



WARRNAMBOOL SENIORS FESTIVAL 2023

Victorian
Seniors
Festival
2023



WWW.SENIORSONLINE.VIC.GOV.AU





COME AND TRY CROQUET

**MONDAY 2, 9, 16, 23, 30 &
FRIDAY 6, 13, 20, 27 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:

📞 Judy on 0401931461

✉️ wbool.croquet@gmail.com

Cost: First session Free; then \$10 for 5 sessions & free tuition.

Half-price membership during October if you wish to join.

WARRNAMBOOL SENIORS FESTIVAL LAUNCH

WEDNESDAY 4 OCT - 1.30PM-3PM

Warrnambool City Council Mayor Debbie Arnott will launch Warrnambool's Seniors Festival where local nominees for the Victorian Senior of the Year Award 2023

will be introduced and their community contributions will be acknowledged and celebrated.

Linda Black will be our guest presenter and she will shine a light on the theme of the festival LEARN, LOVE, LIVE and insights on her specialist topic of ageing with attitude. Refreshments will be prepared by our Archie Café Volunteers so come along and catch up with old friends and make some new ones too.

Venue: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings:

📞 5559 4920

✉️ agccustserv@warrnambool.vic.gov.au

Cost: Free

GRANDPARENTS STORYTIME

WEDNESDAY 4 OCT - 10AM-11AM

A special storytime to share our love of Grandparents! Encourage a lifelong love of stories and reading with your child while we read some books together about Grandparents. Stories are followed by story related craft to get those little hands and big imaginations working.

Suitable for children aged 3 – 6 yrs and their Grandparents (or other special grown-ups!).

Venue: Warrnambool Library
8 Kepler St, Warrnambool

Bookings: Not required

Cost: Free

GET OLDER WITHOUT GETTING 'OLD'

THURS 5 OCT 2-3PM

Gone are the days of dressing according to your age! The days of feeling invisible,

insignificant and irrelevant must come to an end too.

Negative stereotypes about ageing are common. From generalized images of the oldest and most frail of us with walkers or in nursing homes, to media commentary about the grey tsunami that will impoverish the economy.

They distort the truth about us and we ourselves need to break through the stereotypes.

Come along to this session and together we will reframe ageing in a more positive light and highlight all the wonderful ways we contribute, live well and achieve our potential.

Facilitator: Linda Black, Psychotherapist with a special interest in Positive Ageing

Venue: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings: Archie Reception

☎ 5559 4920

✉ agccustserv@warrnambool.vic.gov.au

Cost: Free

DIGITAL LAB - LEARN ABOUT 3D PRINTING

FRIDAY 6 OCT - 1.30PM-3PM

Come along for an introduction to the concepts of 3D printing and see a demonstration of how to create and print simple objects. This is the first of four sessions on Fridays in October.

Venue: Warrnambool Library
8 Kepler St, Warrnambool

Bookings:

☎ 5559 4990

🌐 library.warrnambool.vic.gov.au

Cost: Free

SOUTH WEST VOLUNTEERS EXPO 2023

SATURDAY 7 OCT - 10AM-2PM

There are many wonderful volunteering opportunities on offer in the South West. You could volunteer as a theatre usher, a tree planter, deliver meals on wheels or be a marshal or guide at a local event. If you are thinking of volunteering, or are keen to join a community group, come along to the Volunteer Expo and meet representatives from local volunteer organisations and find a way to join in that is right for you.

Venue: The Emmanuel Centre,
Botanic Rd, Warrnambool

Bookings: Not required.

Enquiries: volunteers@warrnambool.vic.gov.au

Cost: Free

TRAVEL BACK IN TIME - WALKING TOUR

MONDAY 9 OCT - 10AM-10.45AM

A guided walk along Warrnambool's early main street – Timor Street.

Come along to hear about the changes and continuities which have been occurring in Warrnambool's significant and interesting street over the past 160+ years.

- Early streetscapes and street builders
 - Significant Timor St businesses, industries and public institutions
 - Important and interesting Timor St people
- Join us after the tour at Archie for refreshments.

Meet: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings: Archie Reception or

☎ 5559 4920

✉ agccustserv@warrnambool.vic.gov.au

Cost: Free



SENIORS FESTIVAL HIGH TEA

MONDAY 9 OCT - 12PM-2PM

Enjoy a special mix of sandwiches, pastries, scones, slices & tea/coffee as you spend time with old & new friends. High tea is prepared by the Archie Café Volunteers. Feel free to bring your own favourite fancy teacup & saucer... the fancier the better!

Venue: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings: Archie Reception by 2 Oct

☎ 5559 4920.

✉ agccustserv@warrnambool.vic.gov.au

Cost: \$15pp on booking please

CARING FOR COUNTRY - BUS TOUR

TUESDAY 10 OCT - 10AM-1.30PM

On this moving journey, we invite you to immerse yourself in the wonders of nature and the cultural heritage of first people's on Gunditjmara country.

Visit the awe-inspiring Hopkins Falls, where our guides will share their insights into the Hopkins River - its origin, its path, and its significance in the local Kooyang (EEL) Dreaming.

Next, we'll venture to Framlingham. A place immersed in First Peoples history. Here, you'll have the chance to embark on a bush tour that will lead you through sections of the Framlingham Forest. Along the way, our guides will recount stories of the Aboriginal mission, shedding light on the rich cultural heritage of the area, deeply rooted in their connection to the land and the environment and the lives of the ancestors who once lived here.

Finally, Moyjil, where the Kuntabool (Whale)

Dreaming holds great significance. Here, our guide will share the mythical tales of the Kuntabool (whales), offering a glimpse into the cultural importance and spiritual connection to these magnificent creatures.

Independent mobility is required for this trip.

The tour includes a bushfood lunch of a delicious bush pie, bush food flavoured ice-cream and bush tea at Proudfoots on the River. Please make dietary requests on booking.

Meet: Flagstaff Hill Carpark for 10am departure

Enquiries: Worn Gundidj 5561 5315

Bookings: Archie Reception

☎ 5559 4920

Cost: \$55

U3A OPEN TUTORIALS:

The Galapagos Islands – Part 1 & 2

TUESDAY 10 OCT AND TUE 24 - OCT 2-3PM

John Sherwood, Honorary Associate Professor Deakin University, will lead two open tutorials on the Galapagos Islands. Over two talks John will illustrate the wonderful geological and biological features of the islands. Come on a journey to see some of what Darwin saw.

Venue: Warrnambool Library Reading Room
8 Kepler St, Warrnambool

Bookings: Not required

Cost: Free

CREATE A POT OF SUCCULENTS

WEDNESDAY 11 OCT - 10AM-11.30AM

Join the Archie Gardeners to create a pot of succulents using tried and true cuttings from the Archie courtyards and a range of funky

recycled pots all pre-drilled for drainage thanks to our friends from the Men's Shed. If you have your own pot – feel free to bring it along.

Venue: Archie Graham Community Centre
118 Timor Street, Warrnambool

Bookings: Archie Reception or

☎ 5559 4920

✉ agccustserv@warrnambool.vic.gov.au

Cost: Free

and romantic romp that explores family dynamics, love and loss across generations. This show incorporates visuals on the big screen of post-war Melbourne, transporting audiences back to when tram bells chimed, milkmen delivered bottles, and women wore their Sunday best to double features at the Palais. For those who enjoy a laugh down memory lane and find humour in life's simple pleasures, this show is for you.

MORNING MUSIC: DAMIAN CALLINAN'S DOUBLE FEATURE

WEDNESDAY 11 OCT - 11AM-12.15PM

Damian Callinan's Double Feature is a clever

Venue: Lighthouse Theatre
185 Timor St, Warrnambool

Bookings:

☎ 555 94 999

🌐 www.lighthouse theatre.com.au

Cost: Adults \$20, Group of 8+ \$17



CLASSIC CAR TOUR

THURSDAY 12 OCT - 11AM-2PM

Tour in classic vehicles thanks to members of the Warrnambool and District Historic Car Club. We will drive in convoy on to Mortlake where we will enjoy lunch together at the Macs Hotel – which is a historical building dating back to 1858.

Passengers will switch cars for the return trip to Warrnambool via a different route.

Venue: Meet at Flagstaff Hill Carpark

Bookings: Archie Reception

☎ 5559 4920

Cost: \$45 includes tour and a two-course lunch. Please notify of dietary requirements and make payment on booking.

ART GALLERY CURATOR TOUR

FRIDAY 13 OCT - 11AM-12PM

Join Curator Serena Wong and gain insights into her exhibition “There’s no place like home”, traverses through diverse topics that inspired

the show including protest, politics and landscapes of home.

Venue: Warrnambool Art Gallery

Bookings: Archie Reception

☎ 5559 4920

✉ agccustserv@warrnambool.vic.gov.au

Cost: Free

DIGITAL LAB - LEARN ABOUT THE SOUND LAB

FRIDAY 13 OCT - 1.30PM-3PM

Learn how to record and edit video/audio using soundbooth software, and create simple podcasts, sound clips or green screen photos/videos. This is the second of four sessions on Fridays in October.

Venue: Warrnambool Library

8 Kepler St, Warrnambool

Bookings: Archie Reception

☎ 5559 4990

🌐 library.warrnambool.vic.gov.au

Cost: Free





PURE- HAIR, BEAUTY AND WELLNESS ACADEMY PAMPER SESSION

TUESDAY 17 OCT - 9.30AM-12.30PM

A pampering session is sure to lead to feeling relaxed and indulged. 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 30 minutes.

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

Bookings:

☎ 5559 4920

✉ agccustserv@warrnambool.vic.gov.au

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

WARRNAMBOOL BOTANIC GARDEN - SPRING GARDEN TOUR

MONDAY 16 OCT - 10AM-10.45AM

Join us for a tour of the Warrnambool Botanic Gardens and enjoy the insight of Curator John Sheely and the company 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 morning tea.

Venue: Warrnambool Botanic Garden

Bookings: (for catering purposes) Archie Reception

☎ 5559 4920

✉ agccustserv@warrnambool.vic.gov.au

Cost: Free

RIDE TO WORK DAY BREAKFAST

WEDNESDAY 18 OCT - 7AM-9AM

A great way to start the day is leaving the car at home or parking and walking to work. Whether you are a regular or first-time bike rider, all ages and abilities are welcome. Walkers can come along too.

Even if you aren't working on the day, get on your bike and join us.

Venue: South West TAFE
Timor St, Warrnambool

Bookings: Not required

Time: 7.30-9.30

Cost: Free



UNFINISHED PROJECTS – FOR CREATIVES, MAKERS, MENDERS & FIXERS

WEDNESDAY 18 OCT - 10AM-12PM

Community members are invited to bring your own unfinished projects to work on at Archie Graham Community Centre.

DRAWING - PAINTING - CERAMICS - KNITTING - CROCHETING - VISIBLE MENDING - MOSAIC - WOODWORK - REPOT A PLANT - BOOK BINDING - NATURE CRAFT - STONE ART - BASKET WEAVING... the options are limitless! Exhibit your project in the Made at Archie Exhibition from 1-10 November.

To register your piece for the exhibition, collect a MADE at ARCHIE TAG from Reception, attach it to your item for display and submit at Reception before Fri 27 Oct.

Venue: Archie Graham Community Centre
Bookings: Not required
Cost: Free

WOMEN ON WHEELS

THURSDAY 19 OCT - 5.30PM-8PM

A free Social Bike Session for women of all ages and abilities
5.30-6.20pm Shared path/trail social bike ride depending on your comfort level
6.30-7.30pm Simple bike maintenance - changing tyre, what tools you might need for emergencies
7.30-8.00pm Presentation and Nibbles

Venue: Pavilion, Viaduct Road Warrnambool
Bookings: Archie Reception
www.eventbrite.com/e/680512249457
Cost: Free

DIGITAL LAB - LEARN ABOUT CODING

FRIDAY 20 OCT - 1.30PM-3PM

Come along for an introduction to the basics of coding, including visual programming languages and simple coding exercises. This is the third of four sessions on Fridays in October

Venue: Warrnambool Library
8 Kepler St, Warrnambool
Bookings:
[5559 4990](tel:55594990)
library.warrnambool.vic.gov.au
Cost: Free

MERRIVALE & WEST WARRNAMBOOL SUSTAINABLE SCARECROW TRAIL

SATURDAY 21 OCT THROUGH TO HALLOWEEN - TUE 31 OCT ANYTIME

The sustainable scarecrow trail has encouraged residents and local school students from Merrivale, Warrnambool West, St Pius X, Brauer and Merri River schools to engage with their community through hands on environmentally sustainable action. What a wonderful outdoor activity for grandparents and grandkids to enjoy together.

Location: Streets of Merivale and West Warrnambool
Cost: Free





MAGIC FOR ALL AGES WITH ELIO SIMONETTI

SUNDAY 22 OCT - 2PM-3PM

Magic, marvels, and music to astound, astonish and amuse generations. You'll leave with a head full of floating question marks. Presented with flair by that mischievous master of hocus pocus Elio Simonetti with help from dazzling soubrette Eva Salleh. At the special family friendly time of 2pm, bring your grandkids, friends or neighbours along to this wonderful event, with all children 13 or under free!

This concert is presented by Warrnambool City Council and Seniors Victoria as part of the 2023 Victorian Seniors Festival Country Concert series.

Venue: Lighthouse Theatre; 185 Timor St, Warrnambool

Bookings:

☎ 5559 4999

✉ www.lighthouse theatre.com.au

Cost: Adults \$10

CROSSLEY MUSICAL AFTERNOON

SUNDAY 22 OCT - 2PM-5PM

The Friends of the Crossley Hall warmly invite you to the Crossley Musical Afternoon. Come and join in the dancing, meet up with friends or just sit and listen to the music.

Venue: Crossley Hall

Bookings:

☎ Jose Farrar 0438 891 313

Cost: \$10; includes afternoon tea





MEN'S SHED TOUR

TUESDAY 24 OCT - 10AM-11.30AM

Drop in to the shed and join members for a tour where you will see for yourself the tools, equipment and spaces available and the projects that are possible to work on. Members work on their own projects, contribute to community projects or commissions requested by community members. The major projects to be worked on are woodwork, metalwork and sewing projects.

See the Computer Numerical Control (CNC) equipment in operation, it's preprogrammed computer software that automates the precision of machine tools. Time spending having a chat and connecting with others with similar interests is a bonus to joining the Men's Shed.

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

Bookings: Archie Reception

☎ 5559 4920

Cost: Free

INTERGENERATIONAL SINGING

WEDNESDAY 25 OCT - 10.45AM-11.15AM

Community members are invited to Archie to sing with the children from a local Kindergarten. After singing we will enjoy a snack and drink together. All voices are welcome!

Bookings: Archie Reception

☎ 5559 4920

Adults to book for catering purposes;
children not required to book

✉ agccustserv@warrnambool.vic.gov.au

Cost: Free

COMMUNITY GARDEN TOUR

WEDNESDAY 25 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 and bush food gardens, fruit trees, hot houses, composting and worm farms and visit the chickens in the Chook Hilton!

Visit the Japanese Friendship Garden and the Quarry Project that won the Premiers Award for Sustainable places and destinations in 2022.

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 & Grieve St Warrnambool. Meet Clare and Rob at the main gate.

Bookings: (for catering purposes)

☎ 5559 4920

✉ agccustserv@warrnambool.vic.gov.au

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



BUS TRIP - FOR CREATIVES & NATURE LOVERS

THURSDAY 26 OCTOBER - 8.45AM-4.30PM

Visit three art galleries and enjoy a guided tour of Portland and surrounds to take in spectacular views from various lookouts along the Great South West Walk.

Travel by coach to visit the Bay Of Whales Gallery in Narrawong, to view some of Australia's finest animal and bird artwork by Brett Jarrett. Enjoy morning tea in this picturesque setting.

Continue to Portland where a local guide will jump aboard our bus as we tour Portland and surrounds.

Return to Portland for a light lunch at the Julia St Creative Space, the home of artists, lead lighters, printers, wood turners and fibre artists. Enjoy some free time exploring the gallery, workspaces and shop and explore the CBD as time allows.

We will then visit the Two Rivers Gallery, an Indigenous managed, not-for-profit, community arts organisation at Tyrendarra and return to Warrnambool.

Independent mobility is required for this trip.

Meet: 8.45am, depart 9am

Bookings: Archie Reception

☎ 5559 4920

Cost: \$50 includes coach, morning tea and light lunch.

DIGITAL LAB - LEARN ABOUT DIGITAL ART

FRI 27 OCT 1.30PM-3PM

Come along and learn the basics of digital drawing using tablets or graphic design software. This is the final of four sessions on Fridays in October

Venue: Warrnambool Library

8 Kepler St, Warrnambool

Bookings:

☎ 5559 4990

🌐 library.warrnambool.vic.gov.au

Cost: Free

WALK FOR WELLNESS

MON 30 OCT 9.15AM

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. If you enjoy this walk, there are walks every day of the week that you can find out about and join. Bookings essential for new walkers.

Venue: Meet on the beach side of the Surf Club

Enquiries:

☎ 5559 4920

✉ agccustserv@warrnambool.vic.gov.au

Cost: Free





AQUAZONE GROUP FITNESS CLASSES

DAILY 1-31 OCT SEE DAYS/TIMES BELOW

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. After your class enjoy a FREE coffee on us!

Mondays 1.30pm-2.30pm: G.E.C; General Exercise Class with a referral from South West Health Care to complete a personalised gym program

Tuesdays & Thursdays 11am-11.45am: TheraBand: a low impact resistance class

Wednesdays 11am-11.45am: Circuit Lite; a gentle strength based class that works all major muscle groups

Fridays 1.30pm-2.15pm: Pulse Lite; improve flexibility, strength and general health

Mondays & Fridays 11am-11.45am: Aqua Fit classes, perfect for building strength and fitness.

What to bring? For all our 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

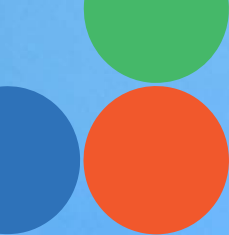
Bookings: No bookings required although recommended to arrive 10-15 minutes prior to class start time to avoid missing out.

Enquiries:

☎ 5559 4500

Cost: \$11.50 per class





VICTORIA SENIORS FESTIVAL 2023 EVENTS

WARRNAMBOOL SENIORS FESTIVAL 2023

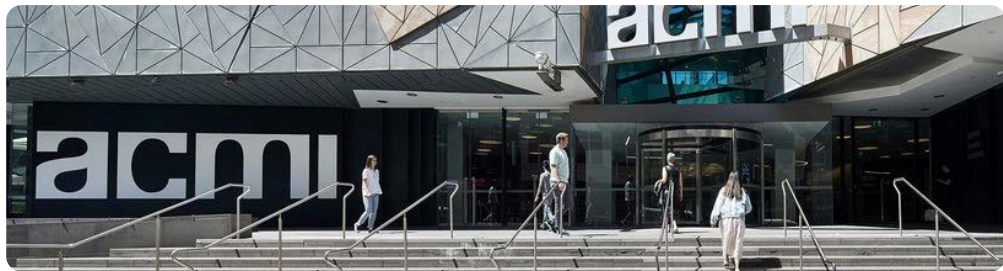
Victorian
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CELEBRATION DAY FEDERATION SQUARE

SUN 1 OCT 1PM-7PM

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



MELBOURNE TOWN HALL BIG BAND DANCE

MON 2 OCT FROM 12PM (MIDDAY)

Come dancing at this spectacular venue while a big band lets loose. This free event will be set up without tables for maximum dancing room, with excellent views from the gallery seating.

Bookings are essential



ACMI SENIORS FILM FESTIVAL AT THE AUSTRALIAN CENTRE OF THE MOVING IMAGE

2-8 OCTOBER

Eight days of free public transport for Victorian Seniors Card holders
1 to 8 October 2023 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 5 Sept.

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
2023 PROGRAM.**