



November - December 2022

The Archie Graham Community Centre is on the land of the Peek Whurrong people of the Gunditjmara and Maar nations. We pay our respects to Elders, past, present and emerging and acknowledge their ongoing connections to the land, rivers and seas. All first Nation's peoples' are welcome.

The welcome mat is out at the Archie Graham Community Centre! Archie is a great place to be active, learn new things and connect with others. To find out more:

- Make a direct enquiry by calling Reception on 5559 4920 or pop in and meet our friendly Archie Reception Team.
- You could spend some time in the Archie Café and see the various activities come and go and maybe something will spark your interest. The Café is open Mondays and Thursdays 10am-2pm for espresso coffee, snacks or light lunches.

At other times, feel free to make yourself a cuppa, read the newspapers, use free Wi-Fi or just chat.

- Join a tour of the Centre with Clare Vaughan – Community Programs Co-ordinator and find out what's on offer and how to be involved.

Tours of the Centre are approx. 30 minute duration

- Monday 7th November 10am
- Tuesday 22nd November 9:30am
- Wednesday 16th November 11am
- Thursday 1st December 11am
- Friday 18th November 3pm; after the My Aged Care Information Session from 2-3pm,

Note: depending on the day/time of your tour, we may not be able to view activities in all rooms. Please book at Reception or call 559 4920 so that we know to look out for you.



Thank you!

Wonderful attendance at our CELEBRAGE Seniors Festival 2022! Thanks to the team of volunteers for generously helping out. Linda Gore & Wendy Grigg - your catering was spot on!

Archie is now a recycling collection point for the following items:

- Batteries
- Pens
- Mobile Phones
- Bread Tags
- Milk Lids
- Toothbrushes & Toothpaste Tubes



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.



Weekly Timetable

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

Monday	Tuesday	Wednesday	Thursday	Friday
9am - midday Hydrotherapy Pool 1hr; \$10.10	9am - 1pm Hydrotherapy Pool 1hr; \$10.10	9am - midday Hydrotherapy Pool 1hr; \$10.10	9am - midday Hydrotherapy Pool 1hr; \$10.10	9am - midday Hydrotherapy Pool 1hr; \$10.10
9.15am Tai Chi - Linda S \$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 2 nd & 4 th Wed/mth Social Gardening Free	9am Men's Strength Training; Michelle; \$10	9.30am Heart Foundation Walking - Free. Start: Centro
10am Social Cy- cling. Free. Enquire at Reception	9.30am Yoga -beginners Donella; \$10	10am Kanga Training for mums & bubs; Sharna; \$20		
10.30am Gentle Exercise; Linda S \$5 Seniors Club	10am Women's Strength Training; Michelle; \$10		10am Women's Strength Training; Michelle; \$10	10am Social Cycling, Free; Enquire at Reception
	10.30am Yoga - Family class Donella; \$10	Midday Pilates; Karen Anderson \$10		
	11am Kickstarters! Michelle \$10.		11am Kickstarters! Michelle \$10.	10.30am Line dancing Seniors Club \$4
	11.30am Yoga - Seated Donella; \$10			
1pm, 1 st & 3 rd 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
1pm, 2 nd Mon/mth Writing Group \$2	12.30am Guided relaxation & meditation,	1.30pm Mahjong \$2 Scrabble \$2		1pm Singalong Free Seniors Club
1.30pm Billiards - Free Seniors Club	1pm set-up Indoor Bowls \$1 Seniors Club	1.30pm Billiards - Free Seniors Club	1pm set-up Indoor Bowls \$1 Seniors Club	1.30pm Billiards - Free Seniors Club
	1.30pm Confidential assistance with your personal info with Mabel Mitchell. Free		1- 2.30pm Archie Intercultural Café. Free	
	4.30pm Heart Foundation Walking - Free Start: Aquazone		2pm Petanque - Free; Lake Pertobe Piste. Seniors Club	

Physical Activity

Yoga Classes for EVERYONE on Tuesday's with DONELLA

9:30am Beginners Yoga ~ designed as an introduction to the practice of yoga, with slow paced poses which will leave you feeling refreshed, rejuvenated & relaxed.

10:30am Family Yoga ~ designed for parents/caregivers & babies/toddlers as an opportunity to stretch, strengthen, relax & bond.

11:30am Chair Yoga ~ designed as a gentle practice in which postures are practiced while seated &/or with the aid of a chair.

12:30pm Guided Relaxation and Meditation ~ designed to relax the whole body, mind/& spirit. You will be taken through a guided restorative body scan while lying comfortably to help alleviate stress, anxiety and tension. BOOKINGS: call or text Donella on 0428 654 570

* Classes are 45mins at a cost of \$10 per session * Please note NO CLASS Tuesday 15th November.

* Last class for 2022 will be on Tuesday 13th December and resume on Tuesday 17 January 2023



Group Exercise with Michelle Steere

What a wonderful welcome I have had since returning to Archie! It has been great to see the Centre a buzz with a variety of new and old classes.

It's great to see participants return to classes: Men's Strength, Woman's Strength, Kickstarters, PulseLite and Fit & Trim.

New participants are welcome, however, please contact Archie Reception to be put in contact with me for a Pre-Exercise Screening Assessment prior to beginning classes.

This process ensures you are in the right class to best suit your needs and abilities.

Classes are 45mins & are \$10 per session; Book directly with Michelle.

Last classes for 2022 is on Thursday 22nd December; classes resume on Tuesday 17th January 2023



Kangatraining with Sharna

The ultimate babywearing workout! Kangatraining works on rebuilding the post-partum body in a safe and supportive environment. Pelvic floor and abdominal separation are considered in this low impact exercise- but that doesn't mean it's not a workout! Kangatraining is a supportive community of local mums, supporting each other on their journey of motherhood. We maintain connection with our babies (or toddlers) while having our hands free. Often our little ones fall asleep through class. It's the most fun you will have with your baby!

When: Wednesdays 10am-11am; Classes: 1 hour \$20.00

Instructor: Sharna Atcheson Bookings: call or text 0401 019 015

Email: sharna@kangatraining.com.au

Last class for 2022 is on Wednesday 23rd December & classes resume on Wednesday 4th January 2023



Mat Pilates with Karen Anderson

Mat Pilates will be starting on Wednesday November 2nd!

Pilates is for everyone, no matter your age or ability. Exercises can be adjusted to suit the individual.

Pilates is all about breathing, concentration and movement. A low impact exercise to strengthen and lengthen muscles. You may even walk out feeling taller!

When: Wednesdays at midday Classes: 45 minutes \$10.00

Instructor: Karen Anderson Bookings: call or text Karen on 0438387923

BYO mat if you have one (some will be supplied).

The last class for 2022 will be on Wednesday 21st December 2022.



Social Activities

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: Wednesday 16th November 12 pm

Where: Raffertys Tavern— Raglan Pde

When: Wed 21st December 12.00 pm

Where: Allansford Hotel— 1-3 Grauers Rd



Intergenerational Singing Session

9.45am – 10.30am Wed 7th December in the Archie Café

Community members are invited to Archie to sing Christmas Carols with the children from the a local Kindergarten.

Bernie Opperman will accompany singers on piano.

To avoid disappointment, book at Archie Reception or call 5559 4920.

Expressions of Interest wanted for 2023 Expressions of Interest are invited from musicians and singers interested in being part of intergenerational singing sessions over the summer holidays. Please leave your name and contact details at Reception and Clare Vaughan will contact you to chat & plan.



The Archie Café is run by our friendly volunteers.

MENU: Espresso coffee, sandwiches and sweet treats available.

Salads, frittata and quiche available over summer.

Open Mondays & Thursdays from 10am-2pm



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

The Archie Café is available for Christmas gatherings in December. Bookings to be made in consultation with the Café Volunteers on Mondays and Thursdays or contact Clare Vaughan on other days.

The Archie Intercultural Café is open Thursdays 1- 2.30pm.

All new-comers to Warrnambool are most welcome.

No appointment needed - just come along. Free.

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.

Enquiries, contact Clare Vaughan on cvaughan@warrnambool.vic.gov.au or call 5559 4920



A Very Lighthouse Christmas

Wednesday 14 December 2022 - 11am - 12.15pm

Together and alone, Ian Stenlake and Michelle Fitzmaurice will be singing classic Christmas Carols, blended with some contemporary Christmas songs with plenty of laughs along the way.

BOOKINGS: Tickets are available from Archie Reception at group 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 Volunteers at Archie Reception at **10:15am** and the group will walk to the Lighthouse Theatre, enjoy pre-show refreshments and take your seats together to enjoy the show.

Social Activities

Community Connections Program

The Community Connections Program is a free service aiming to support people who wish to be reconnected to non-medical social activities within the community.

You can self-refer to a Community Connector who will assist you in developing a personal plan and goals to link you to social activities, groups and services in the local area.

Jacob Gilmour: 0478 315 813
Jill Bourke: 0418 944 276

<https://www.warrnambool.vic.gov.au/community-connections-program>

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!



Do you enjoy great food and company?

Would you enjoy attending organised luncheons, tours and visiting different places? If the answer is yes, then enquire about the *Out & About Bus* Program with the friendly Social Support Team.

This program helps you participate and stay

connected to the community. It's a very friendly and social group, where you can meet new people and develop friendships in a relaxed, supported environment. This program runs each week day, clients are transported from their homes to and from the program via the *Out & About Bus*. Contact 5559 4879.

On Tuesday 4 October The *Out and About Bus* made a special visit to Portland to attend the Cycling without Age Program. This program is run by a passionate group of locals that allows for people to still be able to enjoy being on a bicycle. Clients enjoyed being out in the fresh air while experiencing the beautiful Portland Foreshore.



West Warrnambool Neighbourhood House will be running its Summer School Holiday Program from January 10 - 20 for children aged 5 - 12 years!

Keep your eye on our Facebook page for our jam packed program – some of our activities will include:

- Creative Cooking
- Mosaics
- Karate & Boxing
- Quirky Science Experiments
- Cultural Day
- Sewing
- Resin Art
- Nurture in Nature
- Painting your pet

Please contact Jill for a program full of FUN!

Ph: 0418 944 276 / Email: jbourke@warrnambool.vic.gov.au

Melbourne Cup - Tuesday 1st Nov 2.30-3.30pm; come along and watch the race in the Café with friends. Light afternoon tea provided. Book in at Reception for catering purposes. Dress to impress.

Social Activities



Nature Craft - Christmas Cards

Following a successful nature craft card making session in October, we will make Christmas Cards at Archie; **10-11.30am Monday 21st November**

Join Tania Moloney from *Nurture for Nature* to take inspiration from nature to make Christmas cards

Instruction and all materials are supplied at \$10pp
Book at Archie Reception or call 5559 4920

Pots of Succulents - Christmas Gifts

Following a successful *Fun with Plants* session in October, the Archie Gardeners will show you how to make a pot of succulent cuttings to take home or give as a Christmas Gift.

10-11.30am Wednesday 23rd November

Instruction and all materials are supplied at \$10pp
Book at Archie Reception or call 5559 4920

Warrnambool Community Garden Tour

Rob Porter, Convener of the W'bool Community Garden will lead a tour of the award winning site from **1.30-3pm on Wednesday 23 November** \$5 donation to the Garden, payable on the day.

The tour will conclude in time for the mid-week market where garden produce and other high quality artisan goods are available for purchase.

Book at Archie Reception or call 5559 4920

Clare Vaughan and the volunteers will meet you at the entrance to the garden closest to the HUB building from 1.15pm; cnr Derby St & Grieve St.

Social Cycling Group

This group ride on W'bool's fantastic bike paths & trails on Mondays & Fridays starting at 10am from Shipwreck Bay Holiday Park bike shed.

New riders welcome 9am Friday 4th Nov to do a safety check before riding out with the group. Collect a rego form from Reception, fill it in & return it so Clare / volunteers know to look out for you.

Riders please add you name to lists in the bike shed to attend events listed below.

BBQ: Fri 18 Nov meet at camp kitchen after ride
Christmas gathering: after the last ride of the year. Meet at the RSL, **Friday 16 Dec** at midday.


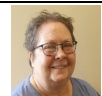



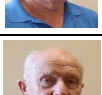
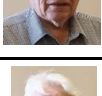
The Centre will be closed from midday Friday 23rd Dec 2022 till 9am Tuesday 3rd Jan 2023

Activity:	Last session	Date to re-start
Hydrotherapy Pool	Thursday 22nd December	Tuesday 3rd January
Exercise Classes - Michelle's Steere	Thursday 22nd December	Tuesday 17th January
Yoga - Donella Mulraney	Tuesday 13th December	Tuesday 17th January
Kanga Training - Sharna Atchison	Wednesday 21st December	Wednesday 4th January
Tai Chi & Gentle Exercise - Linda	Monday 19th December	Tbc at start of 2023
Social Cycling.	Friday 16th December	Monday 30th January
Heart Foundation Walking Groups. Warrnambool Surf Life Saving Club Aquazone Centro; North Point Shopping Centre	Mon 19th Dec & Wed 21st Dec Tuesday 20th December Friday 16th December	Mon 30th Jan & Wed 1st Feb Tuesday 3rd January Friday 6th January
Mahjong & Scrabble	Wednesday 21st December	Wednesday 4th January
Writing Group	Monday 14th November	Monday 13th February
Gardening	Wednesday 21st December	Wednesday 4th January
Senior Citizens Club Walking Group	Ongoing	-
Senior Citizens Club Singing Group	Friday 16th December	Friday 6th January
ISenior Citizens Club Indoor Bowls	Tuesday 20th December	Tuesday 17th January
Senior Citizens Club Painting	Friday 16th December	Friday 6th January
Senior Citizens Club Line Dancing	Friday 16th December	Friday 6th January
Senior Citizens Club Knitting	Monday 21st November	Tbc at start of 2023
Senior Citizens Club Euchre	Friday 16th December	Friday 6th January
Senior Citizens Club Cards 500	Wednesday 21st December	Wednesday 18th January
Senior Citizens Club Billiards	Wednesday 21st December	Wednesday 4th January

Technology Support

Sometimes technology can seem a little overwhelming especially when you don't know as much as you would like to know about using a computer, smartphone or tablet safely. Our friendly Tech Support Volunteers work with you 1:1 to answer your questions and provide tips and guide you all the way.

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 per session

Brian Richards		Areas of Expertise: Computers (Windows) Help to solve tricky problems. Anything and everything. Scams & staying safe online
Christine O'Grady		Areas of Expertise: Computers (Windows) - any version. Android tablets and phones. Social Media. Scams & staying safe online
David Pearson		Areas of Expertise: Computers (Windows) Getting started online. Genealogy/ancestry. Scams & staying safe when using a computer.
Mabel Mitchell		Areas of Expertise: Help with Android and Smartphones. Assistance with online applications and use of personal information.
Alan Richardson		Areas of Expertise: Apple iPads or iPhones. Overcoming the fear of using an iPad or iPhone Scams & staying safe online
Richard Skilbeck		Areas of Expertise: Computers (Windows) Word and Excel.
Victoria Dunn		Areas of Expertise: Apple iPads or iPhones Scams & staying safe online

Using QR Codes - Group Sessions

During the pandemic, many of us just pointed our phone at the funny looking box on a sign that was made up of a number of black squares and dots, without really knowing anything about them



What are QR Codes? What do they do? How to use them?

QR Codes are now appearing everywhere... in newspapers, flyers, leaflets, posters, menus, at petrol bowlers, hospitals and many businesses.

Join our friendly Archie volunteers: Alan, Chris and Victoria for a FREE one hour info session to show you how to use your smartphone or tablet to scan a QR Code to access information from an online site.

When: 10.15-am on Tuesday 8th November or 10.15am on Friday 11th November;

Book at Archie Reception or call 5559 4920



Be Scam Aware - Be Safe when using Technology.

Be wary of phone calls, or text messages from numbers you do not know, and never give the caller or sender your personal details.

If you receive emails asking you to verify your contact details, do not reply – contact the organisation directly using contact details sourced through an online search or phone book.

Be suspicious of any requests for money over the phone, by text or email.

If you receive a call or email offering financial advice or investment opportunities, hang up or delete email

If you are looking to invest money, do your research

Stay updated on the latest scams and how to avoid them on the [Scam Watch](#) website

Visit [IDCARE](#) to see how you can protect yourself.

If you want some assistance or reassurance ... **book a session with an Archie volunteer!**

Free Community Programs

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

Presenter: Archie Community Care Team Member

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

When: Friday 18th November 2-3pm

Book: Archie Reception or call 5559 4920

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.

Presenter: Eric Fairbank from the Warrnambool and District Hospice.

**When: Thursday 10 November & 2-4pm
Thursday 8 December & 2-4pm**

Where: Archie Graham Community Centre

Book: Archie Reception or call 5559 4920

Your Heart Matters

10am-11am Wednesday 16 November 2022

Would you know what to do if you or someone you know experienced heart pain or a heart attack?

What you learn in this Heart Matters Information session could save your life or the life of a family member or friend.

Session will be facilitated by Donna Koik

Book: Archie Reception or call 5559 4920



Sleeping Well

**10:30am -11:30am Friday 11th
November 2022**



If sleeplessness or insomnia

impact you or a loved one, come along to this information session where lifestyle and environment factors that impact sleep will be explored.

Learn techniques to enable you to sleep well. Session will be led by Ahmed Hussein and the team from Monaghans Pharmacy.

Book: Archie Reception or call 5559 4920

CELEBRAGE Seniors Festival Feedback

Did you attend a Celebrate Seniors Festival event in 2022? If yes, we would appreciate your feedback on any aspect of the event from the day & time, type of activity attended, quality of the experience, catering, communication or the promotion.

Options for feedback:

- Complete the Evaluation Form available from Archie Reception
- Complete the Evaluation Form online www.surveymonkey.com/r/archiecelebrage2022
- Arrange a conversation with Clare in person or by phone

Feedback appreciated by **Monday 14 November**

Thanks - Clare and the Archie Team.

YOU STILL HAVE TIME TO APPLY FOR THE POWER SAVING BONUS!

Applications close on June 30, 2023

This one-off \$250 payment is designed to help ease the cost of living

Applications for the Power Saving Bonus need to be made online

West Warrnambool Neighbourhood House can assist you to complete your online application for FREE!

APPOINTMENTS ARE NECESSARY!
Please phone Jill 0418 944 276

