



Archie Graham
COMMUNITY CENTRE

OPEN
9AM - 4PM MON - FRI

May - June 2021

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



If you are new to *Archie*, the best way to work out how the place 'ticks' is to read this newsletter and spend some time in the Archie Café and become familiar with the activities on offer.

Our volunteer baristas will make you an espresso coffee from **10am - 2pm each Monday & Thursday** or make yourself a cup of tea or instant coffee at no charge.

Everyone can enjoy the café space to meet up with others, read the newspaper or use free WiFi.

Archie Reception Upgrade

In the coming months, the *Archie* reception area will be refurbished to improve the amenity and security of the space.

We will minimise disruption to Archie programs and activities.

The front entrance will be closed and reception will be temporarily re-located to the dining room.

Rear doors from the carpark will be open as usual.

Access from Timor Street will be via minor doors and signage will direct you to enter the building safely.

Staff will be monitoring access points and guiding as required. Please arrive to allow sufficient time to find your way to your activity or meeting.



Booking System Upgrade

The reception booking system is also being upgraded to enable our reception team to better manage the numbers of people coming to the centre and co-ordinate room bookings.

- From 1 May, the restriction to attend only one group fitness or hydro pool session/week will be lifted
- Bookings will continue to be taken one week ahead for activities.
- From 1 June, payment will be taken at the time of booking into an activity. Patrons can decide not to book & continue to pay on the day of an activity, but many sessions fill up & you risk missing out.

We understand that sometimes you need to cancel a booking. For cancellations with 24 hours notice - or more, staff will transfer your booking and payment to the next suitable time.

Those who don't turn up for their booked session or who cancel on the day of their booking, will forgo their payment. Contact Clare Vaughan if you wish to discuss a booking cancellation or payment issue.

Social Connection Project



Archie Café is now open!

Mondays and Thursdays 10am - 2pm

Payment by cash is accepted but card is preferred

Espresso coffees are available for \$3 a cup and \$4 in a mug (single shot). Archie's baristas are becoming expert coffee makers, so don't be afraid to request your preferred coffee order! Extra shots of espresso are available at 50c for those that need an extra kick or in the mug size, 1/2 strength if that's your thing.

Hot chocolate, specialty teas & cold drinks are also available.

Sweet treats are available for your morning tea or afternoon pick-me-up, including scones, chia pudding and biscuits baked locally by *Tasty Plate* and *Waltanna Living*.

Keep an eye out for upcoming winter warmer lunch options as we head into the colder months. We will start with simple toasted sandwiches, raisin toast and soups.

We encourage groups wishing to have lunch at the *Archie Café* to enquire at the Café about menu options & bookings.



l-r: First Customer: Mary McLeod; Volunteers: Lyn Orme, Jennie Miller, Maureen Linton, Staff: Cassie Morton, Volunteer: Brenda Smith

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.

**When: Monday 19 May,
12 noon**

Where: The Archie Café,
Enquiries: call Cassie Morgan or James Smith on **5559 4842** or book at Reception on **5559 4920**



**When: Wednesday 16 June
12 midday**

Where: Images,
60 Liebig Street

Please book at Reception or call **5559 4920**.

We meet at the restaurant.

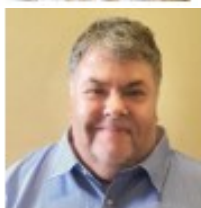


Social Connection

Are you looking for ways to boost your social life and find activities or a group to join?

Reach out and contact Cassie or James who can often be found in the *Archie Café* or delivering food to people in need for *Foodshare* and the West Warrnambool Neighbourhood House.

Great options to re-start getting out into the community are available. Contact Cassie Morgan or James Smith on **5559 4842** to arrange a time to talk about where you are at and the activities or groups that might suit you.



Netflix Movies

Coming to the movies is an easy first activity to join at *Archie*. Movies are on at **1.30pm on Tuesday 11 & 25 May and 8 & 22 June; Cost:\$2**

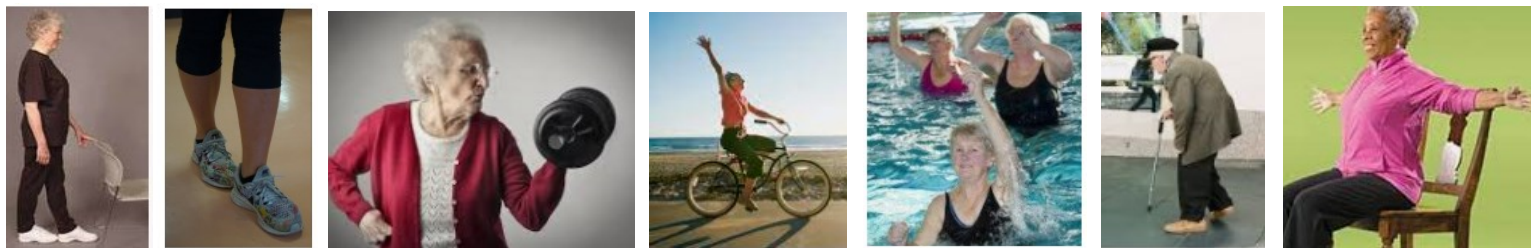
We are keen for film buffs to suggest movies or series to watch. Contact James with suggestions.

Weekly Timetable

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

Monday	Tuesday	Wednesday	Thursday	Friday
9am - midday Hydrotherapy Pool 1hr; \$9	9am - 1pm 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 Yoga \$6
9.30am Heart Foundation Walking - free Start: Surf Club	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. Enquire at Reception	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	10.30am Strength Training \$6	11.45am My Strength \$6	11.45am Stepping Stones \$6	9.30am 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. Enquire at Reception
1pm Pulselite \$6	1.15pm Indoor Bowls \$1 for prize Seniors Club	1.15pm \$1 for prize Cards 500 Seniors Club	2pm Petanque - free; Lake Pertobe Piste. Seniors Club	
1.30pm Billiards - free Seniors Club	1.30pm 2 nd & 4 th Tue/mth Netflix Movie \$2	1.30pm Mahjong \$2 Scrabble \$2		1pm Cards Euchre, free. Seniors Club
1pm, 1 st & 3 rd Mon/month Knitting free Seniors Club	1.30pm Confidential assistance with personal info with Volunteer Mabel Mitchell. Free	1.30pm Billiards - free Seniors Club		1pm Singalong free Start date: To be confirmed Seniors Club
1pm, 2nd Mon/mth Writing Group \$2	4.30pm/4PM change tbc Heart Foundation Walking - free Start: Aquazone			1.30pm Billiards - free Seniors Club
2.15pm, Scottish Country Dancing Start date To be confirmed 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 \$6 Room may change				

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 prior to riding with the group. Rusty Rider sessions are with our volunteers with the next session: 9am Friday 4 June. Queries: 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 decking on the beach side of the Surf Club on the last Monday of the month at 10.15am. The next gatherings on 31/5 and 28/6. It helps to bring your own mug.

Do you have a health condition?

At Archie our physical activity staff are fitness instructors and life-guards - not health professionals and the walking and cycling groups are led by volunteers. Being able to 'self-manage' is a key ingredient for involvement in activities at Archie.

Talk with your GP about whether a referral to a health service is more suitable for you to learn to manage your condition. In addition you can contact Reception to arrange a short appointment with Clare Vaughan to discuss your needs.









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 cancellations with at least 24 hrs notice so we can notify those who might want your spot and re-book you at another time. Less than 24 hrs for a cancellation and you will forgo payment.

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

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! Mon - 9.30am & 10:45am Fri - 9.30am & 10:45am * other times on request	Help to solve tricky problems on computers & tablets but not phones 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. Mon - 1.15pm & 2:30pm	Computers (Windows) Getting started online. Genealogy/ancestry. Intro to iPad Wed- 9.30am & 10:45am
			
Colin Wake	Richard Skilbeck	Barbara Skilbeck	Sandra Pearce
Computers (Windows) Setting up emails. Editing and storing of photos Thu - 1.15pm & 2:30pm Fri - 1.15pm & 2:30pm	Computers (Windows) Word & Excel. Email & Networking Mon - 9.30am & 10:45am	Android tablets & phones Zoom Photobooks Powerpoint Tues - 1.15pm & 2:30pm * other times on request	Computers (Windows) Anything related to music, videos and photos Android tablets Tues - 1.15pm & 2:30pm * other times on request

As of 1 June 2021, payment will be required at the time of booking .

We understand that cancellations are sometimes unavoidable so please call Reception on 5559 4920 to cancel, rather than just not turn up.

Not attending an appointment impacts on our volunteers who give their time generously. Sessions cancelled with 24 hrs or more notice can be refunded or re-booked for a more suitable time. Queries: Clare Vaughan 5559 4920.

Intermediate iPad Course with Murray

Murray Hennig is back at Archie to teach intermediate iPad Course from 1.30 - 3pm

WHEN: 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

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

Contact Murray directly with enquiries. Mobile: [0407 377 785](tel:0407377785)

Archie Fees and Charges

Please refer to the proposed Fees and Charges for the 2021-2022 Financial Year effective as of the **1 July 2021**, which are pending for adoption by Council on 28 June 2021.

The following list includes the comparative rates from the previous financial year.

Archie Graham Community Centre Fees and Charges	2020-21	2021-22
Group Fitness Classes: Strength Training, Pulse Lite, Stepping Stones, Chair Yoga;	\$6	\$7
Hydrotherapy Pool	\$9	\$10
Commercial rate – pool hire per hour	\$95	\$100
Community rate – pool hire per hour	\$65	\$70
Commercial rate – room hire per hour WEEKDAYS Monday to Friday between 9am - 4pm	\$65	\$70
Commercial rate - room booking with more than 10 bookings per year	\$55	\$60
Community rate – room hire per hour	\$35	\$38
Community rate – room hire per hour, with more than ten bookings per year	\$20	\$22
Community Computer Centre – per 1 hour session	\$6	\$7
Bike Hire – per 1 hour ride	\$5	\$5
Room Hire—Weekdays outside of normal business hours and Weekends		By negotiation

COVID - 19 Update

South West Healthcare Vaccination Centre is now open!

Go to southwesthealthcare.com.au/covid-19-information for the SWH vaccination booking link and eligibility advice also see [SWH Facebook page](#)

Those who do not use the internet are invited to call SWH Vax line on: [0435 252 294](tel:0435252294) or [0435 514 131](tel:0435514131)
If your call is not answered, please leave your name and phone number and be available for a return phone call to secure a booking.

Once you have a confirmed booking, attend your appointment at the SWH Vaccination Centre (old Sam's Warehouse building) located at 184 Merri Street Warrnambool, 9am – 4:30pm

If you have any questions regarding your medical history and COVID-19 vaccination, please check with your GP to determine if COVID-19 vaccination is suitable for you.

Listen to local radio stations for COVID-19 vaccination information updates.

Check Friday editions of the Warrnambool Standard for COVID-19 vaccination information updates.

COVID-19 Vaccine Information Sessions

Jenny Lukeus, the COVID Infection Prevention Community Response Consultant from South West Healthcare will be at the Archie Graham Community Centre to share the latest info about the COVID-19 vaccination rollout and respond to your questions.

When: 1.30 - 2.15 pm Thursday 13th May 2021 OR 1.30 - 2.15 pm Monday 7th June 2021

Sessions will run if people register to attend, so please book at Archie Reception on 5559 4920

COVID-19 Testing

If you have symptoms such as fever or chills OR acute respiratory infection such as a cough, sore throat, shortness of breath or a runny nose that cannot be explained by an alternative diagnosis - call the Warrnambool Respiratory Assessment Clinic (RAC) on [5563 1666](tel:55631666)

8am - 4pm Monday to Sunday to speak with a Respiratory Assessment Centre Nurse.

National Sorry Day & Reconciliation Week 2021

National Sorry Day is a day to acknowledge the Stolen Generations and to reflect on how we can all play a part in the healing process for our people and our nation.

The native hibiscus is the official symbol for **Sorry Day**. This purple flower was chosen as it continues to grow widely across Australia and the colour symbolises compassion and spiritual healing. *Would you like to make handcrafted purple flowers to contribute to a display for National Sorry Day?*

The sample flowers were made by the Brauer College Kakay group with Mel Steffenson. Any style or design will be appreciated.

Your hand-crafted flowers can be taken to the Warrnambool Library on Friday 21 May between 9am-5pm.

They will be displayed at the Lighthouse Theatre on National Sorry Day & in Reconciliation Week.

For more information contact Jaimee on 0407 908 575 or e: jmillar@warrnambool.vic.gov.au



West Warrnambool Neighbourhood House

Everybody is welcome to come along and join in our activities, to celebrate Neighbourhood House Week 8-14 May 2021. Bookings are essential!

Tuesday May 11 1.30-3.30pm; Resin Art with Kaz; Afternoon tea provided; Gold Coin Donation

Thursday May 13 9.30-11am; Play Group (children aged 0-5 years); Activities include: Face painting, art and craft, cookie decorating! Morning tea provided; Gold Coin Donation

Enquiries, call Jill Bourke 0418 944 276; E: jbourke@warrnambool.vic.gov.au
Fb: westwarrnamboolneighbourhoodhouse



National Volunteers Week 17-23 May

Save the date: An afternoon tea for all Archie Volunteers will be held on **Friday 21 May 2-3.15pm** in the Archie Café to acknowledge and thank our volunteers. Volunteers will be contacted directly and are reminded to RSVP at Reception by calling 5559 4920 by Wed 19/5, so that we get the catering right.

World Environment Day - 5 June 2021

World Environment Day shines a light on what we can do to take better care of our natural environment. Our Archie building will be lit up 'green' as a reminder to take action on World Environment Day.

Warrnambool City Council has a range of opportunities for volunteers to be involved in projects that protect our local environment. Contact the Council Officers involved and join in as you wish!

Platypus Project – contact Noni: nbrislin@warrnambool.vic.gov.au

Gardens for Wildlife Project – contact Jacqui; jbalszs@warrnambool.vic.gov.au

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
Narelle Wickham or Mary McLeod, Coordinators of Respite and Carer Support Services.

Date: Thursday 24 June

Time: 2.00 — 3.00pm

Enquiries or book: at Archie Reception or call 5559 4920

Fall Prevention Info Session

Falls are a major cause of injury for older people. As we get older, it is important to take steps to prevent falls and maintain balance & mobility.

In this session a local podiatrist will talk to you about:

- Importance of maintaining good foot health
- Footwear and common conditions that could lead to a fall
- Prevention strategies you can use

Presenter: Zac Hook; W'bool Podiatry Group

Date: Friday 28 May 10:15am — 11am

Enquires 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 12 May**

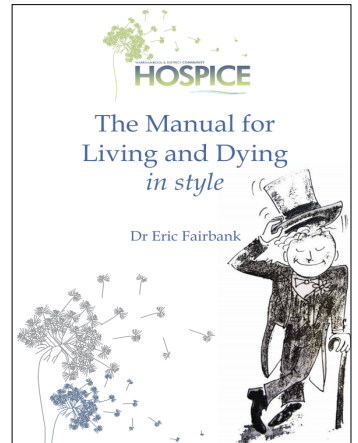
When: 10am - midday
Wednesday 9 June

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

Where: Archie Graham Community Centre

Cost: Free.

Bookings essential at Archie Reception or call 5559 4920



Room Hire at Archie

At Archie, there are a variety of rooms available for hire to both commercial and community groups.

The rooms vary in size from a small interview room, meeting rooms suitable for lectures and workshops including some with kitchenettes and also a large recreation hall.

It is a requirement that all hirers complete room induction which include COVID responsibilities and a centre induction for after hours hire.

Enquiries welcome by contacting Reception:

agccustserv@warrnambool.vic.gov.au or 5559 4920

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