

**Wyndham's
Seniors Festival
October 2018**

**Advocate.
Gardener.
Confidant.
Survivor.
Connector.
Great Grandmother.
Social Butterfly.
Award winner.**



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Calendar of Events

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| <p>8</p> <p>Free Transport</p> <p>Wyndham City Libraries – Chess All Ages</p> <p>Wyndham City Libraries – Genealogy Tour</p> <p>Wyndham City Libraries – Language Café</p> <p>Wyndham City Libraries – Yak & Yarn</p> <p>AquaPulse – Living Longer, Living Stronger</p> <p>Filipino Community Council of Victoria – Flores de Oktubre</p> <p>U3A - Open Day</p> | <p>9</p> <p>Free Transport</p> <p>Wyndham City Libraries – Language Café</p> <p>Wyndham City Libraries – Writing Club</p> <p>Wyndham City Libraries – Yak & Yarn</p> <p>Eagle Stadium – Living Longer, Living Stronger</p> <p>U3A – Open Day</p> | <p>10</p> <p>Free Transport</p> <p>Wyndham City Libraries – Yak & Yarn</p> <p>Healthy & Active Expo – Yoga</p> <p>AquaPulse – Living Longer, Living Stronger</p> <p>The Grange Community Centre – Seniors Week Lunch</p> <p>U3A – Open Day</p> |

| Thu | Fri | Sat | Sun |
|---|---|---|--|
| <p>4</p> <p>Wyndham City Libraries – Genealogy Tour</p> <p>Wyndham City Libraries – Yak & Yarn</p> <p>Hotel 520 – Waterloo Abba Tribute Show</p> | <p>5</p> <p>Wyndham City Council – Lunch & Dance</p> <p>Wyndham City Libraries – Language Café</p> <p>Wyndham Chinese Happy Life Association – Happy in Wyndham City & Caring for the Elderly</p> <p>Healthy & Active Expo – Walk & Breakfast</p> | <p>6</p> <p>Werribee District Historical Society – History Lecture</p> | <p>7</p> <p>Free Transport</p> |
| <p>11</p> <p>Free Transport</p> <p>Wyndham City Libraries – Genealogy Tour</p> <p>Wyndham City Libraries – Yak & Yarn</p> <p>Healthy & Active Expo – Walking Group</p> <p>Eagle Stadium – Living Longer, Living Stronger</p> <p>Club 60 Tarneit – Senior Outdoor Sport, Yoga & Physical Activities</p> <p>U3A – Open Day</p> | <p>12</p> <p>Free Transport</p> <p>Wyndham City Libraries – Craft & Conversation</p> <p>Wyndham City Libraries – Language Café</p> <p>AquaPulse – Living Longer, Living Stronger</p> <p>Jamieson Way Community Centre – Relax into Yoga for Seniors</p> <p>Manor Court – Seniors Concert with Phil Golotta</p> <p>U3A – Open Day</p> | <p>13</p> <p>Free Transport</p> <p>Werribee District Historical Society – History Lecture</p> | <p>14</p> <p>Free Transport</p> |

Calendar of Events

| Mon | Tue | Wed |
|--|---|--|
| <p>15</p> <p>Wyndham City Libraries – Chess All Ages</p> <p>Wyndham City Libraries – Genealogy Tour</p> <p>Wyndham City Libraries – Language Café</p> <p>Wyndham City Libraries – Yak & Yarn</p> <p>Quantin Binnah Community Centre – Texas Tea Time Sing-a-long for Seniors</p> | <p>16</p> <p>Wyndham City Libraries – Super Brain Train</p> <p>Wyndham City Libraries – Language Café</p> <p>Wyndham City Libraries – Movie Club</p> <p>Wyndham City Libraries – Yak & Yarn</p> | <p>17</p> <p>Vic University Werribee Fitness Centre – Benefits of Exercise info session</p> <p>Wyndham City Libraries – Writing Club</p> <p>Wyndham City Libraries – Yak & Yarn</p> |
| <p>22</p> <p>Wyndham City Libraries – Chess All Ages</p> <p>Wyndham City Libraries – Genealogy Tour</p> <p>Wyndham City Libraries – Language Café</p> <p>Wyndham City Libraries – Yak & Yarn</p> <p>Ladies Club 60 Tarneit – Indian Cooking Session</p> <p>The Grange Community Centre – Pink Ribbon Morning Tea</p> | <p>23</p> <p>Wyndham City – Walk</p> <p>Wyndham City Libraries – Language Café</p> <p>Wyndham City Libraries – Yak & Yarn</p> <p>Watton Carer Support Group – Walk in Wyndham Park & Brunch</p> | <p>24</p> <p>Wyndham City Libraries – Yak & Yarn</p> |
| <p>29</p> <p>Wyndham City Libraries – Chess All Ages</p> <p>Wyndham City Libraries – Genealogy Tour</p> <p>Wyndham City Libraries – Language Café</p> <p>Wyndham City Libraries – Yak & Yarn</p> | <p>30</p> <p>Wyndham City Libraries – Craft & Conversation</p> <p>Wyndham City Libraries – Language Café</p> <p>Wyndham City Libraries – Yak & Yarn</p> | <p>31</p> <p>Wyndham City Libraries – Yak & Yarn</p> |

| Thu | Fri | Sat | Sun |
|---|---|--|-----------|
| <p>18</p> <p>Wyndham City Libraries – Genealogy Tour</p> <p>Wyndham City Libraries – Yak & Yarn</p> <p>Hoppers Crossing Bowls Club – Come and Try A New Social and/or Sporting Activity</p> <p>Iramoo Community Centre – The One Man Party with Arnie Griffs</p> <p>Werribee Church of Christ – Remember When...</p> | <p>19</p> <p>Wyndham City Libraries – Craft & Conversation</p> <p>Wyndham City Libraries – Language Café</p> <p>Werribee Bowls Club – Multicultural Try Bowls, Lunch & Concert</p> | <p>20</p> <p>Wyndham City Libraries – Introduction to Chinese Calligraphy</p> <p>Werribee District Historical Society – History Lecture</p> | <p>21</p> |
| <p>25</p> <p>Wyndham City Libraries – Genealogy Tour</p> <p>Wyndham City Libraries – Midday Movie</p> <p>Wyndham City Libraries – Yak & Yarn</p> | <p>26</p> <p>Wyndham City Libraries – Language Café</p> <p>Wyndham City Libraries – Travel Club</p> <p>Wyndham Community & Education Centre – Honouring the Elders of Burma</p> | <p>27</p> <p>Roadsafe Westgate – Senior Drivers Expo</p> <p>Wyndham City Libraries – Family History Group</p> <p>Werribee Community Singers – Afternoon Melodies</p> <p>Werribee District Historical Society – History Lecture</p> | <p>28</p> |

Introduction

The Victorian Seniors Festival celebrates the inspiring contribution of older Victorians. This year, the festival celebrates its 36th year and will run from 7 October to 14 October 2018.

Wyndham City will be hosting a series of events which are open to all seniors throughout October 2018.

In addition, Wyndham City is supporting a variety of community events across the municipality which will be open for Wyndham residents.

Included in this year's line-up are Festivals, Lunches, Morning & Afternoon Teas, Concerts, Come and Try activities and a whole lot more. There is sure to be something for everyone!

So come along and join in the spirit of the Seniors Festival and help us celebrate what's on offer.

We look forward to seeing you there – it's your time!

**Friend.
Linker.
Globetrotter.
Promoter.
Socialite.
Fundraiser.
Volunteer.
Expat.**



Free Travel

Wyndham's
Seniors
Festival



8 days of free public transport!

As a Victorian Seniors card holder, you can get out and explore metropolitan Melbourne and regional Victoria with free travel from Sunday 7 October to Sunday 14 October.

How to travel

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, 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)

Some private bus operators and airport services are excluded, find out more at www.ptv.vic.gov.au

We recommend travelling during off-peak hours (weekdays between 9am and 4pm, or after 6pm, and on weekends). You'll be more likely to find a seat.

Travelling in regional Victoria

It's useful to know that:

- You need to reserve a seat on long distance V/Line trains and some coaches.
- Seats can fill quickly – book early. Bookings open 10.00am Tuesday 4 October – call 1800 800 007. You'll need to collect your tickets within 48 hours.
- You can only travel free in economy class.
- You can book a return journey for up to four Victorian Seniors Card holders.
- If you're planning to travel in a group of 12 or more, call our Group Travel Coordinator to check if seats are available - 9619 2338 from 10am, Tuesday 4 September.
- If you make a booking and are not able to travel, let us know. We can give your ticket to someone else.

Using your myki

During the festival you won't be charged when you touch on and off. Throughout the rest of the year, top up with myki Money if you travel occasionally, or myki Pass if you travel often. Your card isn't locked to myki Money or myki Pass – choose each time you top up.

To find out more visit www.ptv.vic.gov.au or call 1800 800 007

You can top up at:

- around 800 shops including all 7-Elevens
- myki machines at selected stations and stops
- premium station ticket offices
- PTV Hubs
- on the bus (\$20 max)
- ptv.vic.gov.au or by calling **1800 800 007** (allow seven days for delivery of a myki and around 90 minutes for online top ups)

For Train and Bus Services to the main Wyndham events, please see individual event listings.

Tickets

Community Events

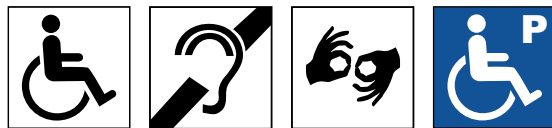
Tickets for the community events vary – please check individual listings for dates and times.

Wyndham City Events

Tickets for Wyndham City events go on sale **Monday 10 September 2018, 9am** at the Wyndham Cultural Centre, 177 Watton Street, Werribee or call 8734 6000 weekdays 9am – 4.30pm or go online www.wyncc.com.au (booking fee applies to each ticket purchased online).

Ticket sale date – Monday 10 September 2018:

In the event of a large queue, a number system will be in operation. A text-back service will be available if you leave your mobile number - you will then receive a message when your number is close to the front of the line. This allows you to go and do other shopping/errands. Alternatively, you can wait in the foyer area where a free cup of tea or coffee will be available.



Wyndham City is committed to providing equitable participation for our residents.

If you have any access needs or require adjustments in order to participate in Wyndham City run events, please contact Amanda to discuss on 9742 0777 or communitywellbeing&inclusion@wyndham.vic.gov.au

**Father.
Gentleman.
Raconteur.
Vietnam Veteran.
Change agent.
Widower.**



Gambling & Harm Minimisation

Gambler's Help West



Gambler's Help West is a free confidential counselling service for anybody affected by gambling (including family members, friends or employers), available to people who either live or work in Wyndham.



The program aims to assist people to take control of their gambling and to support family members who are negatively impacted by gambling and can help you:

- Understand why people gamble
- Improve your relationships
- Understand how and why gambling has become a problem for you or those you care about
- Manage your own finances and assets
- Improve budgeting skills
- Understand your financial situation and how you can improve that
- Know your legal rights and options available to you.

To make an appointment to see a Gambler's Help West Counsellor call 9296 1234 and if required interpreters are available and free.

Other support services:

- Gambler's Helpline (24 Hour Service): 1800 858 858
- On-line counselling at: www.gamblinghelponline.org.au (24 Hour Service)
- Life Line: 131114

Art on Tour



Image Credit: Robert Young

**Wednesday 3 October 2018,
10am – 5pm**

JOIN US ON A BUS TOUR WITH A DIFFERENCE!

Experience art and hear from artists and curators who will share the stories behind the artwork. First stop is Wyndham Art Gallery for LOCAL, an exhibition featuring Jonathan Mendez Baute & Robert Young, then visit Inside/Outside a gold filled public artwork by Elaine Miles with a great big story, then onto MoMA at NGV: 130 Years of Modern and Contemporary Art.

Lunch is included, along with ticket entry to the National Gallery of Victoria for MoMA.

LOCATION: Wyndham Art Gallery, 177 Watton Street, Werribee

COST: \$10

Includes Lunch and ticket entry to the National Gallery of Victoria for MoMA.

DIETARY REQUIREMENTS:

Any dietary requirements must be advised at purchase of ticket.

TICKETS: Strictly Limited to 2 per person. From Monday 10 September 9am, Wyndham Cultural Centre, 177 Watton Street, Werribee or 8734 6000 weekdays 9am – 4.30pm or online www.wyncc.com.au (booking fee applies to each online ticket)

TRANSPORT: Parking available – mostly time limited.
Melways ref: 205 J9.

TRAIN: Short walk from Werribee Train Station.

BUS ROUTES: 153 (from Williams Landing), 161 & 181 (from Hoppers Crossing Station), 170 & 180 (from Tarneit Station), 190 (from Wyndham Vale Train Station), 191 (from Manor Lakes), 439 (from Werribee South), 441 (from Westleigh Gardens) and 443 (from Werribee South Southern Loop)

For bus stop locations and timetables, please visit Public Transport Victoria Website

www.ptv.vic.gov.au or call on 1800 800 007.

ACCESS:   

Accessible Parking available in Watton Street. This is a strictly limited seating event with allocation for only 1 wheelchair as per bus regulations. If you have any other access requirements in order to participate, please contact Amanda to discuss on 9742 0777 or Email: communitywellbeing&inclusion@wyndham.vic.gov.au.

Lunch & Dance with the Royal Airforce Band



Image Credit: Australian Royal Airforce Band

**Friday 5 October 2018, 12pm
(Doors open 11.30am)**

Come along and enjoy a delicious roast lunch and entertainment from the Australian Royal Air Force Big Band. The big band's talented

musicians are brought together to create a musical powerhouse that has a strong heritage drawn from “the big band swing era”, and continues the tradition of the dance bands that rose in popularity during World War II. The ensemble's diverse repertoire includes original compositions and arrangements by band members, traditional big band swing, and contemporary jazz.

LOCATION: Encore Events Centre, 80 Derrimut Road, Hoppers Crossing

COST: \$15

DIETARY REQUIREMENTS:

Any dietary requirements must be advised at purchase of ticket.

TICKETS: From Monday 10 September 9am, Wyndham Cultural Centre, 177 Watton Street, Werribee or 8734 6000 weekdays 9am – 4.30pm or online www.wyncc.com.au (booking fee applies to each online ticket)

Transport: Parking available.
Melways ref: 206 D3.

Short walk from Pacific Werribee/Plaza

BUS ROUTES: 161 (Hoppers Crossing – Werribee), 166 (Hoppers Crossing – Wyndham Vale), 167

Wyndham City Events

(Hoppers Crossing – Tarneit), 170 (Werribee – Tarneit), 181 (Werribee – Hoppers Crossing)

For bus stop locations and timetables, please visit www.ptv.vic.gov.au or call on 1800 800 007.

ACCESS:    

Accessible Parking available at Venue. Accessible bathroom on site. Wheelchair accessible. Hearing Loop available and Auslan Interpreted. If you have any other access requirements in order to participate, please contact to Amanda to discuss on 9742 0777 or communitywellbeing&inclusion@wyndham.vic.gov.au.

Walk



**Tuesday 23 October 2018,
10am for a 10.30am start**

Join us in a beautiful walk around

the historic Werribee Park. A variety of walks to suit all abilities. Lunch included.

LOCATION: Werribee Park,
K Road, Gate 5

COST: \$5

DIETARY REQUIREMENTS:



Any dietary requirements must be advised at purchase of ticket.

TICKETS: From Monday 10 September 9am, Wyndham Cultural Centre, 177 Watton Street, Werribee or 8734 6000 weekdays 9am – 4.30pm or online www.wyncc.com.au (booking fee applies to each online ticket)

TRANSPORT: Parking available. Melways ref: 201 B5.

Bus Route: 439
(from Werribee Train Station)

For bus stop locations and timetable, please visit www.ptv.vic.gov.au or call on 1800 800 007.

ACCESS:  

If you have any access requirements in order to participate, please contact Amanda to discuss on 9742 0777 or communitywellbeing&inclusion@wyndham.vic.gov.au.

Wyndham Art Gallery Exhibition

By Jonathan Mendez Baute
and Robert Young

Local

Robert Young and Jonathan Mendez Baute are both Wyndham locals, come from different backgrounds, use different mediums, and work in very different ways; but both of their practices reflect on the theme of change.

Robert Young, a photographer, takes pictures of shifting landscapes and captures the ephemeral through the lens of his camera. A moment in time, the emotions of the artist, these come together in each image. These atmospheric landscapes of rich tones and open spaces draw the viewer in to experience not just a moment in time, but the space between time.

Jonathan Mendez Baute, a sculptor, uses his hands to physically mould and transform a raw block of clay into refined, highly detailed sculpture. The construction of his pieces are a process of change transforming malleable clay to hardened ceramic. Their peculiar tableaux catch the viewer's interest at a glance and then invites them to wonder at their life-like textures and minute details.

While one works in clay and the other in light, both processes produce shifting, mutating forms that become immobile objects that speak to change.

OPENING DATE & TIME: Thursday
30 August
6:30pm – 8:30pm

EXHIBITION DATES:
31 Aug – 29 Oct

LOCATION:
Wyndham Art
Gallery, 177
Watton St
Werribee

GALLERY OPENING HOURS:
9am to 5pm
Monday to Friday,
11am to 4pm
Saturday and
Sunday

*Image Credit:
Robert Young*

Super Brain Train

**Tuesday 16 October 2018,
10.30am – 12.30pm**

Join wellness and nutrition coach Maggie Flanagan for a fun and active learning session involving brain games, memory exercises and much more. Maggie focuses on a holistic-health approach to our daily routines, to incorporate best practice for a brain-protective lifestyle.

LOCATION: Werribee Library,
177 Watton Street, Werribee

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 9742 7999

Introduction to Chinese Calligraphy

**Saturday 20 October 2018,
1.30pm – 3.30pm**

Come and learn more about Chinese culture through the art of calligraphy. Materials provided. Bookings required.

LOCATION: Julia Gillard Library
Tarneit, 150 Sunset Views
Boulevard, Tarneit

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 0200

Chess – All Ages

Casual chess for all ages. Challenge new opponents, improve your skills, teach novices, or learn to play.

Every Monday, 4pm – 8pm

LOCATION: Julia Gillard Library
Tarneit, 150 Sunset Views
Boulevard, Tarneit

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 0200

Every Monday, 3.30pm – 5pm

LOCATION: Manor Lakes Library,
86 Manor Lakes Boulevard,
Manor Lakes

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 8930

Every Thursday, 4pm – 8pm

LOCATION: Plaza Library, Shop
MM11, Level 1, Pacific Werribee
Shopping Centre, Derrimut Road,
Werribee

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 2600

Craft and Conversation

Join us for a two hour crafting session where you can meet and share conversation with other crafters!

Mandala Rock Painting

**Friday 12 October 2018,
12.30pm – 2.30pm**

LOCATION: Plaza Library, Shop
MM11, Level 1, Pacific Werribee
Shopping Centre, Derrimut Road,
Werribee

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 2600

Beading

**Friday 19 October 2018,
11am – 1pm**

LOCATION: Julia Gillard Library
Tarneit, 150 Sunset Views
Boulevard, Tarneit

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 0200

Tree of Life Pendant

**Tuesday 30 October 2018,
1pm – 3pm**

LOCATION: Werribee Library,
177 Watton Street, Werribee

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 9742 7999

Family History Group – Manor Lakes

**Monday 1 October 2018,
1.30pm – 3pm**

Join others who have an interest in researching their Family History and learn about new resources and events as they happen.

LOCATION: Manor Lakes Library,
86 Manor Lakes Boulevard,
Manor Lakes

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 8930

Family History Group – Plaza

**Saturday 27 October 2018,
10am – 12pm**

Join others who have an interest in researching their Family History and learn about new resources and events. This is a self-help group run by its participants to help each other, and led by an experienced facilitator. Help others with brick walls and research suggestions that they may not know about or have not tried yet!

LOCATION: Plaza Library,
Shop MM11, Level 1, Pacific
Werribee Shopping Centre, Derrimut
Road, Werribee

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 2600

Genealogy Tours

**Every Monday 11am – 12pm and
Every Thursday, 2pm – 3pm**

This Genealogy tour is designed to introduce you to our Family and Local History Room. Our Tour guide will show you the resources available in our room and how to use them.

LOCATION: Pacific Werribee
Shopping Centre, Derrimut Road &
Heaths Road, Werribee

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 2600

Language Cafe

Practise your English skills. Come along to meet people from all over the world while practising your English listening and speaking skills in a fun environment.

Every Monday 1pm – 2pm

LOCATION: Plaza Library, Pacific
Werribee Shopping Centre, Derrimut
Road & Heaths Road, Werribee

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 2600

Every Tuesday, 11am – 12.30pm

LOCATION: Julia Gillard Library
Tarneit, 150 Sunset Views
Boulevard, Tarneit

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 0200

Every Friday 11am – 12pm

LOCATION: Werribee Library,
177 Watton Street, Werribee

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 9742 7999

Every Friday 1pm – 2pm

LOCATION: Manor Lakes Library,
86 Manor Lakes Boulevard,
Manor Lakes

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 8930

Midday Movie

**Thursday 25 October 2018
(and 4th Thursday of each month),
12pm – 2pm**

Join us for some relaxing films and discussion of all the old favourites. Contact the library to find out what is screening.

LOCATION: Julia Gillard Library
Tarneit, 150 Sunset Views
Boulevard, Tarneit

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 0200

Movie Club

Tuesday 16 October 2018 (and 3rd Tuesday of each month), 6pm-9pm

Do you enjoy watching Movies and discussing them with others? Then come along to the Movie Club. This is an adult event and a light supper will be provided. Doors open at 6pm with the movie scheduled to screen at 6.30pm

LOCATION: Manor Lakes Library, 86 Manor Lakes Boulevard, Manor Lakes

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 8930

Travel Club

Friday 26 October 2018 (and the 4th Friday of each month), 6:30pm – 7:30pm

Join us for tea or coffee and discussion of our previous travels and adventures. Come along and hear travel tips and recommendations - from weekend day trips, to international travel. This group is to share our knowledge,

tips and stories about the experiences we've had, in a fun and relaxing environment.

LOCATION: Julia Gillard Library Tarneit, 150 Sunset Views Boulevard, Tarneit

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 0200

Writing Club

Do you love telling stories? Whether you like to make up stories, or tell tales from your life experience, come along to one of our writing workshops to share your work, meet other writers and participate in exercises.

Wednesday 17 October 2018 (and the 3rd Wednesday of each month), 6:30pm – 7:30pm

LOCATION: Julia Gillard Library Tarneit, 150 Sunset Views Boulevard, Tarneit

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 0200

Tuesday 9 October 2018 (and the 2nd Tuesday of each month), 11am – 12:30pm

LOCATION: Werribee Library, 177 Watton Street, Werribee

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 9742 7999

Yak and Yarn

Join us, share skills and meet others as we knit and crochet for charity. Help us make blanket squares to donate to KOGO (knit one, give one), or bring your own project.

Every Monday, 11am – 12.30pm

LOCATION: Julia Gillard Library Tarneit, 150 Sunset Views Boulevard, Tarneit

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 0200

Every Tuesday 2pm – 3pm

LOCATION: Plaza Library, Pacific Werribee Shopping Centre, Derrimut

Road & Heaths Road, Werribee

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 2600

Every Wednesday 10am – 11am

Location: Werribee Library, 177 Watton Street, Werribee

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 9742 7999

Every Thursday 2pm – 3pm

LOCATION: Point Cook Library, 1-21 Cheetham Street, Point Cook

COST: FREE

RSVP: Bookings can be made via the Events Calendar www.wyndham.vic.gov.au/libraries or phone 8734 8930

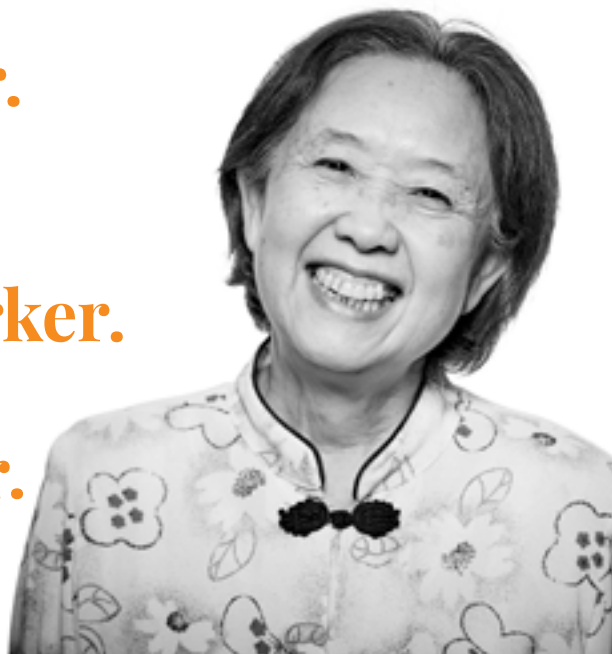
Book Club Service

If you would like to join a book club or wish to begin one, Wyndham Library Service can provide you with book kits specifically created for book clubs.

Home Library Service

The Home Library Service is free to Wyndham housebound residents who are unable to come into the library. Resources are selected to meet your interests and are delivered to your home by a friendly volunteer once a month. Please contact the Plaza Library for more information on 8734 2600.

**Trailblazer.
Mentor.
President.
Health worker.
Socialite.
Interpreter.
Migrant.
Optimist.**



The Healthy & Active Expo is all about getting people more healthy and active by promoting a diverse range of local recreational activities to a broad range of residents. Individual activities will be run by local recreation providers (e.g. a yoga centre) with different activities targeting different age groups. As the Expo runs across all of Wyndham there are local opportunities for all residents to get involved!

Activities for October targeting adults/seniors are:

Life! Program

**Wednesday 3 October 2018,
6.30pm – 7.30pm**

A free Victorian lifestyle modification program that help participants reduce their risk of type 2 diabetes and cardiovascular disease, funded by the Victorian Government.

LOCATION: Eagle Stadium, 35 Ballan Road, Werribee

COST: FREE

RSVP: www.wyndham.vic.gov.au/healthyandactiveexpo

OTHER INFORMATION: Bring along a pen and latest pathology result (last 12 months) if available.



Walk & Breakfast

**Friday 5 October 2018,
8am – 9.45am**

Group walk followed by a mindfulness activity. End with a BBQ breakfast. This program has an inclusive focus particular targeting people with and without disability and/or people with mental health issues.

LOCATION: Car park behind 75 Watton Street

COST: FREE

RSVP: www.wyndham.vic.gov.au/healthyandactiveexpo

OTHER INFORMATION: Walking clothes and shoes, water bottle and hand towel, umbrella for bad weather.

Yoga

**Wednesday 10 October 2018,
12pm - 1pm**

Come along to the child free zone, relax, stretch and unwind.

LOCATION: Grange Community Centre, 260-280 Hogans Road, Hoppers Crossing

COST: FREE

RSVP: www.wyndham.vic.gov.au/healthyandactiveexpo

OTHER INFORMATION: Bring along your own Yoga Mat.

Walking Group

**Thursday 11 October 2018,
9.30am – 10.45am**

Need Motivation to Exercise? Want to Get Fit? Want to Meet People and Socialise?

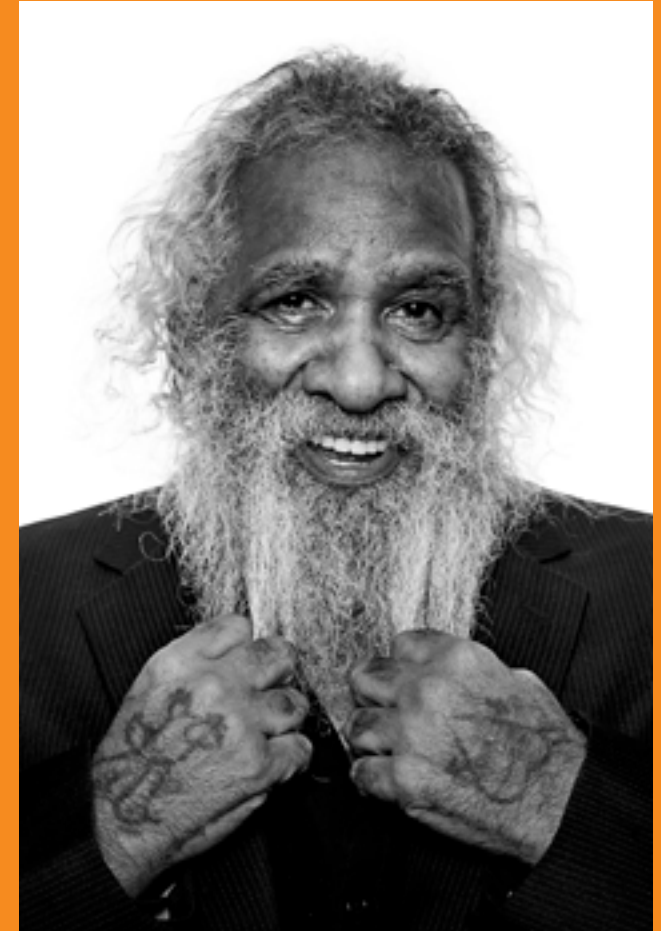
Walking Group is FREE and suitable for all ages and fitness levels.

LOCATION: Grange Community Centre, 260-280 Hogans Road, Hoppers Crossing

COST: FREE

RSVP: www.wyndham.vic.gov.au/healthyandactiveexpo

OTHER INFORMATION: Bring along a bottle of water and apply sunscreen if required.



**Elder.
Singer.
Sailor.
Stolen
Generation.
Trickster.
Silver-tongued devil.
Taungurung man.
DJ.**

AquaPulse & Eagle Stadium



EVENT: Living Longer, Living Stronger COTA Session

COTA (Council on the Ageing) run a Living Longer, Living Stronger program for Seniors. The program provides strength training specifically designed to meet the needs of older people. Come along and try it out for free during Seniors Week.

DATE & TIME:

AquaPulse: Monday 8, Wednesday 10 & Friday 12 October 2018, 10am - 12pm

Eagle Stadium: Tuesday 9 and Thursday 11 October 2018, 10am – 12pm

LOCATION:

AquaPulse: 80-82 Derrimut Road, Hoppers Crossing

Eagle Stadium: 35 Ballan Road, Werribee

COST: Free through Seniors Week, 8-12 Oct 2018

RSVP: Just turn up

CONTACT: Leanne 8734 5678 or email lmeyer@westernleisureservices.com.au

Club 60 Tarneit Inc



EVENT: Senior Outdoor Sports; Yoga & Physical Activities

Seniors of all communities are invited to participate in Outdoor Sports activities, followed by Yoga. Can attend one or the other, or both. Light Vegetarian Lunch provided after Yoga.

DATE & TIME: Thursday 11 October 2018, Outdoor Sports 10am – 12pm, Yoga 12.30pm – 2pm

LOCATION:

Outdoor Sports: Hummingbird Boulevard Sports Reserve, Hummingbird Boulevard, Tarneit

Yoga: Tarneit Community Learning Centre, 150 Sunset Views Boulevard, Tarneit

COST: FREE

RSVP: Essential for catering

CONTACT: Sunil 0449 101 455 or email club60.tarneit@gmail.com

OTHER INFORMATION: If the weather is poor, please contact Sunil for possible changes to details.

Filipino Community Council of Victoria



Monday 8 October 2018, 10am – 2pm

EVENT: Flores de Octubre (Flower Festival in October)

This event will bring together members of the Filipino Community and the broader community to promote social harmony and celebrate cultural diversity. This will include cultural artistic performances such as dance, music, entertainment, fun activities and food.

LOCATION: ReSoul Church, 31 Russell Street, Werribee

COST: Free

RSVP: Essential for catering

CONTACT: Sheila 9687 9011 or email centre.manager@fccvi.org.au

Hoppers Crossing Bowls Club



Thursday 18 October 2018, 10.30am – 3pm

EVENT: Come and Try A New Social and/or Sporting Activity. Come along and be involved in ongoing sporting/social activities to enhance your lifestyle and become engaged in the wider Wyndham community. No experience required. Equipment supplied.

Activities include: Lawns bowls, Carpet bowls for all abilities, Darts and Pool.

Also learn what these sub-clubs have to offer: Travel Club, Swimming Club and Vietnam Veterans.

LOCATION: Hoppers Club, 180-200 Pannam Drive, Hoppers Crossing

COST: Free

RSVP: Not required – just drop in

CONTACT: Paul on 0417 110 988 or email pbdunne02@gmail.com

OTHER: Free tea/coffee & cake for participants. Free show bag.

Great Seniors Deal for lunch. The weather is not an issue.

Hotel 520



Thursday 4 October 2018, Doors open

10.30am – Showtime 11am

EVENT: Waterloo – Abba Tribute Show

Free Morning Melodies with complimentary morning tea

LOCATION: Hotel 520, 520 Sayers Road, Tarneit

COST: Free

RSVP: Bookings Essential

CONTACT: 9748 8520

OTHER INFORMATION: Treat yourself to a delicious 2 course lunch after the show for just \$15

Iramoo Community Centre



Thursday 18 October 2018, 11am – 1pm

EVENT: The One Man Party with Arnie Griffs

With 28 years' entertaining experience in singing all your favourite hits live from a variety of artists. Arnie caters to all styles of music and his infectious energy and humour will create a great atmosphere. Light lunch with tea, coffee and juice afterwards.

LOCATION: Iramoo Community Centre, 84 Honour Avenue, Wyndham Vale

COST: Free

RSVP: Essential for catering

CONTACT: 8742 3688 or email admin@iramoooc.com.au

OTHER INFORMATION: Please notify of special dietary requirements

Jamieson Way Community Centre



Friday 12 October 2018, 2pm – 2.45pm

EVENT: Relax Into Yoga for Seniors

Experience the benefits of gentle yoga for seniors. It's about giving your body the attention and love it needs through breathing and gentle movements. It's about being healthier and happier at any age. Yoga will help to increase flexibility, reduce stiffness, eliminate stress and increase energy levels

Afternoon tea provided

LOCATION: Jamieson Way Community Centre, 59 Jamieson Way, Point Cook

COST: Free

RSVP: Bookings are essential – limited spots available

CONTACT: 9395 3777 or email admin@jamiesonwaycc.org.au

OTHER INFORMATION: Yoga mats and bottled water provided.

Ladies Club 60 Tarneit



Monday 22 October 2018, 10.30pm – 12.30pm

EVENT: Indian Cooking Session for different communities

Gain more knowledge of Indian food, live demonstrations in front of guests/visitors to show more of our

culture. Sharing, eating together and having fun.

LOCATION: Penrose Promenade Community Centre, 83 Penrose Promenade, Tarneit

COST: Free

RSVP: Required

CONTACT: Nina 0488 251 459 or email ladiesclub60@gmail.com

Manor Court



Friday 12 October 2018, 1.30pm – 2.30pm

EVENT: Seniors Concert with Phil Golotta

Seniors Concert for residents and community at Manor Court followed by afternoon tea.

LOCATION: Manor Court Aged Care, 5 Hogan Grove, Werribee

COST: Free

RSVP: Essential

CONTACT: 9742 0693 or email Sharon.smith@manorcourt.org.au

OTHER INFORMATION: Everyone Welcome!

Quantin Binnah Community Centre Inc.



Monday 15 October 2018, 10.30am – 12pm

EVENT: Texas Tea Time: Sing-a-long for Seniors

Facilitated musical sing-a-long with a country and western feel, to target and engage seniors of all ages and abilities. Includes a delicious morning tea.

LOCATION: Café QB, Quantin Binnah Community Centre, 61 Thames Boulevard, Werribee

COST: Free

RSVP: Essential

CONTACT: Quantin Binnah 9742 5040 or email qb@qbcc.org.au

Roadsafe Westgate



Saturday 27 October 2018, 9.30am – 2.30pm

EVENT: Senior Drivers Expo

A free and confidential event for Senior Drivers. Learn about: Health & driving, Medicines & driving, Road laws. Get a free and confidential driving assessment on a closed circuit and a roadworthy check on your car. Morning tea and lunch included.

LOCATION: Wyndham Civic Centre

Functions, 45 Princes Highway,
Werribee

COST: Free

RSVP: Bookings are essential

CONTACT: Lynette 9742 7534 or
online at <http://roadsafewestgate.org.au>

Speakers Bank

EVENT: When Seniors
Speak: Stories of Life and Love

Come along and see the outcome
of Story-telling sessions conducted
with various senior's groups
celebrating what they love to do,
remember or share about their lived
experiences.

DATE & TIME: TBC – Contact for
details

LOCATION: TBC – Contact for details

COST: Free

RSVP: Essential

CONTACT: Mimi 9314 0988
or 0432 141 296 or email
mimi.laurilla@annecto.org.au

OTHER INFORMATION:
www.speakersbank.org.au

The Grange Community Centre



Wednesday 10 October 2018, 12pm

EVENT: Senior's Week Lunch

Come along to a welcoming event
with a two course spit roast lunch
and live entertainment.

Live entertainment provides an
opportunity to sing, dance and be
merry.

LOCATION: The Grange Community
Centre, 260-280 Hogans Road,
Hoppers Crossing

COST: Tickets \$20

RSVP: Booking essential

CONTACT: The Grange Community
Centre 8742 8000 or email
enquiries@grangecommunity.org.au

OTHER INFORMATION: Tickets
ON SALE NOW

Monday 22 October 2018, 10.30am

EVENT: Pink Ribbon Morning Tea

Enjoy a morning tea to raise
awareness of Breast Cancer.

Morning Melody entertainment by
Phil Golotta.

LOCATION: The Grange Community
Centre, 260-280 Hogans Road,
Hoppers Crossing

COST: Tickets \$12

RSVP: Booking essential

CONTACT: The Grange Community

Centre 8742 8000 or email
enquiries@grangecommunity.org.au

OTHER INFORMATION: Tickets
ON SALE NOW

U3A Werribee

**Monday 8 – Friday 12 October 2018,
Classes at various times**

EVENT: Open Day

You are invited to try out a free class
from U3A (University of the Third
Age). There are a range of classes to
choose from including: Computers,
History, Craft, Games, Singing and
a whole lot more – there is sure to
be something for everyone. For full
list of classes available, please visit
www.u3awbee.net.au/

LOCATION: Various Locations –
Contact for details

COST: Free

RSVP: Required

CONTACT: Janette or Linda on
9395 1606 or email [sec.u3awbee@
hotmail.com](mailto:sec.u3awbee@hotmail.com)

OTHER INFORMATION: Membership
information available upon request

Victoria University Werribee Fitness Centre

**Wednesday 17 October 2018,
10am – 11am**

EVENT: Benefits of Exercise
information session

Discussing the benefits of exercise
for over 50's on your well-being.
We will talk about what type of
exercise you can do, how often you
should exercise, the level of intensity
needed to provide the benefits, and
answer any other question you may
have. Tea and coffee provided.

LOCATION: Victoria University
Health & Fitness Centre, Gate 3,
Building 7, Hoppers Lane, Werribee

COST: Free

RSVP: Required

CONTACT: Victoria University
Werribee Fitness Centre 9919 9173

Watton Carer The Watton Group Support Group

Tuesday 23 October 2018, 9.30am

EVENT: Walk in Wyndham Park
& Brunch

Walk along Wyndham Park tracks
to enjoy the environment and meet
other seniors in the community.
Followed by a healthy brunch at the
Coffee Pot Café in Watton Street to
socialise and enjoy a great menu,
outdoor seating amongst the huge

Community Events

gum trees and bird life.

LOCATION: Meet at Wyndham Park Piazza, Corner Watton and Wedge Streets, Werribee

COST: Free

RSVP: Essential

CONTACT: Patricia on 0434 487 360 or email patricia.tot@bigpond.com

OTHER: Weather permitting. Wear appropriate clothing and shoes

Werribee Bowls Club



Friday 19 October 2018, 10.30am – 2.30pm

EVENT: Multicultural Try Bowls, Lunch & Concert

Seniors Multicultural event encompassing a Try Bowls session, Lunch & Concert

LOCATION: Werribee Bowls Club, Chirnside Park, 237 Watton Street, Werribee

COST: Free

RSVP: Essential for catering by 16 October 2018

CONTACT: 9741 3229 or email werribeebowls@hotmail.com

OTHER INFORMATION: Bowls, equipment and disability access

provided. Flat shoes essential. Group bookings welcome.

Werribee Church of Christ



Thursday 18 October 2018, 10am – 1pm

EVENT: Remember When...

Come along and enjoy a friendly morning get-together, with singing of old-time songs, followed by a light lunch

LOCATION: Werribee Church of Christ, 200 Tarneit Road, Werribee

COST: \$5

RSVP: Required for catering purposes

CONTACT: 9749 2510 or Church Office 9741 6051 or email brnhickman@optusnet.com.au

OTHER INFORMATION: www.werribeechurchofchrist.org/

Werribee Community Singers



Saturday 27 October 2018, 2pm – 4pm

EVENT: Afternoon Melodies

A singing event for the Wyndham Community.

Enjoy sharing light refreshments

after the performance with our compliments.

LOCATION: Central Park Community Centre, 80 Lonsdale Circuit, Hoppers Crossing

COST: Gold Coin Donation

RSVP: Preferred

CONTACT: 0407 493 065

Werribee District Historical Society



Saturday 6, 13, 20 & 27 October 2018, 11am

EVENT: History Lecture - 'The Hume & Hovell Expedition of 1824-1825 Terminated At The Werribee River'

LOCATION: Old Shire Offices, 49 Watton Street, Werribee

COST: Gold coin donation appreciated

RSVP: Not required

CONTACT: 0468 435 090 or email I_pritchard@optusnet.com.au

Wyndham Chinese Happy Life Association



Friday 5 October 2018, 12pm – 4.30pm

EVENT: Happy in Wyndham City and Caring for the Elderly people

Bringing Chinese and other community senior residents together to celebrate by singing, dancing, eating, performing Tai Chi and playing games.

LOCATION: Saltwater Promenade Community Centre, 153 Saltwater Promenade, Point Cook

COST: Free

RSVP: Essential

CONTACT: Anna 0421 899 399

Wyndham Community & Education Centre



Friday 26 October 2018, 10.30am to 1pm

EVENT: Honouring the Elders of Burma

Come along and help us celebrate and honour our volunteers who migrated to Australia as refugees from Burma. Come and share their culture and food.

LOCATION: Wyndham Community & Education Centre, 20 Synnot Street, Werribee

COST: Free

RSVP: Essential

CONTACT: 9742 4013 or email richardd@wyndhamceec.org.au

Stay in touch



Leave your details to receive information about future seniors events. We'll keep your details secure and only use them to contact you for events or other relevant information.

Name: _____

Address: _____

Phone: _____

Email: _____

Privacy Statement: Your personal information is being collected by Wyndham City Council for the purpose of creating a mailing list for promotion of the seniors activities. The information will be used by Council and its contracted service providers for that primary purpose or a directly related purpose, but shall otherwise remain private within Council unless disclosure is required by law or consented to by you. You may apply for access and/or amendment of the information by writing to Council's Privacy Officer.

Return completed form to:

Amanda Burns

Positive Ageing & Disability Community Development Officer

Community Planning & Development

Wyndham City Council

PO Box 197

Werribee VIC 3030



Alternatively, you can email this information to:

CommunityWellbeing&Inclusions@wyndham.vic.gov.au