easy-going attitude. 12pm – 2pm Mondays, Tuesdays and Thursdays.

For further information, please contact Volunteer Connect on 5559 4919 or volunteer@warrnambool.vic.gov.au



SAFE SEATS SAFE KIDS

West Warrnambool Neighbourhood House in partnership with Kidsafe will be running another FREE safety check on **Tuesday August 29..** Please call Jill for more information or scan the QR code to book your spot.

Phone: 0418 944 276



Book Launch

'Kookaburra Cottage' by Maya Linnell

Thursday 6th July at 2pm

SCAN



BOOK VIA
QR CODE OR
BY PHONING
5559 4990



let your mind wander

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: Wed August 9

Time: 2pm-3pm (followed by a tour of Archie)

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 July 13, Thursday August 10, Thursday September 14

Time: 2pm-4pm

Book: Archie Reception

HEARING AUSTRALIA INFORMATION SESSION

Come along and find out about:

- Age-related hearing loss
- Tinnitus
- Q&A session
- Hearing checks available as time allows

Have a chat with Rachel Talbot – Specialist Audiologist and have your hearing checked if time allows. Rachel will make hearing check appointments as required.

When: Monday August 14

Time: 11.30am – 12.30pm

Book: Archie Reception

Drop-in session

When: Monday 21st August

Time: 11.30am – 12.30pm

DEMENTIA ACTION WEEK

Dementia Action Week is a major leadership, awareness and advocacy campaign led by Dementia Australia; the peak body for people living with dementia, their families and carers in Australia.

Find out more at <https://www.dementia.org.au/dementia-action-week>

Due to Dementia Australia staff being unavailable in Dementia Action Week, the following sessions will be available to community members:

Understanding Dementia Information: Thursday October 26 and Friday October 27, 10.30-11.30am

Understanding Changing Behaviours: Thursday November 2, 10.30-11.30am

Bookings at Archie Reception

COFFEE WITH A COP

Mal Agnew, Community Engagement Officer Victoria Police, will be available for community members to chat over a tea/coffee in a relaxed and friendly way at the Archie Graham Community Centre.



Topic: Traffic issues. Mal will be accompanied by a colleague who works in traffic management to answer all your driving related questions.

When: Monday September 4

Time: 11am-midday

Book at Archie Reception



BACKGAMMON

Are you interested in playing backgammon regularly? We're forming a new group that's suitable for experienced players and beginners.

Commencing July 5 in the Archie Cafe

Wednesdays 1.30-3pm \$2

Contact Clare at the Archie Graham Community Centre on **5559 4472** if interested.