



Archie Graham
COMMUNITY CENTRE

January 2021

OPEN
9AM - 4PM
MON - FRI

Archie Summer Closure

The Archie Graham Community Centre (*Archie*) will close for Christmas and New Year and will re-open on Monday 4 January 2021. The Centre will be open from 9am - 4pm Monday to Friday unless Government restrictions are reinstated.

Reconnect with Archie in January 2021

Early January is generally a quiet time at *Archie*, so feel free to pop in and get familiar with our safety processes and reconnect with the Centre.

- Carry a mask with you and wear it if you cannot guarantee you can keep 1.5m from others
- Use hand sanitiser on arrival
- On arrival, go to Reception and check-in for contact tracing purposes.

We look forward to welcoming you back to *Archie* for the activities that you love and have missed, when you are ready to do so. (PTO for re-start dates)

Archie - a nice place to connect with others and keep cool

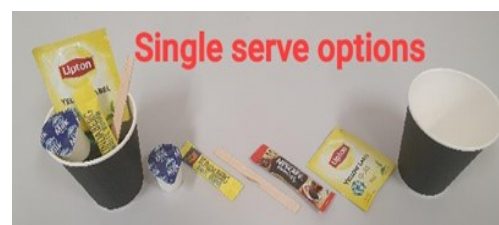
The dining room will re-open on the 4th January, so come in, have a cup of tea or coffee and a chat. Newspapers will be available or feel free to bring a book or your IT device to use the free WiFi.

On days of extreme heat, *Archie* is a great place to keep safe and cool in the air-conditioning. Bookings are not required for the dining room, however there is a maximum of 25 people in the space at one time.

Clare Vaughan will be available between 11am - 2pm from 4th-15th January, to assist you to get reacquainted with the Centre with COVID safety in mind. Pop-in and say hello.

Archie volunteers are encouraged to pop in and chat to Clare during this time, to confirm availability for 2021, Alternatively call Clare on 5559 4020 or email cvaughan@warrnambool.vic.gov.au

The Seniors Meeting Room is available for use by **members of the Senior Citizens Club** from the 4th January onwards. Committee Members and Group Leaders are warmly invited to meet with Clare to determine a re-start date and the COVID safety procedures for your club activity. Your usual activity day/time during the week 11th -15th January is an ideal time to meet with Clare as the Centre will be less busy. Call 5559 4920 to arrange a day/time to catch up with Clare if you wish.



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



WARRNAMBOOL

Re-start dates for 2021

Activity:	Resume in 2021
Hydrotherapy Pool; bookings essential - 5559 4920	9am Mon 4 Jan
Group Exercise Classes - Pulselite, Strength Training, Stepping Stones; bookings essential - 5559 4920 (PTO for Timetable)	18 –22 January
Chair-based Yoga with Yoshi; bookings essential - 5559 4920	9.15am Fri 22 Jan
Social Cycling. New riders welcome; please contact Clare Vaughan 5559 4920	10am Mon 1 Feb
Heart Foundation Walking Groups. - Warrnambool Surf Life Saving Club - Aquazone - North Point Shopping Centre	10am Mon 1 Feb 4.30pm Tue 5 Jan 10am Fri 8 Jan
1:1 Technology Support with Volunteers; bookings essential - 5559 4920	18 –22 January
Assistance with My Aged Care, Advanced Care Planning, Using Personal Information Online with Volunteer Mabel Mitchell: bookings 5559 4920	1.30-2.30pm Tue 5 January
Mah-jong; bring a thermos if you would like tea or coffee for the first session	1.30-3.30pm Wed 6 Jan

Hydrotherapy Pool

Book a hydrotherapy session at 9am, 10am or 11am each day by calling Reception on 5559 4920. Additional sessions will be added each week, if there is the demand. We hope there is!

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 Volunteers

In person 1:1 Technology support is back!

Call 5559 4920 to book a session. Please let Reception staff know what technology you are interested in learning so they can pair you with the volunteer best able to assist. \$6/session to be paid on the day.



Alan Richardson

Support: Overcoming the fear of using an iPad or iPhone. This session is targeted just for you!



Brian Richards

Support: Computers (Windows)
Help to solve tricky problems.
Anything & everything.



Christine O'Grady

Support: Computers Windows - any version.
Android tablets and phones.
Social Media.



David Pearson

Support: Computers (Windows)
Intro to iPad
Getting started online.
Genealogy/ancestry.



Colin Wake

Support: Computers (Windows)
Setting up emails.
Editing and storing of photos.



Richard Skilbeck

Support: Computers (Windows)
Word and Excel.
Email & Networking.



Barbara Skilbeck

Support: Help with Android tablets and phones.
Zoom
Photobooks

Please check your diary carefully before making bookings. It helps to book a few days in advance.

Group Exercise Sessions

Indoor group exercise sessions will re-start on Monday 18 January with limits of 20 participants per session. We look forward to having you back.

Individuals can **BOOK ONE SESSION PER WEEK** and **ONE WEEK IN ADVANCE**. This will reduce the likelihood that some people will miss out, while others attend multiple sessions per week.

Where individuals want a second session/week, they can call Reception after midday on the day before the session they wish to attend, and if there is a vacancy, they can book another session.

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

Participants are welcome to bring their own small equipment such as dumbbells etc if they have them, as well as a water bottle.

Please keep 1.5m distance from others. If this is not possible, please wear a mask. Staff and volunteers will be wearing masks during exercise sessions

Soap, water and paper towel as well as hand sanitiser is available to maintain good hand hygiene.

Please stay home if unwell.

Monday	Tuesday	Wednesday	Thursday	Friday
9.15am Seniors Club Tai Chi Start date To be confirmed	9.15am Men's Strength \$6 Starts 19/1/21		9.15am Men's Strength \$6 Starts 21/1/21	9.15am Chair yoga \$6 Starts 22/1/20
10.30am Seniors Club Gentle Exercise. Start date To be confirmed	10.30am Strength \$6 Starts 19/1/21		10.30am Strength \$6 Starts 21/1/21	
11.45am My Strength \$6 Starts 18/1/21	11.45am Stepping Stones \$6 Starts 19/1/21	11.45am My Strength \$6 Starts 20/1/21	11.45am Stepping Stones \$6 Starts 21/1/21	
1.00pm Pulselite \$6 Starts 18/1/21		1.00pm Pulselite \$6 Starts 18/1/21		

Summer Fun with the Grandkids

West Warrnambool Neighbourhood House Summer Holiday Program

Fun activities for children will run from January 7 till January 20.

Resin Art, Cooking, Wayapa Culture Day, Yoga and Nature Play, Art and Craft, Gardening and Playgroup for toddlers.

Please contact Jill for a program and enrolment details.

Cost is a gold coin donation

Bookings are essential!

Ph: 0418 944 276

E: jbourke@warrnambool.vic.gov.au

The most
important
things in life
aren't things



Neighbourhood Houses
The heart of our community

Covid-Safety at Archie

CORONAVIRUS (COVID-19) SAFETY INFORMATION www.dhhs.vic.gov.au/coronavirus

If you are feeling unwell; stay home.

Symptoms - fever, chills or sweats, cough, sore throat, shortness of breath, runny nose, loss or change in sense of smell or taste.

For information and advice, call the Coronavirus Hotline: 1800 675 398

Testing: SW Healthcare Respiratory Assessment Clinic, 321 Timor St, 5563 1666, appointment only
Great South Coast Respiratory Assessment Clinic 2/120 Lava St, Warrnambool, 0428 606 397

Contact Archie Reception on 5559 4920 to make bookings

Jenni and Trisha are on deck at Reception in January to take your bookings for activities. Bookings are required as part of our Archie COVID Safe Plan, to help manage the number of people in activities

To avoid disappointment, call Archie Reception on 5559 4920 to book your place in activities such as the hydrotherapy pool, group exercise and the 1:1 technology support sessions.



Bookings are not required to meet friends or just relax in the dining room. Please check-in at Reception on arrival so that we know who is in various rooms in the building for contact tracing purposes.

Please help us to build COVID - SAFETY into everything we do at Archie

When you come to Archie, and we look forward to you coming back... please follow the signage.

- Keep the 1.5m social distance from others.
- Carry a mask with you and wear it when you cannot keep the 1.5m social distance from others.
- Use the hand sanitiser provided or wash hands with soap and water often.
- Please be mindful when you touch handrails, door handles, tables and chairs, newspapers, switches & remote controls and sanitise or wash your hands with soap.
- Before you drink or eat, and make sure you have sanitised your hands or washed them with soap and water. Try to avoid touching your face.
- All rooms and spaces at Archie have signage to indicate maximum capacity. Please do a quick head count when in a room and if there are too many people, notify staff or move away.
- The outdoor courtyards are available to patrons to use.
- Surface spray and paper towel/antiseptic wipes are located in each room. Please spray the surfaces you touch such as tables, chairs, taps etc before and after use and wipe with paper or leave to air dry.
- Toilets are available for patrons and it is advised that surface spray is used on all surfaces before and after using the toilet and wash basins.

**HAND SANITISER AND SURFACE
SPRAY AVAILABLE HERE**



**PLEASE ASSIST KEEP
ARCHIE SAFE BY USING
THE PROVIDED SUPPLIES**

Have your contact details changed in the past 12 months?

Please ensure Archie Reception has your correct phone number, mobile number, street address and email address as these may be required for contact tracing purposes. If you are unsure, please ask staff to check our records.