



Archie Graham  
COMMUNITY CENTRE

NOVEMBER - DECEMBER 2021

OPEN: 8.15AM - 5PM MON-FRI

No doubt about it, the pandemic has been and continues to be tough. The end is in sight though as vaccination levels increase and milestones on the roadmap to recovery are achieved.

At *Archie* we are looking to our post-pandemic future with optimism as we adapt and re-set our role as a friendly and relaxed place for people to find out about and join in with community activities to be fit and healthy, independent and connected to friends. *Archie* is also a place to continue to learn new things or re-engage with interests and form new friendships through the activities.

### Proof of COVID-19 Vaccination

If you have had the COVID vaccination it is important to carry proof of vaccination with you for entry into many businesses and services in our community and when travelling across the State and Nationally.

Please note that as Government guidelines change in early November, patrons are likely to require a proof of COVID vaccination to participate in community activities. Go to page 2 for info to get proof of vax.

If you have not had the COVID vaccination it is a good idea to discuss this with your GP. Please call our friendly staff at Reception on 55594920 to check the requirements for entry to the Archie Graham Community Centre.

### Dates for the Calendar

**The CELEBRAGE Seniors Festival Launch - at Warrnambool Art Gallery; Sunday 5 December**

1pm Concert; 1.45pm Official proceedings including acknowledgement of local nominees for Victorian Senior of the Year Award; 3pm WALLAWAR | GLOW GOLDEN DANCE PARTY (details on page 5)  
Bookings essential at Archie Reception or call 5559 4920. Restrictions on numbers apply.

**Christmas closure:** Midday Friday 24 December 2021; re-opening 8.15am Tuesday 4 January 2022

### A Christmas Gift Idea for those who don't need more 'stuff'...

Consider giving a friend or loved one an *Archie* visit pass to fun!

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

***Archie* visit passes - a convenient way to make bookings & pay for your favorite activities so you don't miss out. If you need to cancel a booking, you can do it over the phone by calling Reception on 5559 4920. Cancel with at least 24 hours notice gives staff time to re-book your spot if possible.**



# Do you want help to get proof of your COVID-19 Vaccination?

**OPTION 1: Log-in to the website:** [www.my.gov.au](http://www.my.gov.au) Follow the instructions to create an account, link your *Medicare* account to your *myGov* account & attach your digital certificate to your *Services Victoria App*. Get the latest App updates before your start.



**OPTION 2: Book a FREE session with an Archie Volunteer.** Call Reception (See in green area below)

**OPTION 3: Call Services Australia:** 1800 653 809; paper copy to be posted. Approx 14 day wait.

**OPTION 4: Visit the Medicare Desk at CentreLink,** 109 Lava St, Warrnambool.

**OPTION 5: Book a FREE session with Mary Finnerty or Kurt Lenehan - Jobs Victoria Advocates**

As local Jobs Victoria Advocates, Mary and Kurt's role is a Victorian Government response to support communities in pandemic recovery. Currently, Mary and Kurt are able to provide 1:1 assistance with setting up and accessing your COVID-19 Certificate in the way that works best for you.

Call to arrange a FREE appointment at the Library or the Archie Graham Community Centre.

Mary Finnerty: Mobile: 0439 496 830; Email: [mfinnerty@westvic.org.au](mailto:mfinnerty@westvic.org.au)

Kurt Lenehan: Mobile: 0481 474 172; Email: [kurt.lenehan@swtafe.edu.au](mailto:kurt.lenehan@swtafe.edu.au)

## OPTION 2: How to book a FREE session with an Archie Volunteer

Call Reception: 5559 4920 to book a 1:1 meeting with an Archie Volunteers.

Volunteers will assist you to set-up *myGov* & *Medicare* accounts or access existing accounts.

**To make the best use of your appointment, please come prepared:**

- If you have an *email account*, bring *username & password*.
- If you don't have an email account, we can help you set up a free one if you wish.
- If you have a *mobile phone*, bring it.
- Bring your *Medicare card* plus additional ID information such as *driver licence and pension card* if you have one, as well as information to help respond to questions about your Medicare record such as your *doctor's name* and your *bank account details* where your refunds for medical expenses are deposited. If you don't provide enough details to identify your Medicare record, you will be required to answer more questions, so bring dates & details of recent medical appointments.

## Archie Volunteers - Tech Support & Assistance with Personal Info



Alan



Brian



Chris



Barbara



David



Richard



Colin



Mabel

Each volunteer has particular expertise so when you call Reception to enquire or make a booking, be prepared to answer a few questions about what you actually need help with and the type of device used. Note: Mabel confidentially assists you to understand Power of Attorney, End of Life Planning as well as registering for My Aged Care as required.

## Bookings, Payment and Cancellations

While 1:1 sessions to get proof of COVID-19 vaccination or to access assistance from Mabel are free. Other 1:1 tech support sessions are \$7. Payment is required at the time of booking at Reception or over the phone by calling 5559 4920 and providing credit card details.

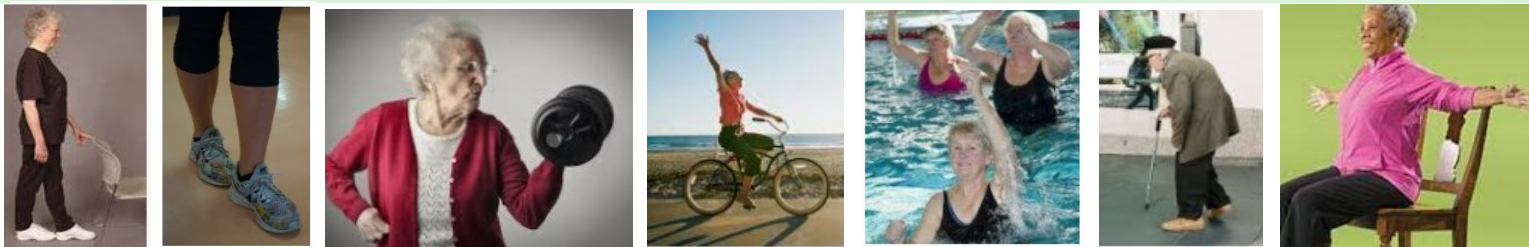
5 or 10 visit passes for \$35 and \$70 respectively are available. Visit passes make cancellations and re-booking simple. Sessions cancelled with 24 hrs or more notice can be refunded or re-booked for a more suitable time. Queries: Call Reception or ask to speak with Clare Vaughan 5559 4920.

# Weekly Timetable

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>9am - midday</b> Hydrotherapy Pool 1hr; \$10	<b>9am - 1pm</b> Hydrotherapy Pool 1hr; \$10	<b>9am - midday</b> Hydrotherapy Pool 1hr; \$10	<b>9am - midday</b> Hydrotherapy Pool 1hr; \$10	<b>9am - midday</b> Hydrotherapy Pool 1hr; \$10
<b>9.15am</b> Tai Chi \$4 Seniors Club	<b>9am</b> Walking 50c for lucky draw Meeting point: varies Seniors Club	<b>9.30am</b> Heart Foundation Walking - free Start: Surf Club	<b>9am</b> Walking - free Meeting point: varies Seniors Club	<b>9.15am</b> Chair Yoga \$7
<b>9.30am - 4pm</b> Tech Support with Volunteers 1hr; \$7	<b>9.15am</b> Men's Strength Training \$7	<b>9.30am - 4pm</b> Tech Support with Volunteers 1hr; \$7	<b>9.15am</b> Men's Strength Training \$7	<b>9.30am - 4pm</b> Tech Support with Volunteers 1hr; \$7
<b>9.30am</b> Heart Foundation Walking - free Start: Surf Club	<b>9.30am - 4pm</b> Tech Support with Volunteers 1hr; \$7	<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; \$7	<b>9.30am</b> Painting - free Seniors Club
<b>10am</b> Social Cycling free. Enquire at Reception	<b>10am</b> Painting with tutor Ricky Schembri \$15 - tutor. Seniors Club.	<b>11.45am</b> My Strength \$7	<b>10.30am</b> Strength Training \$7	<b>9.30am</b> Heart Foundation Walk- ing - free. Start: Centro
<b>10.30am</b> Gentle Exercise. \$4 Seniors Club	<b>10.30am</b> Strength Training \$7	<b>1pm</b> Pulselite \$7	<b>11.45am</b> Stepping Stones \$7	<b>10am</b> Social Cycling free. En- quire at Reception
<b>11.45am</b> My Strength \$7	<b>11.45am</b> Stepping Stones \$7. Transition from Health Services only	<b>1.30pm</b> \$1 for prize Cards 500 Seniors Club	<b>1pm set-up</b> Indoor Bowls \$1 for prize Seniors Club	<b>10.30am</b> Line dancing Seniors Club \$4
<b>1pm</b> Pulselite \$7	<b>1pm set-up</b> Indoor Bowls \$1 for prize Seniors Club	<b>1.30pm</b> Mahjong \$2 Scrabble \$2	<b>2pm</b> Petanque - free; Lake Pertobe Piste. Seniors Club	<b>1pm</b> Cards Euchre, free. Seniors Club
<b>1.30pm</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> Billiards - free Seniors Club		<b>1pm</b> Singalong free Seniors Club  To be confirmed
<b>1pm,</b> 1 <sup>st</sup> & 3 <sup>rd</sup> Mon/month Knitting free Seniors Club	<b>1.30pm</b> Confidential assistance with personal info Mabel Mitchell. Free			<b>1.30pm</b> Billiards - free Seniors Club
<b>1pm, 2<sup>nd</sup> Mon/mth</b> Writing Group \$2	<b>4pm</b> Heart Founda- tion Walking - free Start: Aquazone			
<b>2.15pm,</b> Scottish Dancing 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 &amp; return it, then make your bookings.</p>			
<b>3pm</b> 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:

A variety of group classes that range from strength training to balance/falls prevention and chair yoga are on offer each week. You will need to book a Find your Class session on Wednesdays 2.30pm or 3pm before attending a group fitness class.

### Options for when Archie is closed:

A range of videos & handouts are available from our website: [www.warrnambool.vic.gov.au/home-exercise-videos](http://www.warrnambool.vic.gov.au/home-exercise-videos)  
Zoom strength training / general fitness sessions at low-moderate intensity are available for regular participants. Contact Reception on 5559 4920 to request the link and confirm the date/time of classes.

**Hydrotherapy:** The warmth of the pool eases aches and pains and the water provides support during your workout. Life guard present but no instructor. You can make a start by collecting a pre-exercise assessment & information about pool use from Reception.

## Bookings, payments and cancellations

To operate the Centre viably we need your understanding and co-operation

To have the flexibility of 'pay as you go' & maintain affordable fees, we ask you to be considerate and minimise 'no-shows' & late cancellations. Not only do they cost the Centre which leads to price rises, but other patrons miss out on a spot in a class or pool where waiting lists exist.

When you cancel a booking with 24 hours or more notice, it is simple for staff to transfer your booking to another time AND contact someone on a waiting list to fill your spot.

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

**Social Cycling:** If the freedom of cycling along the foreshore promenade or rail trail with a group appeals to you, collect a rego form from Reception & register for of the next Rusty Rider session, where your cycling skills will be checked by volunteers prior to riding with the group. Final Rusty Riders Session for 2021 is 5 November. Queries: contact Clare Vaughan, 5559 4920.

Christmas break-up lunch will be 12 noon 10 December. More details will be sent by email or talk to Jan.

**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 final walk & morning tea gathering for 2021 will be on 29 November for the *Walk 4 Wellness* - a Mental Health Week Event supported by Wellways and Daybreak Rotary Club.

*Regular walkers*, please register for the *Walk 4 Wellness* with walk organisers by Monday 22 Nov .

*Interested guests* are welcome; call Reception 5559 4920 to book - this helps us get the catering right.



# CELEBRAGE - Warrnambool's Seniors Festival

The Celebrate Festival is produced on the lands of the Gunditjmara people of the Maar Nation. We wish to pay our respects to Elders past, present and emerging. We welcome all First Nations to join these events.

COVID safe plans are in place and restrictions on numbers attending will apply.

## Celebrage Concert

Sunday 5 December; 1-1.30pm  
WAG - Warrnambool Art Gallery  
FREE; Book Archie Reception or phone 5559 4920  
Max: 49 people.

Join pianist Bernie Opperman & friends for a concert of beautiful music played for your listening pleasure.



## Celebrage Festival Launch

Sunday 5 December; ; 1.45 – 3pm  
WAG - Warrnambool Art Gallery  
FREE; Book Archie Reception or phone 5559 4920  
Max: 49 people

Ngata everyone! Hello everyone!  
Join Peek Whuurrong Elders Uncle Robbie Lowe Snr, Uncle Locky Eccles & Mel Steffensen in a Welcome to Country Ceremony. Mayor Vicki Jellie will officially launch the festival.

Local Nominees for the Victorian Senior of the Year Award 2021 will be introduced and their community contributions acknowledged & celebrated.

The guest presentation by Ali Kemp, Warrnambool City Council's Manager - Recreation & Culture will inspire you with an update about our new Library and Learning Hub.

Refreshments will be provided.

## WALLAWAR | GLOW

Wallawar means Glow in local Peek Woorong language. This hallmark event will run 3-5 December 2021 at WAG. With our carefully curated lineup from across a whole spectrum of art, music, dance and food, you'll find a visual, captivating and unique wonderland of boutique events.

## GOLDEN DANCE PARTY

Sunday 5 December; 3-5pm  
WAG - Warrnambool Art Gallery  
FREE; Book Archie Reception or phone 5559 4920  
Max: 49 people; more if event held outdoors.



## Computer Connected Celebrage Special Connecting through social media

Monday 6 December; 9.30am – 10.30am  
Warrnambool Library  
FREE; Book at the Library or phone 5559 4990  
Max: 10 people

Book in for a computer information session with library staff aimed at getting you up and running on social media. Always had questions about Facebook, Instagram or Twitter – and what is TikTok? Our Computer Connected support staff will guide you through and get you started.

## Grandparents Storytime

Wednesday 8 October; 10am  
Warrnambool Library  
FREE; Book at the Library or phone 5559 4990

Join us for our Celebrate "Grandparents" Storytime. Suitable for 3 – 6 year olds and their special "older person".  
Enjoy listening to a dedicated storytelling session followed by a creative activity.

## Exploring Our Past – FJ Stories

Thursday 9 December; 2-3pm  
Warrnambool Library  
FREE; Book at the Library or phone 5559 4990

The iconic Fletcher Jones factory and the man himself are synonymous with Warrnambool. *The Fletcher Jones – Stories from our Community Project* reps will be in the library to share some of the stories and history of "FJ's" & its ongoing relationship with the community.

## Computer Connected Celebrage Special Learn how to edit photos

Monday 13 December; 9.30am – 10.30am  
Warrnambool Library  
FREE; Book at the Library or phone 5559 4990

Come along for a session focused on editing digital photographs.

All those holiday photos building up on your digital device?

Our Computer Connected support staff can help you get the best out of your photos and to get them slideshow ready.

# CELEBRAGE - Warrnambool's Seniors Festival Continued

*The Celebrage Festival is produced on the lands of the Gunditjmarra people of the Maar Nation. We wish to pay our respects to Elders past, present and emerging. We welcome all First Nations to join these events.*

**COVID safe plans are in place and restrictions on numbers attending will apply.**

## Lifestyle and Learning – Warrnambool Community Garden

Tuesday 14 December; 2pm

Warrnambool Library

FREE; Book at the Library or phone 5559 4990

The Warrnambool Community Garden is not only a space for growing and sharing food, but also for social and community activities and for networking and friendship. Learn about what goes on at the Garden, and how you can be involved. If you enjoy this presentation, book your spot to visit the Community Garden later in the festival.



## Intergenerational Board Game Night

Friday 17 December 5pm – 6pm

Warrnambool Library

FREE; Book at the Library or phone 5559 4990

Family members, neighbours, friends, come along in your competing age groups – kids, parents, grandparents, for a fun evening of intergenerational competition.



Many thanks to the skilled and generous teams at WAG - Art Gallery, The Library Warrnambool and the community partners who have offered interesting and engaging activities in the CELEBRAGE 2021 program.

## Volunteering at Archie

Volunteering at Archie in 2020 and 2021 has been severely disrupted by the pandemic.

Some of our Archie volunteers have stopped and started in their roles as restrictions have allowed and sincere thanks is extended to you for keeping so many in our community connected to others when opportunities to leave home have been limited.

The Archie volunteers who have been active at various times include the social cycling volunteers and walk organisers, group fitness volunteers and the volunteers providing 1:1 tech support and assistance with personal information. The Archie Café volunteers, book swap volunteers and the gardening volunteers have kept the Centre looking and feeling welcoming for those wanting a cuppa, quiet read or a chat. It is wonderful that the courtyards are now being used as they are COVID safer outdoor spaces.

For the volunteers who have had minimal opportunity to volunteer at Archie in 2021, we look to involving you in 2022 with optimism.



The team at Volunteer Connect have been working behind the scenes to strengthen volunteering opportunities across Warrnambool City Council and we look forward to sharing more information with you in the new year. We see volunteering as an important part of recovery from the pandemic for individuals and the broader community.

# Social Connection

The Archie Graham Community Centre (*Archie*) is all about connecting socially with others. We welcome people from all walks of life to come in and form new friendships or renew old ones.



The *Archie Café* will re-open on Mondays & Thursdays from 10am-2pm when numbers in the centre allow. To avoid disappointment, call Reception on 5559 4920 to check if it's open.

## 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 Wed 24 Nov 2021***

***Jade Hurley Does Christmas: 11am, Wednesday Wed 15 Dec 2021***

More information about both shows is available here: [www.lighthouse theatre.com.au/](http://www.lighthouse theatre.com.au/) or call Reception 5559 4920 and ask Clare.

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.



## 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 17 Nov, 12 noon

**Where:** Emperor House Chinese Restaurant  
72 Liebig St, W'bool



### UPDATED

**When:** Wed 15 Dec **12.15PM**

**Where:** IMAGES



*\*Why not go to Morning Music at the Lighthouse Theatre, then meet for lunch.*

## Good Ideas Most Welcome!

Do you have an idea for a social activity you would like to help re-start or get started at Archie?

Write it down and leave it in the suggestion box at Archie Reception. Make sure you include your name & contact details. Let's have some fun!

## Netflix Movies

**WHEN: 1.30pm 2<sup>nd</sup> & 4<sup>th</sup> Tuesday each month**  
**Cost: \$2 payable at Reception. All welcome.**

### Tuesday 9 Nov: **Silver Skates**

2020 | M | 2h 17m | Social Issue Dramas  
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.  
Starring: Fedor Fedotov, Sonya Priss, Yury Borisov

### Tuesday 23 Nov: **Safe Haven**

2013 | M | 1h 55m | Movies Based on Books  
When a mysterious woman arrives in a small North Carolina town, she begins a new life but remains haunted by a terrifying secret.  
Starring: Josh Duhamel, Julianne Hough, Cobie Smulders

### Tuesday 14 December: **Rumor Has it**

2005 | M | 1h 33m | Romantic Comedy  
When a young woman discovers her grandmother may be the inspiration for Mrs. Robinson in "The Graduate," she seeks out the one man who knows the truth.  
Starring: Jennifer Aniston, Kevin Costner, Shirley MacLaine



# Community Information

## Aged Care Navigator

Aged Care can be confusing!

Our Aged Care Navigator can explain how the system works, including the role of My Aged Care and what to expect when you contact them. We will work with you to find the answers you need. Contact our Aged Care Navigator Cassie Browne on 0437 852 426 or (03) 9602 3066 Mon- Fri 8.30am – 4.30pm

We can run workshops for community groups or professionals working with older Victorians. To book, call or email [cassie.browne@era.asn.au](mailto:cassie.browne@era.asn.au)



**Elder Rights  
Advocacy**

Supporting your right to quality care

## My Aged Care Info Session

My Aged Care is the start point to access Australian Government funded services. In this session we will help you find out about Council Home Support Services available :

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

Presenters: Mary McLeod & Kim Fort TBC

**Date: Thursday 25 November**

**Time: 2.00 — 3.00pm**

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

**Cost:** Free

## Apply for the Power Saving Bonus

*"There is still time to get your application in!"*

West Warrnambool Neighbourhood House is helping people in their community 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.

Contact Coordinator:  
Jill Bourke  
Phone: 0418 944 276



## 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**

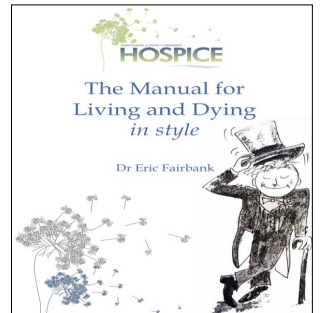
**When: 10am - midday Wednesday 10 November**

**When: 10am - midday Wednesday 8 December**

**Where:** Archie Graham Community Centre

**Cost:** Free.

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



## GentleMEN<sub>2</sub>

*a live art exhibition & auction celebrating the gentle man*

**"WITH RESPECTFUL RELATIONSHIPS & GENDER EQUALITY WE CAN END FAMILY AND DOMESTIC VIOLENCE"**

Saturday 4 December Time to be confirmed  
Archie Graham Community Centre

LIVE ART AUCTION. Show your support & drop in!

Queries: [James.Chapman@education.vic.gov.au](mailto:James.Chapman@education.vic.gov.au) or call Archie Reception on 5559 4920

*a joint project between*



## EveryAGE Counts

During October the Archie Graham Community Centre has been shining a light on ageism by supporting the EveryAGE Counts campaign.

Ageism against an older person is the stereotyping, discrimination and mistreatment based solely on a person's age. It often occurs without those doing it, realising.

If you are yet to find out about the campaign, there is a quiz at Archie Reception or you can jump online & do it.

[www.everyagecounts.org.au](http://www.everyagecounts.org.au)

The quiz is a simple way to ask yourself 'Am I Ageist'?

