

Archie Graham Community Centre

February - March 2020

**EVERYONE
BELONGS**



**at
Archie**

The recent catastrophic bush fire emergencies in Australia have been tragic on so many levels. Members of our community are reaching out to those directly impacted through being deployed as emergency service volunteers, sewing for rescued wildlife or by making donations. All are vital at this time and enable us 'to do something to help.'

We can also help ourselves by being involved in community activities where we form friendships and networks that improve our ability to handle emergency situations as they arise.

The Archie Graham Community Centre (*Archie*) is a place where everybody is welcome to join in activities that connect with community.

The Tasty Plate Café is open daily to meet others over a coffee, share a freshly prepared and affordable meal or simply come to read the paper, have a cool drink and escape the heat on a hot day.

By spending time in the café, those who are new to *Archie* can see how the place 'ticks'. Check out the noticeboards, read the newsletter, ask questions about what's on and... join in as you wish.



HARMONY DAY

Warrnambool's Community Breakfast to celebrate Multiculturalism.

When: Friday 20 March; 7am - 9.30am

Where: Archie Graham Community Centre, Rec Hall and Tasty Plate Café. 118-130 Timor St, W'bool.

RSVP for catering purposes: Archie Graham Community Centre Reception or call 55594920

Community groups, volunteers and organisations interested in being involved please contact Clare Vaughan on 5559 4920 or cvaughan@warrnambool.vic.gov.au

**HARMONY
DAY 20
MARCH**



EVERYONE BELONGS



What is Harmony Day about?

Harmony Day shines a light on Australian Multiculturalism. It is all about inclusiveness, respect and belonging regardless of culture or language background.

Why the colour orange?

Traditionally, orange signifies social communication and meaningful conversations. It also relates to the freedom of ideas and encouragement of mutual respect. Australians can choose to wear something orange during 17-23 March to show their support for cultural diversity and an inclusive Australia.

Staying healthy in the heat

health

TOO HOT AT HOME? IT'S COOL AT ARCHIE!

Heatwaves can affect anybody. Remember to:



Look after yourself and keep in touch with others



Drink plenty of water

(If your doctor normally limits your fluids, check how much to drink during hot weather.)



Keep cool

Spend as much time as possible in cool or air-conditioned buildings.



Stay out of the sun

If you must be outdoors, stay in the shade and wear a hat and light, loose-fitting clothing.

If you feel unwell in the heat contact your GP or phone **NURSE-ON-CALL** on 1300 60 60 24
For life-threatening emergencies dial 000

Feel free to find a spot to have a quiet read, a cool drink or cup of tea in the dining room or a coffee in the Tasty Plate Café.

One of the courtyards with a garden is shady by late afternoon.

Netflix movies are scheduled fortnightly on Tuesdays 2pm

The book and DVD swap is located in the dining room and anyone can access a wide range of books and movies.

The daily newspapers are available in the dining room too.

Free WIFI is available at Archie to explore the world of podcasts.



Safety Information Sessions



Red Cross RediPlan Presentation

Emergencies include major natural disasters like bushfires and floods and also small crises such as an unexpected hospital stay or a car accident.

You can reduce the impact of emergencies by being **prepared**.

Rosalie Meadows and Monique Hustler are Red Cross Emergency Services volunteers who will help you make your own 'RediPlan' using a free booklet which guides you through the key steps.

When: Thursday 13 February 2-3 pm

When: Friday 20 March 2-3 pm

Book at Archie Reception or call 5559 4920



Australian Red Cross
THE POWER OF HUMANITY

Steps for Life + is a CPR Awareness Program for community members

Participants involved in all Archie exercise groups as well as walking and cycling groups are strongly encouraged to attend.

The program format is via DVD instruction & practice is on a pillow.

When: Monday 16 March 3-4pm

Where: Archie Graham Community Centre

Cost: Free.

Bring: Please bring a pillow

To book a place: contact Archie Reception or call 5559 4920

A demo of the Automated External Defibrillator (AED) will follow the CPR



This emergency+ app is available for both apple & android devices. When pressed it gives the coordinates of your location to the emergency services.

Physical Activities - PTO for timetable

Find your exercise class!

Keen to start exercising and not sure how to start? Book in for a 'find your exercise class assessment session' with group fitness instructor Michelle Steere.

Please collect and complete a pre-exercise assessment form prior to attending your session as it forms part of the discussion about finding a suitable class for you.

When: Mondays at 12 noon or Wednesdays at 12.45pm Cost: Free

Bookings: At Archie Reception or call 5559 4920.

At Archie, we are particularly good at enabling people to move from doing 'nothing to something'! Once you're moving... there is a whole world of choices available.



Exercise classes

Exercise classes listed below are \$6 unless otherwise stated. They are effective, fun and as social as you want them to be. Talk to Michelle at your 'find your class' session about which one will suit you.

- Strength Training
- Pulse Lite
- Water Exercise
- Tai Chi Senior Citizens Club \$4
- Men's Strength Training
- Stepping Stones
- Chair-based Yoga
- My Strength Training
- Moove and Groove
- Gentle Exercise Senior Citizens Club \$4



Hydrotherapy Pool

Many people come to the hydrotherapy pool 'hobbling' and happily leave moving more freely. Often they workout at the same time each week and form friendships like no other. Feeling self conscious when stripping down to swimming gear is pushed aside when 34 degree water soothes aches and pains.

Sessions are \$9 for an hour which includes changing time before and after hydrotherapy, so most patrons have 40 minutes in the water. There are shorter sessions for \$4.50 at 8.15am some days.

Hydropool open hours: 8.15 am - 2.00 pm Monday, Wednesday & Thursday, 9.00am - 2.00pm Tuesday & Friday (closed 12 noon daily for lunch). Water exercise classes run every Wednesday, Thursday and Friday at 2.00pm.

Heart Foundation Walking / Senior Citizens Club Walking Group

The walking groups cater for people of different fitness levels wanting to join a group. They are as varied and social as participants want them to be.

There are Heart Foundation Walking groups on Mondays, Tuesdays and Fridays in a range of locations led by Archie volunteer walk organisers. The Seniors Club meet on Tuesdays and Thursdays to walk a variety of trails and they have several bus trips throughout the year to visit interesting places to walk.

MEETING: All Walking Group volunteers and anyone interested in becoming a volunteer helper, please meet Clare at the Surf Lifesaving Club at 9.00am on Monday the 3rd of February.

Social Cycling

The Social Cyclists are a friendly group who love to ride on Warrnambool's brilliant cycle paths and trails and chat as they go. They meet in the Shipwreck Bay Holiday park at 10am Mondays & Fridays .

New riders are welcome to the group ON THE FIRST FIRDAY OF THE MONTH AT 9AM; 7 February and 6 March. Please register interest by contacting Archie Reception or call 5559 4920, collect an information and registration form. Bring it to your first session where volunteers will check your skills and fill you in on how the group operates to ensure you are safe to ride out with the group. Riders ride with the group at their own risk.

Further queries are to be directed to Clare Vaughan on 5559 4920.

Archie Timetable

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9-10 am 10.15-11.15am 11.30-12.30 pm</p> <p>Computer sessions Tutor: Richard Skilbeck \$5</p> 	<p>10 -11am 1-2pm 2-3pm</p> <p>Computer sessions Tutor Sandra Pearce \$5</p> 	<p>By Appointment 1 hour - Please phone 5559 4920</p> <p>Computer sessions Tutor David Pearson \$5</p> 	<p>By Appointment 1 hour - Please phone 5559 4920</p> <p>Computer sessions Denise or Brian Richards \$5</p> 	<p>By Appointment 9- 11am</p> <p>Assistance with Online Forms Tutor: Jan Harrington \$5</p> 
<p>1.30-2.30pm 3-4pm</p> <p>Computer sessions Tutor: Chris O'Grady \$5</p> 	<p>8.45-9.45am</p> <p>Men's Strength Training at Archie \$6</p> 	<p>9.30-11am</p> <p>Social Gardening at Archie 2nd & 4th Wed/month Free</p> 	<p>2-3pm</p> <p>Computer sessions Tutor Colin Wake. \$5</p> 	<p>12.30-1.30pm 2-3.00pm</p> <p>Computer sessions Tutor Colin Wake \$5</p> 
<p>10-11am</p> <p>Heart Foundation Walking Group Surf Lifesaving Club-beach-side Free</p> 	<p>10-11am</p> <p>Strength Training at Archie \$6</p> 	<p>11.45-12.45pm</p> <p>' My Strength ' Individual training in a group \$6</p> 	<p>8.45-9.45am</p> <p>Men's Strength Training At Archie \$6</p> 	<p>10-11am</p> <p>Heart Foundation Walking Group Meet Northpoint / Centro Shopping Centre - main entrance Free</p> 
<p>10-11.30am</p> <p>Social Cycling Meet at car park at Shipwreck Bay Holiday Park \$4 bike hire if required</p> 	<p>11.15am -12noon</p> <p>Stepping Stones (Hospital Referral only) at Archie \$6</p> 	<p>1.30- 2.15pm</p> <p>Pulse Lite - general exercise class at Archie \$6</p> 	<p>10-11am</p> <p>Strength Training at Archie \$6</p> 	<p>10-11.30am</p> <p>Social Cycling Meet at car park at Shipwreck Bay Holiday Park.. \$4 bike hire if required.</p> 
<p>12.45- 1.30pm</p> <p>Pulse Lite - general exercise class at Archie \$6</p> 	<p>2.00pm - 4.00pm</p> <p>Movies at Archie Weeks may vary due to volunteer availability. \$2</p> 	<p>1.30-3.30 pm</p> <p>Mah-jong & Scrabble at Archie \$2</p> 	<p>11.15am -12noon</p> <p>Stepping Stones (Hospital Referral only) at Archie \$6</p> 	<p>10.30am-11.15am</p> <p>Chair-based yoga at Archie \$6</p> 
<p>1.00pm- 3.00pm</p> <p>Writers Group. 2nd Monday of the month. \$2</p> 	<p>4.30pm-5.30pm</p> <p>Heart Foundation Walking Group Meet at Aquazone Free</p> 	<p>2.00pm-2.45pm</p> <p>Moove & Groove Silent disco at Archie \$6</p> 		<p>11.45-12.45pm</p> <p>' My Strength ' Individual training in a group at Archie \$6</p> 
<p>1.00pm- 3.00pm</p> <p>Writers Group. 2nd Monday of the month. \$2</p> 	<p>2.00pm-2.45pm</p> <p>Moove & Groove Silent disco at Archie \$6</p> 	<p>2-3 pm</p> <p>Water Exercise at Archie \$9</p> 	<p>2-3 pm</p> <p>Water Exercise at Archie \$9</p> 	<p>2-3 pm</p> <p>Water Exercise at Archie \$9</p> 
				<p>2-4pm</p> <p>OMNI stands for Older Men-New Ideas. A social discussion group for older men. 2nd & 4th Friday each month.</p>

Keen to start an exercise class and not sure where to start?
Call Archie Reception staff on 5559 4920 and book in for a
"Find your exercise class assessment."
Mondays at 12 noon OR Wednesdays at 12.45pm
Cost: Free

Wellness Sessions - back due to popular demand!

Chair-based Yoga

Yoshi Inada-Lane, Chiropractor & Yoga Instructor will lead practical sessions which are about improving mobility and vitality through mindful breathing coupled with gentle movement.

When: Weekly, sessions starting 10 January till end June 2020
Fridays 10.30am - 11.15am at Archie - **Cost:** \$6 per session

Bookings are essential; via Archie Reception or call 5559 4920. Anyone new to exercise at Archie is also required to attend a 'Find Your Class Assessment' to make sure you are safe to join in and you are registered with us at Archie. Ask at Reception for times.



Sleep Easy

Led by Bridget Lane, Chiropractor & Meditation Teacher

Bridget will share her skills that you can use to improve your sleep.

When: 4 sessions: 2.15 - 3pm Thursday 6, 13, 20, 27 Feb 2020—

Cost : \$6 per session

Bookings are essential; via Archie Reception or call 5559 4920.

**Those on the waiting list for the free Sleep Easy session held in October 2019 can redeem a free session by contacting Clare Vaughan on 55594920.*



Be Well, Breathe Well—Sessions Postponed

Led by Jacqui Eberbach, Osteopath & Acupuncturist

Jacqui will guide you through some simple breathing techniques that benefit your lung function and assist in good posture.

When: 4 sessions: ~~2.15 - 3pm Thursday 5, 12, 19, 26 March~~—**Cost:** \$6 per session

Bookings are essential; via Archie Reception or call 5559 4920.



Pelvic Floor & Core

Karen Benson, Continence Physiotherapist; St John of God Rehabilitation will deliver a presentation about how the pelvic floor and core muscles work, how to strengthen them and keep them flexible which means that they need to be able to relax as well as lift and hold.

When: Wednesday 19 February 2.15pm -3.15pm at Archie. **Cost:** Free

Bookings are essential; via Archie Reception or call 5559 4920.



Archie Newsletter

Can you help to reduce newsletter costs?

We continue to look at ways to reduce the costs associated with the Archie newsletter. We see that many people come to Archie regularly and yet they continue to receive the newsletter by post

Picking up your paper copy from *Archie* Reception is cheaper than receiving your copy by post. Email is cheaper again.

For those who don't come into Archie regularly, it is absolutely fine for you to continue to receive your Archie newsletter by post. The important thing is that you get the information about activities, events and happenings that help you to keep yourself well and linked in to our community.

Please contact *Archie* Reception if you wish to change your arrangements.

Queries or comments please contact Clare Vaughan on 5559 4920



Boost your IT Skills

Computer and iPad Mentors

Richard, Sandra, David P, Colin, Brian, Denise, Alan and Chris are all very experienced mentors who have 'tried and tested' tips and tricks galore to help boost your computer and iPad skills.

See the Archie timetable showing availability, on each day of the week.

Cost: \$5.00

Book at Archie Reception or call 5559 4920

Assistance with My Aged Care and Online Forms

The word is out about how helpful Jan and Mabel are for people wanting a hand to complete online forms. Jan and Mabel, can be trusted to assist you with your confidential information.

When: Fridays 9-11am (Jan) Mondays 1.30-4.00pm (Mabel) **COST:** Free

Bookings essential at Archie Reception or call 5559 4920

Troubleshooting your Tablet & Smartphone

Kings College students regularly come to Archie to assist community members with problems they have with their tablet or smartphone.

Students recommence in April and will come weekly until Dec 2020; not in school holidays.

Details about the day of the week and time will be available in the April - May 2020 newsletter

Courses with Murray Hennig

Instructor: Murray Hennig, Accredited Workplace Assessor & Trainer will continue to offer intermediate level iPad courses at Archie.

The next course starts:

Thursday 2 April 1pm-2.30pm and will continue for 5 weeks at \$15 per session.

Murray will be offering **two new courses** at Archie during April and May on Thursday mornings also at \$15 per session.

- **Staying safe online:** password management, online banking & shopping, social media, settings & best practice, scam awareness, identity theft and much more.
Starts Thursday 2 April 10.30am - midday and continue for 5 weeks
- Photos: google photos, manage organise & share photos, photo books and much more.
Starts Thursday 21 May 10.30am - midday and continue for 5 weeks

It helps us with planning if you express interest in attending these sessions by contacting Clare Vaughan on 5559 4920 or

cvaughan@warrnambool.vic.gov.au



IPAD's are fun but can seem confusing.

Tell us what help you need ?



Archie has 20 iPads generously donated by St Pius Primary School for us to help community members 'learn how to use an iPad or 'try before you buy' .

Help us work out what you need to get you started online.

The less you know, the more we want to hear from you.

Contact Clare Vaughan on 5559 4920 or arrange someone else to send an email for you to cvaughan@warrnambool.vic.gov.au

Clare said, 'One of my most rewarding iPad sessions has been to show two women how to use FaceTime to connect with family members via video call. Brilliant!'

The Arts

Morning Music at the Lighthouse Theatre

Do you want to go to Morning Music Shows but you are put off because you don't know anyone else who wants to go? Come with Clare Vaughan and our group from Archie!



Good Vibrations - The sounds of the Beach Boys

11am, 18 March 2020

Full price tickets: \$20.00.

Groups tickets: \$15. Book and pay for your ticket at Archie Reception.

On the day of the show, **meet** Clare and the group **at Archie at 10:15am** and together we will walk to the Lighthouse Theatre, enjoy pre-show refreshments and we will take our seats as a group.

Simply Singing

Everyone is welcome to come and be part of Simply Singing.

A relaxed fun space singing nursery Rhymes and other songs with parents/carers and their children lead by me, Jo Pruis.

Where – Seniors Meeting Room at Archie

When – Tuesdays, 10am-11am or 11.30-12.30pm

To join in – Call or text me on **0400 815 210** to book a spot as places are limited.

No singing experience required; just a willingness to join in and have fun!

Hope I see you soon, Jo



'Largest Charleston Dance'

Want to be part of a Guinness World Record attempt? Do you love a good beat?

The Port Fairy Jazz Festival is attempting to break the current record for the "Largest Charleston Dance" on Sunday 9 February.

The record currently sits at 1096 people. We have choreographed two dance routines (standing and sitting), both which can be danced to the beats of "Short Dressed Gal".

Our aim is to be as inclusive as possible to all dancing abilities.

LEARN THE DANCE AT ARCHIE - FREE
2-2.45pm Tuesday 4 February
and/or 2-2.45pm Thursday 6 February
All welcome!

'Largest Charleston Dance'

Guinness World Record Attempt QUICK GUIDE

Date: Sunday 9 February 2020

Times: Sign in: from 9:30 am at Fiddlers Green, Port Fairy.

Event: congregate 11 am for pre-record attempt. Event will conclude by midday.

Cost: \$5 plus 50c booking fee

Registration:

<https://www.trybooking.com/BGLHY>



Archie Social Support Programs



The Out & About bus picks you up and returns you to home. So you can enjoy a day out with friendly people. Contact Hayley McCosh on 5559 4879 to find out more.

Movies

TUESDAY MOVIES and DOCUMENTRIES

2.00 pm start; Archie Community Programs 2; Room; \$2.00

We are going to mix things up a little in February and March and instead of watching a different movie each fortnight, we are going to watch a Season of a Netflix Series called Northern Rescue.

Northern Rescues: After the sudden death of his wife, search and rescue commander John West relocates with his three kids to his rural hometown of Turtle Bay.



Tuesday 11th February; Northern Rescue, Heartfelt, emotional.

Episode 1— Que Sera: 44 mins. After a tragic loss, the Wests face some difficult choices, one of which finds them relocating from Boston to father John's small coastal town.

Episode 2—Making Lemonades: 43 mins. Aunt Charlie's house burns down, so the West's move into a vacant water park. John meets his SAR team, and Maddie attends court-order therapy.

Episode 3—Sarah's Stuff: 43 mins. The West's search Sarah's belongings for keepsakes. John rescues an injured hiker from the forest fire. Charlie faces an obstacle to rebuilding get home.

Tuesday 25th February; Northern Rescue, Heartfelt, emotional.

Episode 4— D-U-A-L-I-T-Y: 43 mins. Taylor puts herself under intense pressure to win a school spelling bee. Scout clashes with a wrestling team rival. Maddie struggles to keep a secret.

Episode 5— 12 Months To The Day: 43 mins. A sports rivalry stunt leaves two teens injured and the town powerless. Taylor organises a party for her parents' anniversary. Maddie is arrested.

Tuesday 10th March; Northern Rescue, Heartfelt, emotional.

Episode 6— The Little Things: 43 mins. Scout gets kicked off the wrestling team. Taylor's spelling bee blackout goes viral. Maddie and Henry share a kiss while playing truth or dare.

Episode 7—The Dividing Line: 43mins. John and Simmons rescue victims of an island plane crash. Scout conceals his team status from his father. Maddie's attempt to defend Taylor backfires.

Episode 8— The Bear: 43 mins. Scout calls on John to help critically injured bear. Maddie receives important mail addressed to her mother. Taylor makes peace with Raji.

Tuesday 24th March; Northern Rescue, Heartfelt, emotional.

Episode 9— Wake Up: 43 mins. Hurt while rescuing motorcross biker, John is placed into a medically induced coma. Charlie gets a proposal from Alex, to leave Turtle Island Bay.

Episode 10— Dad Knows Best: 43 mins. Maddie's determination to learn the truth about her mother's past with Rick Walker leads to an emotional confrontation, and exposes a family secret.

Out To Lunch - Form New Friendships

Come along and enjoy good food and great company for our next lunch get together. We purchase our own meals and find out about what's coming up at Archie.



The
CALLY HOTEL

When: Wednesday 19 February, 12 noon

Where: The Cally, 112-114 Fairy Street, W'bool

When: Wednesday 18 March, 12 noon

Where: Images, 60 Liebig Street, W'bool



Enquiries welcome, call Hayley McCosh, Social Support Coordinator on 5559 4879 or Clare Vaughan on 5559 4920. Please book your spot through Archie Reception or call 5559 4920.

Warrnambool West Neighbourhood House

Meditation and Mindfulness

4 week course

Learn traditional Buddhist Meditation techniques that will bring alertness, mindfulness, mental tranquility and emotional positivity to your everyday life.

Feb 18 – March 10—Cost: \$50

Australian Breastfeeding Association

Monthly catch up and coffee in a relaxed and friendly environment

Free Wifi and cuppa

Every Tuesday, Thursday and Friday **2.30 -5pm**

Free WIFI

Did you know that West Warrnambool Neighbourhood House has Free Wifi?

Tuesday 10-5pm

Thursday 2.30-5pm

Friday 2.30-5pm



2020 Neighbour Day Celebrating Social Connection

Sausage sizzle, pop up stalls, activities for children

Sunday March 29, 3.00 – 5pm Cost: FREE

Book and DVD Exchange

Every Friday afternoon

2.30-5.00pm

Loads of titles and genres for all ages and interests!

For more information about events or courses coming up contact Jill at West Warrnambool Neighbourhood House

Ph: 0418 944 276

E: jbourke@warrnambool.vic.gov.au

Fb: West Warrnambool Neighbourhood House

The Tasty Plate Café at Archie

NEW AT TASTY PLATE CAFÉ IN 2020

A WIDER RANGE OF FRESH & HEALTHY CHOICES

At the Tasty Plate Café at Archie our carefully curated menus are based on the seasons and a lot of our produce is proudly sourced locally. The herbs and greens are picked fresh from our garden at Archie and they add an extra zing to our food.

Now you can choose a meal base such as salad or curry and a meat or vegan alternative eg: chicken, beef, tofu, lentils or chickpeas. There are also a variety of patties, aranchini balls and quiches available on a rotating menu.

All meals will be available for table service in the café or as a take home meal.

TAKE HOME MEALS MUST BE ORDERED IN ADVANCE and are available in small, medium or large serves suited to individuals or families and they are available at affordable prices. We cater for traditional, vegan, gluten-free, dairy-free, low GI and other dietary requirements. Chat to Cherie about your needs. No promises, but she'll cater for you if she can.

Tasty Plate Café also has a full range of coffee available and chilled drinks are in the fridge. If you would like a snack with your coffee, we offer homemade slices such as our recently popular rhubarb and ginger slice made with home grown rhubarb!

In the Tasty Plate Café kitchen we have a combination of eager staff in training and hospitality professionals who are highly skilled chefs and baristas. While we aim to provide a high level of customer service, please note that some of our staff are learning on-the-job and your patience and understanding is most appreciated

Thank you for supporting us and helping our trainees become skilled and sought after chefs and baristas! There are feedback forms at the counter so please 'tell us what you think' about your experience at the Tasty Plate Café!



The Tasty Plate Café Team Cherie, Josie, Raquelle, Harel and Xavier with one of the first crops of herbs and greens picked fresh from our garden at Archie grown by Archie volunteers .

Community Information Sessions

My Aged Care Information Session

My Aged Care is the start point to access Australian Government funded services. **WHEN YOU TURN 65, REGISTER! IT'S NEVER TOO EARLY OR LATE TO DO IT**

In this session we will find out about:

- The types of aged care services available
- INCLUDES SUPPORT TO STAY IN YOUR OWN HOME
- Your eligibility for services
- Service providers in your area
- Costs you may need to pay

Session led by Jon Sedgley and staff from the Archie Active Ageing and Inclusion Team.

Date: 9.30 - 10.30am Wed 4 March

Make enquiries or book a spot: at Archie Reception or call 5559 4920. Family groups welcome.

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.

Presenters: Eric Fairbank from the Warrnambool and District Hospice or Lu Butler Hospice Manager and Melissa Couch Advance Care Planning Officer South West Healthcare



Dying well requires thought and planning

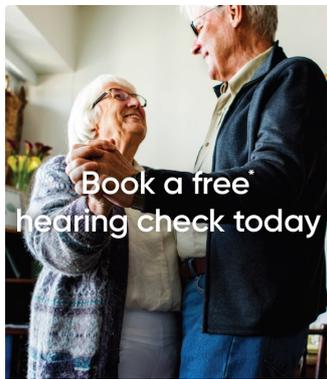
When: 7.00 pm—9.00 pm, Thurs 13 Feb

When: 11.00 am—1.00 pm, Thurs 12 March

Where: Archie Graham Community Centre

Cost: Free

Bookings essential at Archie Reception or call 5559 4920



FREE Hearing Tests

Call Hearing Australia
5564 6200



Save the dates...

This Girl Can - a Vichealth Sponsored Initiative

Calendar of FREE/Low cost Female Friendly and Welcoming events.

Between 22nd March and 30th April, come and try a new activity or get back into it. See Noticeboards at Archie or *Connect Warrnambool FB page* for details.



Heart Week Activities at Archie - Between 28th April - 4th May.

Heart Week is an opportunity for us to start a conversation about heart health and steps needed to reduce the risk of heart disease. Watch this space for further information on coming events. 'Wear Red Day', 'Heart Health Cooking Demo', 'Get Active'.

Volunteers wishing to assist with organising Heart Week events, please contact Jenni Katsaros or Clare Vaughan on 5559 4920.

You can't beat a healthy heart!

Visit to the Model Aircraft Club—Thursday 30th April to see aircraft in action and hear about the club from passionate club members

A hamburger lunch for \$10 pp with tea/coffee/cold drink and a cake or something similar to follow sounds great.



Phone: 03 55594 920

E-mail: agccustserv@warrnambool.vic.gov.au