



Archie Graham  
COMMUNITY CENTRE

OPEN  
9AM - 4PM MON - FRI

## March - April 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.



**Archie Café:** Hooray, the Archie Café will be open for business from the **8th April** between **10am - 2pm** on **Mondays** and **Thursdays**, subject to change to suit demand.

Our fantastic team of Archie volunteers recently attended a barista course with Bruach Colliton - from Rox Coffee Co to learn how to make great coffees.

Prior to the official Café opening, volunteers will be practicing their coffee making skills to reliably make quality coffees. If you see the café counter open, feel free to support the team by asking if you can purchase a coffee and provide honest feedback.

### What's on the menu?

Cappuccino, Latte, Flat white, Long or Short Black Coffee and Hot Chocolate are available: Cup \$3; Mug \$4. Payment by cash is accepted but card is preferred



Biscuits from *Waltanna Living* will be on sale at the café. They are perfect with a coffee - Yummo!

*Tasty Plate* will get us started with a supply of sandwiches and wraps, frittata and salads for lunches. Additional options may be available by negotiation.

Groups wishing to enjoy lunch at the Archie Café before or after their activity are invited to enquire at the Café about making a booking and your meals will be ordered in advance.

***When the Café is not open, please direct menu and group en-***

***quiries to Cassie by calling***

***5559 48842 or by emailing [ctmorgan@warrnambool.vic.gov.au](mailto:ctmorgan@warrnambool.vic.gov.au)***

Patrons are welcome to bring lunch from home or purchase from the café.

Please note that with COVID restrictions, our café space is limited to 25 people and group bookings may limit access to those wanting to drop-in without booking at times.



# Social Connection Project

## Social Connection Project... Cassie Morgan and James Smith

Cassie and James would like to thank everyone who completed the *Social Connection Survey in February*. This survey is now closed, and your feedback is being reviewed to strengthen opportunities for social connection at *Archie*.

We understand that many people feel some uncertainty around covid-safe requirements or have had changes in their life that make getting back into the community a challenge. As well as getting to know you, we're looking for ways to overcome these challenges to get back to the good times.

## Come in to Archie for a coffee

If you have not been to Archie before or if you have not been here for a while and are unsure of what's on offer, come in for a coffee or tea and you can see what's going on. Espresso coffees are available on Mondays and Thursdays between 10am-2pm. There are newspapers and a book swap if you would like to have a quiet read and free wifi if you want to use your own device. Enquire if James or Cassie are free to have a chat about finding social activities that match your interests.

## Community Garden Tour

The Warrnambool Community Garden is a place where people are encouraged to come together to grow, learn, produce and share.

The garden features a market with local producers of vegies, cheese and food.

We are seeking expressions of interest from people who would like to attend a tour of the gardens and visit the market. If this interests you, please

contact James by calling 55594498 or emailing [jcsmith@warrnambool.vic.gov.au](mailto:jcsmith@warrnambool.vic.gov.au)



## Morning Music at the Lighthouse Theatre: it's back!

Do you want to go to Morning Music Shows but you are put off because you don't know anyone else that wants to go? Come with our group from *Archie*.

**BOOKINGS: Full admission tickets cost \$20.00 however, Archie has tickets available for the group booking discounted price of \$15 for those who register and pay at Reception for the show.**

On the day of the show, meet Cassie, James 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 as a group for the 11am show.

## SALUTE TO THE ANZACS Wednesday 14th April

Narrator Chris McKenna leads a stellar cast including Roy Best, Jazz Flowers, Alison Jones and Caroline Vercoe, in a production that promises to deliver a very special morning just before ANZAC Day.

Playing homage to Dame Vera Lynn, The Andrew Sisters, Bob Dylan & Normie Rowe. Starring Chris McKenna, Roy Best, Jazz Flowers, Alison Jones & Caroline Vercoe, promises to deliver a very special morning.



# Weekly Timetable

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9am - midday</b> Hydrotherapy Pool 1hr; \$9	<b>9am - midday</b> Hydrotherapy Pool 1hr; \$9	<b>9am - midday</b> Hydrotherapy Pool 1hr; \$9	<b>9am - midday</b> Hydrotherapy Pool 1hr; \$9	<b>9am - midday</b> Hydrotherapy Pool 1hr; \$9
<b>9.15am</b> Tai Chi \$4 Seniors Club	<b>9am</b> Walking 50c for lucky draw Meeting point: varies Seniors Club	<b>9.15am</b> Line dancing - free Start date To be confirmed Seniors Club	<b>9am</b> Walking - free Meeting point: varied Seniors Club	<b>9am</b> Confidential assistance with personal information with Volunteer, Jan Harrington. Free
<b>9.30am - 4pm</b> Tech Support with Volunteers 1hr; \$6	<b>9.15am</b> Men's Strength Training \$6	<b>9.30am - 4pm</b> Tech Support with Volunteers 1hr; \$6	<b>9.15am</b> Men's Strength Training \$6	<b>9.15am</b> Chair Yoga \$6
<b>9.30am &amp; 10am</b> Heart Foundation Walking - free Start: Surf Club	<b>9.30am - 4pm</b> Tech Support with Volunteers 1hr; \$6	<b>10am</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Wed/mth Social Gardening Free	<b>9.30am - 4pm</b> Tech Support with Volunteers 1hr; \$6	<b>9.30am - 4pm</b> Tech Support with Volunteers 1hr; \$6
<b>10am</b> Social Cycling free. New riders please contact Archie Reception	<b>10am</b> Painting with tutor Ricky Schembri \$15 - tutor. Seniors Club	<b>10.30am</b> Line dancing Start date To be confirmed Seniors Club	<b>10.30am</b> Strength Training \$6	<b>9.30am</b> Painting - free Seniors Club
<b>10.30am</b> Gentle Exercise. \$4 Seniors Club	<b>10.30am</b> Strength Training \$6	<b>11.45am</b> My Strength \$6	<b>11.45am</b> Stepping Stones \$6	<b>10am</b> Heart Foun- dation Walking - free Start: Centro <b>9.30am</b> from 26/3 onwards
<b>11.45am</b> My Strength \$6	<b>11.45am</b> Stepping Stones \$6. Transition from Health Services only	<b>1pm</b> Pulselite \$6	<b>1.15pm</b> Indoor Bowls \$1 for prize Seniors Club	<b>10am</b> Social Cycling free. New riders please contact Archie Reception
<b>1pm</b> Pulselite \$6	<b>1.15pm</b> Indoor Bowls \$1 for prize Seniors Club	<b>1.15pm</b> \$1 for prize Cards 500 - free Seniors Club	<b>2pm</b> Petanque - free; Lake Pertobe Piste Seniors Club	
<b>1.00pm</b> Billiards - free Seniors Club	<b>1.30pm</b> 2 <sup>nd</sup> & 4 <sup>th</sup> Tue/mth Netflix Movie \$2	<b>1.30pm</b> Mahjong \$2 Scrabble \$2		<b>1pm</b> Cards Euchre, free. Start date: TBC Seniors Club
<b>1pm,</b> 1 <sup>st</sup> & 3 <sup>rd</sup> Mon/month Knitting free Start date: 1 <sup>st</sup> Feb Seniors Club	<b>1.30pm</b> Confidential assistance with personal info with Volunteer Mabel Mitchell. Free	<b>1pm</b> Billiards - free Seniors Club		<b>1pm</b> Singalong free Start date: To be confirmed Seniors Club
<b>1pm, 2<sup>nd</sup> Mon/mth</b> Writing Group \$2	<b>4.30pm</b> Heart Foundation Walking - free Start: Aquazone	<b>Activities are open to all!</b> However to avoid disappointment please make a booking:  Call Reception - 5559 4920		<b>1pm</b> Billiards - free Seniors Club
<b>3pm</b> Chair yoga \$6				

# Harmony Week 21– 26 March

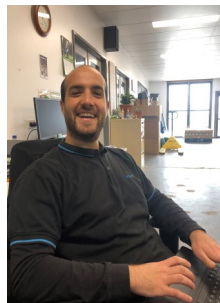
Australia is a vibrant and multicultural country and Harmony Week is a time to celebrate Australian multiculturalism, and the successful integration of migrants into our community and collectively how these traditions have enriched our nation.

In partnership with West Warrnambool Neighbourhood House (WWNH), we have invited five of our friends from diverse cultural backgrounds - who love to cook, to come to Archie to prepare and share a meal with five guests... who also love to cook and enjoy food. This is one small way we will celebrate multiculturalism here in Warrnambool. Look out for the photographs of our Harmony Week celebrations on the WWNH Facebook page during the week 21-26 March.



Claudia Zanette

What is your country of origin?  
Brazil  
What will you be cooking for Harmony Day? Moqueca Baiana. A seafood stew  
What is your favourite ingredient to use? Coconut milk  
What do you love about Warrnambool? The friendly atmosphere, the wild nature and the welcoming people



Harel Memlis

What is your country of origin?  
Israel  
What will you be cooking for Harmony Day? Shakshuka  
What is your favourite ingredient to use? Fresh herbs and spices  
What do you love about Warrnambool?  
Living near the ocean and the cool weather



Jun Lu

What is your country of origin?  
China  
What will you be cooking for Harmony Day? Handmade dumplings  
What is your favourite ingredient to use? Fresh Ginger, Garlic and Spring onion  
What do you love about Warrnambool? The beautiful Beach and lovely community



Zeinab Elsaidy

What is your country of origin?  
Egypt  
What will you be cooking for Harmony Day? Mahshy  
What is your favourite ingredient to use? I love Coriander and cooking with fish  
What do you love about Warrnambool? It has a similar Coastline as my hometown, Alexandra in Egypt



Chamari Ariyadasa

What is your country of origin?  
Sri Lanka  
What will you be cooking for Harmony Day? Chicken Curry, Bean Curry and Rice  
What is your favourite ingredient to use? Curry Leaves  
What do you love about Warrnambool? The weather & beautiful beaches

Harmony Day is about **inclusiveness, respect and belonging** for all Australians, regardless of cultural or linguistic background, united by a set of core Australian values.

***“If you talk to someone in a language they understand, that goes to their head. If you talk to them in their language, that goes to their heart.” - Nelson Mandela***

Simply saying hello to someone in their language is something we can all do in Harmony Week.

**TUESDAY MOVIES**  
1.30 PM \$2  
2-3 episodes a session in March & April

## VIRGIN RIVER

**Season 2**

Ahhh... too often patrons are rushing to an early appointment and fail to see the Out & About bus pulling out. Please take care

# Group Fitness

Archie group fitness classes are operating well and patrons are adapting to the 1.5m distancing in order to exercise without a mask. Thank you to all who are assisting with sanitising as required. So far, so good!

**Please continue to BOOK ONE SESSION PER WEEK and ONE WEEK IN ADVANCE; call 5559 4920**

Please ask for a second session/week as they are often available if you ask at the Reception Team.

The COVID limits on group sizes are being eased and numbers are now dependent on the type of class and the vulnerability of participants. Strength Training and Men's Strength on Tuesdays and Thursdays book out sometimes; if you miss out on one of these classes, Michelle advises you to try the *My Strength* classes which cater for men and women. They're 11.45am Mondays and Wednesdays - give it a go!

**If you cannot attend a class you are booked into, please be considerate of others and call Reception to cancel your spot as early as possible.** It is most disappointing when people who are booked in do not turn up and others have been turned away. We seek the cooperation of all on this.

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

It's great to have Yoshi and Peta leading the Chair Yoga sessions. We want to have 15+ people in these classes to keep them viable. If you love chair yoga - tell your friends, if you have never tried it and are curious, talk to Clare about what's involved. Newbies to exercise at Archie, book into *Find your Class* first.

## Find your Class - for New Participants

Prior to attending any Archie Group Fitness session, patrons must attend a *Find your Class* session with our instructor Michelle Steere. *Find your Class* sessions have a maximum of four people and are on Wednesdays at 2.30pm or 3pm for 30 minutes.

Please book by contacting Archie Reception - Ph: 5559 4920. Collect a pre-exercise assessment form and fill it in and bring it to your appointment.



## Heart Foundation Walking & Social Cycling

**New Heart Foundation 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. Next morning tea gathering is on Monday 29 March on the decking on the beach side of the Surf Club. Time TBC.

**New social 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 with Clare Vaughan and the Social Cyclist Volunteers with the next session: 9am Friday 9 April.

Next lunch gathering will be on Friday 16 April with more details TBC by group email or at the ride on 9/4.

## Hydrotherapy

Book a hydrotherapy session by calling Reception on 5559 4920.

Max. 8 people in pool/session. \$9/session. Call to cancel your booking if you cannot attend and those on the waiting list will be notified.









Change-room facilities continue to be 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.

			
<b>Alan Richardson</b>	<b>Brian Richards</b>	<b>Christine O'Grady</b>	<b>David Pearson</b>
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... but not phones	Computers (Windows) Android tablets & phones  Social Media.	Computers (Windows) Getting started online. Genealogy/ancestry.  Intro to iPad
			
<b>Colin Wake</b>	<b>Richard Skilbeck</b>	<b>Barbara Skilbeck</b>	<b>Sandra Pearce</b>
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
<p><b>Please check your diary carefully before making bookings.</b></p> <p><b>Book by calling Archie Reception on 5559 4920.</b></p> <p><b>It helps to book a few days in advance.</b></p>			

## Intermediate iPad Course with Murray

**HOORAY - Murray Hennig is back at Archie to teach intermediate iPad Course from 1.30 - 3pm on the following dates: 15/04/2021, 29/04/2021, 13/05/2021, 27/05/2021, 10/06/2021, 24/06/2021**

Bookings are to be made by email directly to Murray: [murray.hennig@gmail.com](mailto:murray.hennig@gmail.com)

Classes are \$20 per session and fees are to be paid directly to Murray at your first session.

Contact Murray directly with enquiries.

Murray Hennig  
(Accredited Workplace Assessor & Trainer)  
Entertaining Computers  
Stress-Free Productivity integrating GTD® with Evernote®  
Mobile: [0407 377 785](tel:0407377785)

*The fact that a group of people from Archie have been updating their iPad knowledge and skills with Murray, twice a year for several years is evidence of the quality of the sessions. There is no better recommendation than from happy customer !*

# 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
- Service providers in your area
- Costs you may need to pay
- Quality in aged care
- Advocacy services

Presenter: Jon Sedgley - Manager Home Support at Warrnambool City Council

**Date:** Thursday 8 April

**Time:** 2.00 — 3.00pm

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

**Cost:** Free

## 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 10 March

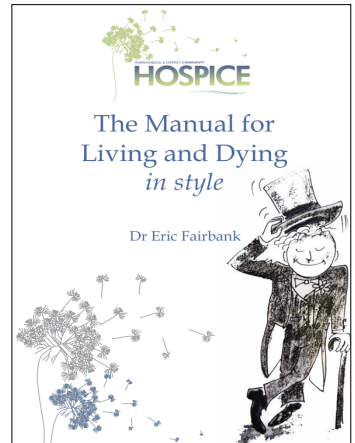
**When:** 10am - midday Wednesday 14 April

\* Future will be on the 2nd Wed/month

**Where:** Archie Graham Community Centre

**Cost:** Free.

**Bookings** essential at Archie Reception or call 5559 4920




## Advanced Care Directive Information Session

Melissa Couch, South West Healthcare Advanced Care Planning Officer will provide information about making medical treatment decisions in preparation for end of life. Suitable to attend after the session with Eric Fairbank.

**When:** 12.30-1.30pm Thursday 25 March. The timing of this session is a bit tricky being over lunchtime, however Melissa's availability is limited by her busy South West Healthcare

**Where:** Archie Graham Community Centre.

**Cost:** Free **Bookings** essential at Archie Reception or call 5559 4920

 Office of the Public Advocate



**Take Control**  
of your future decision-making

These 'Take Control' booklets are available to download, [click here](#)

Alternatively you can arrange to get one when you attend the info session or make an appointment with Jan or Mabel.

See below.

## 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

# Community Information



## Free travel for Victorian Seniors Card and Carer Card holders

21-28 March 2021

Includes Melbourne trains, buses, trams, and regional V/Line trains

In line with public health advice everyone on public transport is required to wear a fitted face mask, practise good hygiene, and maintain physical distancing. Follow health directions and do not travel if feeling unwell.

Find out more visit Seniors Online:

[www.seniorsonline.vic.gov.au/free-public-transport-march-2021](http://www.seniorsonline.vic.gov.au/free-public-transport-march-2021)



To celebrate Neighbourhood House Week 8-11 May and recognised the amazing work done during the pandemic - keep an eye out for activities happening at the West Warrnambool Neighbourhood House!

Ph: 0418 944 276

E: [jbourke@warrnambool.vic.gov.au](mailto:jbourke@warrnambool.vic.gov.au)

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

## 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**

**Use hand sanitiser and disinfectant surface spray to protect yourself**

**Bringing your own cup is a good idea and preferable to using disposable cups**

**Bookings are required for Archie activities;** they help patrons avoid the disappointment of arriving at Archie and finding the session you wish to attend is full.

**Check in at Reception on arrival.**

**Call to cancel bookings ASAP to allow time for staff to contact those on waiting lists.**

## COVID-19 Vaccination Update [www.coronavirus.vic.gov.au/vaccine](http://www.coronavirus.vic.gov.au/vaccine)

South West Healthcare is in the process of creating the 'SWH Vaccination Centre' in the old Sam's warehouse in Merri Street opposite the train station. This will be the main centre that our community can access the COVID-19 Astra Zeneca vaccination. SWH are hoping to start vaccination in our community at the end of March. You will be notified soon as to how you will make an appointment.

### Be prepared for vaccination:

Make sure your Medicare details are up to date.

Have a discussion with your GP if you have any questions / concerns regarding to COVID-19 vaccination

Bring a photo ID if you have one

Bring the name of your GP

Bring a facemask

### Remember:

If you are unwell with a fever or cough- get tested at one of Warrnambool's two testing centres:

#### South West Healthcare Respiratory Assessment

Clinic: 321 Timor Street, Warrnambool ,

Appointment only. Book by phoning (03) 5563 1666

#### Great South Coast Respiratory Clinic

2/120 Lava St, Warrnambool 3280

Appointment only. [Book online](#) or phone 0428 606 397