



Archie Graham
COMMUNITY CENTRE

NEWSLETTER

OCTOBER - DECEMBER 2026

Archie Graham Community Centre

118 Timor Street, Warrnambool

Opening hours: Monday – Friday 8.45am - 5pm

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



Archie Graham Community Centre proudly celebrates local Victorian Senior of the Year Awards nominees John MacInnes, Jeanette Hajnci and Geoff Rollinson. Join us at our Festival Launch on Friday 2 October at 1.30pm as we recognise their outstanding dedication, volunteering and community spirit. See inside for details.



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?

The Archie Graham Community Centre belongs to the Warrnambool Community. Come in and see what is on offer by joining a tour or spend some time in the Archie Café, watch the activities and chat to those involved. There is more on offer than you imagine.

TOURS:

Book into a tour of the Archie Graham Community Centre with one of our staff members. Check out the facility, ask questions and get the feel of the place by attending a tour.

Thursday 1 October 2pm - 2.30pm
Monday 26 October 10am - 10.30am
Friday 27 November 11am - 11.30am



ARCHIE CAFÉ

Open Mondays, Tuesdays & Thursdays — 10 am to 1:30 pm

As the weather begins to warm up, it's the perfect time to visit the Archie Café, enjoy a coffee and take some time to connect with others in our welcoming community space.

Our wonderful volunteers are here to provide a friendly place to meet with friends, enjoy a relaxed catch-up, attend a class, or simply sit back and enjoy a coffee and something delicious. Whether you're joining us before or after one of our classes, activities or information sessions, you're always welcome to stay awhile and enjoy the friendly community atmosphere.

The Archie Café is a great place to slow down, have a chat and connect with others. We look forward to welcoming you!

Planning a group catch-up or lunch? We encourage you to book ahead with one of our friendly café volunteers. Advance notice helps our team prepare and ensures everyone can enjoy a relaxed and welcoming café experience.



MULTICULTURAL FESTIVAL

The Warrnambool Multicultural Festival is the flagship annual event of the Warrnambool Multicultural Association, bringing together people from all backgrounds to celebrate cultural diversity through food, music, dance and art. The festival creates a vibrant and inclusive space where the community can connect, share stories and experience the rich cultures that make South West Victoria unique.

The Archie team will be there with a fun activity stall, so be sure to stop by, join in and say hello!

Celebrate culture, community, food, music, dance, art and connection at one of Warrnambool's most vibrant community events. Everyone is welcome.

Date: Saturday 7 November

Time: 10am-3pm

Location: Warrnambool CBD

Bookings: www.events.humanitix.com/2026-warrnambool-multicultural-festival/tickets

Cost: FREE



ARCHIE BOOK & JIGSAW SWAP

As well as the Archie Book Swap in our main dining room, we also have a selection of jigsaw puzzles available to swap and enjoy!

Whether it's a book or a jigsaw puzzle,

simply browse the shelves and take something that interests you. Once you've finished, you can return it to the shelves for others to enjoy or pass it on to a friend. There's no need to sign anything in or out. If you have books or jigsaw puzzles that you think others would enjoy, please drop them off at the Archie reception desk. Happy reading and puzzling!

THE SOUTH WEST INCLUSION FESTIVAL

Come along and celebrate International Day of People with Disability at the South West Inclusion Festival!

Hosted by the South West Disability Network, the festival will be held on Thursday 3 December at the Civic Green. The event will be a great opportunity for the community to come together, celebrate inclusion and enjoy a fun day out. There will be live performers, including local bands, a BBQ and plenty of activities for everyone to enjoy.

The Archie team will be there with a fun activity stall, so be sure to stop by, join in and say hello!

Date: Thursday 3 December

Location: Civic Green, Warrnambool

Cost: Free



CHRISTMAS FOOD DRIVE FOR WESTERN DISTRICT FOOD SHARE THIS NOVEMBER

Archie Graham Community Centre and West Warrnambool Neighbourhood House are partnering this November to support the Western District Food Share through a community Christmas food drive.

Western District Food Share distributes food to more than 50,000 people each year across South West Victoria, helping individuals and families experiencing hardship.

The food drive will run for two weeks, from **Monday 16 November to Friday 27 November**. Collection bins will be located in the Dining Room at Archie Graham Community Centre and at West Warrnambool Neighbourhood House.

Most-needed Christmas treats include:

- Christmas Cakes (small)
- Christmas Puddings
- UHT Custard
- Christmas Biscuits
- Chocolates
- Along with staple pantry items



Every donation, big or small, will make a difference. We appreciate your support and generosity in helping local people in need.

Thank you for supporting this important community initiative.

ARCHIE GRAHAM CARPARK – MEALS ON WHEELS DESIGNATED PARKING

Just a reminder that five designated parking spaces in the Archie Graham carpark are required each weekday, Monday to Friday, from 10am to 12.30pm for Meals on Wheels staff and vehicles.

These five parking spaces will be clearly signposted, so please be mindful and avoid parking in these areas during the designated times.

We appreciate your cooperation and thank you for helping us support this important community service.



UPCOMING CHANGES REGARDING ACCESS TO THE HYDROTHERAPY POOL

AquaZone's indoor pools are temporarily closing while important roof works are carried out from **15 November until 18 December 2026**. During this time, baby and toddler swimming lessons will be held at the Archie Graham hydrotherapy pool.

To accommodate this, there will be some changes to the usual morning sessions. The pool will be open for bookings at the following times.

	Monday	Tuesday	Wednesday	Thursday	Friday
Session 1	8am-9am	8am-9am	8am-9am	8am-9am	8am-9am
Session 2	12.30pm – 1.30pm	12.30pm – 1.30pm	10.30am-11.30am	12pm-1pm	11.30am-12.30pm
Session 2	1.30pm-2.30pm	1.30pm-2.30pm	11.30am-12.30pm	1pm-2pm	12.30pm-1.30pm

We appreciate that these temporary changes may cause inconvenience and we sincerely thank you for your patience.

For more information or queries please call Archie Reception on 5559 4920 or email agccustserv@warrnambool.vic.gov.au

SENIORS FESTIVAL WARRNAMBOOL



Throughout the month of October, we invite you to Connect, Create and Celebrate with us as we recognise the incredible contribution seniors make to our community.

This year's festival features a diverse program of activities, events, workshops and entertainment designed to suit a wide range of interests, abilities and lifestyles. Whether you're looking to try something new, reconnect with friends, discover a local group, or simply enjoy a great day out, there's something for everyone.

We are proud to launch this year's festival by celebrating our local nominees for the Victorian Senior of the Year Awards, recognising the outstanding individuals who make a positive difference through their dedication, volunteering, and community spirit.

The Warrnambool Seniors Festival is an opportunity to celebrate

the achievements, knowledge and life experiences of older Victorians while encouraging people to stay active, connected and engaged.

Pick up a program at Archie Graham Community Centre, Warrnambool Library, Lighthouse Theatre, Flagstaff Hill, Civic Centre, Aquazone or West Warrnambool Neighbourhood House.

We look forward to seeing you throughout October!

WARRNAMBOOL SENIORS FESTIVAL LAUNCH

Join us as we officially launch the 2026 Warrnambool Seniors Festival, celebrating this year's theme: Connect, Create, Celebrate. The launch will be held on **Friday 2 October from 1.30pm–3pm** and will include afternoon tea.

The festival will be officially launched by a Warrnambool City Council representative. We will also introduce and celebrate our local nominees for the 2026 Victorian Senior of the Year Awards, recognising their valuable contributions to our community. Hear from a Warrnambool City Councillor and enjoy a special performance by the talented local choir, Merri Singers, who will perform three wonderful songs.

The Warrnambool Seniors Festival is an opportunity to celebrate the achievements, knowledge, experiences and contributions of older residents, while encouraging people to stay active, connected and engaged in their communities.

Come along and help us Connect, Create and Celebrate!

Date: Friday 2 October

Time: 1.30pm

Location: Archie Graham Community Centre

Bookings: Archie Reception or call 5559 4920

Cost: FREE



MOVIE ON THE CIVIC GREEN – ODDBALL

What better way to celebrate the final event of an amazing festival month than with a movie that proudly features our hometown of Warrnambool!

Bring along a picnic, a blanket and a friend or the grandkids, get comfortable on the Civic Green and enjoy the much-loved Australian family film Oddball.

Based on a true story, Oddball tells the heartwarming tale of a cheeky Maremma sheepdog who helps protect a colony of little penguins from foxes at Middle Island, Warrnambool. It's a sweet, funny and feel-good movie that celebrates community, friendship and our beautiful local coastline.

Date: Friday 30 October

Time: 5pm

Location: Civic Green

Bookings: Archie Reception or call 5559 4920 or just come along on the night.

Cost: FREE



ARCHIE GARDEN TOURS COME ALONG AND MEET THE ARCHIE GARDENERS!

The friendly Archie Gardeners meet every Wednesday from 10am-11am, and everyone is welcome to join the group - whether you're an experienced gardener, just starting out, or simply interested in learning more about growing food and native plants.

The Archie Gardeners will take you on a guided tour of the Archie Food Cube Courtyard, showing you how they are creating a water-wise, productive vegetable garden in a small space and other projects.

Everyone who comes on the tour will receive a FREE native plant seedling to take home!

Date: Wednesday 14 October

Time: 10am

Location: Archie Graham Community Centre

Bookings: Archie Reception or call 5559 4920

Cost: FREE



DAHLIA WORKSHOP

Discover the wonderful world of dahlias with local dahlia expert **Rob O'Neill**.

Rob will share his knowledge and experience, covering dahlia tuber anatomy, how to divide clumps, safe storage over winter, and tips for successful spring planting. There will also be an opportunity to learn more about caring for dahlias throughout the growing season and ask questions.

Following the workshop, stay for a relaxed cup of tea or coffee and a piece of cake



while you chat with fellow gardening enthusiasts and discuss everything you have learnt about these amazing flowers.

Date: Tuesday 27 October

Time: 10am

Location: Archie Graham Community Centre

Bookings: Archie Reception or call 5559 4920



ARCHIE FRESH PRODUCE EXCHANGE

Discover the Archie Fresh Produce Exchange, a friendly community-driven way to share home-grown veggies, flowers, seeds and seedlings. Connect with fellow growers, swap tips and learn from others in relaxed setting.

Date: Every Wednesday

Time: 11am

Location: Archie Graham Community Centre Dining Room

Cost: FREE. No produce to swap? Gold coin donations welcome

SEASONAL PRODUCE LUNCHEON WITH ZAC NICHOLSON AND LUKE HAND OF LOST CAT

Join us for a delicious seasonal luncheon prepared by Zac Nicholson, owner and head chef of Lost Cat Warrnambool, with assistance from Luke Hand.

This special lunch builds on the popular cooking demonstrations Zac and Luke have presented at Archie Graham over the past year, showcasing fresh, seasonal produce with vegetables as the heroes of the dish.

Using locally grown and home-grown produce, Zac will demonstrate how simple, fresh ingredients can be transformed into delicious and affordable meals. With produce at its freshest, there's no better way to enjoy seasonal cooking!

Come along, enjoy a wonderful meal and be inspired to make the most of fresh, local produce. This will be the last Lost Cat workshop for 2026.

Date: Wednesday 21 October

Time: 12pm

Location: Archie Graham Community Centre

Bookings: Archie Reception or call 5559 4920

Cost: \$20



CRAFT AT ARCHIE

ARCHIE CRAFT ACTIVITIES

The Archie craft group meet every Wednesday morning, providing a welcoming space to learn new skills, try different creative activities and meet others in the community.

The Archie Craft group are hosting 3 craft activities over the Seniors Festival. They are:

Sashiko Stitching

Wednesday 7 October 10am

Easy Gardening: Make a Seed Shaker with Archie Craft Group

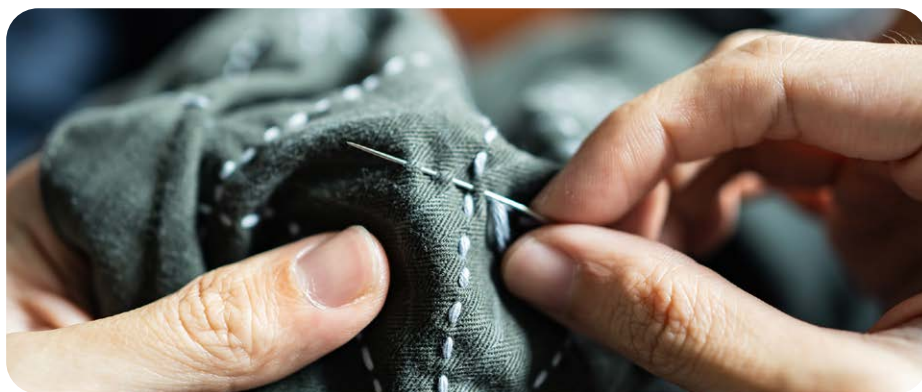
Wednesday 14 October 10am

Microwave Dish Holder (or Bowl Cozy)

Wednesday 21 October 10am

All activities cost \$2.50 and include a craft kit to take home.

We hope to see you there.



WATERCOLOUR FOR BEGINNERS WITH YVONNE

Discover the joy of watercolour painting in these relaxed and enjoyable beginner-friendly sessions with experienced artist and teacher Yvonne Court.

Yvonne studied Art, Craft and Design in Melbourne and has many decades of experience creating and teaching art. She will guide participants through the basics of watercolour painting, sharing simple techniques and tips to help you create your own artwork.

No previous watercolour experience is required — just bring your creativity and enjoy trying something new in a friendly and supportive environment.

Please bring any reference photos of birds or sea creatures that you find interesting or would like to paint.

MADE@ARCHIE EXHIBITION LAUNCH

To showcase creative opportunities at the Archie Graham Community Centre, we will hold our fourth 'Made@Archie Exhibition' where community members can enter the creative pieces that they have 'Made at Archie' and be in the running for generous spot prizes from local businesses. Whether you draw, knit, paint or create pot plants... everyone is welcome to join in. There is no cost for entry.

Collect an entry form from Archie Reception. Entries must be received by COB Friday 24 October.

Date: Wednesday 28 October

Time: 10.30am

Location: Archie Graham Community Centre

Bookings: Archie Reception or ffitzgerald@warrnambool.vic.gov.au

Cost: Free



Dates and Times:

Monday 19 October 1pm Theme: Birds

Thursday 29 October 1pm Theme: Sea Creatures

Location: Archie Graham Community Centre

Bookings: Archie Reception or call 5559 4920

Cost: \$5

SENIORS FESTIVAL MUSIC



CONCERT: AMBER JOY POULTON – HONKY TONK QUEENS

Amber Joy Poulton presents Honky Tonk Queens, a show that celebrates Country Music royalty: Patsy Cline, Dolly Parton, Tammy Wynette and Loretta Lynn.

Best known to audiences for her amazingly successful theatre show, Coal Miner's Daughter, Amber Joy is backed by her band The Holy Two. Together they'll deliver some of country music's biggest hits including: Stand By Your Man, Jolene, Crazy, Coal Miner's Daughter, Silver Threads & Golden Needles, Workin' 9-5, Walkin' After Midnight, You Ain't Woman Enough To Take My Man & many more.

This event is proudly presented by the Victorian State Government and Warrnambool City Council as part of Seniors Festival 2026.

Date: Wednesday 7 October

Times:

Morning Tea from 10am

Concert Starts at 11am

Location: Lighthouse Studio, 185 Timor Street, Warrnambool

Bookings: Via Lighthouse Theatre link: www.lighthouse theatre.com.au/whats or visit the Lighthouse Theatre Box Office or call 5559 4999

Cost: \$10



CELTIC SINGALONG WITH MERRAN MOIR & WESTERN DISTRICT HARPISTS

The Celtic harp is a deep national and cultural symbol for the Celtic nations.

In a unique and special event, Warrnambool Seniors' Festival invites you to join Western District Harpists as their warm, melodic tones bathe the audience in well loved songs and melodies from these lands.

Please be ready to join them in song!

Date: Monday 5 October

Time: 1pm

Location: Archie Graham Community Centre

Bookings: Archie Reception or call 5559 4920

Cost: \$5

SINGALONG SESSION WITH GABBY STEEL. SONGS FROM THE 60'S, 70'S & 80'S



Get your weekend off to a fun and musical start with local musician Gabby Steel, as she leads us through a lively singalong featuring some of the favourite songs and memorable tunes from the 1960s, 1970s and 1980s.

Come along, relax and join in with songs you know and love. Gabby promises that Sweet Caroline will be part of the afternoon, along with plenty of other classics to get everyone singing!

The session will be held in the Archie Graham Dining Room, where we'll sit around tables in a relaxed and welcoming setting. Enjoy a cuppa, a light afternoon

tea and some great company while singing along to the songs that bring back wonderful memories.

Whether you come with friends or on your own, you're very welcome to join in the fun. Light afternoon tea provided

Date: Friday 23 October

Time: 3.30pm

Location: Archie Graham Community Centre

Bookings: Archie Reception or call 5559 4920

Cost: \$5

SENIORS FESTIVAL WORKSHOPS



BUS TRIP - PORT FAIRY GLYPH GALLERY AIR-DRY CLAY SESSION - CREATE YOUR OWN PINCH POT

Join us for a creative day trip to Port Fairy and visit Glyph Gallery Creative Space. Discover your artistic side and learn new skills as a local artist guides you through creating your own air-dry clay pinch pot.

Enjoy morning tea and a light lunch from Cobb's Bakery while your pot dries, before adding your own personal touch by painting your finished creation.

On the return journey, sit back and enjoy a scenic bus trip through Port Fairy, taking in views of some of the area's beautiful beaches along the way.

Morning Tea provided

Date: Friday 9 October

Time: 9.30am

Location: Bus leaves from Flagstaff Hill Carpark at 9.30am

Bookings: Bookings essential. Archie Reception or call 5559 4920

Cost: \$30 includes art session, morning tea and tea and coffee. Please notify us of dietary requirements and make payment on booking.



BUS TRIP - HOPKINS FALLS - EASTERN MARR CULTURAL TOUR

Join us for a special Eastern Maar Cultural Tour to Hopkins Falls, exploring the rich cultural heritage, history and significance of this beautiful area.

Hopkins Falls and the Hopkins River are ancient and sacred places of spiritual significance to Traditional Owners. The 90-metre-wide falls are also renowned for the short-finned eel (*Anguilla australis*), known as Kooyang, which makes its remarkable migration journey through the river system.

Discover the deep connection between the Eastern Maar people and the landscape, and learn how the surrounding volcanic plains have supported Aboriginal communities for thousands of years, long before colonial pastoral settlement.



Light Lunch will be provided.

Date: Tuesday 13 October

Time: 10am

Location: Bus leaves from Flagstaff Hill Carpark at 10am

Bookings: Bookings essential. Archie Reception or call 5559 4920

Cost: \$30 - includes light lunch



A FUN SEAWEED COOKING WORKSHOP WITH DR. ZOE BRITTAIN

Come along for two hours of fun and discovery as we explore the fascinating world of seaweed found along the South West Victorian coast.

Learn about different types of seaweed, their uses and potential benefits, and discover how they have been used in cooking by people and communities for generations.

This is a hands-on workshop where you'll have the opportunity to blanch, dehydrate, blend and taste-test seaweed. Experiment with different preparation methods, watch the colours change before your eyes, and discover just how versatile seaweed can be.

The workshop will be led by the fabulous Dr Zoe Brittain, a PhD researcher from Deakin University, Warrnambool. Zoe's research focuses on ethnophycology — the relationship between people, their communities and seaweed.

Come along, have some fun, try something new and learn more about one of our region's fascinating natural resources.

Dates and Time:

Friday 23 October 11am

Friday 30 October 11am

Location: Archie Graham Community Centre

Bookings: Archie Reception or call 5559 4920

Cost: \$5

STAYING ACTIVE

GENTLE EXERCISE & STRETCH SESSION WITH MICHELLE STEERE

Join accredited exercise instructor Michelle Steere for a gentle exercise and stretching session in the fresh air.

Join in for the world's greatest stretch and a simple exercise program you can continue at home. All equipment will be provided, including a chair for balance and support. Participants will also receive a take-home sheet of exercises.

Dress for weather conditions. Sunscreen will be provided.

Date: Wednesday 14 October

Time: 1:15pm-2pm

Location: Warrnambool Civic Green

Bookings: Archie Reception or call 5559 4920

Cost: FREE



WALK FOR WELLNESS.

Join the Heart Foundation Walking Group for a walk at your pace.

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 four days a week that you can find out about and join in. Bookings essential for new walkers.

Morning Tea and Fresh Fruit provided after the walk

Date: Monday 19 October

Time: 9:15am for 9:30am start

Venue: Lake Pertobe BBQ Shelter (opposite Beach Kiosk Café)

Bookings: Archie Reception or call 5559 4920 (for new walkers only)

Cost: FREE

VICTORIAN SENIOR OF YEAR AWARDS

For more than 30 years, the Victorian Senior of the Year Awards have celebrated older Victorians who contribute to their communities through volunteering. The skills, time and energy that older Victorians share make our communities stronger.

This year, through Archie Graham Community Centre, we are proud to announce our three local nominees for the Victorian Senior of the Year Awards 2026: John MacInnes, Jeanette Hajncz and Geoff Rollinson.

We thank John, Jeanette and Geoff for the amazing work they do in our community. Whether through music, broadcasting or environmental sustainability, each of them makes a valuable contribution and inspires others through their generosity, passion and commitment.

Congratulations to all three nominees, and thank you for everything you do for our community!



**VICTORIAN SENIOR OF THE YEAR AWARDS 2026
CONGRATULATIONS!**

ACTIVE LIVING



SCAVENGER HUNT

As part of this year's Warrnambool Seniors Festival, we're running a Scavenger Hunt to encourage seniors in our community to get out and explore.

It's not about speed or who finishes first, it's about discovering new places, chatting, and noticing the little details. It's also the perfect activity to enjoy with your grandkids or a group of friends.

There are eight locations to visit. Collect your Scavenger Hunt pack, including a map, clues, and an answer sheet, from Archie Reception. At each stop, answer a simple question or complete a fun challenge. This year's hunt explores Warrnambool's street art and local history, with all locations in the city centre.

Everyone who completes the hunt will receive a prize. Good luck!

ALERT



THE ROAD AHEAD: KEEPING EXPERIENCED DRIVERS CONFIDENT AND CURRENT

Refresh your road knowledge and brush up on your driving skills with a free in-car session with a qualified RACV Drive School instructor.

Sessions will run for 45 minutes per person. Participants will drive a vehicle similar to those used for licence renewal assessments, providing an opportunity to become familiar with a different vehicle and refresh important road rules and driving skills.

Please note: This is NOT a licence review. It is a supportive opportunity to keep your skills up to date, your confidence high and awareness focused... all of these things will set you in good stead for 'The Road Ahead'.

Date: Thursday 22 October and Friday 23 October

Times: 9am - 4pm (45min sessions within this timeframe)

Location: Meet at Archie Graham Community Centre

Bookings Essential: Contact Archie Reception or call 5559 4920 or visit: www.events.humanitix.com/the-road-ahead-keeping-experienced-drivers-confident-and-current?

Cost: FREE

POP IN & HAVE A CHAT

Drop in for a relaxed chat with ALERT Warrnambool, with representatives from RACV Drive School and Victoria Police Community Engagement Team also invited.

Enjoy a cuppa and morning tea while having your questions answered about driving, road safety and staying confident on the road.

Date: Friday 23 October

Time: 10am-12pm

Location: Archie Graham Community Centre

Bookings Essential: Contact Archie Reception or call 5559 4920

Cost: FREE



FREE TRAVEL NINE DAYS OF FREE PUBLIC TRANS- PORT FOR SENIORS CARD HOLDERS.

Travel for free between 3 to 11 October 2026 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.



WARRNAMBOOL SENIOR CITIZENS CLUB INC

Self-preservation in the role of carer

Learn practical techniques to safely assist someone with limited mobility or strength, while protecting your own health and safety.

Led by an Occupational Therapist, this hands-on session will cover:

- Moving safely from lying to sitting
- Assisting from sitting to standing
- Supporting someone with mobility difficulties to navigate their environment
- Safely exiting a motor vehicle and using helpful equipment

Sessions are 30 minutes.

Maximum 10 participants per session.

Participants should be prepared to practise the techniques during the session.

Date: Monday 19 & Tuesday 20 October

Times:

Session 1: 10am-10.30am

Session 2: 11am-11.30am

Location: Archie Graham Community Centre

Bookings Essential: Contact Archie Reception or call 5559 4920

Cost: FREE

WEEKLY TIMETABLE

Note: Senior Citizens Club Activities require Annual Membership of \$5. Due 1st July 2026



HYDRO	GROUP EXERCISE	SOCIAL ACTIVITIES	SENIOR CITIZENS CLUB	
Monday	Tuesday	Wednesday	Thursday	Friday
9am - midday Hydrotherapy Pool 1hr \$11.50	9am - midday Hydrotherapy Pool 1hr \$11.50	9am - midday Hydrotherapy Pool 1hr \$11.50	9am - midday Hydrotherapy Pool 1hr \$11.50	9am - midday Hydrotherapy Pool 1hr \$11.50
9.15am Tai Chi - Linda \$6 Seniors Club	9am Walking - \$1 for lucky draw Meeting point: varies Seniors Club	9.15am Tai Chi - Linda \$6 Seniors Club	9am Walking - \$1 for lucky draw Meeting point: varies. Seniors Club	9am Pilates Karen Anderson \$12
9.30am Heart Foundation Walking - free Start: BBQ opposite beach kiosk.	9am Men's Strength Training - Michelle \$12	9.30am Heart Foundation Walking - free Start: BBQ opposite beach kiosk.	9am Men's Strength Training - Michelle \$12	9.30am Painting - \$1 Seniors Club
	9.30pm Heart Foundation Walking - Free Start: Aquazone	10am Social Gardening Free		9.30am Heart Foundation Walking - Free Start: Centro
10.30am Gentle Exercise Linda \$6 Seniors Club	9.45am General Yoga Robyn \$10	10am Craft at Archie \$2.50	10am Women's Strength Training - Michelle \$12	
	10am Women's Strength Training Michelle \$12	10.30am Gentle Exercise Linda \$6 Seniors Club	10.30am Pilates Karen Anderson \$12	10am Seniors Club Learners Line dancing Free
Midday 12pm Mixed Strength Michelle \$12	11am Kickstarters! Michelle \$12.	12.15pm Pilates Karen Anderson \$12	11am Kickstarters Michelle \$12.	10.30am Line dancing Seniors Club \$6
1pm Fit & Trim Michelle \$12	11am Chair Yoga Robyn \$10	1pm Scrabble, \$2.50		
1pm, 1st & 3rd Mon/month Knitting \$1 Seniors Club	Midday PulseLite Michelle \$12.	1pm Cards 500, \$2 Seniors Club	Midday 12pm Fit & Trim Michelle \$12.	1pm Cards Euchre, \$2. Seniors Club
		1.30pm Mahjong \$2.50 Backgammon \$2.50 Chess \$2.50	1pm Indoor Bowls \$1 Seniors Club	1.30pm Singalong - \$1 Seniors Club
1.30pm Pool/8 Ball - \$2 Seniors Club	1pm Indoor Bowls \$1 Seniors Club	1.30pm Pool/8 Ball - \$2 Seniors Club	1.30pm Mahjong \$2.50	1.30pm Pool/8 Ball - \$2 Seniors Club
	1pm Rummikub, \$1 Seniors Club			

SCAMS, CONNECTIVITY AND STAYING SAFE ONLINE

Technology Information Session with Janeen Stewart, NBN Community Engagement Manager – South West Victoria

Staying safe online is important for all of us, and this is a session you won't want to miss!

Janeen Stewart is a wealth of knowledge — practical, clear and wonderfully down to earth.

Building on our previous session, Janeen will explore how connectivity and technology can enhance safety, independence and convenience in the home.

Learn about smart technology that can help reduce the risk of falls, such as voice-activated lighting, as well as devices that can assist you in calling for help if you experience a fall or other emergency. You'll leave feeling more confident, better informed and definitely more scam savvy!

Date: Tuesday 10 November

Time: 12.30pm

Bookings Essential: Contact Archie Reception or call 5559 4920

Cost: FREE



TECH SUPPORT

Book a one-on-one Tech Support session with an Archie Volunteer for \$8.00. 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.
	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 Fiona Fitzgerald on 0473 375 979 or ffitzgerald@warrnambool.vic.gov.au

HOME SECURITY INFORMATION NIGHT WITH CRIMESTOPPERS, VICTORIA POLICE AND NBN

Join representatives from Crime Stoppers, Victoria Police, NBN and a home security specialist for a FREE community information session where we will have an important conversation about home security and smart technology.

With more security products available than ever, choosing the right system can be challenging. This session will provide practical advice on home security, security cameras, connectivity requirements and how to select a system that suits your needs and budget.

Topics include:

- Camera installation and placement
- Types of security cameras available
- Camera pricing and choosing a system
- General home security tips
- Home connectivity and technology considerations

Suitable for all ages, including families, single parents, older residents and anyone interested in improving their home security knowledge.

Attendees will have the opportunity to hear from experts, ask questions and learn about the latest home security options.

Supper provided.

Date: Tuesday 10 November

Time: 6pm-7.30pm

Location: Archie Graham Community Centre Dining Room

Bookings Essential: Contact Archie Reception or call 5559 4920

COMMUNITY INFORMATION

MY AGED CARE INFO SESSION

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

In this session, we will help you find out about:

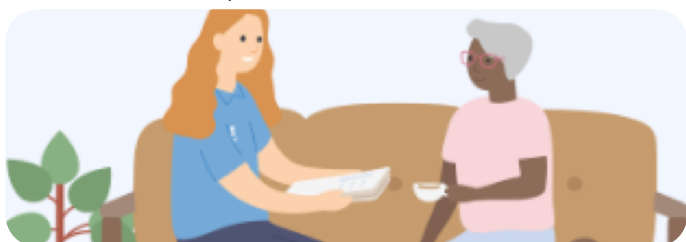
- Navigating the My Aged Care website: www.myagedcare.gov.au
- The types of aged care services that are available
- Eligibility for My Aged Care
- Costs you may need to pay

Hosted by Warrnambool City Council, with the local Aged Care Specialist Officer from Services Australia and the Advanced Care Finder Team - Catholic Care.

Date: Tuesday 24 November

Time: 1pm-2pm

Book: Archie Reception or call 5559 4920



END OF LIFE PREPARATIONS WORKSHOPS

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.

Date: Thursday 8 October

Thursday 12 November

Thursday 10 December

Time: 2pm-4pm

Book: Archie Reception or call 5559 4920



DEMENTIA INFORMATION SESSIONS

Dementia is an umbrella term for a range of conditions that cause a progressive decline in brain function, affecting memory, thinking, and social skills. It is not a normal part of aging, though it is more common in older people, and its effects vary depending on the stage and cause.

Key aspects of dementia include various causes like Alzheimer's, symptoms such as memory loss and confusion, and a lack of a cure, although treatments can manage symptoms.

Source: www.dementia.org.au

A series of introductory dementia information sessions will be offered at the Archie Graham Community Centre during 2026, with this being the last session for the year. Carers, families, friends and members of clubs and community groups with older members are most welcome to attend. There more of us that have insight into dementia, the better.

Date: Thursday 5 November

Time: 1pm-2.30 pm

Understanding Dementia

Book: Archie Reception or call 5559 4920



SAVE THE DATES: PRIDE IN AGEING COFFEE GROUP

11am-12:30pm in the Reading Room at the Warrnambool Library.

Date: Tuesday 3 November

LGBTI+ people, allies, friends, and family are welcome.



This is a free event - for catering purposes, bookings are encouraged.

For more information contact Jen Walsh (they/them) Pride in Ageing Regional Coordinator.

0492 955 643 | jen.walsh@switchboard.org.au



WEST WARRNAMBOOL NEIGHBOURHOOD HOUSE

COME CELEBRATE THE LAUNCH OF OUR

STREET LIBRARY!

@ WEST WARRNAMBOOL
NEIGHBOURHOOD HOUSE

Celebrate the launch of the Pecten
Park Street Library with us!
Bring a book to share or swap, enjoy a
delicious morning tea and connect
with your community over a free
coffee.

WEDNESDAY 26 AUGUST 10.30AM

WELLBEING WEDNESDAY @ WNNH



Every Wednesday
during the school
term

1.00pm - 1.45pm
\$5 per person

Tai Chi

Low-impact exercise for a stronger, calmer you!

SRI LANKAN

Dance Workshop

with Mela Dancing Gallery

Join professional dance instructor Hansi as she
guides us through a fun and welcoming fusion of
Sri Lankan and Bollywood dance.
Celebrate culture, connect with others and
discover the joy of rhythm and movement together.

Mondays 1-2pm
Starting 17th August

Call Jill on 0418 944 276



STRENGTH + STRETCH MAT PILATES

Every Monday

\$10pp
9.30 - 10.15am
BYO Mat

Bookings Essential - 0418 944 276

HULA FOR Health

- All Welcome
- All Ages
- All Abilities

**FIND
YOUR
RHYTHM**

Hoops supplied or BYO Thursday's 9.15am - 10am Free



WEST WARRNAMBOOL NEIGHBOURHOOD HOUSE SENIORS FESTIVAL DATES

**ALL PROGRAMS ARE FREE.
BOOKINGS ESSENTIAL: Call Jill on
0418 944 276**

Location: West Warrnambool
Neighbourhood House - Lot 10 Carolyn
Crescent

Monday 5 October

Pilates, 9.30-10.15am

Tuesday 6 October

Cooking with Bev, 11.30-1pm

Wednesday 7 October

Tai Chi - 1.00-1.45pm

Monday 19 October

Quiz & Coffee Connections - 11-12noon

Thursday 29 October

Toddle on Hoddle (Intergenerational
Playgroup at Archie Graham) 9.30-11am

Repair Cafe Events

3 October: West Warrnambool

Neighbourhood House

Time: 10am-12pm

Facebook: Warrnambool Repair Cafe

Email:

warrnamboolrepaircafe@gmail.com



SOUTH WEST HEALTHCARE HEALTH@ HOME EXPO

'South West Healthcare presents
'Health@Home' Expo - a chance to
connect with health professionals from the
Warrnambool Community Health Centre
and learn about programs and services to
support people to remain living safely at
home and to transition home from hospital
more easily.

Learn what to do to prepare for your future
health needs, when and where to get help,
including exercises and activities to start
now to keep fit on your feet and mentally
active, equipment to help manage daily
activities and promote confidence.

Date: Tuesday 27 October

Time: 2pm-3pm

Location: Archie Graham Community
Centre

Bookings: Archie Reception or call
5559 4920

Cost: FREE

UPCYCLED BASKET AND EARRING WORKSHOP

Get creative and learn how to turn recycled materials into something beautiful with
Warrnambool artist Claire Chatfield.

With more than 30 years of experience working with recycled materials, Claire has
taught weaving workshops locally, interstate and at Melbourne's Federation Square Zero
Waste Festival.

In this hands-on workshop, participants will create a mini basket or pair of earrings while
learning simple weaving techniques and exploring creative ways to reduce waste.

Enjoy a fun and relaxing session that's good for both your purse and the planet.

Date: Monday 12 October

Time: 10am-12pm

Location: Archie Graham Community
Centre Dining Room

Bookings: Archie Reception or call
5559 4920

Cost: \$2.50

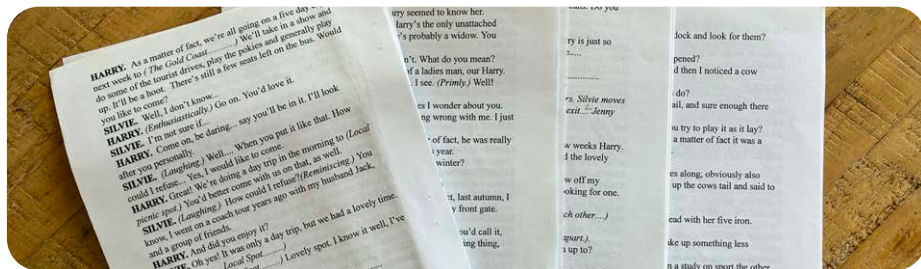


PLAY READING GROUP

Do you enjoy stories, theatre, and meeting new people? We are looking for interested
participants to join a small and friendly Play Reading Group.

Each session will involve gathering around a table to read a short play together.
Participants can choose or be assigned a character at the start of the session and then
simply read their character's lines as the story unfolds. There is no acting required, just
the enjoyment of reading and sharing a play in a relaxed and welcoming environment.
This is a wonderful opportunity to connect with others, have a few laughs, and enjoy
some engaging stories with like-minded people. The plays are short and the sessions
will run for approximately one to two hours.

If interested, please contact Fiona Fitzgerald, Program Coordinator, Archie Graham
Community Centre on ffitzgerald@warrnambool.vic.gov.au or 0473 375 979.



SOUTH WEST HEALTHCARE

South West Health Care Aged Care
Information Session - Know Your Options
Before You Need Them

Learn about aged care options, staying
independent at home, and planning ahead
so you and your family can make informed
choices with confidence.

Bring your family and learn how to
navigate aged care, understand the
support available and prepare for life's
unexpected changes. There will be
opportunities for questions during supper.
Light supper provided

Date: Wednesday 7 October

Time: 5.45pm arrival for 6pm - 6pm-8pm

Location: Community Health Building,
South West Healthcare, Koroit Street
Entrance, Warrnambool

Bookings: Email intake@swh.net.au.
SWH Community Health Reception or call
5563 4000. Archie Reception or call
5559 4920

Cost: FREE



CHRISTMAS CLOSURE DATES

Archie Graham Community Centre will close on Thursday 24 December and will reopen in 2027 at 8.45am on Monday 4 January.

Activity	Final Dates	Recommencement 2027
Hydrotherapy	Thursday 24 December	Monday 4 January
Archie Café	Thursday 10 December	Monday 1 February
Tech Support	Tuesday 22 December	Tuesday 5 January
Exercise Classes- Michelle Steere	Tuesday 22 December	Monday 11 January
Pilates - Karen Anderson	Friday 18 December	Wednesday 13 January
Heart Foundation Walking Groups		
• BBQ's opposite Beach Kiosk	Monday 14 December	Monday 4 January
• Aquazone	Tuesday 15 December	Tuesday 5 January
• BBQ's opposite Beach Kiosk	Wednesday 16 January	Wednesday 6 January
• Centro/North Point Shopping Centre	Friday 18 December	Friday 8 January
Scrabble and Backgammon	Wednesday 23 December	Wednesday 6 January
Mahjong	Wednesday 23 December	Wednesday 6 January
Gardening	Wednesday 16 December	Wednesday 6 January
Tai Chi & Gentle Exercise	Wednesday 16 December	Monday 11 January
Dru Yoga	Tuesday 15 December	Tuesday 2 February
Rummikub	Tuesday 15 December	Wednesday 6 January
Seniors Citizens Club Walking Group	Ongoing No walk on Christmas Eve or New Years Eve	Ongoing
Seniors Citizens Club Singing Group	Friday 18 December	Friday 8 January
Seniors Citizens Club Indoor Bowls	Tuesday 22 December	Tuesday 5 January
Seniors Citizens Club Painting	Friday 18 December	Friday 8 January
Seniors Citizens Club Line Dancing	Friday 18 December	Friday 8 January
Seniors Citizens Club Knitting	Monday 16 November	Monday 18 January / Monday 1 February
Seniors Citizens Club Euchre	Friday 18 December	Friday 8 January
Seniors Citizens Club Cards 500	Wednesday 23 December	Wednesday 6 January
Seniors Citizens Club Billiards	Wednesday 23 December	Monday 4 January

MERRY CHRISTMAS AND HAPPY NEW YEAR FROM THE ARCHIE TEAM

As 2026 comes to a close, we would like to take a moment to thank everyone who has been part of the Archie Graham Community Centre this year.

Thank you for the friendship, laughter, conversations, activities and wonderful community spirit you have shared with us throughout 2026. It is the people who come through our doors who make Archie such a special place.

We wish you and your loved ones a very Merry Christmas and a happy, healthy New Year. We look forward to welcoming you back in 2027 and sharing another year of friendship, connection and community.

Warmest wishes, The Archie Team