



2024 Warrnambool Seniors Festival

Tuesday 1st - Thursday 31st
October 2024



Victorian
Seniors
Festival
2024

EXPLORE.
ENGAGE.
EVOLVE.



Bookings Open
Monday 26th August 2024



Warrnambool Seniors Festival Launch

Wed 2 Oct; 1.30pm-3pm

Do you remember the Florado Festival – Warrnambool's flower festival from the 1960s? Are you curious about what our gardens of the future might look like? Join us at the launch of the 2024 Warrnambool Seniors Festival which has the theme: **Explore. Engage. Evolve.** Images of Warrnambool gardens during Florado Festivals from the Warrnambool Historical Society collection will be on show and the team from Wannon Water will inspire thinking about clever ways to use water in our gardens now and in the future. Age is no barrier. Brooke Love, Director of Community

Development, Warrnambool City Council will launch the Warrnambool Seniors Festival, and local nominees for the Victorian Senior of the Year Award 2024 will be introduced and their community contributions acknowledged and celebrated.

After the launch, enjoy refreshments prepared by the Archie Café volunteers. Garden volunteers will be onsite to guide visitors on a tour of the Archie Food Cube Courtyard – a demonstration project of a water wise, productive, small space vegetable garden.

Venue: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings: Archie Reception

☎ 5559 4920

✉ agccustserv@warrnambool.vic.gov.au

Cost: Free

Warrnambool Botanic Gardens - Spring Garden Tour

Thurs 3 Oct; 1.15pm-2pm

Join us for a tour of the Warrnambool Botanic Gardens and enjoy the insights of Curator John Sheely and the company of Members of the Friends of the Botanic Gardens. Meet at the Rotunda for the tour. While we hope for glorious spring sunshine, please check the forecast and be prepared for all the weather conditions. The tour will be followed by afternoon tea.

Venue: Warrnambool Botanic Gardens, 24 Bromfield St, Warrnambool

Bookings: (for catering purposes) at Archie Reception

☎ 5559 4920

✉ agccustserv@warrnambool.vic.gov.au

Cost: Free





Flagstaff Hill – Seniors Discount Entry

Sunday 6 to Sunday 13 October 2024;
by day 10am–4pm; by night 8.15pm:

Flagstaff Hill Maritime Village is located in Warrnambool at the end of the Great Ocean Road.

By day: Visit the museum that is home to Australia's richest collection of shipwreck artefacts from some of the 200 ships known to have been wrecked along this coast. Participate in a free guided tour led by our knowledgeable guides, and stop for a Devonshire tea in the Stella Maris Tearooms. *Catering is available at an additional cost 11am–3pm daily *Limited wheel chair access and situated on a significant hill.

By night: The spectacular Sound & Light Show takes you on a journey through the ages. From local Aboriginal stories to our colourful whaling past then to events that gave our coastline a reputation that inspired fear and trepidation among mariners. *Mobility issues should be discussed prior to booking.

Venue: Flagstaff Hill Maritime Village
89 Merri St, Warrnambool

Bookings & Enquiries:

☎ 03 55594600

✉ fshadmin@warrnambool.vic.gov.au

Cost: by day: \$11.20 (30% discount); by night: \$16.50 (50% discount)

Warrnambool Multicultural Festival

Sat 5 Oct; 10am–3pm

Enjoy a fun family event on the Civic Green at the award-winning Multicultural Festival featuring:

- Multicultural performances
- Intercultural workshops
- Lion Dance & Dragon Dance
- Art and craft stalls
- International foods trucks
- Settlement information
- Aboriginal cultural engagement
- Face-painting
- Best Traditional Dress Competition
- Priority seating space reserved for seniors beside the West Warrnambool Neighbourhood House Stall.

Venue: Civic Green, 34-48 Liebig St, Warrnambool

Cost: Free





Come and Try Croquet

Mon 7, 14, 21, 28 & Fri 4, 11, 18, 25 Oct; 1pm-3pm.

Keep active with a sport that is low impact and after the game stay for afternoon tea with our friendly group.

Please phone to book or simply come along and watch.

Venue: Warrnambool Croquet Club, 60 Cramer St, Warrnambool

Enquiries or bookings:

☎ 0401 931 461

Cost: First session free; then \$10 x 5 sessions and free tuition. Half-price membership during October if you wish to join.

Men's Shed Tour

Tue 8 Oct; 10am-11.30am

Drop into the Men's Shed and join members for a tour to see for yourself the tools, machines and spaces available; and learn about projects you can be involved in. Men's Shed activities are open to all genders; members can work on their own projects, contribute to community projects, or work on commissions requested by the community.

In the 'Men's Shed' there are several interest areas, including: woodwork, sewing, and an amateur radio club. One of the most rewarding aspects of visiting the Men's Shed is the time spent having a chat and connecting with others with similar interests. Refreshments provided.

Venue: Warrnambool Men's Shed, 91 Hyland Street, Warrnambool

Bookings: At Archie Reception

☎ 5559 4920

Cost: Free





Piano Concert with Esther Tanner

Tue 8 Oct 11.30am-12.30pm

Thu 24 Oct 12.30pm – 1pm

Esther will play a mix of classical and sing-a-long tunes for the enjoyment of all in the Archie Café. Come along and take a seat concert style (max 20 seats) or enjoy as background music while you enjoy lunch (max 20)

Venue: Archie Graham Community Centre, 118 Timor Street, Warrnambool

Bookings: Archie Reception

☎ 5559 4920

Cost: Free

The Power of Flowers Workshop

Wed 9 Oct 10-11.30am

Join the social gardeners and crafters working on their own unfinished projects for a creative workshop to make nature cards, potted gifts or your own project. Spend time with like-minded people who enjoy sharing skills to create beautiful things. Refreshments provided.

* All items created in this session are eligible for entry into the Made at Archie Exhibition (30 Oct - 6 Nov). Spot prizes available.

Closing date for entries COB Monday 28/10/24 at Archie Reception.

Venue: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings: at Archie Reception ; Max 10

☎ 5559 4920

Cost: Free; \$2 contribution where materials are used.





Archie Fresh Produce Exchange

Wed 9 Oct 11am-midday

The secret is out that the Archie Fresh Produce Exchange is a generous and friendly way to share and access home-grown vegies, flowers, seeds and seedlings. Join with like-minded community members who are passionate about what they grow and how they grow it. Come along and informally share what you know and learn from others too.

Venue: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings: at Archie Reception

☎ 5559 4920;

Cost: Free

Come & Try Line dancing

Fri 11 Oct 10am – 12.30pm

10am – 10.30am for beginners. Instructor Phyllis will take you through the basic steps.
10.30am – 12-30pm for a fun and friendly group fitness experience to great music.

If you enjoy it, come along every week \$6/class.

Venue: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings: Archie Reception

☎ 5559 4920

Cost: Free



U3A Open Tutorial:

International affairs - India under Modi

Mon 14 Oct 10.30-11.30am

Join U3A members for this tutorial led by Gerry Enwerda who will be on ZOOM. Tutorial participants join in person or online for U3A members.

India has been ruled by Prime Minister Modi and his party, the BJP, since 2014 and has won three elections since then. As a result of

Modi's leadership, Indian politics has changed and India is now playing a major part in global affairs with evolving alliances and challenges.

Venue: Warrnambool Library

8 Kepler St, Warrnambool

Bookings: library.warrnambool.vic.gov.au

Bookings open 1 Sept 2024

📞 secretary@u3awarrnambool.org.au

Cost: Free



AquaZone Group Fitness Classes

Daily from 14-19 October. See days/times

AquaZone welcomes seniors to come and try the group fitness classes both in the dry area and in the pool as part of the Warrnambool Seniors Festival Celebrations.

Mon 14 Oct, Tue 15 Oct, Wed 16 Oct ** & Thur 17 Oct; 1pm -2pm:

G.E.C; General Exercise Class starts with a low impact warm up to music in the program room then into the gym to do a program personalised to your needs.

** NOTE: Wednesday 16 Oct 2-3pm: Aquamazing afternoon tea & chat; FREE
Come along and find out about our Fitness Fun for seniors @ Aquazone.

Monday 14 Oct 6.45pm; Wednesday 16 Oct 6.45pm; Friday 18 Oct 11am;

Aqua Fit (using dumbbells): Workout against the push of the water using aquatic dumbbells to activate your muscles and improve your cardio fitness

Wednesday 16 Oct; 9am & 10am; Friday 18 Oct 10am; Saturday 19 Oct 10am;

Aqua Lite: A great way to improve your fitness and wellbeing while taking the pressure off the bones, joints and muscles

Friday 18 Oct 1pm-2pm:

Pulse Lite; a low impact group exercise class suitable with/without the aid of a chair to improve flexibility, strength and general health.

What to bring? For all dry base classes please bring a drink bottle, comfortable loose fitting clothing and closed covered shoes. For aquatic classes please bring along your bathers, towel and a drink bottle.

Venue: AquaZone 10 Queens Rd, Warrnambool

Bookings: No bookings required although recommended to arrive 10 -15 minutes prior to class start time to avoid missing out.

📞 5559 4500

Cost: \$6.70 dry classes; aqua \$11.80



Come and Try Walking Poles & Nordic Waking

Tues 15 Oct 2pm - 3pm

Walking poles can improve your walking experience! They can be used as a confidence boost for those who use them to stay steady and balanced while walking. They can be used to increase the use of the upper body on a walk (Nordic walking) and also used when bush-walking as an aid for walking up and down hills. Join our Heart Foundation Walk Co-ordinator and volunteers and let's learn to use the walking poles together. All welcome.

Venue: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings: Archie Reception

☎ 5559 4920

✉ cvaughan@warrnambool.vic.gov.au

Cost: Free



Volunteer Connect

Tues 15 Oct 2-3pm

Volunteering is a great way to build community and meet new people. Come along and meet the Council Volunteer Program Coordinator, who will talk about the volunteering program opportunities at Council - and also look at the many service groups, clubs and not-for-profit

organisations in the Warrnambool area who have some great volunteer opportunities. You are welcome to share stories of your volunteering experiences with the group, and join in with a yummy afternoon tea.

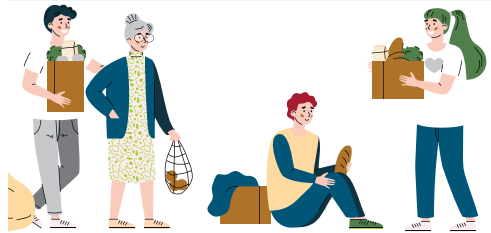
Venue: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings: Archie Reception

☎ 5559 4920

✉ volunteer@warrnambool.vic.gov.au

Cost: Free



Aqua-mazing afternoon tea & chat

Wednesday 16 Oct 2-3pm

Come along and find out about our Fitness Fun for Seniors @ Aquazone. Indulge in a delightful afternoon tea and connect with fellow seniors after the GEC – General Exercise Class or simply enjoy the social atmosphere.

Venue: AquaZone 10 Queens Rd,
Warrnambool

Enquiries:

☎ 5559 4500

Cost: Free





Classic Car Tour

Thu 17 Oct 10.45am-2.30pm

Tour in classic vehicles thanks to members of the Warrnambool and District Historic Car Club. We will drive in convoy to Terang where we will enjoy lunch together at 'The Little Acorn'; a Café on the west side of Terang with lots of heart! Passengers will switch cars for the return trip to Warrnambool via a different route.

Venue: Meet at Flagstaff Hill Carpark

Bookings: ☎ 5559 4920

Cost: \$45 includes tour; lunch & hot drink. Please notify of dietary requirements and make payment on booking.

Come & try Pickleball

Friday 18 & 25 October; 10-11am

COME & TRY the fastest growing sport for all ages. No experience needed. Members will welcome you to our club and help the play begin. Equipment will be provided. Wear comfy clothing and sport shoes with 'less grippy soles'. Meet Pickling members and

enjoy the laughter that comes with playing Pickleball. Stay for tea/coffee/biscuits following play.

Venue: Warrnambool Stadium,
71-77 Caramut Rd, Warrnambool

Bookings: not required

✉ pickleballwarrnambool@gmail.com

Cost: Free



Spring Celebration

Saturday 19 Oct 10am – 2pm

Meet the chooks, smell the herbs, turn the compost, marvel at the quarry amphitheatre, taste bush food flavours, get inspired by what's growing at the Warrnambool Community Garden. We are marking the 15th anniversary of major site works and the opening of Sprouts Club (children's garden) and the new all-abilities area (raised beds and under-cover). There will be music, yummy food and lots of opportunities to explore, learn and share knowledge.

Venue: Warrnambool Community Garden, corner Derby and Grieve St Warrnambool.

Bookings: not required, no cost

📞 0409963163 - Geoff



Pure- Hair, Beauty and Wellness Academy Pamper Session

Tue 22 Oct 9.30am-11.30am

Treat yourself to a pampering session! Choose from a manicure, a seated massage or a wash, blow dry or set and style hair treatment by the wonderful students from Pure - Hair, Beauty and Wellness Academy. Appointments are 45 minutes; Seated massages 20 minutes. Refreshments available after your treatment.

Venue: South West TAFE; Building F Block, entrance from Gilles St (south side of new library)

Bookings:

📞 5559 4920

Cost: \$5 per treatment. Payment required on booking

U3A Visit to Deakin University HyCel Facility

Wed 23 Oct 10.30-3pm

Why is everyone talking about hydrogen? How can hydrogen help our transition to zero emissions energy? Can trucks really run on water? Deakin University's HyCel team is here to answer your hydrogen questions.

HyCel is a regional hub of hydrogen expertise that connects Deakin's research expertise with industry partners to ready Australia for the hydrogen opportunity. HyCel's industry-led research focusses on mobility, gas pipelines, education and social licence and will soon be located at the HyCel Technology Hub, a bespoke hydrogen research, testing and education facility at Deakin's Warrnambool campus.

The event will comprise some talks in the morning on the history of the clean hydrogen facility, its operations and planned applications; these will be followed by a lunch break, then a guided tour of the facility in the afternoon.

Venue: Deakin University HyCel Facility; Princes Highway, Warrnambool. Following signage for parking and meet group at HyCel facility entrance.

Bookings: At Archie Reception

☎ 5559 4920; Max 50 participants

✉ secretary@u3awarrnambool.org.au

Cost: Free; lunch available at the University café at own expense.



CONCERT 'Hits of the Swinging Sixties'

Wed 23 Oct 11am – 12.15pm

One of Australia's favourite artists, Wendy Stapleton, has a brand-new show titled 'The Swinging Sixties', featuring a raft of fabulous songs from the great female artists of the Swinging Sixties. She'll sing through a songbook of hits from The Chiffons, The Ronettes, The Shirelles, Petula Clark, Lulu, Cilla Black, Dusty Springfield and more – presenting a show that promises to bring back great memories. This concert is presented by Warrnambool City Council and Seniors Victoria as part of the 2024 Victorian Seniors Festival Country Concert series.

Venue: Lighthouse Theatre; 185 Timor St, Warrnambool

Bookings:

☎ 555 94 999

Online: www.lighthousetheatre.com.au

Cost: \$10; get a group and book together to sit together.





Lunch at Archie Café – Post Concert

Wed 23 Oct 12.45pm – 2.15pm

Enjoy a special mix of sandwiches, pastries, scones, slices and tea/coffee as you chat about the concert you've just enjoyed and spend time with old and new friends. Lunch is prepared by the Archie Café Volunteers.

Venue: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings: Archie Reception

☎ 5559 4920; bookings close 16 Oct.

Cost: \$20pp on booking please



Dragon Boating for Beginners

Thu 24 Oct 11am-midday

Join dragon boat club members who will talk about what it means to them to belong to the club and what they gain from their experiences. We will have some fun and learn how to follow the rhythm of the dragon

boat drum and have time for questions and morning tea

Venue: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings: Archie Reception

☎ 5559 4920

✉ agccustserv@warrnambool.vic.gov.au

Cost: Free

'Gardens for Wildlife'

Fri 25 Oct 10.30am-11.30am

Join Kevin Sparrow from the Australian Plant Society and Kristy Roche from Warrnambool City Council to learn more about bringing wildlife to your backdoor. A session for wildlife and garden enthusiasts alike, join us for an introduction to the program, tips and tricks on creating wildlife attracting features in your garden, and join the live plant identification session. Light refreshments provided.

Venue: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings: Archie Reception

☎ 5559 4920

✉ Kristy at kroche@warrnambool.vic.gov.au

Cost: Free





Dragon Boating for Beginners - on the River

Sat 26 Oct 9am-10.30am

Following on from the information session on Thurs 24 October, have even more fun and come for a paddle on the Hopkins River with experienced dragon boaters. Paddle to the rhythm of the dragon boat drum and enjoy the river experience. Wear comfortable clothes and bring a coat, hat, sunscreen and a water bottle in preparation for all weather.

Venue: Meet at the boat ramp at Lyndoch

Enquiries: Victoria Dunn;

0427 659 796

dragonboatwarrnambool@gmail.com

Bookings: Archie Reception

☎ 5559 4920

Cost: Free



Walk for Wellness

Mon 28 Oct 9.15am for a 9.30am start

Join the group of regular walkers from the Heart Foundation Walking Group to give your health a boost when you walk the Promenade

path and enjoy the stunning views and fresh air. Light refreshments will be available from 10.15am at Lake Pertobe. If you enjoy this walk, there are walks every day of the week that you can find out about and join in. Bookings essential for new walkers.

Venue: Meet on the beach side of the Surf Club

Bookings:

☎ 5559 4920

Cost: Free



Toddle on Hoddle Playgroup

Tue 29 Oct 9.30am - 11am

Grandparents, parents and grandchildren aged 0-5yrs are warmly invited to join this playgroup presented by West Warrnambool Neighbourhood House as part of the Warrnambool Seniors Festival Celebrations. Join in the fun and play, sing with us and enjoy healthy snacks together.

Venue: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings / Enquiries:

☎ JBourke@warrnambool.vic.gov.au

✉ 0418 944 276

Cost: Free



Made at Archie Exhibition Launch

Wed 30 Oct; 10.30am -11.30am

To showcase creative opportunities at the Archie Graham Community Centre, we will hold our second 'Made at Archie Exhibition' where community members can enter their creative pieces that they have 'made at Archie' and be in the running for generous spot prizes from local businesses. Whether you draw, paint, knit or pot plants... or attend the festival 'Power of Flowers Workshop' on Wed 9 Oct 10-11.30am at Archie, everyone is welcome to join in - there is no cost for your entry. Collect an entry form from Archie Reception; entries must be received by COB Fri 25 October.



Venue: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings: Archie Reception

☎ 5559 4920

✉ cvaughan@warrnambool.vic.gov.au

Cost: Free

Community Garden Tour

Wed 30 Oct 1.30pm - 3pm

The tour of the award winning site will be led by Rob, the Convener of the Warrnambool Community Garden.

See the communal and private plots, herb garden, fruit trees, hot houses, composting and worm farms and visit the chickens in the Chook Hilton! Also visit the Japanese Friendship Garden and the Quarry Project that won the Premier's Award for Sustainable Places and Destinations in 2022; and the bush food garden that won the Bush Tucker Garden Award in the Community Gardens Australia 2023 awards.

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

Venue: Warrnambool Community Garden,
corner Derby and Grieve St Warrnambool.
Meet Clare and Rob at the main gate

Bookings: (for catering purposes)

☎ 5559 4920

Cost: \$5 donation to the Garden to be paid on the day.





CELEBRATION DAY Federation Square

Sun 6 Oct; 1pm-7pm

This event will launch the festival with a 6-hour line-up of free entertainment and activities for older Victorians.

For more information: www.seniorsonline.vic.gov.au/festivalsandawards/about-victorian-seniors-festival

The Wheelie Convoy

SAVE THE DATE: Wed 27 Nov; 11.00am onwards

Calling all community members who use a 'wheeled walker', wheelchair, mobility scooter or trike to get around Warrnambool, to join us in the 'Wheelie Convoy'. As part of the Warrnambool Seniors Festival, we are planning the convoy as an enjoyable, active and social community event and we also wish to showcase the accessibility of the stretch of Warrnambool's Foreshore Promenade.

At the end of the convoy, light refreshments will be available as well as live music and other community information, spot prizes available for pimping your wheels and hat with bling.

Please dress for all weather conditions e.g. hat, sun protection, coat. In the case of extreme weather this event will be postponed.

Venue: Warrnambool's Foreshore Promenade;

More information: www.warrnambool.vic.gov.au/seniorsfestival by 1st October 2024

☎ cvaughan@warrnambool.vic.gov.au

✉ call 5559 4920

Cost: Free

Eight days of free public transport for Victorian Seniors Card holders

6 to 13 October 2024 you'll be able to travel for free on all public transport in Victoria, including: Melbourne trains, trams and buses Regional trains, coaches and buses (including regional town bus services). To book, visit your nearest railway station or agent or call 1800 800 007 from 10am on Tues 10 September 2024.

We recommend travelling during off-peak hours. You'll be more likely to find a seat. For group travel information check:

www.vline.com.au/grouptravel





**Thank you to all the Community
Groups and Council Enterprises
for contributing events to the
Warrnambool Seniors Festival
2024 Program.**