



Takin' it
Easy



Victorian
Seniors
Festival
40 Years
2022



Visit
seniorsonline.vic.gov.au

Baw Baw Local Event Guide

October 2022



Victorian
Seniors
Festival



Free Public Transport

Sunday 2 October to
Sunday 9 October 2022



Victorian Senior Card holders are being encouraged to get back out there and enjoy Victoria with eight days of free public transport from 2nd - 9th October 2022.

Free public transport is available to all Victorian Senior Card holders who will be able to jump on public transport to visit attractions across Melbourne as well as regional and rural locations for a variety of exciting activities and attractions.

Where can you 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). V-Line bookings opening at 10am on Tuesday 6 September.

Using your myki

From 2nd - 9th October 2022 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. Find out more at ptv.vic.gov.au or call 1800 800 007. You can top up at hundreds of shops including all 7-Elevens; at myki machines at selected stations and stops; at premium station ticket offices; at PTV Hubs; or at the PTV website or by calling 1800 800 007.

Mobile myki is also available for Victorian seniors – for more information visit Public Transport Victoria mobile myki website: www.ptv.vic.gov.au/mobilemyki.

Register your card online to protect your card's balance if it's lost or stolen.





West Gippsland Health Group Heart Foundation Walk

**Tuesday 4th & 11th October
9:45am – 12:00pm**

Join a Heart Foundation Walk for a leisurely flat walk to visit the Eastern Park Community Garden, behind the Community House. Enjoy a walk to the beautiful community garden, share a cuppa, morning tea and have a chat before walking back to Civic Park by 12 noon.

Venue:
Meet at Warragul Civic Park.
Enquiries:
Angela Greenall - 5624 2545
Email:
Angela.greenall@wghg.com.au
Cost: Free

www.wghg.com.au/

Eastern Park Community Gardens Cuppa and a chat

**Tuesdays throughout October
10am – 12:00pm**

Visit the Warragul Community Garden to see the beautiful gardens, enjoy a cuppa and chat with the friendly gardeners and learn what they do!

No experience necessary, but a sense of humour encouraged!

Venue:
Eastern Park Community Garden, entry via Cambridge Drive, Warragul (behind the Community House)
Email:
Epcgarden@gmail.com
Cost: Free

www.growingtogetherbawbaw.org.au/eastern-parkcommunity-garden

Warragul Harness Racing Club Race meeting

**Monday 10th October
12:00pm onwards**

Help us celebrate our Seniors at Warragul Harness Racing Club for an 8 day race Programme.

Come along and enjoy free entry, a complimentary race book and for \$29 enjoy a two course meal, a drink and the chance to win a number of prizes throughout the meeting.

Venue:
Warragul Harness Racing Club,
Logan Park, Warragul.
Enquiries:
5622 2008
Bookings:
Bookings are essential.

www.harness.org.au/warragul/warragul.cfm





**Wakefield Vogrig &
Boote**
**Free Estate Planning
session**

**Wednesday 5th October
10am**

Join us for a free information session where we will cover all aspects of your Estate Planning needs.

This includes the importance of having a legally binding Will, an Enduring Power of Attorney and the medical treatment version, too.

Wakefield Vogrig & Boote Lawyers have an experienced team who can tailor documents to your specific circumstances, provide you with advice and ensure you leave with the peace of mind you were searching for.

But wait, there's more!

If you attend the information session and then schedule an appointment with one of our experienced lawyers, you will receive \$50 off!

Venue:

Drouin Library

Enquiries:

5625 2544

emilyf@wvblawyers.com.au

Bookings: required via email.

www.wvblawyers.com.au

Warragul Leisure Centre

FREE Seniors Group Fitness

Monday 10th October - Friday 14th October.

See below timetable for more information.

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

Enquiries: 5623 4017

Cost: Free (bookings required)

	TIME	MON	TUES	WED	THURS	FRI
LAND CLASS	8:15AM	BASIC MOVERS		PILATES		BASIC MOVERS
	8:30AM		PRYME MOVERS		PILATES	
	9:30AM		STRENGTH PILATES	BASIC MOVERS	PRYME MOVERS	
	10:30AM	YOGA	TAI CHI KUNG	YOGA	GLUTES, ABS & THIGHS	
	11:30AM					
	5:30PM		PILATES			
	6:15PM				YOGA	

	TIME	MON	TUES	WED	THURS	FRI
AQUA CLASS	8:15AM	AQUA MOVERS		AQUA MOVERS		AQUA MOVERS
	9:15AM	WARM MOVERS	WATER WORKOUT	WARM MOVERS		WARM MOVERS
	5:15PM				WARM MOVERS	
	7:15PM		GENTLE WARM MOVERS			

BASIC MOVERS (45 Mins)

Suitable for all ages.

This is a low impact class providing an all over workout. This class involves some exercise utilising hand weights and a power bar.

PRYME MOVERS (45 Mins)

This is a class performing functional exercise that focuses on strength, coordination, endurance, cardio and balance.

PILATES (45 Mins)

This class focuses on core strengthening movements, which improves posture, flexibility and strength through the connection of mind and body awareness with breath, and easy graceful movement.

STRENGTH PILATES (45 Mins)

Strength Pilates builds upon regular pilates as well as focusing on strength and stability.

TAI CHI KUNG (45 Mins)

Suitable for all ages and abilities.

This class consists of gentle, free flowing movements that focuses on flexibility, breathing, balance, co-ordination and stress relief.

YOGA (55 Mins)

Classes are modified to the individual.

This class creates energy, strength, flexibility and wellbeing whilst aligning and balancing the body, mind and spirit.

GLUTES, ABS & THIGHS (45 Mins)

This class is built for targeted exercises designed to tone, tighten and strengthen these key areas.

AQUA MOVERS (45 Mins)

This class is designed for our senior members and guests. This is a gentle aqua workout, set in a fun social environment. If you are looking to improve fitness, mobility, flexibility or strength this is the class for you.

WARM MOVERS (45 Mins)

This class is suitable for those with chronic illness or injury. Held in the warm water this class is suitable for those wanting to improve mobility.

GENTLE WARM MOVERS (45 Minutes)

Suitable for all fitness levels.

This class combines Tai Chi and Yoga to bring mind body flow to a water workout. A great way to stretch and tone.

Warragul Bowling Club

Fun and learn to bowl

Monday and Wednesdays throughout October
1:30pm onwards

Warragul Bowls Club welcomes anyone who wants to find out what bowls is all about.

Participants are invited to come along on a Monday or Wednesday afternoon for a fun game of bowls and a cuppa to follow.

Please wear flat soled shoes.

Venue:

Warragul Bowls Club, Anderson Street, Warragul.

Enquiries:

President - Alison Matthews - 5623 6456
Club Direct - 5623 4219

Bookings:

Please call to let the club know you wish to attend, so a member is available to be there.

www.warragulbowlingclub.bowls.com.au/

Voyage Fitness

Active Age Fitness Class and Morning Tea

Monday and Fridays throughout October
11am - Active Age Class

Friday 28th October
11:45am - Morning Tea

Come along to Voyage Fitness on Mondays and Fridays during the month of October for our Active Age class. This is a class that is designed to keep you active, flexible, mobile and moving. At Voyage we encourage creating connections and enjoying this friendly, warm and social environment.

On Friday 28th October our Active Age class will be followed by a light morning tea, cuppa and a chat.

Venue:

Voyage Fitness, 243 Albert Road, Warragul.

Enquiries:

Ijay - 0499 231 333 / ijay_ellis@voyagefitness.com.au

Cost: \$5.50 per class for non-members.

Friday 28th October class is free.

Lardner Park

Garden and Home Expo

Saturday 8th and Sunday 9th October
9am - 4pm

Formerly known as the Drouin Lions Garden and Home Expo.

- Landscaping
- Permaculture
- Tans & Water saving devices
- Gardening tools & machinery
- Shade & hot houses
- Spas & pools
- Statues & garden features
- Interior & exterior furnishings
- Indoor & outdoor furniture

Plus Craft Markets Australia will be showcasing their exhibitors in the North Pavilion and out on the lawn.

Venue:

Lardner Park, 155 Burnt Store Road, Lardner.

Enquiries:

5626 1373 / gardenexpo@lardnerpark.com.au

www.lardnerpark.com.au

Entry Tickets

Early Bird*

(available until 30th September)

Adult: \$11 **Child:** \$6

Family: \$33 (2 Adults+2 Children)

Pre-booked*

(available from 1st October)

Adult: \$14 **Child:** \$7

Family: \$38 (2 Adults+2 Children)

***Booking fees apply.**

At the gate

Adult: \$16 **Child:** \$9

Family: \$44 (2 Adults+2 Children)



Lonnie Lee
Presented by
Baw Baw Shire Council

Thursday 13th October
11:00am

Accompanied by his guitarist from The Leemen Brian Dean, Lonnie will be playing songs that are close to his heart and says "I identify with all the songs I sing as they're close to my and my audience's hearts. These were the songs which we sang along and danced to in the prime time of our lives."

Venue:

Warragul Exhibition Hall, 15
Howitt Street, Warragul.

Bookings:

Bookings are essential.
Phone - 5624 2456

Tickets: All tickets are \$8 and can be purchased via the West Gippsland Arts Centre website, through the box office or over the phone.

Disability Access: Yes

Audio Loop: No

Auslan: No

www.wgac.com.au/



Neerim District Senior
Citizens Club
Concert and Afternoon
Tea

Wednesday 19th October
1:00pm - 3:30pm

Come along and enjoy some musical entertainment by "The Silhouettes".

Enjoy a fun filled afternoon with great music followed by afternoon tea.

Venue:

Neerim Junction Hall.

Enquiries:

Robert - 5628 4233

Catie - 5625 1221

Cost: \$10 per person

Bookings:

Please call to book by 12th October 2022.



Warragul Croquet Club
Open day

Wednesday 19th and 26th
October
10:00am onwards

Warragul Croquet Club is hosting multiple 'Open Day's' for patrons to come and learn the basic skills of croquet.

Please come wearing comfortable attire and flat sole shoes.

Mallets will be provided.

Venue:

Warragul Croquet Courts,
Anderson Street, Warragul.

Enquiries:

Virginia Shaw - 0410 692 022

Club direct - 0426 534 121

Cost: Free, bookings not required.



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