

Archie

Archie Graham COMMUNITY CENTRE

NEWSLETTER

JULY - SEPTEMBER 2024



Archie Graham Community Centre

118 Timor Street, Warrnambool

Opening hours: Monday – Friday 8.45am - 5pm

Tel: 5559 4920 Email: agccustserv@warrnambool.vic.gov.au



ACKNOWLEDGMENT

Warrnambool City Council acknowledges the traditional and ongoing Custodians of the land on which we live, work, and meet. The area now known as Warrnambool has always been known as Peek Whurrong and Kirrae Whurrong country, part of a network of Custodian groups of the Gunditjmarra/Eastern Maar nations. We extend respect to Elders, past and present, and their ongoing connections to the land, rivers, and seas. We acknowledge their sovereignty was never ceded.

WHAT'S ON AT ARCHIE



ARCHIE RECEPTION TEAM

The friendly Archie Reception team takes all bookings and payments and responds to queries every day at the Centre. If you are new to Warrnambool or new to Archie, talk to them about booking into the next tour of the facility. (L-R) Esmae, Ali, Terese and Jenni.

TOURS OF ARCHIE

Book into a tour of the Archie Graham Community Centre with one of our staff and take a look at the café, hydrotherapy pool, the new food cubes courtyard, and the various rooms suited to group fitness, Yoga & Pilates, art activities, and meeting rooms. The Centre is a community hub that is open to EVERYONE in the community.

Monday 15 July 9.30-10 am
Wednesday 31 July 9.30-10 am
Tuesday 6 August 11.30am-midday
Wednesday 21 August 1-1.30 pm
Friday 30 August 10.30 - 11 am
Tuesday 10 September 2.30-3 pm - after the My Aged Care Information Session
Thursday 26 September 10.30 - 11 am

ANNUAL FEE INCREASE

Please be advised of the Fees and Charges for the 2024 – 2025 Financial Year effective as of **1 July 2024**. The following list includes the comparative rates from the previous financial year.

Fees and Charges	2023-2024	2024-2025
Hydro pool casual admission	\$10.50	\$10.80
Aqua Fit casual admission	\$11.50	\$11.80
Commercial rate – pool hire per hour	\$105.30	\$107.90
Community rate – pool hire per hour	\$73.70	\$75.50
Community Computer Support – per hour session	\$7.30	\$7.50

ARCHIE CAFÉ



The café continues to be a popular place for friends to gather and individuals to relax.

OPEN: Mondays, Tuesdays and Thursdays 10 am-1.30 pm
MENU: fresh/toasted sandwiches, soup, frittata/zucchini slice, cake/slices, and espresso coffee.
VOLUNTEERS: We continue to grow our Archie Café volunteers list to enable regular volunteers to balance volunteering with some time off.

To find out more about the Archie Café volunteer role email Clare Vaughan:
cvaughan@warrnambool.vic.gov.au
 or express interest by contacting the Team at Volunteer Connect:
volunteer@warrnambool.vic.gov.au



VOLUNTEERING

VOLUNTEERING AT ARCHIE:

We have approximately 50 Warrnambool City Council Volunteers at the Archie Graham Community Centre. Activities with volunteer roles are depicted below.

If you are curious about how to become an Archie Volunteer, come along to one of the tours listed on the previous page and chat to Community Programs Co-ordinator Clare Vaughan about opportunities available or e-chat by email: cvaughan@warrnambool.vic.gov.au. To register to be an Archie Volunteer, contact the Team at Volunteer Connect: volunteer@warrnambool.vic.gov.au

We will work with you to enable your volunteering to fit in with your lifestyle and to create satisfying experiences for you and those who attend the centre.



WANT TO GIVE BACK TO YOUR COMMUNITY?

Have time to spare? Keen to meet new people?
Then volunteering could be for you.

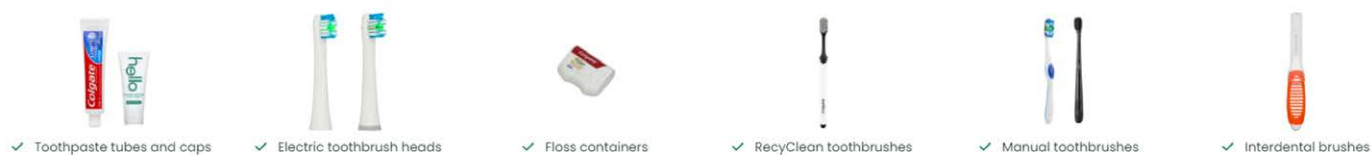
The South West Volunteer Expo is on Saturday, July 20 from **10 am – 2 pm** at the Emmanuel Centre on Botanic Road.

This is a great opportunity to meet local volunteer organisations and consider what volunteering opportunities might be right for you!

If you're a community group or club looking for volunteers, you can book a free stall.

Enquiries to volunteer@warrnambool.vic.gov.au

RECYCLING AT ARCHIE

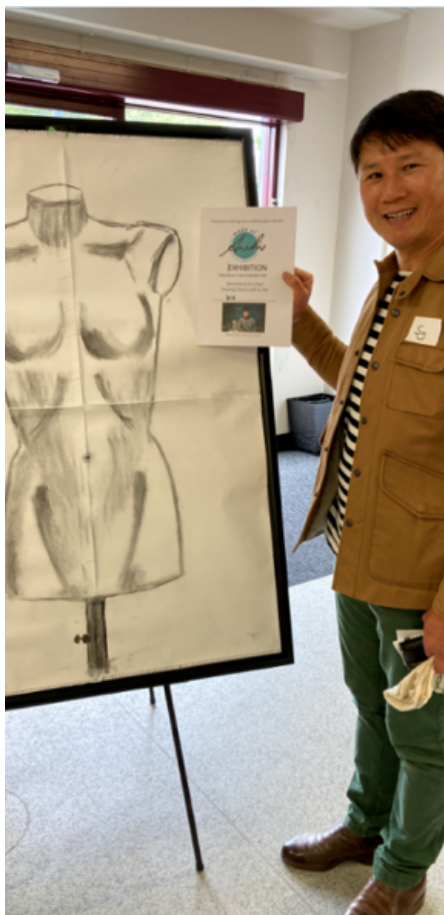


Archie Graham is a recycling drop-off point for batteries, pens, mobile phones, reading glasses, milk lids, bread tags, toothbrushes, and toothpaste tubes. Check out the recycle station located in the Café dining area and join the movement towards a circular economy here in Warrnambool.

Prior to depositing items, please:

- Place all hearing aid batteries in sealed containers or bags.
- Cover the terminals of used batteries with clear sticky tape or duct tape.
- Ensure that lids are washed and dried.
- Assist by only placing lids from water bottles, soft drink bottles, and milk bottles into the Lids For Kids deposit bin. They are unable to accept multi-coloured lids, spice/medicine/spread jar lids, or lids larger than a credit card (e.g. Vegemite or peanut butter lids).

ART AT ARCHIE



DRAWING WITH SY

Back by popular demand! Sy's drawing classes aim to inspire you to discover your artistic ability in a safe, fun, and creative space. Sy is a local visual artist who will lead you to discover new ways of drawing and develop your own ideas. Still life, human figures, and portraiture are some of the areas to explore in these classes.

Dates: Monday 5 August
Monday 19 August
Monday 2 September
Monday 16 September

Time: 10-midday

Fee: \$25 per class to be paid on booking

Basic materials are provided or you can bring your own.

Students can book a block of 4 classes or attend single classes.

Book at Archie Graham Community Centre Reception

MADE AT ARCHIE EXHIBITION



All creatives are welcome to enter something you have created at Archie into our second annual MADE AT Archie exhibition. Generous spot prizes are available – so be in it to win it!

Entries created at any of the following sessions are most welcome:





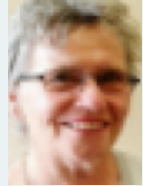

- Unfinished projects sessions – Wednesdays 10-11.30 am
- Seniors Club Knitting group - first & third Mondays/month at 1 pm
- Drawing with Sy – Mondays in Aug & Sept 10 am - midday
- Seniors club painting group – Fridays 9.30am-midday

* Additional art/craft sessions will be in the Seniors Festival Program
More information will be in the Oct-Dec Archie Newsletter

Save the date: Wed 30 October Exhibition Launch. Entries due: 5 pm Wed 23 Oct

TECH SUPPORT

Book a one-on-one Tech Support session with an Archie Volunteer for \$7.50. Whether you want advice about your Apple or Android device, or your Windows or Macintosh computer, there is a volunteer with the skills to assist you. Contact the friendly team at Archie Reception who can assist you to find the right volunteer.

	Alan Richardson	Overcome your fear of using an iPad or iPhone. This session is just for you! Plus Apple Watch tips.
	Brian Richards	Computers (Windows), Android tablets and phones.
	David Pearson	Computers (Windows) Getting started online. Genealogy/ancestry.
	Richard Skilbeck	Computers (Windows) Word, Excel, Email and Networking.
	Mabel Mitchell	Android phones - Beginner level ADVANCED CARE PLANNING SUPPORT AND TIPS – Mabel has career experience in advance care planning and volunteers at Archie to provide confidential 1:1 guidance and tips.
	Victoria Dunn	Help using iPads, iPhones, or MacBook Computers.

*Are you interested in sharing your Tech skills with others? Contact Clare
cvaughan@warrnambool.vic.gov.au



- **GREEN LIVING SKILLS SHARING SESSIONS**
- **SOCIAL GARDENING**
- **UNFINISHED PROJECTS**

10am-11.30am on Wednesdays

\$2 contribution to materials and/or notes where provided.

Book at Reception or call 5559 4920

Come along and learn from others willing to share their gardening, craft, and repurposing skills with you. You can come every week or when we have a specific session as described below.



Wed 3 July 10 am-11.30 am Food Cube Information session

Our team of staff, volunteers, and regular gardeners will give you an update on what we are up to.

Wed 3 & 10 July 10 am-11.30 am Unfinished Projects

We always welcome new community members. During the school holidays, we look forward to young people from the FREEZA program joining us

Wed 17 July 10 am-11.30 am

Announcement of the Made at Archie Exhibition and sharing of ideas for entries and the spot prizes available. Repurpose

your favourite jewellery, beads, or stones to make a brooch.

Wed 24 July 10 am-11.30 am: What does the term circular economy mean and how can we contribute? Will Sloan, Circular Economy Officer, Waste Minimisation & Management Team at Warrnambool City Council will share information about his role and how we can do better as a community to keep resources circulating rather than sending them to landfill.

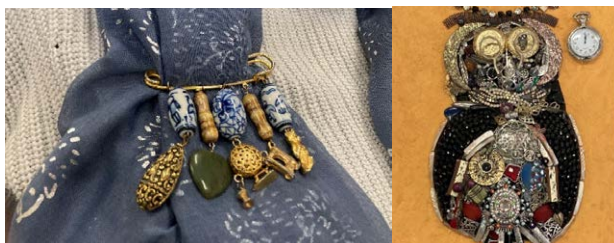
Wed 31 July 10 am-11.30 am:

Unfinished projects, social gardening; continue with repurposed jewellery projects

Wed 7 Aug 10 am-11.30 am: Food Cube Information session and composting update

Wed 14 Aug 10 am-11.30 am:

Unfinished projects, social gardening



Wed 21 Aug 10 am-11.30 am:

Unfinished projects – and learn modern mending techniques and social gardening.

Wed 28 Aug 10 am-11.30 am: How to make a green wall with the water system powered by a solar pump.

Wed 4 Sept 10 am-11.30 am: Food Cube Information session and worm farming update

Wed 11 Sept 10 am-midday: Unfinished projects, social gardening; 11 am - midday

Wed 18 Sept 10 am-11.30 am: Nature Craft Cards

Wed 25 Sept 10 am-11.30 am: Unfinished projects, social gardening



FRESH PRODUCE EXCHANGE

Wednesdays between 11am-midday

The Fresh Produce Exchange will continue through winter and those regularly involved are sharing lemons, limes, silverbeet, herbs, asian greens, lettuce, and rhubarb. Some people are becoming more creative with the produce they're sharing with pumpkin, tamarillo, warrigal greens, and various bunches of flowers and herbs available.

Volunteers are busy bagging vegetable & flower seeds and potting succulents & herb cuttings to exchange. We'd like to put a call out to community members to contribute to the Fresh Produce Exchange by sharing flowers, herbs, indoor plants, and succulents which are inexpensive to grow in a garden and bring so much joy to those who don't have access to them. As we progress toward Spring we look forward to the new growth of fresh greens, spring onions, herbs, and snow peas. Yummo!

If you have a 'Green Living' – gardening, circular economy, or slow fashion skill that you would like to share, please come along on a Wednesday morning and chat with Clare Vaughan. Clare can also be contacted by email cvaughan@warrnambool.vic.gov.au or by phone 5559 4920.





PHYSICAL ACTIVITY

REGULAR PHYSICAL ACTIVITY = INDEPENDENCE + SOCIAL CONNECTION & FUN

Physical activity options at Archie are particularly effective at enabling people to *'move from doing nothing... to doing something.'* Many people start coming to physical activities for health reasons and keep coming for friends because groups are welcoming and social.

YOGA & CHAIR YOGA SENIORS CLUB	WALKING led by Heart Foundation Walk Organisers or Seniors Club members	TAI CHI Seniors Club	GENTLE EXERCISE Seniors Club
LINE DANCING Seniors Club	INDOOR BOWLS Seniors Club	BILLIARDS Seniors Club	PETANQUE Seniors Club

HYDROTHERAPY POOL

The Hydrotherapy Pool is a salt-chlorinated pool to support rehabilitation needs for all community members. One hour sessions are available Monday to Friday and must be pre-booked by contacting the Archie Graham Community Centre. Lifeguards are on duty and are available to assist with hoist access if required. Contact the Archie **Reception team for further information or to make a booking.**



AQUA FIT

Learn a variety of aquatic exercises within a fun, enjoyable, and social environment. Suits all levels of fitness.

When: Every Thursday
Time: 12:15 pm and 1 pm
Cost: \$11.80
Bookings essential

NEW!



WARRNAMBOOL TAEKWON-DO

Warrnambool Taekwon-Do is an International Taekwon-Do Federation style of Taekwon-Do and is affiliated with United ITF, Australia.

Beginners welcome. Lessons will focus on fitness, flexibility, self-defence, and patterns.

Commencing: Wednesday 17th July (every Wednesday) from 6 pm to 7 pm.

Doors open at 5:50 pm for a 6 pm start.

Located at the Recreation Hall of the Archie Graham Centre (118 Timor Street, Warrnambool) Parking and entrance to the Recreation Hall are at the rear of the Archie Graham Centre.

If you require further information please message Darren or call 0479 069 272

NEW!





PILATES

NEW!

Karen Anderson 0438 387 923

Pilates is a practice focused on improving coordination, strength, balance, and posture through a targeted series of full-body exercises.

Since the exercises can build in difficulty or be modified to be easier, Pilates is suitable for beginner students up to advanced practitioners.

Wednesday 12.15pm

Thursday 10.30am

New Friday 9am Class

commencing Friday 26 July



MICHELLE STEERE FITNESS CLASSES

Michelle Steere offers four fitness classes which she runs twice a week. There is a class suited for everyone!

Strength Training- An instructor-led group strength class.

Kickstarters- The focus of this class is on maintaining balance, strength, and mobility.

Pulselite- Suitable for people who enjoy a low-moderate intensity instructor-led class.

Fit and Trim- Follow your own exercise program under the instruction of Michelle.

Tuesday & Thursday 9am -1pm

Contact Reception for further information.

MANAGEMENT OF OSTEOARTHRITIS OF HIPS & KNEES

Are you living with painful and limiting hip or knee osteoarthritis?

Come along to this session!

While osteoarthritis is not a curable disease, through education and a commitment to regularly doing a series of exercises that strengthen key muscle groups, many people do become or stay active, prevent symptom progression and reduce pain.

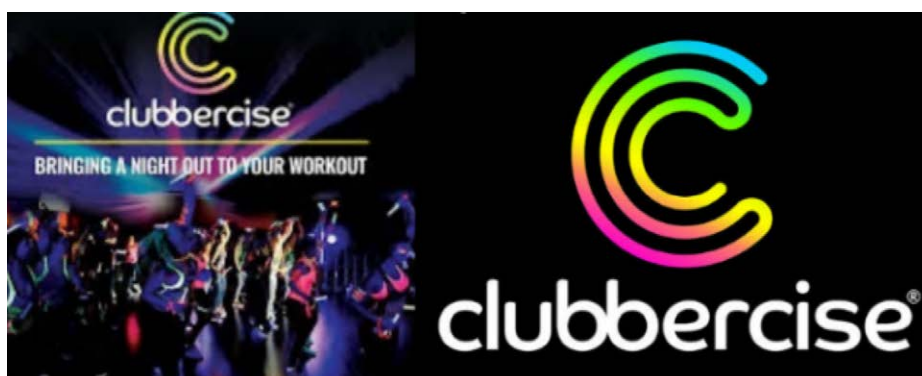
The team at Warrnambool Osteoarthritis of Hip and Knee Clinic are:

- **John Manderson – GP**
- **John Cooney or Tony Pritchard – Physiotherapists**
- **Sarah Serjeant – Dietitian**

Date: Thursday 5 September

Time: 11 am - midday

Book: Archie Reception



CLUBBERCISE

Tuesdays 6.20pm

A new dance fitness class with battery-operated glow sticks. A fun way to get fit in Warrnambool. Ages 16+. Suits all fitness levels- no dance experience required.

Cost: \$15.00

Bookings essential. Call Danielle on 0448 853 385 to book or for more information.

PLEASE NOTE CHANGES TO INSTRUCTOR AVAILABILITY:

Karen Anderson will be on leave from the 24th of June. Classes will resume on Wednesday 24th July.

Michelle Steere will be on leave from 1st September. Classes will resume on Tuesday 17th September

FALLS PREVENTION INFORMATION SESSION

It is estimated that at least one-third of people aged 65 years and over fall one or more times a year.

Falling can be painful and scary, cause a loss of confidence or even restrict the activities you choose to do.

Don't miss out on all the fun things you like to do because you've fallen or have a fear of falling.

Come along to this session delivered by Beth McDowell - Occupational Therapist and Simon Gaylard - Exercise Physiologist.

Gain practical information from the latest evidence based guidelines for falls prevention.

Let's work together to prevent falls and also learn some skills so that if you do fall you can minimise the harm caused.

Date: Wednesday 7 August

Time: 1.30-2.30 pm

Book: Archie Reception



WEEKLY TIMETABLE

Note: Senior Citizens Club Activities require Annual Membership of \$1

HYDRO

GROUP EXERCISE

SOCIAL ACTIVITIES

SENIOR CITIZENS CLUB

Monday	Tuesday	Wednesday	Thursday	Friday
9am - midday Hydrotherapy Pool 1hr; \$10.80	9am - midday Hydrotherapy Pool 1hr; \$10.80	9am - midday Hydrotherapy Pool 1hr; \$10.80	9am - midday Hydrotherapy Pool 1hr; \$10.80	9am - midday Hydrotherapy Pool 1hr; \$10.80
9.15am Tai Chi - Linda \$6 Seniors Club	9am Walking - \$1 per week for lucky draw Meeting point: varies Seniors Club	9.15am Tai Chi - Linda \$6 Seniors Club	9am Walking - \$1 for lucky draw per week Meeting point: varies. Seniors Club	9am Pilates; Karen Anderson \$10
9.30am Heart Foundation Walking - free Start: Surf Club	9am Men's Strength Training; Michelle; \$10	9.30am Heart Foundation Walking - free Start: Surf Club	9am Men's Strength Training; Michelle; \$10	9.30am Painting - \$1 Seniors Club
		10am Social Gardening Free		9.30am Heart Foundation Walking - Free. Start: Centro
10.30am Gentle Exercise; Linda \$6 Seniors Club	10am Women's Strength Training; Michelle; \$10	10am Un-Finished Projects (UFP'S) Free	10am Women's Strength Training; Michelle; \$10	
	10am General Yoga Robyn; \$6	10am Scrabble \$2	10.30am Pilates Karen Anderson \$10	10am Seniors Club Learners Line dancing Free
	11am Kickstarters! Michelle \$10.	10.30am Gentle Exercise; Linda \$6 Seniors Club	11am Kickstarters Michelle \$10.	10.30am Line dancing Seniors Club \$6
	11am Chair Yoga Robyn; \$6	12.15pm Pilates; Karen Anderson \$10	12.15pm Aqua Exercise \$11.80	
1pm, 1st& 3rd Mon/month Knitting; \$1 Seniors Club	Midday Pulselite Michelle \$10.	1.30pm Cards 500, \$2 Seniors Club	Midday Fit & Trim Michelle \$10.	1pm Cards Euchre, \$2. Seniors Club
		1.30pm Mahjong \$2 Backgammon \$2	1pm Aqua Exercise \$11.80	1.30pm Singalong - \$1 Seniors Club
1.30pm Billiards - \$2 per week Seniors Club	1pm Indoor Bowls \$1 Seniors Club	1.30pm Billiards - \$2 per week Seniors Club	1pm Indoor Bowls \$1 Seniors Club	1.30pm Billiards - \$2 per week Seniors Club
			2pm Petanque Lake Pertobe Piste. Seniors Club	
	4.30pm Heart Foundation Walking - Free Start: Aquazone			

YOUTH

CRAFT COMMUNITY

An opportunity for those aged 12 to 25 to come along and join Unfinished Projects

Looking for something to do in the school holidays? Love arts and crafts and have something you would like to work on? FFreeZA is collaborating with the Archie Graham Centre for an intergenerational unfinished projects session. Bring what you're working on, bring a friend, and come hang out, chat, and create.

Date: Wednesday 3rd and 10th July

Time: 10 am-12

Archie Graham Centre

PHOTOGRAPHY EXHIBITION

Reveal Another World



Are you 12-25 and interested in photography or would like to learn? The Warrnambool FFreeZA Crew are organising a photography exhibition and will be running some workshops in the lead-up. The theme of the exhibition is Reveal Another World, what does this mean to you? We are looking for artists to put their own unique spin on the topic and are excited to hold a diverse exhibition showcasing each artist's unique interpretation.

More information including details of workshops and how to submit will be released via the Warrnambool City Council Youth Engagement social media pages.

RUBBISH REPURPOSED – A Green Futures Now initiative calling on locals to get creative!

This winter, a group of young people are calling on locals to get creative! This year's Green Futures Now team is hosting a community art competition called Rubbish Repurposed - a fun way to create art using rubbish you collect from local beaches and parks. It's FREE to enter and open to anyone (of all ages) living in Warrnambool and Moyne.

Selected artworks will feature in an exhibition at the F Project Arts Precinct in September. Green Futures Now will be partnering with artist Carmel Wallace to select winning artworks. The major prize- your chance to have your work photographed and presented on a sign at the Warrnambool breakwater.

You have until August 11th to submit your online entry. For all the details go to www.warrnambool.vic.gov.au/green-futures-now-rubbish-repurposed.

Green Futures Now is funded by the Victorian State Government through Engage and is kindly supported by the Glenelg Hopkins Catchment Management Authority through funding provided by the State Government's Our Catchments Our Communities Program.



YOUTH STRATEGY

Consultation with Young People and Community

Having a Youth Strategy will allow us to set the direction of the council's work in collaborating with young people and other stakeholders.

We want to make sure to include the voices of young people in the policies, strategies, services, and programs that Council delivers.

Consulting with the community will allow us to identify the needs and concerns of young people, create a vision, prepare for the future, define goals, guide action, and align activities and resources to achieve this. Keep an eye out on our socials for surveys and consultation opportunities.

**THE FUTURE IS
SOMETHING WE
CREATE
LET'S CREATE IT
TOGETHER!**

YOUTH FEST

September, highlighting the contributions and achievements of our young people

During September we will be running a range of interesting events and activities for our young people. Keep an eye out for the Youth Fest Calendar that will be created in collaboration with Warrnambool Library and other Warrnambool youth services.

For more details on any of our youth events, please contact cdumesny@warrnambool.vic.gov.au and follow our socials:



[/warrnamboolcityyouth](https://www.facebook.com/warrnamboolcityyouth)



[/warrnamboolcityyouth](https://www.instagram.com/warrnamboolcityyouth)

WEST WARRNAMBOOL NEIGHBOURHOOD HOUSE



Neighbourhood Houses
The Heart of Our Community

The Victorian Law Foundation, along with the team from the Victorian Ombudsmen invite you to attend a fun and interactive afternoon session in Warrnambool.

Come along and increase your knowledge of how these services can support individuals and community.

When: Wednesday August 14

Time: 1.00-3.00pm

Where: Lane Pavilion on Hyland Street (Entry to Friendlies Society Football Oval)

Afternoon Tea Provided

RSVP/Registration and Enquiries: Jill 0418 944 276

West Warrnambool Neighbourhood House invites you to attend a Digital Education Information Session

This workshop will give you up to date information and some easy tools to Stay Safe Online:

- Securing your personal devices
- West Warrnambool Neighbourhood House - How to detect a Scam
- Online shopping
- Digital legacy
- Local NBN upgrades

When: Thursday August 8

Time: 1pm – 3pm

Where: Lane Pavilion on Hyland Street (Entry to Friendly Societies Football Oval)

Afternoon Tea Provided

RSVP: Jill 0418 944 276

COMMUNITY INFORMATION

MY AGED CARE INFO SESSIONS

My Aged Care is the start point to access Australian Government funded services.

In this session we will help you find out about:

- Council Home Support Services available
- The types of aged care services available
- Your eligibility for services
- Costs you may need to pay

Presented by an Archie team member.

When: Tuesday 10 Sept

Time: 1.30-2.30pm

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

Book: Archie Reception



myagedcare

END OF LIFE PREPARATIONS WORKSHOP

Dying well requires thought and planning.

Learn about advanced care planning, powers of attorney and wills.

Be inspired to complete an end of life care plan, a life review, a death plan and funeral plan.

Presented by Eric Fairbank from the Warrnambool and District Hospice.

When: Thursday 8 August

Thursday 12 September

Time: 2pm-4pm

Book: Archie Reception



GETTING OLDER AND DRIVING SAFELY - VICTORIA POLICE

As with many aspects of positive ageing, accessing information early to help with decision making related to lifestyle changes is helpful. Being aware of how getting older impacts one's ability to drive safely and planning for these changes is no different.

Mal Agnew, Community Engagement Officer, Victoria Police, and John Keats will present this workshop at the Archie Graham Community Centre. Older adults including groups of friends and family members are warmly welcome to come along and join this conversation. Light refreshments will be provided and people are welcome to stay for a chat with police after the workshop.

Date: Thursday 15 August

Time: 11 am – Middyay

Book: Archie Reception

COMMUNITY INFORMATION



I'M ASKING FOR A FRIEND:

Asking for help during tough times can be uncomfortable, and lead to feeling ashamed or even distressed. That's why we are trying a new approach at Archie where we highlight the importance of seeking help for yourself or for those you care about.

We are fortunate in Warrnambool to have services for community members to access free/affordable, confidential, and non-judgemental services for issues such as:

- Addiction to gambling, alcohol, or other drugs
- Unpaid bills
- Family violence – including Elder Abuse
- Mental illness and loneliness

During the month of August at the Archie Graham Community Centre, we will have a display in the Cafe of services available to deal with a range of social or economic issues that community members or their family or friends may be facing. When seeking help, the first step is the hardest – you could 'ask for info for a friend.'

We wish to acknowledge partners in this initiative by listing them below.



WRAD HEALTH
PERSON-CENTRED CARE

WRAD HEALTH EMPOWERING FAMILY & FRIENDS PROGRAM

Finding the right approach to support a family member or friend who is struggling with substance use issues is challenging.

At this session, you will find out about the Empowering Family and Friends Program which uses an Invitation to Change Approach that has a strong evidence base that is grounded in compassion, connection, and the belief that you can do something to help your loved one.

Members of Community Service Clubs and Support Services are most welcome to attend this information session.

Presenter: Mark Powell and the Team from WRAD Health

Date: Tuesday 27 August

Time: 11-12 pm

Book: Archie Reception



FINANCIAL WELLBEING INFORMATION SESSION - BEYOND BANK

In 2022, Australians lost a record 3.1 Billion due to scams.

The team from the local branch of Beyond Bank will present this session on:

- How to recognise scams
- Protecting yourself from scams
- Protecting your banking from scams
- What to do if you've been scammed

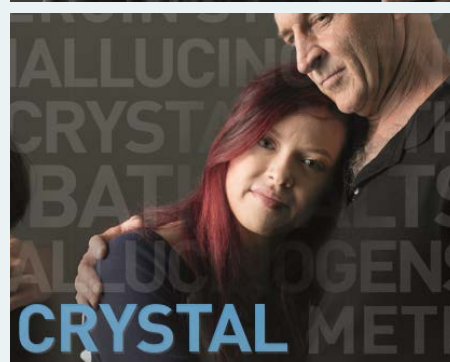
Don't put off what you can learn today!

Book in and let's learn together how to boost your financial wellbeing.

Date: Tuesday 20 August

Time: 1.30-2.30 pm

Book: Archie Reception



COMMUNITY INFORMATION



LIVE UP WEBSITE INFORMATION SESSION

Find out how to navigate the Australian Government Healthy Ageing website to find personalised resources to live well and maintain independence and social connections: www.liveup.org.au

Everyone has a different ageing journey. What that journey looks like is shaped by our lifestyle choices. Healthy ageing means making choices every day that help you maintain, and even regain, your independence.

Mathew Turner and Team will lead you on this 'guided tour' of the website. Together we will explore the great resources and information available at your fingertips.

Dates: Monday 5 August

Wednesday 4 September

Time: 1-2 pm

Book: Archie Reception

FINANCIAL INFORMATION SERVICE INFO SESSION

The Financial Information Service (FIS) provides free, independent, and confidential education and information. In this session we will explain:

1. How to access FIS
2. Who can access it
3. What FIS can provide assistance with?

Presented by Services Australia FIS Officer

Date: Thursday 25th July

Time: 2-3 pm

Book: Archie Reception



CALL PUSH SHOCK TRAINING

FREE Call Push Shock training for community members presented by Ambulance Victoria. Come along and learn lifesaving First Aid and CPR skills.

Find out about the Victorian Virtual Emergency Department (VVED), a public health service for non-life-threatening emergencies. Access emergency care from anywhere in Victoria, 24 hours a day, seven days a week.

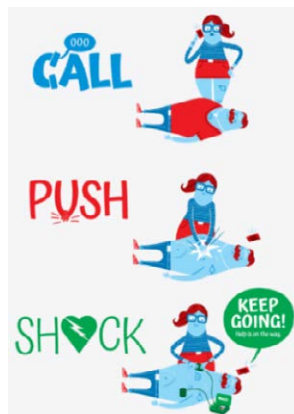
You will be connected to our team of emergency nurses and doctors, who are trained to assist you. Interpreter services are available for patients who prefer to speak in their own language.

Council staff will also assist you in downloading the Emergency Plus App to your smartphone and learn how it enables an ambulance to access the GPS coordinates to locate you in an emergency.

Date: Tuesday 24 September

Time: 1.30-2.30 pm

Book: Archie Reception



COFFEE WITH A COP

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



Date: Wednesday 11 September

Time: 11am-midday

Bookings not required

ADVANCED CARE PLANNING

Mabel Mitchell has career experience in advance care planning. Mabel is a valued Tech Support Volunteer at the Archie Graham Community Centre who also provides confidential 1:1 guidance and tips to better understand the advance care planning process as well as the rights and responsibilities of all involved.

Book: Call Archie Reception 5559 4920 for Mabel's availability and to make a booking.