



Archie Graham
COMMUNITY CENTRE

OPEN
9AM - 4PM MON - FRI

February 2021

The Archie Graham Community Centre (*Archie*) is a great place to find activities that you would like to do and connect with others with similar interests.

Having so much time at home during 2020 may have kept us safe during the pandemic, but now it is time to be *safe and socialise*. Most of the *Archie* activities are running again and have COVID safe plans. You're invited to *Archie* to re-connect with friends or make new ones by trying something new. See the list below for what's on offer...

What's on offer...

| | | | |
|--|-----------------------|--------------|---|
| Hydrotherapy | Group Fitness Classes | Cycling | Walking |
| Tai Chi | General Exercise | Billiards | Indoor Bowls |
| Chair-based Yoga | Self serve coffee/tea | Gardening | Mahjong/Scrabble |
| Knitting | Writing | Tech Support | Movies |
| Petanque | Painting | Euchre | Assistance with Personal Information |
| Newspapers | Free Wifi | Book Swap | |
| <i>Please turn over for the timetable and details about all activities on offer.</i> | | | |

What's missing... Good coffee and lunch! Dancing! Cards! Singing!

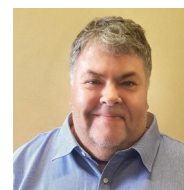
The Tasty Plate Café will not be reopening at *Archie* as we all hoped. The Tasty Plate business was heavily impacted by the pandemic and the loss of corporate catering orders. Thanks Tasty Plate for providing the café at Archie for so long and we congratulate you on your new premises in Fairy St.

Archie staff are exploring long term options for the café as a place for friends to catch up for coffee or lunch before or after their activity here. In the short-term, volunteers interested in assisting with getting the café open for coffee, please leave your name at Archie Reception on 5559 4920.

Line dancing, cards and singing groups are yet to re-start at Archie. Updates will be in future newsletters

New Staff...Cassie Morgan and James Smith

Cassie and James are newly appointed Social Connection Project Officers who are working at *Archie* and West Warrnambool Neighbourhood House (WWNH) till July 2021. Their project aims is boost social connection opportunities at *Archie* and *WWNH*. Cassie and James will be around the centre most days, so please feel free to welcome them by calling in and have a chat. It would be greatly appreciated if you could fill in the survey on the back of this newsletter and return it to Archie Reception by *Friday 19 February*.



Sidney Davies is in the Business Administration Trainee role at Archie and Sidney will be assisting Jenni Katsaros and the Team at Archie Reception as she studies part-time.



Archie Graham Community Centre; 118 Timor St Warrnambool.
Phone: 03 55594 920 Email: agccustserv@warrnambool.vic.gov.au



Weekly Timetable

Note: Seniors Club Activities require Annual Membership of \$25

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|--|---|
| 9am - midday Hydrotherapy Pool 1hr; \$9 | 9am - midday Hydrotherapy Pool 1hr; \$9 | 9am - midday Hydrotherapy Pool 1hr; \$9 | 9am - midday Hydrotherapy Pool 1hr; \$9 | 9am - midday Hydrotherapy Pool 1hr; \$9 |
| 9.15am Tai Chi \$4 Seniors Club | 9am Walking 50c for lucky draw Meeting point: varies Seniors Club | 9.15am Line dancing - free Start date To be confirmed Seniors Club | 9am Walking - free Meeting point: varied Seniors Club | 9am Confidential assistance with personal information with Volunteer, Jan Harrington. Free |
| 9.30am - 4pm Tech Support with Volunteers 1hr; \$6 | 9.15am Men's Strength Training \$6 | 9.30am - 4pm Tech Support with Volunteers 1hr; \$6 | 9.15am Men's Strength Training \$6 | 9.15am Chair-based Yoga \$6 |
| 9.30am & 10am Heart Foundation Walking - free Start: Surf Club 1/2/2021 | 9.30am - 4pm Tech Support with Volunteers 1hr; \$6 | 10am 2 nd & 4 th Wed/mth Social Gardening Free | 9.30am - 4pm Tech Support with Volunteers 1hr; \$6 | 9.30am - 4pm Tech Support with Volunteers 1hr; \$6 |
| 10am Social Cycling free Start date 1/2/2021 | 10am Painting with tutor Ricky Schembri \$15 - tutor. Seniors Club | 10.30am Line dancing Start date To be confirmed Seniors Club | 10.30am Strength Training \$6 | 9.30am Painting - free Seniors Club |
| 10.30am Gentle Exercise. \$4 Seniors Club Start date 15/2/2021 | 10.30am Strength Training \$6 | 11.45am My Strength \$6 | 11.45am Stepping Stones \$6 | 10am Heart Foundation Walking - free Start: Centro |
| 11.45am My Strength \$6 | 11.45am Stepping Stones \$6. Transition from Health Services only | 1pm Pulselite \$6 | 1.15pm Indoor Bowls \$1 for prize Seniors Club | 10am Social Cycling free |
| 1pm Pulselite \$6 | 1pm \$1 for prize Cards 500 - free Seniors Club | 1.30pm Mahjong \$2 | 2pm Petanque - free; Lake Pertobe Piste Seniors Club | |
| 1.30pm Billiards - free Seniors Club | 1.15pm Indoor Bowls \$1 for prize Seniors Club | 1.30pm Scrabble \$2 | | 1pm Cards Euchre, free. Start date: TBC Seniors Club |
| 1pm, 1 st & 3 rd Mon/month Knitting free Start date: 1 st Feb Seniors Club | 1.30pm Confidential assistance with personal info with Volunteer Mabel Mitchell. Free | 1pm Billiards - free Seniors Club | | 1pm Singalong free Start date: To be confirmed Seniors Club |
| 1pm, 2nd Mon/mth Writing Group \$2 Start date: 8 th Feb | 1.30pm 2 nd & 4 th Tue/mth Netflix Movie \$2 Start date: 9 Feb | Activities are open to all! However to avoid disappointment please make a booking: Call Reception - 5559 4920 | | 1pm Billiards - free Seniors Club |
| 3pm Chair yoga \$6 Start date: 8 Feb | 4.30pm Heart Foundation Walking - free Start: Aquazone | | | |

Group Fitness

It is wonderful to see so many familiar faces back in the group fitness classes.

As of the beginning of February, classes are capped at 20 patrons. These limits on attendance are based on government restrictions, the type of equipment being used and the vulnerability of participants. Limits will be adjusted in consultation with participants feeling safe and whether we have waiting lists.

Individuals can BOOK ONE SESSION PER WEEK and ONE WEEK IN ADVANCE; call 5559 4920

This reduces the likelihood that some people will miss out, while others attend multiple sessions/week.

Where individuals want a second session/week, please consult with the Reception Team.

Archie Group Exercise Sessions: \$6; multipass for 10 sessions: \$60. Card payment preferred.

Please keep 1.5m distance from others. If this is not possible, please wear a mask.

Soap, water and paper towel as well as hand sanitiser are available to maintain good hand hygiene. Disinfectant surface spray is available to wipe equipment used.

Find your Class - for New Participants

Unfortunately at the time of writing this newsletter, *Find your Class* sessions for new participants are on hold. With numbers in group fitness sessions capped at smaller sizes for COVID safety reasons, we will monitor attendance and waiting lists of existing patrons during February and we hope to accommodate more participants in March.

Find your class sessions will be on Wednesdays at 2.15pm or 2.45pm for 30 minutes. Start date - to be confirmed.

Prospective participants are advised to leave your name and phone number at Archie Reception - Ph: 5559 4920 and you will be advised when *Find your Class* sessions resume with our instructor Michelle Steere.



Walking & Cycling

Heart Foundation Walking groups and Social Cycling are COVID safer activities simply because they are outdoors in the fresh air. New members are most welcome. *See attached timetable for times/start points.*

New walkers please contact Archie Reception on 5559 4920 to get a registration form and advise which group and the date you would like to come along for your first walk. Volunteer walk organiser will be notified to look out for you when you come along the first time.

New cyclists please contact Archie Reception on 5559 4920 to get a registration form. Once completed and returned to Reception, you will be given the date of the next Rusty Rider session which is where your cycling skills will be checked prior to riding with the group. Rusty Rider sessions are on the First Friday/month with Clare Vaughan and the Social Cyclist Volunteers. Next session: 9am Fri 5 March.

Hydrotherapy

Book a hydrotherapy session by calling Reception on 5559 4920.

Max. 8 people in pool/session. \$9/session.









Change-room facilities are limited to 1 or 2 people.

It is COVID safer to arrive in swim gear, hang your bag of personal gear on a poolside hook, enjoy the pool and go home to shower and get dressed. Our Lifeguards will endeavour to accommodate you to use a change room if required, so please just ask Janine or Mark.



Technology Support - with Archie Volunteers

The word is out how helpful our Archie Tech Support Volunteers are with assisting you with your IT issues. Each volunteer has expertise in providing assistance with particular devices, so check out the info below to find out who would be the best fit to assist you and call Reception on 5559 4920 to make a booking.

| | | | |
|---|--|---|--|
|  |  |  |  |
| Alan Richardson | Brian Richards | Christine O'Grady | David Pearson |
| Overcoming the fear of using an iPad or iPhone. This session is targeted just for you! | Computers (Windows) Help to solve tricky problems. Anything & everything... | Computers (Windows) Android tablets & phones Social Media. | Computers (Windows) Getting started online. Genealogy/ancestry. Intro to iPad |
|  |  |  |  |
| Colin Wake | Richard Skilbeck | Barbara Skilbeck | Sandra Pearce |
| Computers (Windows) Setting up emails. Editing and storing of photos | Computers (Windows) Word & Excel. Email & Networking. | Android tablets & phones Zoom Photobooks Powerpoint | Computers (Windows) Anything related to music, videos and photos Android tablets |

Please check your diary carefully before making bookings.

Book by calling Archie Reception on 5559 4920.

It helps to book a few days in advance.

Assistance with your Personal Information

Mabel Mitchell and Jan Harrington are Archie Volunteers with experience in dealing with confidential information throughout their careers as nurses.

Make a booking with Mabel or Jan to chat about considerations and options to manage your personal affairs.

For example:

- an advance care directive
- applying for My Aged Care
- an enduring power of attorney
- applying for a Seniors Card
- preparing a will
- applying for a Companion Card



Mabel is available
Tuesdays
1.30-2.30pm



Jan is available
Fridays
9.30-10.30pm

We can be COVID Aware and Socialise

PLEASE Be COVID - Aware as you Socialise at Archie

Please carry a mask when you arrive at Archie and wear it when you can't keep 1.5m from others

Staff will continue to wear masks under these circumstances, so you won't be the only one!

Use hand sanitiser and disinfectant surface spray regularly.

Take care of yourself and don't assume surfaces have been cleaned by others.

Toilets, washbasins, coffee/tea stations, eating areas are spaces to take particular care

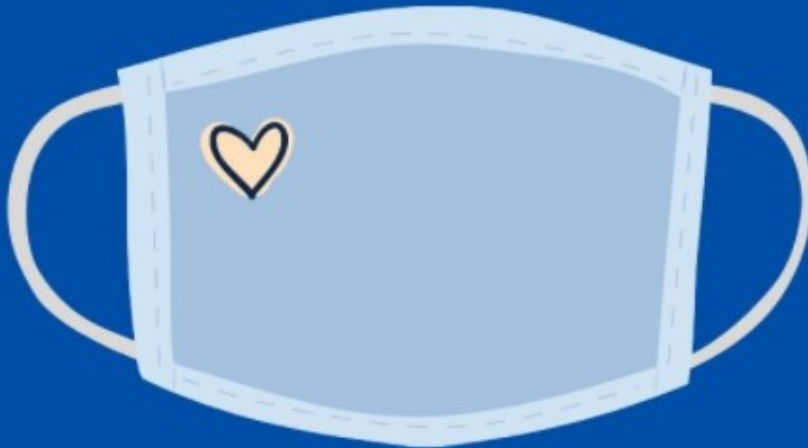
Bringing your own cup is a good idea and preferable to using disposable cups. Disposable cups are available if you need them. Feel free to take your cuppa outdoors to the courtyards if you wish.

Bookings are required for Archie activities because we have maximum numbers for all spaces. Bookings also help patrons avoid the disappointment of arriving to Archie and finding the session you wish to attend is full. Call to cancel bookings ASAP to allow time for staff to contact those on waiting lists.

Attendance records are collected for contact tracing purposes. Check in at Reception on arrival.



Don't forget your face covering!



www.dhhs.vic.gov.au/coronavirus
1800 675 398 - 24 hours, 7 days



Health
and Human
Services

- ▶ **Carry a face mask** with you when you leave home. Wearing a face mask is strongly recommended indoors and outdoors when you can't keep 1.5 metres distance from other people.

