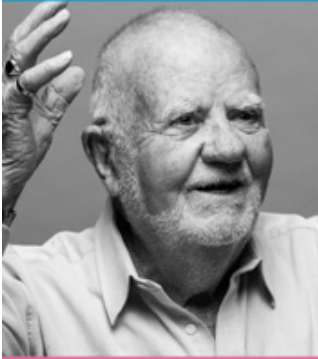


Victorian
Seniors
Festival
October
2019



seniorsonline.
vic.gov.au

Get into it!

#VicSeniorsFestival



Baw Baw Local Event Guide

3-20 October 2019

Victorian
Seniors
Festival





Free Group Fitness at the Warragul Leisure Centre

7-18 October

Come and try one, two or ten different group fitness classes free of charge throughout the festival!

Join in a variety of different classes at the including aqua aerobics, circuit training, pilates, yoga and more! All classes are low impact and suitable for beginners through to the more advanced.

Classes run for approximately 45 to 55 minutes. Please arrive 15 minutes prior to the start time. Timetables subject to minor changes.

For full class descriptions please call 5623 4017 or visit www.warragul.ymca.org.au

Venue: Warragul Leisure Centre, 21 Burke Street.

Cost: Free. Participants are required to register at reception to receive a ticket prior to commencement of the class as there are limited numbers.

Enquiries: For enquiries please call 5623 4017 or bawbaw@ymca.org.au

Aqua Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.15am	Aqua Movers+		Aqua Movers+	Warm Movers	Aqua Movers	
9.15am	Aqua Movers		Warm Movers	Aqua Movers+	Warm Movers	Aqua Bootcamp
9.30am		Aqua Gymstick				
10.15am	Warm Movers		Aqua Movers			
6.30pm	Warm Movers	Warm Water Workout	Water Workout	Warm Water Flow		

PrYme Movers & Low Impact Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8.30am	Basic Movers	PrYme Movers Circuit	PrYme Movers Circuit	Basic Movers		
9.30am		Pilates	Gymstick Muscle	Classical Pilates		
10.30am				Yoga		
11.30am			Tai Chi Kung			
5.30pm		Pilates		Pilates		
6.40pm	Chi Yoga					



Garden, Floral Emblem and Australian Flora Exhibition by the Baw Baw Arts Alliance

Every Wednesday and Sunday from 2 Oct – 3 Nov 10:30am – 4:00pm

The Baw Baw Arts Alliance invites you to attend these exhibitions in Yarragon. There will also be an official opening of exhibition at 2.00pm on Saturday 5 October and everyone is welcome to attend.

Venue: The Station Gallery, Princes Highway, Yarragon.

Cost: Free.

Enquiries: For enquiries and bookings please call Sue Murphy on 0428 866 417.



Warragul Arthritis Self-Help Group Open Day

**Thursday 3 October
From 1:30pm**

Warragul Arthritis Self Help Group (W.A.S.H.) provides help and encouragement for people seeking to improve their muscle bone and joint health. Come and join our enjoyable and informative monthly general meeting and afternoon tea.

Venue: West Gippsland Community Health Centre, Petit Room 2, 31-35 Gladstone Street, Warragul
Cost: Free. Afternoon tea provided.

Enquiries: Call Lesley Welch on 5623 6255 or Marita Duncan on 0417 592 465.



Come and Try Aerial Fitness

**Friday 4 October
3:30pm – 4:30pm**

Have you ever wanted to run away to the circus? Now's your chance! Join in a fun afternoon and try all the apparatus on offer. In this class you will have a chance to try pole dance, hoop, silk and aerial hammocks, along with gentle stretching and mobility movements. Wear comfortable clothes and bring water and a towel.

Venue: Storm Studios Aerial Fitness, 15/11 Pearse Street, Warragul.

Cost: Free.

Enquiries: Bookings essential by emailing Esther at estherlih@hotmail.com or call 0412 402 270.



Gentle Chair Based Exercise with Baw Baw Region Arthritis Support Group

**Monday 7 October
12.45pm – 2.30pm and
Friday 18 October
12.45pm – 2.30pm**

Anyone with limited mobility and strength is invited to join the Baw Baw Region Arthritis Support Group (BBRASG) to experience our gentle chair-based exercise class. You will be welcomed and supported by a current member.

Venue: Uniting Church, 210 Sutton Street, Warragul (entry via rear door).

Cost: Free.

Enquiries: Please book by calling Barbara Eastwell on 0409 026 074.



Baw Baw Singers – Laugh, Sing and Be Happy!

Monday 7 October
6.45pm – 9:00pm

Join us for a happy evening of familiar songs that you can sing with or listen to. Feel the benefits of being among a large choir. Return home relaxed and happy with a song in your heart! All ages and abilities welcome. No singing experience required.

Venue: Anglican Parish Hall, 132 Princes Way, Drouin.

Cost: Free. Supper included.

Enquiries: For enquiries please call Fred on 5625 1689 or 0419 768 178.



Seniors Festival of Golf, Veterans Golf Classic at Trafalgar

Tuesday 8 October
9.30am/10.30am

Join in our golf events for the day. The first is a men's and ladies 18 hole 4BBB Stableford with a 9.30am start. The second is a 9 hole singles Stableford event with a 10.30am start.

Venue: Trafalgar Golf Club, Gibsons Road, Trafalgar.

Cost: \$25.00 per person for the 18 hole event, or \$20.00 per person for the 9 hole event. All prices include a light lunch.

Enquiries: Bookings essential. To book call the Trafalgar Golf Club on 5633 1110. Entry forms close Thursday 3 October.



Drouin's Giant Trees Tour

Tuesday 8 October
Tour 1: 9.30am – 11.30am
Tour 2: 2.00pm – 4.00pm

The bus will transport you to Drouin's Giant Trees. We will marvel at the giant trees and the bus will meander through avenues adorned with superb elms, oaks, planes and other exotic trees. Please advise of any access needs and walking ability upon booking.

Pick up: Warragul Railway Station and Drouin Bowling Club car park.

Cost: \$5.

Enquiries: Bookings essential. Call Into the Country Tours on 0430 150 990 or via email sharon@intothecountry.com.au



Active Seniors Walk Kurnai Trail

Tuesday 8 October
9.45am – 1.00pm

Guided nature and culture walk for active seniors. Learn about the rich cultural history, flora and habitat for birds. Bus pick-ups from Drouin Train Station and West Gippsland Arts Centre only, no self-drive. Not suitable for those with limited mobility, including walking frames.

Venue: Robin Hood Reserve, Thornell's Reserve and Picnic Point Reserve.

Cost: Free, light BBQ lunch included.

Enquiries: Bookings essential as places are limited. Call 5624 2456 (West Gippsland Arts Centre Booking Office).



Tania Kernaghan Country Concert

Tuesday 8 October
11.00am – 12:00pm

Tania Kernaghan from the renowned Australian music family, is the sister of Lee Kernaghan and daughter of Ray Kernaghan. During her career, Tania has earned 15 number one radio hit singles, numerous awards, sell out concerts and record sales in the hundreds of thousands. She has also performed at the Grand Old Opry in Nashville.

Venue: West Gippsland Arts Centre, Civic Place, Warragul

Cost: \$5.

Enquiries: Bookings essential. Call 5624 2456, book online at www.wgac.com.au or at the WGAC.



Heart 'n' Soul Singers

Wednesday 9 October
7.00pm – 9.00pm

Come and see the Heart 'n' Soul Singers perform their concert "Songs from the Musical Theatre in the Twentieth Century".

Venue: Warragul Seniors Citizens Centre, 34 Mason Street, Warragul.

Cost: Gold coin donation, support provided.

Enquiries: For any enquiries please call John Hart on 5622 3949 or 0419 252 731.

The great
Seniors Trivia Show

Thursday, October 10

Victorian Seniors Festival

- ◀ **LIVE ENTERTAINMENT**
- ◀ **GREYHOUND RACING**
- ◀ **FUN, GAMES & PRIZES**
- ◀ **COST \$15 – 2 COURSE MEAL STARTING FROM 12.30pm**

Bookings essential



Gentle Water Exercise Class

**Wednesday 9 October and
Wednesday 16 October
3.15pm – 4.30pm**

The Baw Baw Region Arthritis Support Group (BBRASG) invites you to come and try gentle water exercises at the indoor pool.

These exercises are designed for people with limited mobility and strength.

Venue: Warragul Leisure Centre, 21 Burke Street, Warragul.

Cost: Free.

Enquiries: Please book by calling Barbara Eastwell on 0409 026 074.



U3A Baw Baw – 16th Annual Literary Lunch

**Friday 11 October
12.00pm**

We celebrate local literary achievers. Guest speaker will be Graeme Johnstone, former journalist at the Herald Sun (A Place in Sun), Editor of London Australian Express, Novelist.

Venue: Black Tie, 90A Alfred Street, Warragul.

Cost: \$30, includes lunch. Drinks at bar prices.

Enquiries: Bookings and payments to be made by October 3 by contacting the Secretary on 0490 770 062 or secretary@u3abawbaw.org.au



Research Your Family History with West Gippsland Genealogical Society Inc.

**Friday 11 October
10.00am – 3.00pm**

Are you interested in researching your family history? Drop in and see the West Gippsland Genealogical Society Inc. who will have members there to assist you with researching your family history.

Venue: Genealogy Library, upstairs in Old Shire Office Building, Queen Street, Warragul.

Cost: Free.

Enquiries: Call Barbara Clayton on 5611 3871.



Wet Felted Leaf Workshop with Baw Baw Arts Alliance

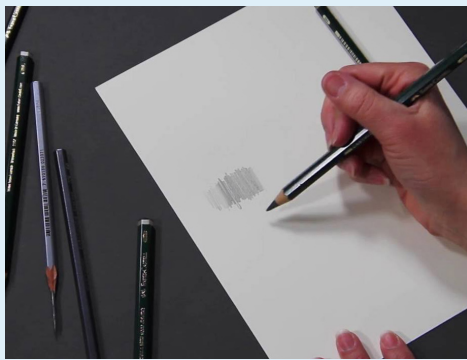
**Friday 11 October
10.30am – 3.30pm**

The Baw Baw Arts Alliance comprises a network of friendly, like-minded people interested in the arts and is about companionship and the sharing and dissemination of ideas, skills and knowledge. Come along and enjoy this free, creative activity making a wet felt leaf for yourself or as gift.

Venue: The Station Gallery, Art Space 1, Princes Highway, Trafalgar.

Cost: Free.

Enquiries: For all enquiries please call Marlene Ogden on 0490 055 313.



Graphite Pencil Demonstration with Baw Baw Arts Alliance

Saturday 12 October
1.30pm – 3.30pm

The Baw Baw Arts Alliance comprises a network of friendly, like-minded people interested in the arts and is about companionship and the sharing and dissemination of ideas, skills and knowledge. Come along and enjoy this free Graphite pencil demonstration and talk by local artist Nola Clark.

Venue: The Station Gallery, Princes Highway, Yarragon.

Cost: Free.

Enquiries: For any enquiries please call Sue Murphy on 0428 866 417.



Make a Funky Wire Brooch with Baw Baw Arts Alliance

Sunday 13 October
1.00pm – 3.00pm

The Baw Baw Arts Alliance comprises a network of friendly, like-minded people interested in the arts and is about companionship and the sharing and dissemination of ideas, skills and knowledge. Come along and learn the art of working with wire and beads to make a brooch. No experience necessary.

Venue: The Station Gallery, Princes Highway, Yarragon.

Cost: \$20, includes all materials.

Enquiries: For any enquiries please call Wendy Kitchens on 0407 710 180.



Gippsland Garden and Home Expo

Saturday 12 October

9.00am – 4.00pm

Sunday 13 October

9.00am – 3.00pm

The Drouin Lions Club presents over 150 beautiful displays and sales including 40 nurseries, garden tools, machinery, structures, statues, decorations, furniture, home building, furniture and furnishings. The expo will also feature extensive catering, entertainment, children's activities and celebrity speakers. There will be huge undercover areas and convenient parking. No dogs allowed. All proceeds donated back to the community. Eftpos is available after entry.

Venue: Lardner Park, Burnt Store Road, Lardner.

Cost: \$10 entry (cash only). Children under 16 are free.

Enquiries: For any enquiries please call Maureen on 5625 4589, Ros on 5625 5330, or email gardenexpo@drouinlions.org.au

Website: www.drouinlions.org.au/gardenexpo


DROUIN LIONS CLUB
Proudly presents the 19th Annual



12-13 October 2019

Saturday 9am - 4pm | Sunday 9am - 3pm

www.drouinlions.org.au/gardenexpo

 Follow us on Facebook



Music and Musings with Baw Baw Arts Alliance

Monday 14 October
1.30pm – 3.30pm

The Baw Baw Arts Alliance comprises a network of friendly, like-minded people interested in the arts and is about companionship and the sharing and dissemination of ideas, skills and knowledge. Come along and enjoy this free event featuring Alan Clark on keyboard, musings and poetry from Yvette Stubbs.

Venue: The Station Gallery, Art Space 1, Princes Highway, Trafalgar.

Cost: Free.

Enquiries: For any enquiries please call Sue Murphy on 0428 866 417.



Movie Screening: Ride Like A Girl

Monday 14 October
From 1.00pm

Come along and enjoy watching film in a friendly, social environment. The film tells the story of Michelle Payne, the first female jockey to win the Melbourne Cup – horse racing's toughest two-mile race – back in 2015.

Venue: Warragul Peninsula Cinema, Cinema Arcade, Victoria Street, Warragul.

Cost: \$5, tickets include a choc-top ice cream.

Enquiries: Bookings are essential. Tickets must be purchased prior to the event at Council's Customer Service Centres in Drouin or Warragul.



Check the Classification RideLikeAGirlMovie.com.au
COMING SOON



Come and Try Table Tennis with the Drouin Keenagers

**Monday 14 October and
Thursday 17 October
9.30am - 11.30am**

Come along and play some table tennis in a friendly, non-competitive environment.

Laugh and have fun with the Drouin Keenagers.

Venue: Bellbird Park Indoor Centre, 270 Settlement Road, Drouin.

Cost: Free. Morning tea provided.

Enquiries: For enquiries please call Lois Ryan on 0400 185 336 or Max Watson on 0419 512 844.



Concert and Barbeque - Neerim District Seniors Week

**Wednesday 16 October
12.00pm - 3.00pm**

Come along and enjoy some musical entertainment, lunch and a great afternoon tea. It will be a fun filled afternoon dancing to the Ramblin Shoes and everyone is welcome!

Venue: Neerim Junction Hall, Main Road, Neerim South.

Cost: \$10, includes entertainment, lunch and afternoon tea.

Enquiries: Bookings essential. Call Robert on 5628 4233 or Catie 5625 1221.



Boomerang Bags Baw Baw – Seniors Sustainable Sewing

**Wednesday 16 October
10.00am - 12.00pm and
1.00pm - 3.00pm**

Connect with like-minded passionate people, determined to create change, through something as simple as making reusable fabric bags – a sustainable alternative to single-use plastic bags. You will have the opportunity to make either a shopping bag or produce bag.

Venue: Drouin Library Meeting Room, 136 Princes Way, Drouin.

Cost: Gold coin donation, all materials provided.

Enquiries: To book a place call Helen on 0428 222 630.



Lawn Bowls with Warragul Bowling Club

**Wednesday 16 October
3pm Introductory Coaching
6pm Get on the Green**

Warragul Bowling Club welcomes anyone who wants to find out what bowls is all about. After some basic exercises, participants are invited to join the 6.00pm Twilight Bowlers for a fun game of bowls followed by a light snack and refreshments.

Venue: Warragul Bowling Club, Anderson Street.

Cost: Free.

Enquiries: Please call 5623 4219, leave message if no answer.

Website: www.warragulbowlingclub.bowls.com.au



Come and Play Croquet with the Drouin Croquet Club

Saturday 19 October
10.00am – 1.30pm

Come and try a game of croquet at the Drouin Croquet Club. Everyone is welcome to attend, please wear flat soled shoes to participate.

Venue: Drouin Croquet Club,
3 Oak Street, Drouin.

Cost: Free.

Enquiries: For any enquiries please call Heather on 0407 821 650 or email drouincroquet@gmail.com



Bonsai Display by the Warragul Bonsai Group

Sat 19 and Sun 20 October
10.00am – 4.00pm

Share in the fascinating, tranquil and ancient craft of trees in small scale. Join in styling demonstrations and children's workshop will be held. Please come along and vote for "People's Choice".

Venue: Community College, Gippsland, Room 1 (at front)
71 Warragul-Korumburra Road, Warragul.

Cost: \$5 per person or \$3 for concession. Children under 12 free.

Enquiries: For enquiries call Carol on 0438 877 393 or email wgbonsai@gmail.com

More: The group meet at 7.30pm on the third Tuesday of every month. All welcome.



Victorian Seniors Card holders can get out and explore metropolitan Melbourne and Regional Victoria during the Festival with free travel from 6 to 13 October 2019.

How to travel

Simply carry your Seniors Myki and Victorian Seniors Card with you on public transport, and 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
- V/Line regional trains and coaches and buses
- Regional town bus services

Seniors free travel week applies only to economy class. Some private bus operators and airport services are excluded. For more information please call Public Transport Victoria on 1800 800 007 or visit www.ptv.vic.gov.

We hope to see you there!
www.seniorsonline.vic.gov.au

<p>Victorian Seniors Festival October 2019</p>	<p>Get into it!</p>
	<p>seniorsonline. vic.gov.au</p> <p>#VicSeniorsFestival</p>

Please note all event details are correct at the time of printing. Any changes or amendments to event details are the responsibility of the event organiser as listed. We recommend contacting each event organiser in advance to confirm the details.

**Victorian
Seniors
Festival**

