



Victorian
Seniors
Festival



Presented by
Baw Baw Shire Council

Victorian Seniors Festival 2024

Local Event Guide.
OCTOBER 2024



**EXPLORE.
ENGAGE.
EVOLVE.**

Garden Tours & Talks

Join us for morning tea and a tour of either Civic Park Warragul, or Alex Goudie Park Drouin to learn about these beautiful historic parks.

The head gardener at Civic Park will guide you through a tour of the garden and talk about the large variety of trees, shrubs and flowers the 9.5 acre garden contains. On the tour you will learn about how the park is maintained and a little about the history.

The Supervisor of Open Space at the Baw Baw Shire Council alongside a member from the Natural Environment Team will lead you through Alex Goudie Park. On the tour you will learn about how the park is maintained and a little about the plants it contains.

***Please note:** Civic Park and Alex Goudie Park have uneven ground with different terrain. The tour involves walking and standing at different parts of the park.

Date: WED 9 OCT 10.30AM

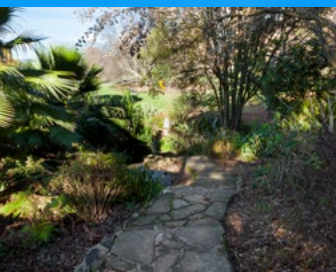
Venue: Drouin

Alex Goudie Park,
Montague Ave, Drouin

Date: WED 23 OCT 10.30AM

Venue: Warragul

Outside the West Gippsland Arts Centre
Foyer, Cnr of Smith & Albert St, Warragul



Enquiries:

Baw Baw Shire Council: **1300 229 229**

Email:

healthy.bawbaw@bawbawshire.vic.gov.au

Cost:

Free. Registration essential with Baw Baw Shire Council by either phone or email.



Free Public Transport



SUN 6 OCT TO SUN 13 OCT

As a Victorian Seniors Card holder, you can get out and explore metropolitan Melbourne and regional Victoria with eight days of free travel from Sunday 6 October to Sunday 13 October.

How to travel during the free travel period

Remember to always carry your Seniors myki and Victorian Seniors Card with you on public transport. Touch on and off as usual, you won't be charged. On regional services that don't use myki, just show your Victorian Seniors Card to the conductor or bus driver.

Where you can go

You'll be able to travel for free on all public transport in Victoria, including:

- Melbourne trains, trams and buses
- Regional trains, coaches and buses (including regional town bus services)
- We recommend travelling during off-peak hours, you'll be more likely to find a seat

Useful information for booking travel in regional Victoria

- You need to reserve a seat on long distance V/Line trains and some coaches. To book a seat on V/Line services requiring reservations, visit your nearest station or agent or call 1800 800 007 from 10:00am on Tuesday 5 September
- Seats can fill quickly so book early! You'll need to collect your tickets within 48 hours
- You can only travel free in economy class
- To make a group booking for up to 19 travelling on a V/Line train service or 12+ travelling on a V/Line coach service, visit your nearest station or agent
- For larger groups, please submit a group booking request from 10:00am on Tuesday 10 September at: www.vline.com.au/grouptravel
- If you book and can't travel, let us know prior as your seats can be relocated to other customers wanting to travel.



Broadway Bound

FRI 18 OCT 11AM

Star Australian tenor Roy Best has always had a love of Broadway and in this new production, he gets to sing all the classic hit songs from the classic hit musicals and some of his favourite composers.

Roy has performed as a guest soloist with the Australian Pops Orchestra and has recorded for ABC Classics. Broadway Bound will feature songs by Rodgers and Hammerstein, Andrew Lloyd Webber, Lerner & Lowe, Cole Porter, Leonard Bernstein, and others, as well as hits from musicals including Phantom, Les Miserables, and Cats, to name a few.

Roy Best will be joined on stage by international soprano Ali Jones and narrated by Christopher McKenna with William Schmidt on piano. If there is a Broadway show or song you love or sing around the house... It's probably in this show!

Duration: Approximately 1 hour 15 min

Venue: West Gippsland Arts Centre
Corner of Smith & Albert
Streets, 1 Civic Pl, Warragul

Enquiries: 03 5624 2456

Email: artscentre@wgac.com.au

Cost: Member: \$10 Concession: \$17
Full: \$20 Group 8+: \$15

Web: wgac.com.au

Royal Australian Navy Band

Last Night of the Proms

MON 14 OCT 2PM

The Royal Australian Navy big band from Melbourne is a dynamic ensemble that specialises in performing jazz and big band music.

Comprising talented musicians from around Australia, the big band demonstrates the versatility and skill of its instrumentalists and vocalists while performing repertoire from traditional swing and classic big band charts to contemporary jazz and popular music arrangements. A major focus is placed on featuring contemporary Australian compositions and arrangements, particularly those of our own musicians.

For this performance, the Royal Australian Navy Big Band will play a variety of instrumental music, from classic swing numbers to contemporary compositions, some of which were penned by members of the band. A vocalist will also join the Big Band in what will be a memorable and swinging morning/afternoon of jazz.

Duration: 1 hour with no intermission

Venue: West Gippsland Arts Centre
1 Civic Pl, Warragul

Enquiries: 03 5624 2456

Web: wgac.com.au

Email: artscentre@wgac.com.au

Cost: All tickets: \$10

Seniors Week Fitness Classes

MON 7 – FRI 11 OCT {VARIOUS TIMES – SEE BELOW}

Land Based Classes

BASIC MOVERS is a low impact class providing an all over workout. This class involves some exercises utilizing hand weights and a power bar. Suitable for all ages. (45mins)

PRYME MOVERS CIRCUIT is a class performing functional exercises that focus on strength, coordination, endurance, cardio and balance. (45mins)

CHAIR BASED FITNESS This low intensity workout combines cardio, strength & flexibility, all modified to a seated position. Perfect for seniors, those just starting out, members with balance issues and those recovering from an injury or surgery. This class would suit anybody requiring a very low intensity work out. (45mins)

TAI CHI KUNG consists of gentle, free flowing movements that focuses on flexibility, breathing, balance, co-ordination and stress relief. (45mins)

YOGA creates energy, strength, flexibility and wellbeing whilst aligning and balancing the body, mind and spirit. Classes are modified to suit the individual needs of each participant. (55mins)

Venue: YMCA Warragul Leisure Centre
21 Burke Street, Warragul

Enquiries: Kerry Hayden: 5623 4017

Email: kerry.hayden@ymca.org.au

Cost: Free, check in at reception prior to the class

TIME	MON	TUE	WED	THU	FRI
8.15am	BASIC MOVERS				BASIC MOVERS
8.30am		PRYME MOVERS			
9.30am			BASIC MOVERS	PRYME MOVERS	
10.30am	YOGA	TAI CHI KUNG	YOGA	TAI CHI KUNG	CHAIR BASED FITNESS
11.30am	CHAIR BASED FITNESS				

Online Exercise Classes

**TUE 1 & 15 OCT 9.30AM,
WED 9 & FRI 25 OCT 10AM**

Third Age Fitness look forward to running four online classes for older adults who may have mobility or accessibility issues and can't attend face to face events during the festival. The online exercise classes are:

Week 1: 9.30am Tue 1st Oct – Chair Cardio

Week 2: 10am Wed 9th Oct – Building Strength

Week 3: 9.30am Tue 15th Oct – Better Balance

Week 4: 10am Fri 25th Oct – Dance Party

Third Age Fitness is also offering everyone FREE access to all the online workout for the duration of the festival, so people can keep exercising between classes.

Venue: Online

Enquiries: Carol: 0411 246 741

Email: carol@thirdagefitness.com.au

Cost: Free

Card Making Workshop

WED 2 OCT 10.30AM

Join us at the Warragul Library for a creative card-making workshop, part of the Baw Baw Seniors Festival! Hosted by the talented team from local craft business Purple Hedgehog, this fun and engaging session will guide you through crafting beautiful, personalized cards.

All materials will be provided, bookings essential.

Venue: Warragul Library,
75 Victoria Street, Warragul

Enquiries: Myli Community Library
Warragul: 5622 2848

Email: warragul@myli.org.au

Cost: Free Event, Wheelchair
Friendly, Adult only

Jindivick Writers Group

WED 2 OCT 11AM

Writers group meet every Wednesday, b.y.o. pen and paper or computer, lunch if you wish. We read and critique our work done at home and do 1-2 short exercises designed to make you think quickly and get your ideas on paper.

Venue: Red Tree Gallery,
420 Main Road, Jindivick.

Enquiries: Amanda: 0417 188 694

Email: kenallan2@bigpond.com

Cost: Free. No ticket required.
Wheelchair Friendly.

Gentle chair-based exercise class

WED 2, 9, 16, 23, 30 OCT 1-2PM

Land Based Classes
BASIC MOVERS is a low impact class providing an all over workout. This class involves some exercises utilizing hand weights and a power bar. Suitable for all ages. (45mins)



Venue: Uniting Church
210 Sutton St, Warragul -
Entry via Rear Door

Contact: Baw Baw Achey Breaky
Joints Club

Lynette Powell: 5625 2464

Cost: Free

BAW BAW ARTS ALLIANCE

Wet Felting on Soap

FRI 11 OCT 10AM – 2.30PM

No more slippery soap to chase round the shower. To make for yourself or make for that special someone. Tea, coffee and morning tea supplied. BYO lunch and bar of your favourite soap. All other materials supplied.

Venue: Art Space 1, Trafalgar Railway Station, Trafalgar

Enquiries: Marlene: 0490 055 313

Cost: Free. Bookings required.



Drawing

MON 7 OCT 1PM-4PM

Have fun drawing again, something which you may not have done since childhood. You might enjoy it and find long hidden skills. Any skill level welcome. Drawing materials provided but you are welcome to bring your own paper and pencil.

Venue: VRI Hall Queen St Warragul
(close to Warragul Railway Station)

Enquiries: Jeff: 0409 830 545

Email: secretary@bawbawartsalliance.org.au

Cost: Free



Mixed Media

THU 10 OCT 9.30AM-12.30PM

Have fun making prints on paper and fabric using gelli plates. Just bring yourself and your interest in experimenting with a mixture of media. This is a fun activity. No experience required. Morning tea provided.

Venue: VRI Hall Queen St Warragul

Enquiries: Ingrid: 0438 261 381

Email: communityart@bawbawartsalliance.org.au

Cost: Free



Picturing the Past – A Writing Event

WED 9 OCT 1PM-4PM

To encourage the use of a visual image to write about the past, in a style of your choice, to bring to life key moments involving relatives/ ancestors. Bring a photograph or picture which could be used as a starting point for a piece of writing. This image could come from a family album, a book, a website etc. Bring your own laptop/ notebook/ pens/ pencils.

Venue: Art Space 1, Trafalgar Railway Station, Trafalgar

Enquiries: Rodney: 0407 544 021

Email: editors.catchment@bawbawartsalliance.org.au

Cost: Free



Bowling Coaching Sessions

THU 3, 10, 17, 24 OCT 9.30AM – 10:45AM

Drouin Bowling Club offers coaching sessions for beginner, or returning bowlers on Thursday Mornings at 9:30 am every week unless weather is really Wet & Cold. All equipment and coaching provided. Wear flat soled shoes, and dress for the weather. Morning tea provided.



Venue: Drouin Bowling Club
2-18 Princes Way Drouin

Enquiries: Ian Haughton: 0409 802 138

Email: drouinbowlingclub@bigpond.com

Cost: Free



Free Active Age classes

FRI 4, 11, 18, 25 OCT 11AM

Free Active Age classes at 11am on Fridays for the month of October.



Venue: Voyage Fitness
243 Albert St, Warragul

Enquiries: 0499 231 333

Email: ijay_ellis@voyagefitness.com.au

Cost: Free

Lardner Park Garden & Home Expo

SAT 5 & SUN 6 OCT 9AM

The Lardner Park Garden & Home Expo is on again. Jane Edmanson and Milly Ross from the ABC's Gardening Australia program will be our special presenters this year, along with a full schedule of speakers, demonstrations, lots of exhibits to see, plus food and produce.

Enjoy a great day out at Lardner Park.



Venue: Lardner Park
155 Burnt Store Rd, Lardner

Enquiries: Pam Ryan: 5626 1373

Website: www.lardnerpark.com.au

Email: pam@lardnerpark.com.au

Cost: \$16.50 online
\$18 at gate
Concession \$15 at gate

Adult Dance Fitness Class

MON 7, 14, 21, 28 OCT 10AM

FRI 4,11,18,25 OCT 10AM

Discover the Joy of Dance Fitness at BE Performing Arts. Are you looking for a fun and engaging way to stay fit? Join our Adult Dance Fitness class at BE Performing Arts where students aged 35 to 80 (current students) are discovering the transformative power of dance!

Venue: BE Performing Arts
22 Normanby St, Warragul

Enquiries: Michelle Theunissen-Scott:
0421 519 704

Email: amakacreative@gmail.com

Cost: First Class Free then \$15 per class

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Bingo

WED 9 OCT 9.30AM

Bingo in morning followed by B.B.Q lunch for members.

Venue: Drouin Senior Citizens
1 Oak Street, Drouin

Enquiries: Ted Coad: 0458 145 730

Email: edwardcoad@bigpond.com

Cost: Free

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Staying Safe Online Scam Awareness

WED 9 OCT 10.45AM

Everything seems to use a computer and yet there are so many scams! Come along and hear Devansh Sharma, Community Engagement Specialist, nbn Local as he shares the latest knowledge about staying safe online.

Venue: Warragul Community House
138 Normanby St, Warragul

Enquiries: Rosemary Allica: 03 5623 6032

Email: coordinator@wchouse.org.au

Cost: Free. Please book. Adults only

Nurtured by Nature

THU 10 OCT 10AM

We can use nature to rejuvenate our health and wellbeing. Digging in the dirt, growing fresh produce, restful observation and engaging with others are some key ways to enjoy the outdoors and improve your health. Join us for an activity and conversation about nurturing yourself with nature.



Venue: Warragul Community Garden
Eastern Park, off Cambridge Drv,
Warragul

Enquiries: Katie Grace: 0429 429 630

Email: katie@greenesc.com.au

Cost: Free

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Come and try Croquet

WED 16 OCT 10AM

Come and try the absorbing game of croquet. Great exercise for the brain and body in the fresh air and good company. Equipment supplied on the day, soft-soled shoes are required – no open toes. After play, enjoy a cuppa in our cosy clubhouse.

Venue: Warragul Croquet Club,
Anderson St, Warragul
(Situated between bowling club
and railway line)

Enquiries: Patti Bransgrove 0427 566 133

Email: warragulcroquet@gmail.com

Cost: Free

Baw Baw Walking Groups

VARIOUS DATES – SEE WEBSITE

There's a fun, free and easy way to feel happy and healthy. It's walking! Come along to our regular walks to meet new friends and boost your health.

Venues: Warragul, Drouin, Neerim South and Trafalgar

Enquiries: Bec Creed: 5624 3544

Web: <https://walking.heartfoundation.org.au>

Cost: Free

Tech Assistance Drop-In Session

WED 16 OCT 10AM

Struggling with tech troubles or just need a quick tech check-up? Our Tech Assistance Drop-In Sessions are here to help! A library team member will be available 10am-1pm to assist with your tech questions. Please note that while our Tech Assistance Drop-In Sessions are designed to provide helpful support and solutions, we cannot guarantee that all issues will be resolved on-site.

Please bring your relevant devices and ensure you have log on and password details required.

Venue: Warragul Library
75 Victoria Street, Warragul

Enquiries: 03 5622 2848

Email: warragul@myli.org.au

Cost: Free

Seniors Concert

WED 16 OCT 1PM

Concert featuring Gavin Chatelier

Venue: Neerim South Football Clubroom
Neerim East Rd, Neerim South

Enquiries: Catie: 0429 056 858

Cost: \$10

A Decade of Community Gardening

SUN 20 OCT 10AM

Join the volunteers and friends of Warragul Community Garden to celebrate the 10th anniversary of this unique place! Plants for sale, arts and crafts, food, music and all things gardening in our relaxed and welcoming oasis in the heart of town!



Venue: Warragul Community Garden
Eastern Park, off Cambridge Dr
Warragul (behind Warragul
Community House)

Enquiries: Gail Smith: 0422 522 504

Email: epcgarden@gmail.com

Cost: Free

Travel Trivia & Morning Tea

THU 24 OCT 10.30AM

Join us for Travel Trivia and morning tea. Test your travel trivia with a few lighthearted games and morning tea in our office at Bee Inspired Travel. We can't wait to see you there! Gold coin donation with all proceeds going towards Olivia's Place in Drouin. Accessible office.



Venue: Bee Inspired Travel
4/10 Mackey Street, Longwarry

Enquiries: Stephanie Dent: 0468 487 285

Email: admin@beeinspiredtravel.com.au

Cost: Gold coin donation - all proceeds going to Olivia's Place

Seniors Strength and Conditioning Exercise Classes

VARIOUS TIMES - SEE WEBSITE

Seniors strength and conditioning exercise classes! A weekly group fitness class incorporating chair exercise, light cardio, light weights and balance to maintain the lifestyle of senior citizens. Improve your general health & wellbeing, bone & muscle strength, balance, socialisation, and prevent physical age related declines. Classes are suitable for both men and women, and are led by an Allied health professional. A pre assessment is required before starting classes.

Venue: Baw Baw Physio & Fitness
Suite 2/ 22-26 Princes Way,
Drouin

Enquiries: Kaleisha King: 03 5625 1631

Website: www.bawbawphysio.com.au/timetable-3/

Email: kaleisha@bawbawphysio.com.au

Cost: \$17 a class

Drouin KeenAgers Table Tennis

**MON 21 OCT & THU 24 OCT
9AM-11:30AM**

Come along and play table tennis in a friendly environment with retirees. Laugh, keep fit and have fun. Equipment can be supplied. Morning tea is included.

Venue: Bellbird Park Indoor Centre,
2 Settlement Rd, Drouin

Enquiries: Lois Ryan: 0400 185 336

Email: lois_ryan@bigpond.com

Cost: Free



The Victorian Seniors Festival is a major state-wide festival for seniors. For over 40 years, the festival has provided opportunities for senior Victorians to participate in a range of activities and events and connect with their community.

For more information about Victorian Seniors Festival, use the QR code below to visit the State Festival website.



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