



Archie Graham
COMMUNITY CENTRE

OPEN
8.15AM TO 5PM MON - FRI

July - August 2021

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

If you are new to *Archie*, a good way to work out how the place 'ticks' is to read this newsletter and spend some time in the Archie Café. If you are curious about an activity on offer, enquire at Reception or ask to chat to Clare Vaughan - Program Co-ordinator about what's involved or how to join in.

Archie Café is currently open Mondays & Thursdays 10am - 2pm.

Our team of volunteers make:

- Coffees, hot chocolate and specialty teas
- Toasties, raisin toast and soup .
- Locally made scones, biscuits and slices.

We are keen to know what you think of the Archie Café.

Please complete the survey available at the Café to add your voice to the future of the Café at Archie.

Survey closing date: Thursday 15 July



With Thanks! Our Reception team wish to thank all patrons for their patience as we adjust to using our new attendance system... all while we have relocated with the building works. THANKS VERY MUCH!

James Smith and Cassie Morgan have fostered some long lasting social connections at Archie during the past six months of the Social Connection Project . The trial of the Archie Café, support to patrons to re-connect with activities post COVID lockdown & Food Share deliveries have been appreciated by many. Best wishes in your future endeavours and thank you - from all at Archie.



**Naidoc Week is from 4-11 July 2021.
The theme is to 'Heal Country'.**

Naidoc Week celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

In 2021, the call is for all of us to seek greater protection for our lands, our waters, our sacred sites and our cultural heritage from exploitations, desecration and destruction.

To find out more about local Naidoc Week Celebrations go to:

www.facebook.com/watawaetnanda/ or contact Clare Vaughan at Archie on 5559 4920



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



Social Connection

Morning Music at the Lighthouse Theatre.

Do you want to go to Morning Music Shows but don't go because you don't want to go on your own? Come with our group from Archie to see ***Gone With the Wind: 11am, Wednesday 11 August 2021***



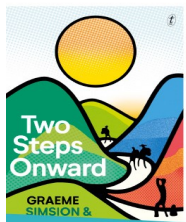
BOOKINGS: Tickets are available from Archie Reception at the group booking discounted price of \$15 (*Full admission tickets cost \$20.00*). Book and pay for your ticket in advance of the show.

ON THE DAY OF THE SHOW, meet Clare and the group at Archie Reception at 10:15am and together we will walk to the Lighthouse Theatre, enjoy pre-show refreshments and take our seats together.

Gone with the Wind is currently being performed on stage as a classic radio play by the Lux Radio Theatre. A group of distinguished actors double roles, create live sound effects and perform classic soap commercials. The audience is very much a part of the action - playing the guests at a ball and applauding on cue.



LITERARY LOUNGE
series



Meet favourite Australian authors

GRAEME SIMSION
and co-author
ANNE BUIST



Thursday 1st July, 6.30pm

To book: contact 5559 4455 or library@warrnambool.vic.gov.au

Let's get neighbourly!

If you want to live in a connected neighbourhood, join us and get the support you need to make it happen!

'Let's Get Neighbourly' is a fun two-part work shop series and mentoring program that supports you to bring your neighbours together, turn your street into a community, make new friends and create a sense of belonging.

Workshop 1: Saturday 28 August, 10am- 12.30pm – Create your neighbourhood group or event

Follow up Workshop: Saturday 23 October, 10am- 12.30pm – Sharing successes, tips, tools to nurture a neighbourhood group

Venue: Archie Graham Community Centre, 118 Timor Street Warrnambool

Everyone is welcome, no experience required.

Workshops are FREE, places are limited. Register here: www.neighbourhoodconnect.org.au/projects or call Irene on 0413 706 233



Social Connection

Staying Connected to Archie & Seniors Club Are your contact details up-to-date?

Staying connected to activities that you enjoy and groups that you belong to is important for wellbeing

When the 'circuit-breaker' lockdown was announced last month, the Archie Team sent text messages to those who had a booking. Follow up text messages were sent to notify those with bookings when the various activities were to re-start at Archie.

Please help us to keep you informed. If you have a mobile phone, make sure the number is on record at Archie Reception. Ask Reception staff to check during JULY!

If you don't use a mobile phone, Reception staff will continue to call your landline if we need to contact you. Please appreciate that this takes time. A text to a mobile phone is quick & easier.

Netflix Movies

When: 1.30pm 2nd & 4th Tuesday each month
Cost: \$2 payable at Reception. All welcome!

Tuesday 13 July LION 2016 | PG | 1h 58m | Drama
An Indian man who was separated from his mother at age 5 and adopted by an Australian couple returns home, determined to find his birth family
Starring: Dev Patel, Rooney Mara, David Wenham

Tuesday 27 July Rocketman
2019 | R | 2h1m | Drama. The story of Elton John's life, from his years as a prodigy at the Royal Academy of Music through his influential and enduring partnership with Bernie Taupin.

Tuesday 10 August Blue Miracle
2021 PG 1h 35min Drama
To save their cash-strapped orphanage, a guardian and his kids partner with a washed-up boat captain for a chance to win a lucrative fishing competition.

Tuesday 24 August Silver Skates
2020 | M | 2h 17m | Action & Adventure
On the frozen rivers and canals of St. Petersburg, a petty thief on skates warms the heart of an aristocrat's daughter as forces try to keep them apart.

agccustserv@warrnambool.vic.gov.au

Archie Graham Centre to reopen 8.15am Tuesday June 15 2021. Centre Capacity 75 people.

TO RESUME: Hydro; Stepping Stones & Chair Yoga; technology support sessions; ... & scrabble. Seniors ... walking, ... & painting.

ON HOLD: all strength training & pulselite classes & Seniors Club gentle exercise, tai chi, line dancing, indoor bowls & euchre-cards; group size limit 10 people

To book call [5559 4920](tel:55594920). Please be patient. The phone will be busy.

SAMPLE

Out to Lunch Group - all welcome!

Come along and enjoy good food and great company for our monthly lunch get-togethers.

We purchase our own meals and chat about anything and everything and form new friendships. Please book at Archie Reception or call **5559 4920** and we know to look out for you.

We will meet at the restaurants listed below:

When: Wed 21 July,
12 noon

Where: Cattleya Thai,
142 Timor St, W'bool



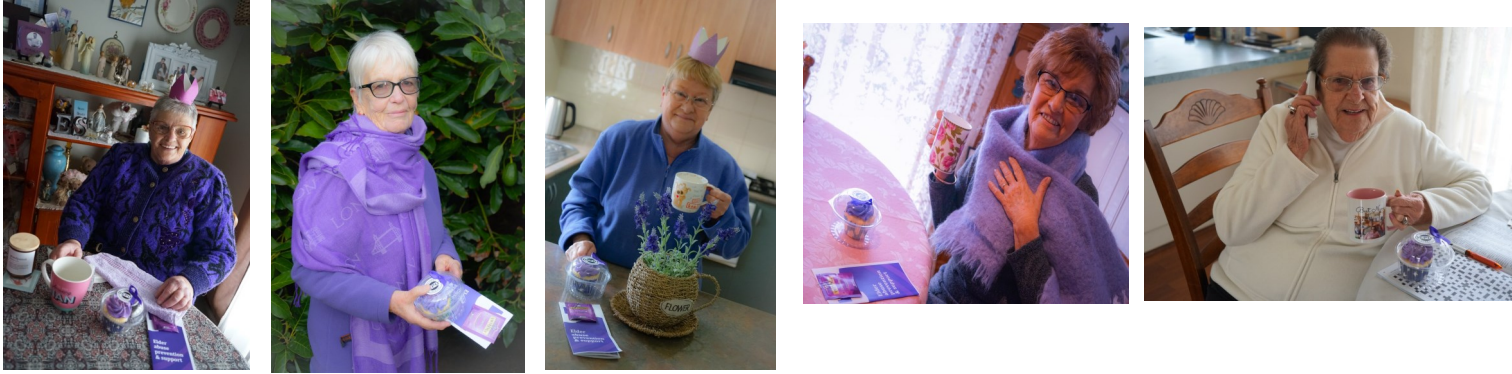
When: Wed 18 August
12 midday

Where: City Memorial
Bowls Club
50-58 Cramer Street,
W'bool



Shining a Light on Elder Abuse

The Social Support Team at the Archie Graham Community Centre hosted a purple themed “Stir a cuppa for Seniors” event. The event saw our social support team deliver cupcakes and tea along with information on Elder Abuse to our clients who would normally participate in our *Out & About Bus* trips. Our clients supported the event by dressing in purple and a fun time was had by all. The purple theme event provided a light-hearted opportunity to share information about a topic that is challenging to talk about.



Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust such as a family member or friend. The abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect”. If you or someone you know is experiencing elder abuse they can contact a free confidential helpline on 1300 368 821.



Nominate - Victorian Senior of the Year

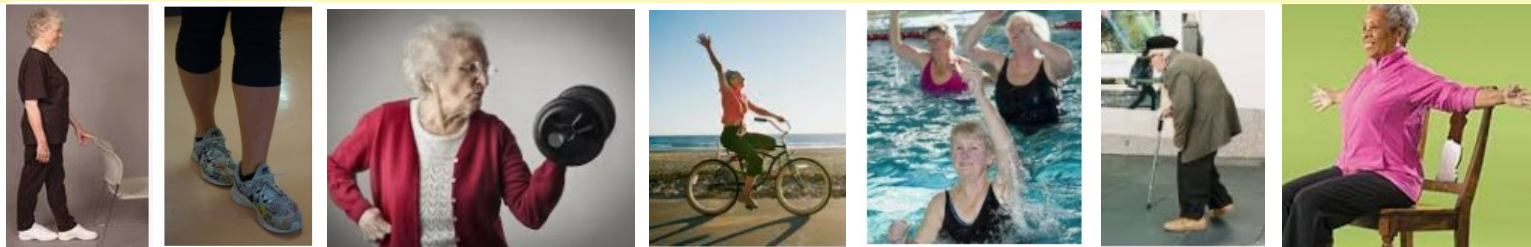
The Victorian Senior of the Year Awards are our chance to say thanks - to the many senior community members, who have given and shared their skills, experience, time, and energy with the community. By nominating a deserving person, you can help make sure the outstanding contributions of our seniors are recognised. Nomination Forms are available online: www.seniorsonline.vic.gov.au/festivalsandawards/seniors-awards or from Archie Reception. Closing date: 9 July 2021. Feel free to contact Clare Vaughan with any queries.

Weekly Timetable

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

Monday	Tuesday	Wednesday	Thursday	Friday
9am - midday Hydrotherapy Pool 1hr; \$10	9am - 1pm Hydrotherapy Pool 1hr; \$10	9am - midday Hydrotherapy Pool 1hr; \$10	9am - midday Hydrotherapy Pool 1hr; \$10	9am - midday Hydrotherapy Pool 1hr; \$10
9.15am Tai Chi \$4 Seniors Club	9am Walking 50c for lucky draw Meeting point: varies Seniors Club		9am Walking - free Meeting point: varies Seniors Club	9am Confidential assistance with personal infor- mation with Jan Harrington. Free
9.30am - 4pm Tech Support with Volunteers 1hr; \$7	9.15am Men's Strength Training \$7	9.30am - 4pm Tech Support with Volunteers 1hr; \$7	9.15am Men's Strength Training \$7	9.15am Chair Yoga \$7 To be confirmed.
9.30am Heart Foundation Walking - free Start: Surf Club	9.30am - 4pm Tech Support with Volunteers 1hr; \$7	10am 2 nd & 4 th Wed/mth Social Gardening Free	9.30am - 4pm Tech Support with Volunteers 1hr; \$7	9.30am - 4pm Tech Support with Volunteers 1hr; \$7
10am Social Cycling free. Enquire at Reception	10am Painting with tutor Ricky Schembri \$15 - tutor. Seniors Club	11.45am My Strength \$7	10.30am Strength Training \$7	9.30am Painting - free Seniors Club
10.30am Gentle Exercise. \$4 Seniors Club	10.30am Strength Training \$7	1pm Pulselite \$7	11.45am Stepping Stones \$7 Transition from Health Services	9.30am Heart Foundation Walk- ing - free. Start: Centro
11.45am My Strength \$7	11.45am Stepping Stones \$7. Transition from Health Services only	1.30pm \$1 for prize Cards 500 Seniors Club	1pm Indoor Bowls \$1 for prize Seniors Club	10am Social Cycling free. Enquire at Reception
1pm Pulselite \$7	1pm Indoor Bowls \$1 for prize Seniors Club	1.30pm Mahjong \$2 Scrabble \$2	2pm Petanque - free; Lake Pertobe Piste. Seniors Club	10.30am Line dancing Seniors Club \$4
1.30pm Billiards - free Seniors Club	1.30pm 2 nd & 4 th Tue/mth Netflix Movie \$2	1.30pm Billiards - free Seniors Club		1pm Cards Euchre, free. Seniors Club
1pm, 1 st & 3 rd Mon/month Knitting free Seniors Club	1.30pm Confidential assistance with personal info Mabel Mitchell. Free			1pm Singalong free Seniors Club To be confirmed
1pm, 2 nd Mon/mth Writing Group \$2	4pm Heart Foundation Walking - free Start: Aquazone			1.30pm Billiards - free Seniors Club
2.15pm, Scottish Dancing TBC Seniors Club	<p>Most activities require paperwork to be completed before attending. Enquire at Reception - 5559 4920 or ask others who are involved in the activities that interest you about what is involved. Collect paperwork from Reception, complete & return it, then make your bookings.</p>			
3pm Chair yoga \$7				

Physical Activity at Archie



Are you looking for a physical activity group to join that's fun, friendly & affordable?

Check out the options on offer at Archie listed below. PTO for the timetable.

Group fitness classes:

Stepping Stones: the focus is on maintaining balance, strength and mobility. These sessions are limited to patrons transitioning from rehabilitation at local Health Services.

Chair yoga: involves gentle movement coupled with mindful breathing to improve mobility and vitality.

We are looking for more people to join chair yoga and instructors Yoshi & Peta will guide you all the way!

PulseLite: suitable for people who enjoy a low-moderate intensity instructor led class.

Strength Training : formats include instructor-led classes & sessions where you follow your own program.

Book a **Find your Class** session on Wednesdays 2.30pm or 3pm before attending a group fitness class.

Hydrotherapy: The warmth of the pool eases aches and pains and the water provides support during your workout. Life guard present but no instructor. To make a start, collect an pre-exercise assessment and information about pool use from Reception and return it before you can make a booking.

Social Cycling: If the freedom of riding a bike along the foreshore promenade or rail trail with a group appeals to you, collect a registration form from Reception and register for of the next Rusty Rider session, where your cycling skills will be checked by volunteers prior to riding with the group. Next Rusty Rider sessions are 9am Friday 2 July & 6 August. Queries welcome: contact Clare Vaughan, 5559 4920

Heart Foundation Walking: Those interested in walking with a group, please collect a registration form from Reception and advise staff of which group and the date you would like to attend the first time and the volunteer walk organiser will be notified to look out for you .

Morning tea gatherings are held monthly on the deck on the beach side of the Surf Club on the last Monday of the month at 10.15am. The next gatherings on 26/7 & 30/8. It helps to bring your own mug.

Bookings, payments and cancellations

You've told us you want the flexibility of 'pay as you go' group fitness and hydrotherapy so you can attend medical appointments, help-out with family or travel. To operate the Centre viably we need to manage group sizes and therefore we require payment when you book and cancellations with at least 24 hrs notice so we can contact those on a waiting list to attend and re-book you for another time.

Please contact Clare Vaughan - 5559 4920 if you wish to discuss a cancellation issue.

Archie 5 &10 session visit passes - a convenient way to pay

5 &10 session visit passes are available from Reception or call 5559 4920 & pay by card over the phone.



Hydrotherapy Pool: 5 sessions \$50 & 10 sessions \$100

Group Fitness: Strength training, PulseLite, Stepping Stones & Chair Yoga:
5 sessions \$35; & 10 sessions \$70









1:1 Tech Support sessions with Volunteers: 5 sessions \$35; & 10 sessions \$70

Bike Hire: 5 sessions \$25; & 10 sessions \$50

A Unique Gift Idea - why not give a friend or family member a pass to something they love to do!

Technology Support - with Archie Volunteers

Archie Tech Support Volunteers will assist you with your IT issues. Each volunteer has particular expertise so check out the info below to find out who would be the best fit to assist you.

			
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! QR Code APP Mon - 9.30am & 10:45am Fri - 9.30am & 10:45am * unavailable in July	Help to solve tricky problems on computers & tablets but not phones QR Code APP download Tues - 9.30am & 10:45am Wed - 1.15pm & 2:30pm Thur- 9.30am & 10:45am * other times on request	Computers (Windows) Android tablets & phones Social Media. QR Code APP download Mon - 1.15pm & 2:30pm	Computers (Windows) Getting started online. Genealogy/ancestry. Intro to iPad QR Code APP download Wed- 9.30am & 10:45am
			
Colin Wake	Richard Skilbeck	Barbara Skilbeck	Sandra Pearce
Computers (Windows) All things computers Setting up emails. Editing and storing of photos Thu - 1.15pm & 2:30pm Fri - 1.15pm & 2:30pm	Computers (Windows) All things computers Word & Excel. Email & Networking QR Code APP download Mon - 9.30am & 10:45am	Android tablets & phones Zoom Photobooks Powerpoint QR Code APP download Tues - 1.15pm Tues 2:30pm - unavailable for Tech Support Bookings	After many years of providing tech support, Sandra has decided to stop volunteering and take time for herself. Thanks Sandra, for your generosity and for assisting so many of us for so long! What a gem!
<p>Drop in to Reception or call 5559 4920 to make a booking.</p> <p>We understand that cancellations are sometimes unavoidable so please call Reception on 5559 4920 to cancel, rather than just not turn up.</p> <p>Sessions cancelled with 24 hrs or more notice can be refunded or re-booked for a more suitable time.</p> <p>Queries: Call Reception or ask to speak with Clare Vaughan 5559 4920.</p>			

ANCESTRY Information from David Pearson, one of our Archie Tech Support Volunteers.

Many of you will know of the resources available at Ancestry, and other related organisations, enabling you to research your family history. Births, deaths and marriages are listed, together with electoral rolls, censuses, military service and immigration records.

Find out about more about using Ancestry by booking a tech support session with David! It's FUN!

Scan QR Codes on Entry to Archie

Everyone who comes into the Archie Graham Community Centre are required to be electronically recorded for contact tracing purposes.



If you have a smartphone, please scan the QR code on entry. You can assist a friend who doesn't have a phone to scan the QR code by temporarily adding their name and phone number to your phone after you scan the QR code. There is an option to 'not save' their details.

If you don't have a mobile phone with the capability to scan a QR code, there will be an iPad at Reception where a volunteer or staff member will assist you with scanning.



If you have a smartphone or tablet - and would like a hand to download the Service Victoria APP and use the QR code scanner, ask for assistance at Reception. If staff are unable to assist at the time, they will suggest another time or you could book a session with one of the Archie Tech Support Volunteers.

If you have an Apple device, bring your Apple ID & password to your appointment. If you have an Android device, you will require an email address. If you do not have an email address, volunteers can assist to set up a free email address.

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 at Reception with Mabel or Jan to chat about considerations and options to manage your personal affairs. For example:

- an advance care directive
- an enduring power of attorney
- apply for My Aged Care
- apply for a Seniors Card
- apply for Power Saving Bonus
- apply for a Companion Card



Mabel is available
Tuesdays
1.30-2.30pm
Unavailable
1-27 July



Jan is available
Fridays
9.30-10.30pm
Unavailable
1-30 July

Apply for the Power Saving Bonus

Do you want a hand to apply for the \$250 Power Saving Bonus? This is a one-off payment to help you with the cost of living. To be eligible, someone in your household must have a pensioner concession card or receive, Austudy, Abstudy or Youth Allowance.



Please don't hesitate to get in contact and make an appointment, so we can help! Contact Coordinator: Jill Bourke Phone: 0418 944 276 .

Appointments available at West Warrnambool Neighborhood House with Jill or at Archie Graham Community Centre with Barbara Skilbeck - our trusted Volunteer.



Community Information

My Aged Care Info Session

My Aged Care is the start point to access Australian Government funded services. In this session we will use the website to help you find out about:

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

Presenters Jon Sedgley - Manager Home Support at Warrnambool City Council and staff from the Commonwealth funded Social Support Program

Date: Thursday 19 August Time: 2 - 3pm

Enquiries or book: at Archie Reception or call 5559 4920 **Cost:** Free

Voices of Victoria Listening Tour

VCOSS - Victorian Council of Social Service is leading a community consultation to inform their approach to social recovery from the COVID-19 pandemic.

The pandemic has impacted communities in all sorts ways: physical health, mental health, work, caring, education and community connectedness and VCOSS want to hear from communities about what is important to them in the recovery from COVID-19, and what they need in order to live better lives post-COVID.

The project will be held at the Lighthouse Theatre on Thursday July 29 1pm – 3.30pm

Participating community members will receive a \$20 voucher for their attendance.

Afternoon tea will be provided; transport to and from the event can be arranged.

If you require more information or wish to register your attendance please contact Jill at West Warrnambool Neighborhood House. Ph: 0418 944 276 E: jbourke@warrnambool.vic.gov.au



End of Life Preparations Workshop

Over the course of two hours learn about advanced care planning, powers of attorney and wills. Be inspired to complete an end of care plan, a life review, a death plan and funeral plan.

Presenter: Eric Fairbank from the Warrnambool and District Hospice.

Dying well requires thought and planning

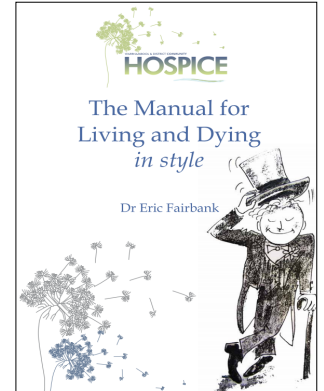
When: 10am - midday **Wednesday 14 July**

When: 10am - midday **Wednesday 11 August**

Where: Archie Graham Community Centre

Cost: Free.

Bookings essential at Archie Reception or call 5559 4920



Seniors Festival 1st - 31st October 2021

Hooray... the Victorian Seniors Festival is back for 2021, so save the date

Victorian Seniors Card holders can explore Melbourne and regional Victoria with free travel from Sunday 3rd to Sunday 10 October 2021.

Individuals, Community Groups & Organisations wishing to have an event included in the **Warrnambool's Celebrate Seniors Festival program** are most welcome to contact Clare Vaughan on 5559 4920 by Friday 23 July with your event details.

West Warrnambool Neighbourhood House July School Holiday Program:

Looking for something for the kids to do this school holidays? For more information about our fun and affordable school holiday activities: contact Jill at the West Warrnambool Neighbourhood House.

Bookings Essential!

Ph: 0418 944 276

Fb: [westwarrnamboolneighbourhoodhouse](https://www.facebook.com/westwarrnamboolneighbourhoodhouse)



COVID Safety at Archie



Welcome

Conditions of Entry during Covid-19

Please do not enter if you have a fever, runny nose, cough, chills, sore throat or any other coronavirus symptom; or if you are required to isolate as a contact or confirmed case.



Go home if you feel unwell and get tested if you have coronavirus symptoms, however mild.



All entries must be recorded by scanning the QR codes located at entrances. Staff and Volunteers will assist where possible.



Check-in at Reception for Archie activities.



Wear a mask when required by Victorian Government regulation and whenever you wish to wear one to protect yourself.



Stay 1.5m from others as much as possible.



Use hand sanitiser on arrival and regularly while at Archie



Use hand sanitiser before making yourself a hot drink.
Place used cups in the dishwasher or the box designated for used cups.



Spray the furniture you use with disinfectant surface spray and dry with paper towel before and after use



Contactless payment is preferred at Reception and at the Café

Please ask one of our staff if you have questions or concerns about COVID safety at the Archie Graham Community Centre.