

Wyndham's Seniors Festival October 2019



wyndhamcity

Victorian
Seniors
Festival



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**Elder.
Matriarch.
Warrior.
Mother.
Elegant.**



Mon	Tue	Wed
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Thu	Fri	Sat	Sun
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Introduction

The Victorian Seniors Festival celebrates the inspiring contribution of older Victorians. This year, the festival celebrates its 37th year and will run from 6 October to 13 October 2019.

Wyndham City will be hosting a series of events which are open to all seniors throughout October 2019.

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!

**Piper.
Gardener.
Adventurer.
Entertainer.
Friend.**



Free Travel

Wyndham's
Seniors
Festival



wyndhamcity



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 6 October to Sunday 13 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 Public Transport Victoria 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 10am Tuesday 3 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 3 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 Public Transport Victoria 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)
- www.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 Bus Services to the main Wyndham City events, please see individual listings and visit Public Transport Victoria Website (www.ptv.vic.gov.au) for further information.

**Volunteer.
Transplant
Recipient.
Grateful.
Purposeful.
Zestful.**



Tickets

Community Events

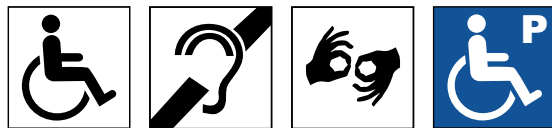
Tickets for the community events vary – please check individual listings for dates and times.

Wyndham City Events

Tickets for Wyndham City events go on sale Tuesday 10 September 2019, 9am at the Wyndham Cultural Centre, 177 Watton Street, Werribee or call 8734 6000 weekdays 9am – 4.30pm or go online Wyndham Cultural Centre Box Office www.wyncc.com.au (booking fee applies to each ticket purchased online).

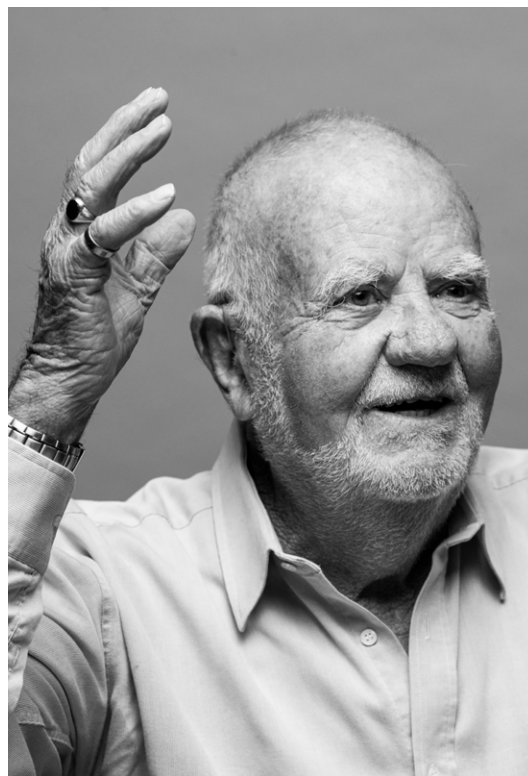
Ticket sale date – Tuesday 10 September 2019:

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 or access the café next door.



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 email communitywellbeing&inclusion@wyndham.vic.gov.au



**Radio
Announcer.
Author.
Passionate.
Strong.
Playful.**

Gambling & Harm Minimisation

Gambler's Help West

Gambler's Help West is a free confidential problem gambling and financial counselling service for anybody affected by gambling, including family members, friends or employers. It is 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.

More specifically, Gambler's Help West can help you:

- understand why people gamble
- improve your relationships
- understand how and why gambling has become a problem
- manage your own finances and assets
- improve budgeting skills
- know your legal rights and options available to you.

Please call 9296 1234 to make an appointment to see a Gambler's Help West Counsellor. You are welcome to bring a support person with you and free interpreter services are available, if required.



Other 24 hour support services:

- Gambler's Helpline: 1800 858 858
- On-line counselling: www.gamblinghelponline.org.au
- Life Line: 13 1114

During 2018, more than \$294,000 was lost every day on poker machines in Wyndham. To help respond, Wyndham City has adopted the Wyndham Gambling Harm Minimisation Policy and Action Plan 2018–2022 www.wyndham.vic.gov.au/gambling-harm-minimisation-policy-and-action-plan-2018-2022. Developed from a public health perspective, the policy and action plan aim to prevent and minimise harm from gambling in the Wyndham community.

For more information, please visit www.wyndham.vic.gov.au or contact Council's Gambling and Harm Minimisation Project Officer on 9742 0777.



Adventure

UNLEASHED

From sunset safaris to world-famous wetlands, gardens in bloom and fishing hot spots, the team at Werribee Visitor Information Centre can help you plan your next adventure.

visitwerribee.com

  @VisitWerribeeandSurrounds



Werribee Visitor Information
Centre (Located at the entry
to Werribee Open Range Zoo)
K Road, Werribee South
03 8734 6006
tourism@wyndham.vic.gov.au

Seniors Festival Pre-Event

To get you into the mood for the October Seniors Festival events, Werribee Community Singers will be putting on an afternoon melodies concert.

So, head along and get the Seniors Festival party started!

Afternoon Melodies



Saturday 21

September 2019, 2 – 4pm

An afternoon filled with songs and laughter followed by afternoon tea supplied by us for your enjoyment.

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

COST: Gold Coin Donation

RSVP: Not essential but would be appreciated.

CONTACT: 0407 493 065

ACCESS: Accessible venue, accessible parking/toilets available.



**Writer.
Mother.
Artist.
Carer.
Storyteller.**

Seniors Exercise Park – Come & Try



Did you know Wyndham has an exercise park specifically designed for Seniors? Well, we do! This is your chance to come along and see how it works and find out how you can start your journey to a fitter, healthier you.

DATE & TIME: Wednesday 9 October 2019, 10.30am – 12.30pm

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

COST: Free

TRANSPORT: Parking available. Melways ref: 206 J2.

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

ACCESS:  

Accessible Parking, Accessible Toilet, Level entry around the park. Some exercises are wheel chair accessible.

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

Walk



Join us for a beautiful walk along the Werribee South Waterfront. Take in the sea air and see the developments that have changed this area. A variety of walks to suit all abilities. Lunch included.

Dogs allowed, but must be kept on a lead.

DATE & TIME: Wednesday 16 October 2019, 10am for a 10.30am start

LOCATION: Price Reserve Pavilion, Corner Beach & O'Connors Roads (enter via Beach Road), Werribee South

COST: \$5

DIETARY REQUIREMENTS: Any dietary requirements must be advised at purchase of ticket.

TICKETS: From Tuesday 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: 199 G11.

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

ACCESS:  

Accessible Parking, Accessible toilet at the pavilion. Route is level.

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

Lunch & Dance



Come along and enjoy a delicious roast lunch and entertainment. The charm, warmth and fun explode when Bobby James hits the stage to perform classic hits from the 50s through to the 80s.

With numbers from Elvis, Tom Jones, Neil Diamond, Roy Orbison and many more, this is a sure way to get you singing and dancing. Tables of 10.

DATE & TIME: Friday 18 October 2019, 12pm (Doors open 11.30am)

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

COST: \$20

DIETARY REQUIREMENTS: Any dietary requirements must be advised at purchase of ticket.

TICKETS: From Tuesday 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)

Closing date for tickets Friday 11 October 2019

TRANSPORT: Parking available. Melways ref: 206 D3.

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

ACCESS:    

Accessible Parking, Accessible toilet, Hearing Loop, Auslan Interpreted

Wyndham City Events

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

Trivia Morning



Join us for a morning of trivia – pit your wits against others for a chance to be Wyndham's Senior Trivia Champions.

Devonshire Tea included.

You can register teams of 10. Don't worry if you don't have a full team – register individually or as a smaller group and you will be allocated with others. Places are strictly limited.

DATE & TIME: Wednesday 23 October 2019, 10.30am – 12.30pm

LOCATION: The Garden Feast (Previously Grevillia Nursery), 67 Railway Avenue, Werribee

COST: \$10

TICKETS: From Tuesday 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)

REGISTRATION: If you wish to register a table of 10, or smaller group after you have purchased tickets, please contact Amanda Burns on 9742 0777 or communitywellbeing&inclusion@wyndham.vic.gov.au

TRANSPORT: Limited parking available. Melways ref: 206 C6.

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

ACCESS:   

Accessible Parking, Accessible toilet, Hearing Loop, Auslan Interpreted

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

Wyndham Art Gallery Exhibitions

DROWNING NOT WAVING

OPENING:

Thursday 22 August – 6.30pm to 8.30pm

EXHIBITION DATES:

Thursday 23 August – Sunday 6 October

'What you thought were your glory days seem to have come undone'

JAMES REYNE

'I was much further out than you thought and not waving but drowning.'

STEVIE SMITH

James Reyne's 1998 song and Stevie Smith's 1957 poem Not Waving Drowning refer to issues of the heart. In this exhibition Wyndham Art Gallery applies the same famous phrases to issues of the earth. Taking a global perspective this extraordinary exhibition looks at climate change in the 21st century. It asks, what were we thinking when we kept plundering the Earth with little thought for the future and how did we not react to the warning signs sooner.

Artists Jill Orr, Clinton Naina, Peter Lemalu, Paul Handley, Emma Davies, Penelope Davis, Yasbelle Kerkow, Ella Benore Rowe, George Basil Alokaka, and Florence Folole Tupuola will explore the concerns and solutions to the issues of global warming.

*Image Credit: Penelope Davis, 'Sea – change' – plastic (installation view, detail)
Photo by Simon Strong.*



Wyndham Art Gallery Exhibitions

NEW

OPENING:

Thursday 17 October, 6.30pm to 8.30pm

EXHIBITION DATES:

Thursday 18 October to
Sunday 17 of November



Image Credit: Caerdai Demelza, 'Bloom' – Ink jet print

When is artwork new? Presenting contemporary perspectives by talented emerging artists living in Wyndham who have yet to be discovered, NEW will surprise, confront and delight with new visions and ideas.

Come along and discover what talent lies hidden in our city.

Featuring local artists Caerdai Demelza, Michelina Di Mauro, Erasmo Di Mauro, Imran Abul Kashem, Daniel Mahjoub, Jonathon Toa Ishara, Ivy Mutuku, Anita Joanna Landman, Emmet Davies, Megan Bonnici, John Mathet and Xiang Li.

Co-Curated by Clive Gono.

GO DEEPER:

Artist in Conversation

Thursday 31 October, 6pm to 8pm – free

Celebrate our growing community of local artists and hear from new faces about their artwork and practice living in Wyndham. An inspiring conversation about being a local creative.

LOCATION: Wyndham Art Gallery, 177 Watton St Werribee

GALLERY OPENING HOURS:

9am to 5pm Monday to Friday, 11am to 4pm Saturday and Sunday



ENCORE
EVENTS CENTRE

MORNING MELODIES JADE HURLEY

Forget all your troubles and cares and grab your friends or meet someone new in this warm and welcoming space. Not only will Morning Melodies feature some great tunes and performance, there will also be a lovely morning tea on offer.

DATE & TIME:

Tuesday 8 October 2019
10.30am – 12pm

LOCATION:

Encore Events Centre
80 Derrimut Road, Hoppers Crossing

COST: \$12

TICKETS:

On Sale Now, Wyndham Cultural Centre,
177 Watton Street, Werribee
or 8734 6000 weekdays 9am – 4.30pm
or online www.wyncc.com.au

TRANSPORT:

Parking available. Melways ref: 206 D3.

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

ACCESS:

Accessible Parking, Accessible toilet, Hearing Loop

OTHER: Morning Melodies at Encore is also running on the 2nd Tuesday of the month. Check the website for more details on performers.

Brain Gym



Come along and exercise your brain with a range of puzzles, games, and activities designed to keep your brain healthy and improve your cognitive skills.

Bookings required.

Wednesday 2 October 2019, 2 – 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 9395 7966

Wednesday 9 October 2019, 2 – 3pm

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

Wednesday 16 October 2019, 2 – 3pm

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

Wednesday 23 October 2019, 2 – 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

Wednesday 30 October 2019, 2 – 3pm

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

Craft and Conversation

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

Kumihimo Braiding

**Friday 11 October 2019,
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

Paper Craft

Friday 18 October 2019, 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

Origami Crane Mobile

Friday 25 October 2019, 12pm – 2pm

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 9395 7966

Paint Chip Bookmark

Tuesday 29 October 2019, 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

Come along to Family History Group and meet others researching their family tree. Share your knowledge and experiences, as well as pick up some tips on how to discover your ancestry. These sessions are led by an experienced facilitator.

**Monday 14 October 2019,
1.30pm – 3pm**

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 Computer Users Group – Plaza

Saturday 26 October 2019, 12 – 2pm

Are you interested in using genealogical software to research your family tree? Come along to the Family History Computer Users Group to share ideas and troubleshoot your research questions. This group is run by its participants and is led by an experienced facilitator.

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 Tuesday 2 – 3pm and every Thursday 11am–12pm

Are you interested in researching your family history? Book a Genealogy Tour with our Family and Local History Librarian to get you started.

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 Café

Come and enjoy tea and coffee while practising your English language speaking skills through conversation with others. At language cafe you'll get to meet people from all over the world who are learning English. Everyone is welcome.

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

Language Café – Beginners Session

Every Tuesday 1pm – 2pm

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 9395 7966

Language Café – Intermediate Session

Every Thursday 1pm – 2pm

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 9395 7966

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

Join our Midday Movie session as we revisit and discuss old favourites. Contact the library to find out what is screening. Tea, coffee and light snacks provided.

Thursday 24 October 2019 (and 4th Thursday of each month), 12pm – 2pm

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

Mad about movies and can't stop talking about them? Why not join Movie Club! Doors open at 6pm, screening begins at 6.30pm. A light supper will be provided.

**Wednesday 16 October 2019
(and 3rd Wednesday of each month),
6pm–9pm**

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

One-on-one IT Help

Do you need some focused support with computers or technology? Do you have a new computer or mobile device and want to learn how to use it? Do you want a hand with eBooks, eMagazines and eAudiobooks? Book a one-on-one session, and our friendly staff will help you. We can help you with PCs, Macs, and all kinds of phones and tablets. If you've got a question about your own device (a laptop, phone or tablet), make sure to bring it along.

Otherwise, you can use one of the library's computers or tablets. Please let us know in the comments section

whether you'll be bringing your own device and what kind of device it is.

Various Times and venues every day.

LOCATION: All libraries offer this service.

COST: Free

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

Writing Group

Are you an aspiring writer looking for like-minded people to share with and learn from? Come along to one of our monthly writing groups for adult writers of all levels of experience.

Mingle with your fellow amateur poets, novelists, journalists, non-fiction writers and bloggers. Flesh out your characters and tie-up those dangling plot threads! Swap material with other writers, or even read your work aloud during these friendly and supportive sessions.

**Wednesday 16 October 2019
(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 8 October 2019
(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

Share your skills, learn new ones and help make the world a comfier place at Yak and Yarn! Join us as we knit, crochet and chat. You can work on your own project or donate your handiwork to charity. We make blanket squares, baby clothes and other items to donate to KOGO (Knit One, Give One) and other charitable projects such as Aussies Knitting for War-Affected Kids (AWAK).

Every Tuesday 11am – 12pm

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

Book Clubs

If you would like to join or start a book club please register online www.wyndham.vic.gov.au/services/libraries/adults/book-club-information or phone 8734 2600. Wyndham City Libraries has over 100 book club kits that are available for loan.

Home Library Service

Wyndham City Libraries offers a free home delivery service to Wyndham residents who are unable to visit the library due to frailty, disability, or illness. Full time carers of people with an illness or disability are also able to utilise this service. If you are interested in receiving the Home Library Service, or know someone who would benefit from this service please:

Contact 8734 2600 or email home.library@wyndham.vic.gov.au or complete a form online www.wyndham.vic.gov.au/services/libraries/adults/home-library-service

Healthy & Active Expo



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

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

Tuesday 1 October 2019, 6.30–7.30pm

**Wednesday 9 October 2019,
6.30 – 7.30pm**

LOCATION: Meeting Room 2, Eagle Stadium, 35 Ballan Road, Werribee

COST: Free

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

Strength 4 Life Yoga

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

Wednesday 9 October 2019, 12 – 1pm

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

COST: Free

OTHER INFORMATION: Bring along your own Yoga Mat

Walking Group

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

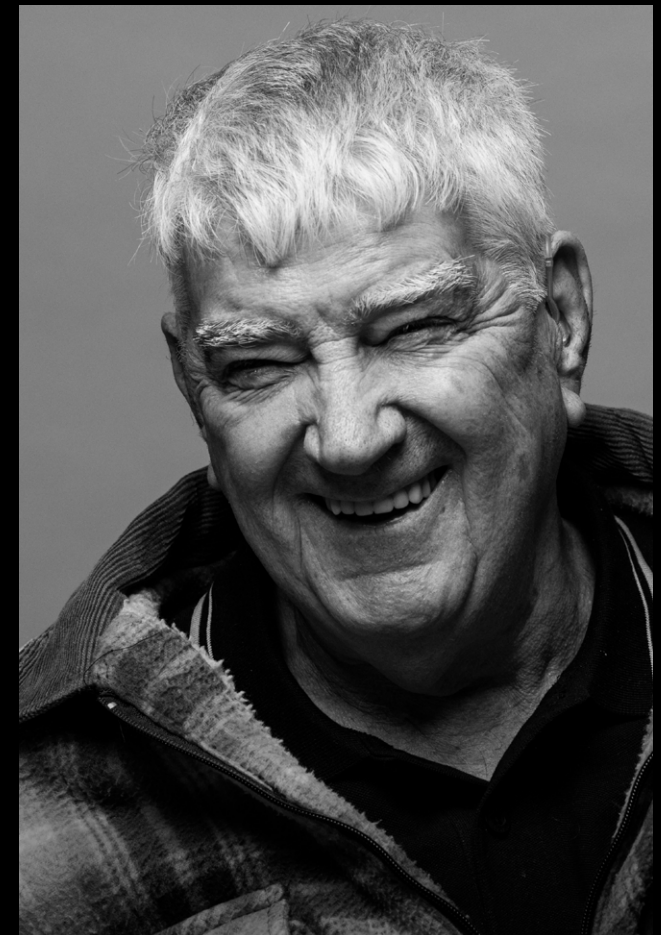
Walking Group is FREE and suitable for all ages and fitness levels.

**Thursday 10 October 2019,
9.30am – 10.15am**

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

COST: Free

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



**Storyteller.
Rose grower.
Neighbour.
Carpenter.
North Fan.**

To RSVP for any of these events visit
Wyndham City Website – Healthy & Active Expo
www.wyndham.vic.gov.au/healthyandactiveexpo

“Telling Our Stories – the Techy Way”



Thursday 10 October 2019

- **Session 1: 9.30am – 11.30am**
- **Session 2: 12.30pm – 2.30pm**

Join us for a unique activity. We are offering a story-telling workshop for seniors as a “come and try” activity where we

- teach you how to use technology such as mobile phones, tablets, IPADS or a video camera to tell and capture stories digitally
- teach you how to tell your story effectively to an audience.

We prefer that you bring your own devices so that you can save your stories straight away, but this is NOT a requirement to attend the sessions. Anyone who is willing to learn is welcome.

This is an opportunity to learn a new skill, have fun and exchange stories with other people.

Snacks will be served.

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

COST: Free

RSVP: Preferred as places are limited.

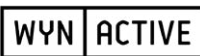
Group bookings also welcomed (groups of 3–6).

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

ACCESS: Accessible Venue (level entry), accessible parking/toilet

OTHER INFORMATION: Bring your own device, if you can. Speakers Bank Website www.speakersbank.org.au

AquaPulse & Eagle Stadium



AquaPulse
Monday 7, Wednesday 9
& Friday 11 October 2019,
10am – 12pm



Eagle Stadium
Tuesday 8 & Thursday 10 October
2019, 10am – 12pm

EVENT: Free 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.

LOCATION:
AquaPulse, 80–82 Derrimut Road, Hoppers Crossing

Eagle Stadium, 35 Ballan Road, Werribee

COST: Free through Seniors Week, 7 – 11 October 2018

RSVP: Just turn up

CONTACT: Western Leisure on 8734 5678

OTHER: Please bring along medical clearance to exercise if you intend to try the equipment. Otherwise, you may spectate and see how the program is structured.

B-24 Liberator Memorial Australia



Tuesday 15 October
2019, 10am – 2pm

EVENT: Open Day

Free entry to the B-24 Liberator restoration hangar, free morning tea plus guided tours of the hangar/museum and opportunities to talk to volunteers who work on the aircraft restoration and rebuilding project. We encourage interested Seniors to consider joining our volunteer group and will be pleased to provide further information on the day.

LOCATION: B-24 Liberator restoration hangar, Cnr Farm Rd and Princes Hwy, Werribee

COST: Free entry for Seniors, other visitors \$5.00 donation

RSVP: No booking required

CONTACT: Graham on 0418 546 192 or email graham.collis59@gmail.com

ACCESS: Easy ground-level entry to the restoration hangar; wide doorway; toilets easily accessible; plenty of off-street parking space.

Club 60 Tarneit



Wednesday 9 October
2019, 11am – 1pm

Thursday 10 October
2019, 11am – 3.30pm

EVENT: Annual Sports Meet for Seniors

Join us for fun sports activities across two days.

Wed 9 Oct: Badminton games (ladies & gents)

Thu 10 Oct: Yoga for all participants indoors at the centre, followed by outdoor sports including Spoon & Lemon Race, Caterpillar Walk, Slow Cycling Race, Short distance Races (walking & running) and Tug of War.

Free vegetarian lunch provided on day 2, 10 Oct.

LOCATION:

Wed 9 Oct: Eagle Stadium 35 Ballan Road, Werribee

Thu 10 Oct: Arndell Park Community Centre 29–49 Federation Boulevard, Truganina and Grounds adjacent

COST: Free

RSVP: Essential for catering

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

ACCESS: Eagle Stadium and Arndell Park Community Centre are accessible venues with level entry, accessible parking and toilets.

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

Datta Yoga Centre Australia



DYC Australia

EVENT: Healing Music Therapy for Seniors

Friday 11 & 18 October 2019, 10am – 12pm

Come along and promote, maintain and restore mental, physical and emotional health through the benefits of music.

LOCATION: 60 Honour Avenue, Wyndham Vale

COST: Free

RSVP: Essential as places are limited

CONTACT: Lakshmi on 0425 787 351 or email dycaustralia@gmail.com

ACCESS: Accessible venue (level entry)

Evi Craft

Thursday 10 October 2019, 10am – 12pm

Friday 18 October 2019, 10am – 12pm

EVENT: Leather Flower Brooch Making Workshop

Come and create your own leather flower brooch in this 2 hour workshop. Morning tea included.

LOCATION:

Thursday 10 Oct: Wyndham Park Community Centre, 55–57 Kookaburra Avenue, Werribee

Friday 18 Oct: Iramoo Community Centre, 84 Honour Avenue, Wyndham Vale

COST: Free

RSVP: Essential as places are limited

CONTACT: Evi on 0403 343 661 or email info@evicraft.com

ACCESS: Accessible venues (level entry), accessible parking/toilet available

Heathglen Retirement Village



Wednesday 2 October 2019, 10.30am – 12.30pm

EVENT: Retirement Information Session

Come along and get free info on Estate Planning, Wills, Power of Attorney, and Retirement Planning. Lawyer and Financial Planner present to speak and answer your queries.

Morning tea provided.

LOCATION: Heathglen Retirement Village, 2 Glendale Court, Werribee



COST: Free

RSVP: Essential

CONTACT: Helen on 0428 121 359 or email helen.dimopoulos@lendlease.com

ACCESS: Accessible venue (level entry), accessible parking/toilet available

Hotel 520



Thursday 24 October 2019, Doors open 10.30am – Showtime 11am

EVENT: Morning Melodies with Fabulous Phil Golotta

Free show and morning tea

LOCATION: Hotel 520, 520 Sayers Road, Tarneit

COST: Free

RSVP: Bookings Essential

CONTACT: 9748 8520

ACCESS: Accessible venue (level entry), accessible parking/toilet available

OTHER INFORMATION: After show 2 course menu available for \$15

Iramoo Community Centre



Thursday 24 October 2019, 11am – 1pm

EVENT: Come Party with Arnie

Join us for an interactive performance by Arnie Griffs, who has 29 years of experience in the entertainment industry. After the performance we will provide a light lunch with tea, coffee and juice.

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

COST: Free

RSVP: Essential

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

ACCESS: Accessible venue (level entry), accessible parking/toilet available

OTHER INFORMATION: Please notify of special dietary requirements

Jamieson Way Community Centre



Tuesday 8 October 2019, 11am – 12pm

Thursday 10 October 2019, 1.30pm – 2.30pm

EVENT: Relax into Tai Chi for Seniors

Experience the benefit of Tai Chi. Give the body the attention it needs through gentle movement and breathing exercises. It's about being healthier and happier at any age. Join with others to connect and learn something new.

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

COST: Free

RSVP: Booking required – limited spots available

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

ACCESS: Accessible venue and accessible parking/toilet available

OTHER INFORMATION: Wear comfortable clothing

Ladies Club 60 Tarneit



**Thursday 3 October
2019, 1pm – 3.30pm**

EVENT: Celebration of Indian Music & Cuisine

Celebration of Indian music and cuisine with a live demo of cooking and taste a variety of Indian dishes. Also watching live performances from Indian Seniors and connect with wider community to share culture.

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

COST: Free

RSVP: Required

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

ACCESS: Accessible Venue (level entry), accessible parking/toilet

Manor Court Aged Care



**Friday 18 October
2019, 1.30pm – 2.30pm**

EVENT: Seniors Concert with Phil Golotta

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

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

COST: Free

RSVP: Just Turn Up

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

ACCESS: Accessible venue – level entry, accessible parking and toilet.

Quantin Binnah Community Centre



**Tuesday 15 October 2019,
9.30am – 11.30am**

EVENT: Health Check & Morning Tea

This event will provide seniors with the opportunity to have their hearing and blood pressure checked whilst enjoying a healthy morning tea.

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

COST: Free

RSVP: Just turn up

CONTACT: Penny on 9742 5040 or email penny@qbcc.org.au or visit our facebook page

ACCESS: Accessible venue (level entry and ramp), accessible parking/toilet available

Shane Tindal

**Tuesday 8 October 2019, 10am –
11.30am**

EVENT: From Jamieson Jotters to Just Like a Son

Come along and hear a senior's perspective of publishing a novel that's been more than 20 years in the making.

LOCATION: Point Cook Community Learning Centre, 1–21 Cheetham Street, Point Cook

COST: Free

RSVP: Essential

CONTACT: Shane on 0427 173 868 or email shanetindal@bigpond.com

ACCESS: Accessible venue (level entry), accessible parking/toilet available

Shoestring Gardening Inc



**Saturday 12 October 2019,
1.30pm – 3.30pm**

EVENT: High Tea @ Shoestring Gardening

Join us at the garden for a traditional high tea – savoury, sweet and of course scones and even herbal tea! Enjoy a browse in the garden too.

LOCATION: Eco Living Centre, 28 Ridge Drive, Wyndham Vale

COST: Free

RSVP: Essential for catering purposes. Bookings via Eventbrite – check Shoestring Gardening Inc Facebook page for the link or email shoestring.contact@gmail.com

CONTACT: Diane on 0401 561 691 or email shoestring.contact@gmail.com

The Grange Community Centre



Thursday 10 October 2019, 12pm

EVENT: The Grange Senior's 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

ACCESS: Accessible venue (level entry), accessible parking/toilet available

OTHER INFORMATION:

Tickets ON SALE NOW

Watton Carer Support Group **The Watton Group**

Tuesday 22 October 2019, 9.30am

EVENT: Walk & Brunch

Walk in Wyndham Harbour followed by brunch at Wyndham Harbour Restaurant & Bar

LOCATION: Wyndham Harbour Boardwalk, Werribee South

COST: Free

RSVP: Essential for catering by Monday 21 October – places limited

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

ACCESS: Walking route is level. Café is level entry with accessible parking and toilet.

OTHER: Wear comfortable shoes and bring water

Werribee Church of Christ



Tuesday 15 October 2019, 10am – 1pm

EVENT: Remember When...

Community singing... songs from the musicals we never forget. Items, competitions. Light lunch included – sandwiches, scones with jam and cream, tea and coffee

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

COST: \$5

RSVP: Essential for catering purposes by Friday 11 October

CONTACT: Bronwen on 9749 2510 or email bronhickman@optusnet.com.au

ACCESS: Accessible venue (ramp to front entrance); plenty of parking available; accessible toilet; nurse at entrance for anyone needing assistance

INFORMATION:

www.werribeechurchofchrist.org

Wyndham Active Youngs@55 Inc

EVENT: Seniors' Games & Track Meet 2019

A tournament for Table Tennis, Chess, Carrum Board, and Athletics for Seniors above 55 Years of age, both for ladies and gents separately. Indoor and outdoor activities.

Light refreshment, health drinks and water bottles will be provided to all the participants.

Monday 7 – Wednesday 9 October 2019 Indoor games

• Table Tennis: 9am – 11am (all 3 days)

• Chess and Carrum: 12pm – 3pm (all 3 days)

Saturday 12 October 2019 Outdoor games, 8am – 12pm

LOCATION: Featherbrook Community Centre, 33–35 Windorah Drive, Point Cook and the adjoining playground.

COST: \$5 for participants, Free for spectators

RSVP: Essential for participants to register by 30 September. No requirement for spectators

CONTACT: Sudhir on 0415 203 610 or sudhir853@hotmail.com

ACCESS: Accessible venue (level entry), accessible parking/toilet

Wyndham Chinese Happy Life Association



Friday 11 October 2019, 12pm – 4.30pm

EVENT: Enjoying Senior Age in the Harmonious Community

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

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

COST: Free

RSVP: Essential

CONTACT: Anna on 0421 899 399

ACCESS: Accessible venue (level entry), accessible parking/toilet available.

Wyndham Community & Education Centre



EVENT: Maintaining Culture through Childhood Memories

Together with special guests and community members, we will launch a free booklet capturing the childhood memories of some of our clients and volunteers who have arrived in Australia as refugees from Burma. These childhood memories will be rich in culture, providing the Wyndham Community, and young people who have parents and grandparents from Burma, with some insight into the past. We will also have traditional made cultural items from Burma for sale, including woven scarves, table runners and bookmarks.

Thursday, 31 October 2019, 11am – 2pm

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

COST: Free

RSVP: Just turn up

CONTACT: 0411 558 732 or email richardd@wyndhamcec.org.au

ACCESS: Disability Access available.



**Angel.
Migrant.
Songbird.
Inspirational.
Determined.**

'If you fall down, be strong, get up and start again. Life is beautiful.'

Giovanna's journey as a migrant is testament to the resilience of the human spirit. She has often faced adversity but has consistently beaten the odds to carve out a new life for herself here in Australia.

Like many Italian migrants Giovanna emigrated from the very poor region of Calabria. 'There were no jobs,' says Giovanna. 'I had my baby on one shoulder. With my other hand I'd knock on doors, looking for work.'

When Giovanna arrived in Australia in 1971 with her husband and nine-month-old, a new life began for her. 'The second day after I came to Australia, I went to work.'

Giovanna spent thirty years on the factory floor. She had a beautiful voice and her fellow workers would call out 'Sing Giovanna sing.' So she often sang on the factory floor whilst working. Many of the workers were Italian migrants so it became difficult to learn English. Giovanna remembers feelings of frustration and isolation at not being able to easily communicate in Australia.

She hurt her knee, and was eventually sacked. Giovanna had two children and was a single parent. She desperately needed to find work.

Giovanna, also known to many of her friends as Vittoria, was employed as an aged-care worker at CO.AS.IT. Here, Giovanna's nature could shine.

'I was so happy in this job. My heart opened and I could give back to these beautiful people. I had finally found my mission.'

Now retired, Giovanna continues as a volunteer in the CO.AS.IT. Visitation program. She understands what it's like to be alone and not speak English well. Many older migrants are isolated.

'I have a big heart. I want to share it with people. I love to bring this big smile.' Warm, generous and compassionate, Giovanna is known as an angel.

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&Inclusion@wyndham.vic.gov.au