



Archie Graham  
COMMUNITY CENTRE

OPEN  
9AM - 5PM  
MON - FRI

# May-June 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.*



The **Archie Café** is run by our friendly volunteers and is open on **Mondays & Thursdays** from 10am-2pm for espresso coffee, simple sandwiches, soups and sweet treats, all at low cost.

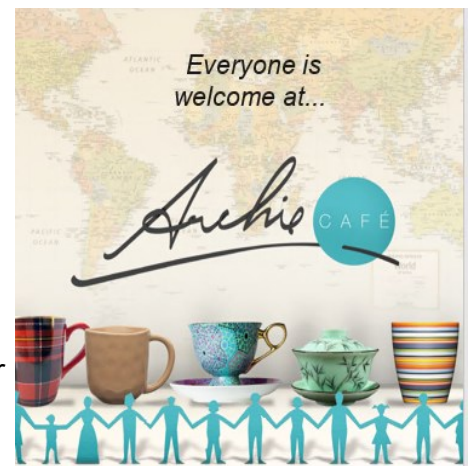


Everyone can enjoy the café space to meet up with others, read the newspaper or use free WiFi.

If you are new to *Archie*, the best way to work out how the place 'ticks' is to read this newsletter and spend time in the Archie Café where you can chat to others and become familiar with the activities on offer.

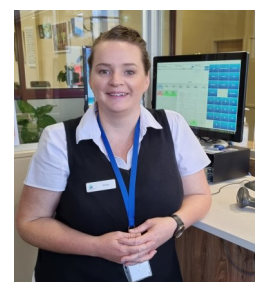
The **Archie Intercultural Café** is on **Thursdays 1-2.30pm** - it's a relaxed place to practice English conversation and meet others with varied cultural backgrounds. Our Archie volunteers look forward to meeting you.

If you or someone you know would like to come along to the Archie Intercultural Café, contact Reception on 5559 4920 and arrange to meet Clare. When the Café is not open, community members are most welcome to pop in to make a free cuppa, relax and read newspapers or meet friends. No appointment is needed - on arrival simply say hello to our friendly team at Reception and they will direct you to the café.



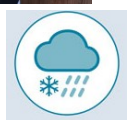
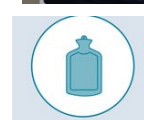
## Meet the Reception Team

**Jenni, Esmae and Terese** are our Reception Team who will welcome you to *Archie* and assist you with bookings, payments and general queries.



## Stay Warm & Safe this Winter

Don't forget to have your flu jab, keep active, and stay warm!



Archie Graham Community Centre; 118 Timor St Warrnambool.

Phone: 03 55594 920 Email: [agccustserv@warrnambool.vic.gov.au](mailto:agccustserv@warrnambool.vic.gov.au)

# Hello from Rachael Gleeson



Hello, I'm **Rachael Gleeson** and I'm the newly appointed Healthy Engaged Communities Service Manager. I look after numerous programs, project areas and associated staff within the Capacity, Access and Inclusion branch of Warrnambool City Council. These include the Community Programs that run through Archie, Youth Engagement programs, West Warrnambool Neighbourhood House, Volunteers Connect and Social Connection Programs.

I also manage the Archie Graham Community Centre facility itself, including overseeing capital works, and supervising the Archie Admin team. Part of my role is to strengthen collaboration both internally and externally, build the capacity and resources of my team and our services, strengthen external partnerships and engage with local stakeholders. It is a big job indeed, but one that comes with much joy and fulfilment even though it is early days for me in this role.

I'd like to take this opportunity to thank my team and the Capacity, Access and Inclusion branch staff for making me feel so welcome and from the outset. I look forward to working with them and you, to make Warrnambool a connected, thriving and inclusive place so that we may all contribute to the health and wellbeing of our community. Rachael Gleeson.

## Special Events



**IDAHOBIT, the International Day Against LGBTQIA+ Discrimination is a day to grow visibility, educate on inclusion, and change the world for LGBTQIA+ communities.**

Everyone is invited to show support for our Rainbow Community by coming along to Council's Rainbow Flag Raising Ceremony at the entrance of **the Civic Centre at 4pm on Tuesday 17 May.**

Following the ceremony, there will be a gathering in the Lighthouse Theatre Foyer for refreshments, live music and a chat.

The Archie Graham Community Centre will **shine** with our rainbow lights on each evening of the week starting Sunday 15th May. The Centre is committed to being a safe space for all community members and welcomes and respects all people, regardless of sexual orientation or gender identity.

All community members are invited to pop in and chat to the Reception team about how the place ticks.

### **BECOME THE ONE: Sunday 15<sup>th</sup> May 2022 – 7.30pm**

**Lighthouse Studio:** When Noah captures the attention of Tom, a celebrated AFL player nearing the end of his career, sparks immediately fly. But as the season progresses and their relationship grows, questions around identity and our devotion to hyper masculinity begin to surface, leaving you to ask, what would you do for love?

Winner of the 2018 Playtime Award for New Writing, *Become The One* will show the true meaning of bravery and what it might take to do the right thing – as a lover, as a high-profile sportsman, and, as a human being.

*Lighthouse Theatre is committed to being a safe and inclusive space for all to visit and perform, and welcomes and respects all people, regardless of sexual orientation or gender identity. This performance is also accessible to everyone, and will feature live Auslan Interpretation for those who are deaf or hard of hearing.*



# Special Events & Activities

## National Sorry Day 2022 - Wed 26 May 2022

National Sorry Day is a day to remember and acknowledge the mistreatment of Aboriginal and Torres Strait Islander people who were forcibly removed from their families and communities, which we now know as 'The Stolen Generations'. On National Sorry Day we acknowledge and reflect on how we can all play a part in the healing process for our people and our nation.

### The Stolen Generations Commemorative Flower

The native hibiscus is approved by the National Stolen Generations Alliance as the official symbol for Sorry Day. This purple flower was chosen because it resiliently grows widely across Australia and the colour symbolises compassion and spiritual healing.

### You're invited to make handcrafted Purple Flowers

To be make purple flowers to display at Archie, please meet Jaimee and Clare in the Archie Café on **Thursday 12th May from 1-2.30pm May 2022**. Fabric, wool for knitting and crocheting, paper, glue and scissors will be provided or you are welcome to bring your own OR collect a template for a flower from Reception and make one at home.



## Reconciliation Week Fri 27 May - Fri 3 June 2022

Ngata Everyone!

In Reconciliation Week 2022, we are encouraged to be brave and make change. The following activities are suggestions for ways you can build your understanding of Reconciliation in preparation for Reconciliation Week and beyond. They were prepared by a team from local community organisations to help build community understanding of Reconciliation.

There are many ways to educate, reflect and commit to reconciliation. These ideas are just the beginning. We hope you are inspired and commit to sharing what you learn with friends, family and colleagues.

**VISIT:** Take a cultural tour of Tower Hill with Worn Gundidj and explore 6500 year old culture

[CLICK HERE](#)

**WORN GUNDIDJ  
AT TOWER HILL**

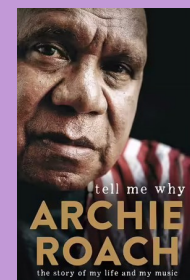
**READ:** The Uluru Statement from the Heart.

[CLICK HERE](#)

**THE ULURU STATEMENT  
FROM THE HEART**

**READ:** *Tell Me Why- the story of my life and my music*

By Archie Roach



Available from the Library and from good book shops.

As an alternative to accessing online resources, printed resources will be available in the Archie Café for you to quietly read and reflect on.

- Dadirri, a poem about the wisdom of deep listening written by Miriam Rose Ungunmerr-Baumann
- The Uluru Statement from the Heart.
- Tell Me Why - the story of my life and my music, by Archie Roach; available from the W'bool Library

There is an opportunity for community members to add reflections to a [Reconciliation Reflection Tree](#) in the Archie Café.

Please join us in the spirit of reconciliation and add your reflection on the cards provided and add your ideas to the tree.

**BE BRAVE. MAKE CHANGE.**  
NATIONAL RECONCILIATION WEEK 2022



# 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>9.15am ON HOLD</b> Men's Strength Training \$7	<b>10am</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Wed/mth Social Gardening Free	<b>9.15am</b> Men's Strength Training \$7 <i>In May with Clare</i>	<b>9.30am</b> Heart Foundation Walking - free. Start: Centro
<b>10am</b> Social Cycling free. Enquire at Reception	<b>10.30am ON HOLD</b> Strength Training \$7	<b>11.45am ON HOLD</b> My Strength \$7	<b>10.30am</b> Strength Training \$7 <i>In May with Clare</i>	<b>10am</b> Social Cycling free. Enquire at Reception
<b>10am</b> Swing Dancing \$7	<b>11.45am \$7</b> <i>May, Clare</i> Stepping Stones \$7. Transition from Health Services only	<b>1pm ON HOLD</b> Pulselite \$7	<b>11.45am ON HOLD</b> Stepping Stones \$7	<b>10.30am</b> Line dancing Seniors Club \$4
<b>10.30am</b> Gentle Exercise. \$4 Seniors Club	<b>1pm set-up</b> Indoor Bowls \$1 for prize Seniors Club	<b>1.30pm</b> \$1 for prize Cards 500 Seniors Club	<b>1pm set-up</b> Indoor Bowls \$1 for prize Seniors Club	<b>1pm</b> Cards Euchre, free. Seniors Club
<b>11.45am</b> My Strength \$7 <i>In May with Clare</i>	<b>1.30pm</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Tue/mth Netflix Movie \$2	<b>1.30pm</b> Mahjong \$2 Scrabble \$2	<b>1- 2.30pm</b> Archie Intercultural Café, free	<b>1pm</b> Singalong free Seniors Club
<b>1pm</b> Pulselite \$7 <i>In May with Clare</i>	<b>1.30pm</b> Confidential assistance with personal info Mabel Mitchell. Free	<b>1.30pm</b> Billiards - free Seniors Club	<b>2pm</b> Petanque - free; Lake Pertobe Piste. Seniors Club	<b>1.30pm</b> Billiards - free Seniors Club
<b>1pm, 1<sup>st</sup> &amp; 3<sup>rd</sup></b> Mon/month Knitting free Seniors Club	<b>4.30pm</b> Heart Foundation Walking - free Start: Aquazone	<b>2.30pm</b> <i>Find your Class.</i> Appointment 	The <b><i>Find Your Class</i></b> Appointments are currently with Clare. They are for people wanting to find the group fitness class or a physical activity that suits them.	
<b>1.30pm</b> Billiards - free Seniors Club	We apologise for the disruption to the Archie Graham Fitness programs and any inconvenience this may have caused. We are current working through a recruitment process to ensure the continuation of these programs.			
<b>1pm, 2<sup>nd</sup></b> Mon/mth Writing Group \$2	An expression of interest for group fitness instructors (and facilitators for a host of new activities) is currently being finalised before release.			
<b>3pm</b> Chair yoga \$7	As an interim measure Clare Vaughan will continue to facilitate classes for the month of May until a permanent solution can be found. We thank you for your continued patience and understanding. The Archie Team			

# Social Connection - Sharing Interests

Spending time with others who have a similar interest is enjoyable. It is also a positive step as we move toward pandemic recovery. If you or someone you know are looking to re-connect, we hope you find something that sparks an interest in the pages to follow. If not, feel free to suggest activities in the attached patron survey. We look forward to seeing you or hearing from you. - The Archie Team



## Archie Movies \$2; Tue 1.30pm

**10 May** - 3:10 to YUMA: Western. Netflix

**17 May** - Laurel & Hardy in 'Way Out West' 1837

**24 May** - Rescued By Ruby: Based on a real life story Netflix

**14 June** - Brian Banks: An inspiring and feel good movie. Netflix

**28 June** - 'River of No Return' starring Marilyn Monroe 1954

Pick up your Movie Program with more details about the movies, from Archie Reception Staff or phone 55594920

Ice-creams available for all movie-goers to enjoy!

## Intro to Local Birds

This session will be presented by members of *BirdLife Warrnambool*, who will share information about local birds and some top spots to visit where you are more likely to see them.

**Friday 13 May, 1.30-2.30pm**

Archie Room CP2; Group size capped at 16 people

Book at Reception, call 5559 4920 or try your luck and turn up on the day. **FREE**



## 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:

**UNSUNG on Wed 1 June 11am**

A rollicking, raucous celebration of songs and stories from 1960s Australia. An uplifting and nostalgic hour that pays homage to the women who blazed the trails for generations to come.

**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.

**FOR THOSE WISHING TO ENJOY LUNCH TOGETHER AFTER THE SHOW,** we have booked a table for 12.30pm at Cattleya Thai Restaurant, 142 Timor St, W'bool. Please notify Archie Reception staff if you would like to join us for lunch. We pay for our meals on the day.



**Unsung  
Wed 1st June  
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 18 May 12pm**

**Where:** Images Restaurant  
60 Liebig St, Warrnambool



**When: Wed 15 June 12pm**

**Where:** Warrnambool Bowls  
Club, 75 Timor St



# Social Connection

## Expression of Interest - Community Building Program

We are seeking committed local people with strong leadership skills, a welcoming and inclusive attitude, a passion for bringing people together and a love for their community to join the Let's Get Neighbourly program.

The last few years have shown us the importance of neighbours who are willing to help and support one another.

For its second year running, the *Let's Get Neighbourly* program is back in 2022 to connect more local residents and turn streets into communities.

*Let's Get Neighbourly 2022* commences in May. To find out more and express your interest contact:

Jaimee: [jmillar@warrnambool.vic.gov.au](mailto:jmillar@warrnambool.vic.gov.au) | 0407 908 575



## Bike Week

### We have an exciting week of Bike Activities from May 15 - 22 2022

The Bike Sessions on **Sunday 15th May** will be run by Steve from *Cycling Safe* who has taught generations of people Bike Ed. Nicole Wood will also be there to support those who may be a bit nervous about riding.

If you or someone you know would like some tips on cycling our local streets, and how to navigate those roundabouts, this will be a perfect social ride for them.

Riders interested in joining the *Archie* Social Cycling Group are welcome to ride with us on **Monday 16th May at 9am**. Contact Reception 5559 4920 to register interest.

Most activities require registration online. If you need a hand contact Clare 5559 4920.

Sun 15	Mon 16	Wed 18	Fri 20	Sun 22
Bike Session- Hr bike Session with Cycling Safe. 11.00am & 3.00pm	Join the Social Cyclists 9.00am	Women on Wheels 5.00pm	Walk/Ride Safely to School	Bike Week pop up- first 25 people get a free bell
For those who are getting back on their bike or want to feel comfortable riding in local streets	Fun ride along the Promenade	Learn basic mechanics. Nibbles and drinks included	For all the HEALTHY MOVES Schools	Share what you love about riding your bike in Warrnambool Bell



Fun and FREE, All Ages and Abilities.

REGISTER [www.w2040.com.au/events](http://www.w2040.com.au/events)

## Volunteers Week

National Volunteer Week is a chance for all of us to celebrate and recognise the vital work of volunteers and to say thank you. The staff at *Archie* wish to thank all of the volunteers who dedicate their time and effort towards the programs at *Archie*. Volunteers will be contacted individually to attend a gathering to say thank you for your contribution. **We are, Better Together.**



# Physical Activity

At Archie we are keen to assist you to move from doing 'nothing... to something.'

Have a look at the list of activities below and if anything is of interest, feel free to enquire about how to join in at Reception or ask to speak to Clare who will find out a bit about you and recommend a starting point.

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!

## 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<sup>0</sup> Celcius

A pool wheelchair and hoist are available and our friendly Lifeguards. **Janine, Mark, Zaya & Nadine** will assist with your access and safety needs..

Enquire and book at Reception or call 5559 4920.

## Walking/Cycling

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. New riders welcome in BIKE WEEK **Mon 16 May & Fri 3 June at 9am at the bike shed.**

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. **Mon 30/5 & Mon 27/6 for post walk refreshments**

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.

## Swing Dancing

Come along to dance to simply enjoy moving, rhythm & music.

**Nicky** will lead sessions on Mondays at 10am in **2, 9, 16, 23, 30th May. \$7 per session.**

Absolute beginners most welcome. There's an option to use a chair or the wall barre for support.

Max 15 per session. Book at Reception or call 5559 4920.

If you enjoyed doing the Charleston as part of the Port Fairy Jazz Festival pre-pandemic, and the Wallawar Golden Dance Party in the Seniors Festival - then this is for you!

## Chair Yoga

The aim of the class is to improve mobility and vitality through mindful breath work coupled with gentle movement.

This 45 minute seated movement session will guide you to exercise your body safely and comfortably with the support of a chair.

Join **Kaylene** for a 45 minute class on **Mondays 3pm.**

Max. 15 people/session. \$7/ session.

## 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 and 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** and new members are most welcome.

# 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 14 June, 2 - 3pm

**Enquiries or book:** at Archie Reception or call 5559 4920

## 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.**

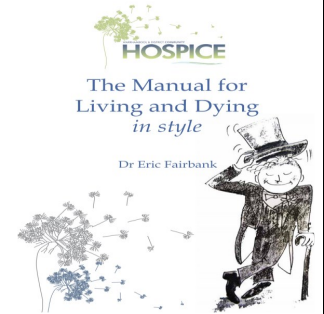
**When:** 2 - 4pm

**Thurs 12 May & Thurs 9 June**

**Where:** Archie Graham Community Centre

**Cost:** Free.


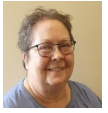




**Bookings essential at** Reception or call 5559 4920



## 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/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.

## Archie Tours

**Curious about what you can do at Archie?**

Come for a tour of the facility with a member of the Archie Team on **Friday 13 May 3pm, Tues 14 June 3pm or Friday 17 June 3pm**. Book at Reception or call 5559 4920

## Seniors Club BBQ

**Senior Citizen's Club Members Bunnings BBQ** on **Saturday 25 June**. Show your support for the club and come along enjoy a sausage and chat to Members about all the wonderful activities on offer.