



*Archie*

JAN -  
MAR  
2023

Archie Graham  
COMMUNITY CENTRE

NEWSLETTER



\*Newly appointed staff member Nadine, absent from photo

## NEW LOOK NEWSLETTER, SAME GREAT PROGRAMS AND ACTIVITIES

We hope you enjoy our new look Archie Newsletter. We've made a few changes to the layout, and we've made an effort to include more photos, but all the essential information about everything on at Archie is still there.

We've also shifted to a quarterly format, but that just means that you have even more advanced notice than usual about the wide range of things to get involved in.

Feedback is most welcome via the suggestion box at Reception or via email to [cvaughan@warrnambool.vic.gov.au](mailto:cvaughan@warrnambool.vic.gov.au). If you're not a Facebook user, but would like to be, our friendly team of tech superstars can help you become one, be sure to follow CONNECT Warrnambool for regular updates.

You can also get in touch with our reception team on 5559 4920 or drop in and visit the centre where we always have printed flyers on display.

## CHRISTMAS CLOSURE AND RECOMMENCEMENT DATES

We're closed from 12pm December 23 and re-open on January 3. Here's a table outlining when our various activities re-commence for 2023.

| Activity:                              | Date to re-start in 2023 |
|--|--------------------------|
| Hydrotherapy Pool                      | Tuesday January 3        |
| Exercise Classes - Michelle's Steere   | Tuesday January 17       |
| Yoga - Donella Mulraney                | Tuesday January 17       |
| Kanga Training - Sharna Atchison       | Wednesday January 4      |
| Tai Chi & Gentle Exercise - Linda      | Monday January 16        |
| Social Cycling.                        | Monday January 30        |
| <b>Heart Foundation Walking Groups</b> |                          |
| Warrnambool Surf Life Saving Club      | Mon Jan 30 & Wed Feb 1   |
| Aquazone                               | Tuesday January 3        |
| Centro; North Point Shopping Centre    | Friday January 6         |
| Mahjong & Scrabble                     | Wednesday January 4      |
| Writing Group                          | Monday February 13       |
| Gardening                              | Wednesday January 4      |
| Senior Citizens Club Walking Group     | Tuesday January 3        |
| Senior Citizens Club Singing Group     | Friday January 6         |
| Senior Citizens Club Indoor Bowls      | Tuesday January 10       |
| Senior Citizens Club Painting          | Friday January 6         |
| Senior Citizens Club Line Dancing      | Friday January 6         |
| Senior Citizens Club Knitting          | Monday February 6        |
| Senior Citizens Club Euchre            | Friday January 6         |
| Senior Citizens Club Cards 500         | Wednesday January 11     |
| Senior Citizens Club Billiards         | Wednesday January 4      |

## ARCHIE GRAHAM CENTRE TOURS

Would you like to find out more about what you can do at the Archie Graham Community Centre? We're open Monday to Friday from 9am-5pm if you wish to drop in, and we also offer guided tours.

Join a tour of the Centre with Community Programs Coordinator, Clare Vaughan and see what's on and what interests you. Just give us a ring on 5559 4920 so we know to look out for you.

### Tour times:

- Monday January 9, 10am
- Wednesday January 18, 3pm (after the My Aged Care Information Session from 2-3pm)
- Tuesday January 24, 11am
- Wednesday February 8, 2pm
- Friday February 17, 10am
- Monday February 27, 10am
- Tuesday March 7, 9.30am
- Wednesday March 22, 3pm (after the My Aged Care Information Session from 2-3pm)

# WEEKLY TIMETABLE

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

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  |
|---|---|---|--|---|
| <b>9am - midday</b><br>Hydrotherapy Pool<br>1hr; \$10.10                | <b>9am - 1pm</b><br>Hydrotherapy Pool<br>1hr; \$10.10   | <b>9am - midday</b><br>Hydrotherapy Pool<br>1hr; \$10.10                | <b>9am - midday</b><br>Hydrotherapy Pool<br>1hr; \$10.10                           | <b>9am - midday</b><br>Hydrotherapy Pool<br>1hr; \$10.10              |
| <b>9.15am</b><br>Tai Chi - Linda S<br>\$5 Seniors Club                  | <b>9am</b> Walking<br>50c for lucky draw<br>Meeting point: varies<br>Seniors Club             | <b>9.30am</b><br>Heart Foundation<br>Walking - free<br>Start: Surf Club | <b>9am</b> Walking<br>50c for lucky draw<br>Meeting point: varies.<br>Seniors Club | <b>9.30am</b><br>Painting - free<br>Seniors Club                      |
| <b>9.30am</b><br>Heart Foundation<br>Walking - free<br>Start: Surf Club | <b>9am</b><br>Men's Strength<br>Training;<br>Michelle; \$10                                   | <b>10am</b><br>2nd & 4th Wed/mth<br>Social Gardening<br>Free            | <b>9am</b><br>Men's Strength<br>Training;<br>Michelle; \$10                        | <b>9.30am</b><br>Heart Foundation<br>Walking - Free.<br>Start: Centro |
| <b>10am</b> Social cycling.<br>Free. Enquire at<br>Reception            | <b>9am</b><br>Yoga - Family class<br>Donella; \$10  | <b>10am</b> Kanga<br>Training for mums &<br>bubs; Sharna; \$20          |  |   |
| <b>10.30am</b><br>Gentle Exercise;<br>Linda S<br>\$5 Seniors Club       | <b>10am</b><br>Women's Strength<br>Training;<br>Michelle; \$10                                |   | <b>10am</b><br>Women's Strength<br>Training;<br>Michelle; \$10                     | <b>10am</b><br>Social Cycling, Free;<br>Enquire at Reception          |
|   | <b>10am</b><br>Yoga – suitable for all<br>levels incl beginners<br>Donella; \$10              |   |  |   |
|   | <b>11am</b><br>Kickstarters!<br>Michelle \$10.  |   | <b>11am</b><br>Kickstarters!<br>Michelle \$10.                                     | <b>10.30am</b><br>Line dancing<br>Seniors Club<br>\$4                 |
|   | <b>11am</b><br>Chair Yoga<br>Donella; \$10  | <b>12.15pm</b><br>Pilates;<br>Karen Anderson<br>\$10                    | <b>12.15pm</b><br>Pilates;<br>Karen Anderson<br>\$10                               | <b>11am– 1pm</b><br>Archie Intercultural<br>Café.<br>Free             |
| <b>1pm,</b><br>1st& 3rd Mon/month<br>Knitting; Free<br>Seniors Club     | <b>Midday</b><br>Pulselite<br>Michelle \$10   | <b>1.30pm</b><br>Cards 500, \$1<br>Seniors Club                         | <b>Midday</b><br>Fit & Trim<br>Michelle \$10                                       | <b>1pm</b><br>Cards<br>Euchre, Free.<br>Seniors Club                  |
| <b>1pm,</b> 2ndMon/mth<br>Writing Group \$2                             | <b>Midday</b><br>Guided relaxation &<br>meditation,<br>Donella \$10                           | <b>1.30pm</b><br>Mahjong \$2<br>Scrabble \$2                            |  | <b>1pm</b><br>Singalong Free<br>Seniors Club                          |
| <b>1.30pm</b><br>Billiards - Free<br>Seniors Club                       | <b>1pm</b> set-up<br>Indoor Bowls \$1<br>Seniors Club   | <b>1.30pm</b><br>Billiards - Free<br>Seniors Club                       | <b>1pm set-up</b><br>Indoor Bowls \$1<br>Seniors Club                              | <b>1.30pm</b><br>Billiards - Free<br>Seniors Club                     |
|   | <b>1.30pm</b> Confidential<br>assistance with your<br>personal info with a<br>volunteer. Free |   | <b>2pm</b> Petanque - Free;<br>Lake Pertobe Piste.<br>Seniors Club                 |   |
|   | <b>4.30pm</b><br>Heart Foundation<br>Walking - Free<br>Start: Aquazone                        |   |  |   |

## ARE YOU KEEN TO BE MORE ACTIVE IN 2023?



## THANK YOU VOLUNTEERS

Thank you to everyone who gives up their time to make so many amazing programs and activities possible.

What a GREAT YEAR of support from 320 Volunteers across sites:

The Archie Graham Centre, Meals on Wheels, Flagstaff Hill, Visitor Economy, Children's Services, Youth Engagement, AquaZone, Gardens 4 Wildlife, Lighthouse Theatre, Library, Social Support, Art Gallery (WAG), West Warrnambool Neighbourhood House and Travel Smart.

Is your New Year's resolution to boost your health and be more physically active? Check out the timetable on page 3 to find an activity that suits you.

**Hydrotherapy:** 1 hour sessions are available in the 34oC hydrotherapy pool between 9am and midday on Monday to Friday. \$10.10 / session with a max 10 people / session.

**Group exercise:** a range of private practitioners offer weekly sessions at the Centre. Options currently available include strength training, balance and general mobility sessions, Kangatraining, Pilates and Yoga.

Contact the instructors directly for more information and to make bookings.

Donella Mulraney  
Yoga  
0428 654 570



Sharna Atchison  
Kangatraining  
0401 019 015



Karen Anderson  
Pilates  
0438 387 923



Michelle Steere  
Strength/balance  
5559 4920



**Tai Chi, Line dancing and Gentle Chair-based Exercise sessions** are on offer at the Centre for members of the Seniors Citizens Club. More information is available from the Centre.

**Walking and Social Cycling groups** are co-ordinated from the Centre and they are fun and free ways to be regularly physically active outdoors. The Senior Citizens Club offer two walks per week and the Centre co-ordinates four Heart Foundation walks per week. The Social Cyclists ride twice a week. Registration Forms for new walkers or cyclists are available from Reception or call 5559 4920.

## 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 questions and provide tips and guide you all the way.

Call 5559 4920 to book a session for \$7.10.

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.

Terry Beard



Areas of Expertise: Genealogy/ancestry.

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 Skillbeck



Areas of Expertise: Computers (Windows). Word and Excel.

Victoria Dunn



Areas of Expertise: Apple iPads or iPhones. Scams & staying safe online.

# SOCIAL CONNECTION

Sharing a common interest is a good base for forming meaningful social connections with others. Enquire at Reception about joining any of the activities listed below or call 5559 4920.

## GUIDED TOUR OF KELLY'S SWAMP

Celebrate World Wetland Day with Dr Lachlan Farrington, ecologist from Nature Glenelg Trust who will lead the onsite visit and share his insights into why we need to take action to protect wetlands which are critically important ecosystems that contribute to biodiversity, climate mitigation and adaptation, freshwater availability, world economies and more.

Meet at 9am Thursday February 2 at Flagstaff Hill car park and we will depart at 9.15am and drive in convoy to Levy's beach and follow the sand track to the boardwalk at Kelly's Wetland to meet Lachlan at 9.45am to start the tour.

Morning tea will be provided onsite at the end of the tour. Book at Archie Reception to join this free tour or call 5559 4920.



## SOCIAL GARDENING

A small team of volunteers and friends take care of the Archie courtyards and garden beds and share morning tea together on Wednesday mornings, resuming at 10-11.30am on Wednesday January 4.

Tasks are limited to light work such as trimming old growth, sweeping leaves from paths, transplanting cuttings and hand watering. All plant enthusiasts are welcome to join this group.

## MAHJONG

Mahjong is a tile-based game for three or four players who use problem solving strategies... and a bit of luck at times, to win the game.

Some claim that playing Mahjong regularly will enable you to 'think faster, focus better and remember more!' It is a fun game that is played at Archie on Wednesday afternoons and there is well established group who attend. New players are welcome and our volunteer Judy generously provides instruction.

## GENEALOGY / ANCESTRY

Curious about your family history and keen to find out how to use online programs?

Archie volunteers, are available on Wednesday from 9am – midday to help you with your research. Book a session by calling Archie Reception on 5559 4920; \$7.10 per session.

## MORNING MUSIC AT THE LIGHTHOUSE

Do you want to go to Morning Music Shows, but are reluctant to go on your own? Come with our group from Archie to see:

**THE WINNER IS...Starring Ian Stenlake & Michelle Fitzmaurice  
Wednesday February 15, 11am**

Enjoy a morning of music with Ian & Michelle as they journey through all the Academy award-winning songs from the last 80 years. Including songs such as Lullaby of Broadway (1935), Over The Rainbow (1939), Might as well be Spring (1945), Can you Feel the Love Tonight from The Lion King (1995) and beyond.

**BOOKINGS:** Tickets are available from Archie Reception at discounted price of \$17 (Full admission tickets cost \$20). Book and pay for your ticket in advance of the show.

**ON THE DAY OF THE SHOW,** meet at Archie Reception at 10.15am and together we will walk to the Lighthouse Theatre, enjoy pre-show refreshments and take our seats together.



# INTERCULTURAL ACTIVITIES



## THE ARCHIE INTERCULTURAL CAFÉ GROUP MEET FRIDAYS 11AM - 1PM

**All new-comers to Warrnambool are most welcome to these FREE sessions.**

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.

First session for 2023 is on Friday January 6 from 11am-12pm, where we will plan our cooking sessions for Friday January 13 and January 20, 11am-1pm.

Weekly sessions will continue each Friday and we will work together to create opportunities to connect.

## HARMONY DAY – SAVE THE DATE TUESDAY MARCH 21, 2023

Harmony Week is about coming together to celebrate the cultural diversity in your area and spread the message of ‘everyone belongs’. The Archie Graham Community Centre will celebrate Harmony Week by bringing our community together and creating opportunities to think, talk about and recognise how our differences and our similarities make Australia a great place to live.

# INTERGENERATIONAL ACTIVITIES

Intergenerational activities intentionally unite people of different ages in ways that enrich participants’ lives and help address vital social and community issues while building on the positive resources that each age group have to offer each other and their communities.

Book at Archie Reception or call 5559 4920.

## INTERGENERATIONAL SINGING

Community members of any age, including Grandparents and Grandchildren are invited to Archie to sing favourites such as: ‘When you’re happy & you know it’ ‘You are my Sunshine’ ‘Head, shoulders, knees & toes’ and many more.

Morning tea of fruit, tea/coffee provided; \$2 donation appreciated Tuesday January 10 and 17, 10-11am.

Val Saffin will accompany singers on piano and volunteers will assist in the teaching of the songs.

## INTERGENERATIONAL SCRABBLE

Family members, neighbours, friends, kids, parents, grandparents come along and enjoy an intergenerational game of scrabble. Standard rules apply.

Scrabble will re-start in 2023 on Wednesday January 4 and will be on each Wednesday from 1.30-3.30pm with a short break for afternoon tea.

## INTERGENERATIONAL FUN WITH PLANTS

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

Wednesday January 18, 10-11.30am.

Instruction and all materials are supplied at \$10pp.

Book at Archie Reception or call 5559 4920.

# 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

**Presenter:** Archie Community Care Team Member

**When:** Thursday January 19, 2-3pm  
Thursday March 30, 10-11am.

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

**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 January 12, 2-4pm  
Thursday February 9, 2-4pm

**Book:** Archie Reception or call 5559 4920.

## SAVE THE DATE: INTERNATIONAL WOMEN'S DAY – WEDNESDAY 8 MARCH, 2023

Imagine a gender equal world. A world free of bias, stereotypes and discrimination. A world that's diverse, equitable, and inclusive. A world where difference is valued and celebrated. Together we can forge women's equality. Collectively we can all #EmbraceEquity.

Celebrate women's achievement. Raise awareness against bias. Take action for equality.

**https://www.internationalwomensday.com/Theme**



## SAFETY ON HOT DAYS

On days of extreme heat – the Centre is cool so come on in.

Feel free to find a spot to have a quiet read, a cool drink or cuppa with friends. Bring your own food in if you wish or check the Café opening date and hours.

## COMMUNITY CONNECTIONS

Is your New Year's resolution to get out into the community, try something new, and/ or make friends? The Community Connections Program is a free service aiming to support people that wish to be reconnected to non-medical social support services within the community. This could include walking and exercise groups, gardening groups, craft activities, volunteering opportunities and much more!

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.

**To find out more contact our Community Connectors:**

**Jacob Gilmour:** jgilmour@warrnambool.vic.gov.au | 0478 315 813

**Jill Bourke:** jbourke@warrnambool.vic.gov.au | 0418 944 276

Or visit our webpage: **https://www.warrnambool.vic.gov.au/community-connections-program**

|  |  |  |   |   |  |
|--|--|--|---|---|--|
| <br>Arts and Crafts | <br>Volunteering      | <br>IT classes      | <br>Hobby courses    | <br>Social outings | <br>Dancing |
| <br>Gardening       | <br>Physical activity | <br>Community meals | <br>Learn new skills | <br>Social Cooking | <b>PLUS MORE!</b>  |

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

## GREEN FUTURES NOW

Green Futures Now! is a leadership program for people aged 12 – 25 to build knowledge and activate participation and solutions to address climate change.

Green Futures Now! involves a series of intensive workshops and activities that support young people with the climate issues facing our region. These activities connect young people with the work that is happening locally to mitigate, adapt and respond to climate change.

Applications for the 2023 Green Futures Now! Program will open in early 2023.

Find out more at  
[www.warrnambool.vic.gov.au/green-futures-now](http://www.warrnambool.vic.gov.au/green-futures-now)



## UP IN LIGHTS GALLERY ARTWORK LAUNCH

Join us on January 19 from 7pm to celebrate the installation of new public artworks in four lightboxes in Timor Walk in the Warrnambool city centre.

The new works in the “Up in Lights” gallery were created by eight young local artists:

Alexandra Twaddle  
Aurora Duane  
Gabby Lougheed  
Baillie  
Aarahi Schuler-Singh  
Keela Adams  
Isabella Pickford  
Ollie Adams.

Pizza will be provided and there will be music by South West Melbourne Electronic Sound Studio (MESS).  
For more information, please contact the youth team at [youthservices@warrnambool.vic.gov.au](mailto:youthservices@warrnambool.vic.gov.au) or 5559 4478.



## SUMMER NIGHT MARKETS

A fabulous series of Summer Night Markets held in the beautiful precinct of Lake Pertobe.

A wonderful area to meet friends, family, grab a bite to eat and enjoy. Brilliant stalls of handcraft, art, nibbles and so much more. Live music on two stages. Amazing variety of delicious foods, boutique beer, wine, cocktails and ciders. Something for everyone. Not to be missed.

4.30pm till 8.30pm Friday evenings.

- Friday January 6, 4.30-8.30pm
- Friday January 13, 4.30-8.30pm young people performing
- Friday January 20, 4.30-8.30pm
- Friday January 27, 4.30-8.30pm



## VICTORIA PARK ORIENTEERING ART TRAIL




Explore Victoria Park by navigating your way to 10 unique sculptures featuring artwork by local school students. You will need your smart phone. Start at the water tower off Hyland St, north of Friendly Societies Park.

Scan the QR codes to discover augmented reality and other creative content developed by the young people of Warrnambool. The Victoria Park orienteering Art Trail was a community project facilitated by Warrnambool Council Youth Engagement team.



## WHAT'S ON AT THE WEST WARRNAMBOOL NEIGHBOURHOOD HOUSE

Bookings are essential. Call Jill on 0418 944 276 or email [jbourke@warrnambool.vic.gov.au](mailto:jbourke@warrnambool.vic.gov.au). Children under 8 must be accompanied by an adult. **Cost: \$2 per child.** Morning and afternoon tea provided every day!

| Tuesday January 10  | Wednesday January 11   | Thursday January 12  | Friday January 13  |
|---|--|--|--|
| <b>EXCURSION (5+YRS)</b><br><b>FLAGSTAFF HILL</b><br><br><b>11.00-1.00pm</b> | <b>RESIN ART (8+ YRS)</b><br><br><b>10 – 11.30am</b><br><b>MAKE &amp; FLY A KITE (5+YRS)</b><br><br><b>1.30 - 3.00pm</b> | <b>NATURE BUS (5+ YRS)</b><br>Creative Clay and Storylines<br><br><b>10 – 11.30am</b><br><b>EXCURSION (6+ YRS)</b><br>Warrnambool Table Tennis<br><br><b>1.30 – 3.00pm</b> | <b>CREATIVE COOKING (8+YRS)</b><br><br><b>11.00-1.00pm</b>    |
| Tuesday January 17  | Wednesday January 18   | Thursday January 19  | Friday January 20  |
| <b>PAINT YOUR PET (7+ YRS)</b><br><br><b>10 - 11.30am</b>                    | <b>BUNNINGS DIY! (5+YRS)</b><br><br><b>10 – 11.30am</b>   | <b>EXCURSION (5+ YRS)</b><br><b>KIDS KARATE &amp; BOOTCAMP</b><br><br><b>10 – 11.30am</b>  | <b>SEW A JEANS BAG (10+ YRS)</b><br><br><b>11.00 – 1.00pm</b> |
| <b>APPLIQUE A TOTE BAG (6+YRS)</b><br><br><b>1.30 – 3.00pm</b>               | <b>POM - POM POOCHES (6+ YRS)</b><br><br><b>1.30-3.00pm</b>   | <b>MOSAICS (8+ YRS)</b><br><br><b>1.30 – 3.00pm</b>  |  |



## ARCHIE CAFE OPEN HOURS 2023

The Archie Café is volunteer operated and is an ideal place to relax over a coffee and the newspaper or to meet up with friends.

The menu consists of the full range of espresso coffees, fresh and toasted sandwiches plus a selection of sweet treats – all at affordable prices.

**Open Mondays and Thursdays**  
**10am-2pm**  
**from Monday January 16 onwards**

Outside of these times and when the Centre is open, free tea and coffee is available.



## 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

**\$250 POWER SAVING BONUS**

Are you feeling the holiday stress?

The \$250 PSB can be spent on anything! We can help make your claim today!

Happy Holidays!

Neighbourhood Houses Victoria | Good Shepherd | TOLLA