



Presented by
Baw Baw Shire Council

Victorian Seniors Festival 2026

Local Event Guide
OCTOBER 2026



**CONNECT
CREATE
CELEBRATE**





Free Public Transport O.....

SAT 3 OCT TO SUN 11 OCT

As a Victorian Seniors Card holder, you can get out and explore metropolitan Melbourne and regional Victoria with 9 days of free travel from Saturday 3 to Sunday 11 October.

How to travel during the free travel period

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, just 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)
- We recommend travelling during off-peak hours. You'll be more likely to find a seat. You need to reserve a seat on long distance V/Line trains and some coaches. To book a seat on V/Line services requiring reservations, visit your nearest station or agent or call **1800 800 007** from 10am on Tuesday 1 September
- Seats can fill quickly so book early! You'll need to collect your tickets within 48 hours
- To make a group booking, for up to 19 travelling on a V/Line train service or 12+ travelling on a V/Line coach service, visit your nearest station or agent
- For larger groups, please submit a group booking request from 10am on Tuesday 1 September at: **www.vline.com.au/grouptravel**
- If you book and can't travel, let us know prior as your seats can be reallocated to other customers wanting to travel.

Plan your journey.

Visit **www.transport.vic.gov.au**



The Swinging Sixties: Wendy Stapleton

TUE 13 OCT 12PM - 3.30PM

Wendy Stapleton presents The Swinging Sixties Show. Featuring a raft of fabulous songs from the great female artists of the Swinging Sixties.

Wendy will sing through a songbook of hits from The Ronettes, Petula Clark, Cilla Black, Dusty Springfield and many more. The show is proudly presented as part of the Latrobe City Positive Ageing Festival.

Transport: Free Bus transport to and from Warragul Train Station is available.

Venue: For free return transport to Traralgon please register your interest by phoning or emailing the details below.

Enquiries: 1300 229 229

Email: connected.communities@bawbawshire.vic.gov.au

Cost: **FREE**



Tea for Two: Swinging Tunes from the 40's, 50's & 60's

FRI 9 OCT 11AM - 12PM

Get ready to take a trip back in time to the swinging melodies of yesteryear and enjoy the sweet sounds of nostalgia!

Come fly away into the pure panache of the fabulous forties and fifties and then jump and jive into the soul of the sixties listening to all your favourite tunes such as 'Fly Me to the Moon', 'I've Got You Under My Skin', and 'I Say a Little Prayer'.

Embark on this musical adventure alongside the sensational songstress Queenie van de Zandt and her talented swing trio. Together, they will whisk you away to an era of unparalleled style and elegance. Don't miss this unforgettable journey through the golden age of music.

"Queenie van de Zandt thrills with her rich, passionate voice."

Limelight Magazine

Duration: 1 hour with no intermission

Venue: West Gippsland Arts Centre. Corner of Smith & Albert Streets, 1 Civic Pl, Warragul

Bookings: Book your seats online at www.wgac.com.au, over the phone on 03 5624 2456, or visit the Box Office between 10 am - 4 pm, Monday to Friday at 1 Civic Place, Warragul.

Email: artscentre@wgac.com.au

Cost: **WGAC Members: \$12, Concession: \$20, Group 8+: \$18, Full: \$25**

Scam Awareness with Bendigo Bank and Myli

THU 8 OCT 10AM – 11.30AM

Please join us at Drouin Library for morning tea and an informative scam awareness session with Rob from the Drouin Bendigo Bank. Learn about the latest scams, what to look for and simple steps you can take to help protect yourself.

Book online at [Myli.org.au/events](https://myli.org.au/events) or contact Drouin Library.

Venue: Drouin Library
136 Princes Way Drouin

Contact: Drouin Library 03 5625 1564

Email: support@myli.org.au

Cost: Free

Virtual Travel Expo

SAT 24 OCT 10AM – 2PM

You're invited to attend Roaming Travel's Virtugo (virtual travel expo).

- Exclusive on the day specials
- Destination presentations
- Chat with expert consultants

Join from the comfort of your own home or visit Steph at the Drouin library on the day for extra assistance on the large screen. Tea & Coffee provided.

For more information contact Steph or visit www.roamingtravel.com.au

To register visit
<https://virtugo.vfairs.com/en/roamingtravel>

Contact: Steph 0468 487 285

Email: steph@roamingtravel.com.au

Cost: Free

AI Made Simple

TUE 20 OCT 10.30AM – 12PM

AI Made Simple is a relaxed, interactive workshop designed for people who are curious about Artificial Intelligence. Discover how AI can help in everyday life and support your community group with tasks like writing, planning events, generating ideas and finding information. Learn how to ask AI effective questions, understand its limitations and explore important topics such as privacy and online safety. No previous experience is required. Just bring your curiosity and, if you have one, your smartphone, tablet or laptop. Morning tea will be provided, with plenty of opportunities to ask questions, share ideas and learn at your own pace in a friendly, supportive environment.

Venue: Warragul Community House
138 Normanby St. Warragul

Contact: To register call 5623 6032

Cost: Free

Scam Identification and Management

WED 21 OCT 10.30AM – 12PM

Scam Identification will be an interactive session teaching seniors how to spot phishing emails and text scams. It will be an interactive session to help seniors practice identifying red flags in a safe, supportive environment.

Participants will leave with a checklist to protect their personal information at home.

Venue: Warragul Community House
138 Normanby St. Warragul

Contact: To register call 5623 6032

Cost: Free

BAW BAW ARTS ALLIANCE

Drawing Group: FREE

MON 5 OCT 1PM – 4PM

For Seniors Week, we will be exploring the form, as well as light and shade, in charcoal. Materials will be provided, but you are welcome to bring your own.

Venue: VRI Hall 128 Queen St Warragul

Enquiries: To book, call Jeff 0409 830 545

Email: secretary@bawbawartsalliance.org.au



Watercolour Bookmarks: FREE

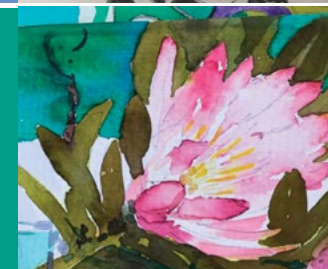
WED 7 OCT 9.45AM – 12PM

Try watercolour to create a number of bookmarks or cards. Materials provided, just bring a sense of enthusiasm.

Venue: VRI Hall 128 Queen St Warragul

Enquiries: Ingrid: 0438 261 381

Email: ingrid@gippslandartists.com



Little Books: FREE

WED 7 OCT 10.30AM – 2PM

Create an art work and discover the art of turning your art work into a book. BYO Lunch and an apron. All materials supplied.

Venue: Art Space 1, Trafalgar Railway Station,
Princes Hwy, Trafalgar

Enquiries: For bookings call or text Deb on 0438 565 721

Email: admin@bawbawartsalliance.org.au



Mixed Media & Gelliprint Workshop: FREE

THU 8 OCT 10.30AM – 12.30PM

Ever thought about learning the art of gelliprinting & mixed media? Now is your opportunity. BYO apron, all materials supplied.

Venue: VRI Hall 128 Queen St Warragul

Enquiries: To book, call Janine 0403 206 179

Email: groups@bawbawartsalliance.org.au



Creating a Wet Felted Vessel: FREE

FRI 9 OCT 9.30AM – 2PM

Create your very own small unique wet felted vessel. BYO lunch or purchase at local cafes. Some physical activity required. Material and equipment supplied.

Venue: Art Space 1 Trafalgar Railway Station
Princes Hwy Trafalgar

Enquiries: To book call Marlene 0490 055 313

Email: admin@bawbawartsalliance.org.au



Say G'day to Croquet

THU 22 OCT 9.30AM – 12PM

Participants will be guided through how to play croquet, starting with basic skills and finishing with a game or two.

Participants need to wear comfortable all weather clothing and flat soled shoes so as not to damage the greens. Morning tea will go ahead regardless of the weather.

Venue: Drouin Croquet Club,
3 Oak Street (next to Senior Citizens Hub), Drouin

Contact: 0451 228 752

Email: drouincroquet@gmail.com

Cost: Free



Chair Yoga

WED 21 OCT 2PM – 3PM

Join us for a nourishing yoga experience led by Susana Salleh-Weekes, a certified Yoga and Pilates teacher with over 20 years of personal yoga practice and more than 10 years of experience in mat Pilates. This class is suitable for all levels, with guidance offered throughout.

Venue: Violet and Ivvy,
137 Queen St, Warragul

Booking: Book at Violet and Ivvy

Contact: April Pyle
0418 897 651

Email: april@violetandivvy.com.au

Cost: \$20

Over 65 Exercise Class

**TUE 6 OCT, TUE 13 OCT, TUE 20 OCT,
TUE 27 OCT**

Run every Tuesday for the month of October. Booking via
<https://bept.com.au/over-65s/>

Venue: 76 Victoria St, Warragul

Contact: Vin Rabi 0417 433 009

Email: vin@bept.com.au

Cost: Free



Introduction to Lawn Bowls

EVERY THU FROM 9.30AM – 10.45AM

Come and try Lawn Bowls in a relaxed supportive environment.

The Drouin Bowling Club will have coaches and some experienced players ready to give you an introduction to the game and start you out with a few basic drills.

Bowls are provided but feel free to bring your own if you have any.

Wear comfortable clothing and Flat soled shoes. After the session join us for a cuppa and some bikkies.

We look forward to seeing you there.

Venue: Drouin Bowling Club
2 Princes Way Drouin

Contact: Ian Haughton: 0409 802 138

Email: drouinbowlingclub@bigpond.com

Cost: Free

Free Active Age Classes

FRI 2, FRI 16 OCT AND FRI 30 OCT 11AM – 12PM

Stay active, strong and connected in this welcoming class designed especially for older adults. Whether you're looking to maintain your independence, improve your mobility, or simply enjoy moving your body in a supportive environment, this class is for you.

Have fun, make new friends and discover that it's never too late to prioritise your health and wellbeing.

Venue: Voyage Fitness 243 Albert St Warragul

Enquiries: 03 5623 1455

Email: ijay_ellis@voyagefitness.com.au

Cost: Free



Baw Baw Achey Breaky Joints Club

WED 7 OCT, WED 14 OCT, WED 21 OCT, WED 28 OCT 1PM – 1.45PM

Weekly Gentle Chair Based exercises led by volunteers trained by Muscular Skeletal experts. Exercise class is followed by a social time around a cuppa and biscuit. Normal cost \$3 per week and a yearly membership of \$5. A pool class is held Monday mornings in the warm pool, but as spaces are limited, a waiting time may occur. A friendly group.

Venue: Warragul United Church Hall
Sutton St Warragul

Enquiries: raylyn.earl@gmail.com

Cost: First 2 classes free, \$3 thereafter



Table Tennis

MON 19 OCT, THU 22 OCT 9AM – 11.15AM

Join us for a game of table tennis in a friendly environment. Laugh, keep fit and have fun. Equipment and morning tea supplied. Cost free.

Venue: Bellbird Park Indoor Centre,
270 Settlement Rd, Drouin

Enquiries: Lois Ryan: 0400 185 336

Email: loisryan212@gmail.com

Cost: Free



Literary Lunch

FRI 9 OCT 12.30PM – 3PM

A significant event over the past twenty-one years has been a Literary Lunch which welcomes and invites interested members of the public to attend.

This year U3A BawBaw has invited Mark Baker to be the guest speaker. Mark is one of Australia's most experienced journalists. He is a former senior editor of The Age, Editor of The Canberra Times and National Managing Editor of Fairfax Media.

Book at courses@u3abawbaw.org.au or ring Mary.

Venue: 2/4 Main South Rd, Drouin

Enquiries: Mary Howlett 0499 221 993

Email: meme70gm@gmail.com

Cost: Free

Baw Baw Prostate Cancer Support

WED 14 OCT 2PM – 3PM

Monthly meeting for men diagnosed with Prostate Cancer and their partners.

Venue: Warragul Downtowner, 55 Victoria Street, Warragul

Enquiries: Syd 0413 014 290

Email: bbpcsg49@gmail.com

Cost: Free

Art of Conversation: Warragul

SAT 10 OCT 9.30AM – 12.30PM

Art of Conversation is a welcoming community event that brings older adults together through guided conversations, storytelling, and shared experiences.

The event is designed to reduce social isolation, strengthen community connections, and create opportunities for meaningful engagement in a relaxed and supportive environment. Hosted at Warragul Community House, participants will take part in simple conversation activities that encourage connection, curiosity, reflection, and friendship.

Everyone has a story to tell, and this event celebrates the wisdom, experiences, and contributions of older people while creating opportunities to meet others and build a stronger sense of belonging. The event aligns with the Seniors Festival themes of Connect, Create and Celebrate by fostering genuine social connection and celebrating the stories that enrich our communities.

Venue: Warragul Community House, 138 Normanby St, Warragul

Enquiries: Sarah Rosse 0425 876 476

Email: sarahrosse@kintsugiheroes.com.au

Cost: Free



Warragul Acoustic Unplugged monthly open-mic

SAT 10 OCT 1PM – 5PM

The Warragul Acoustic Unplugged music club is holding its monthly open-mic, during which a variety of individuals and ensembles perform short sets on-stage, presenting acoustic music from different eras and musical traditions, with both songs and instrumentals usually included. For an insight, check out the 'Reels' webpage tabbed on our Facebook site.

Enter through the Barkly Street door.

Venue: Warragul Senior Citizens Club, 37 Mason Street, Warragul

Enquiries: Mike Hall 5625 1364

warragulacousticunplugged@gmail.com

Cost: \$5 per person

Register and pay at door



Those were the days 50's and 60's show

WED 21 OCT 1PM – 3PM

Proudly presented by Neerim District Senior Citizens Club.

Come and enjoy a delightful afternoon of music and delicious afternoon tea at Rokeby Hall. Entertainment by JENNIFER LEE.

For bookings and enquiries, contact Catie

Venue: Rokeby Hall, Main Rd, Rokeby

Enquiries: Catie 0429 056 858
Robert 0403 162 365

Cost: \$10 per person

Bookings essential by 14/10/2026.



Seniors Week Fitness Classes

MON 5 – SAT 9 OCT

Land Based Classes

BASIC MOVERS is a low impact class providing an all over workout. This class involves some exercises utilising hand weights and a power bar. Suitable for all ages. **(45mins)**

PRYME MOVERS CIRCUIT is a class performing functional exercises that focus on strength, coordination, endurance, cardio and balance. **(45mins)**

CHAIR BASED FITNESS This low intensity workout combines cardio, strength & flexibility, all modified to a seated position. Perfect for seniors, those just starting out, members with balance issues and those recovering from an injury or surgery. This class would suit anybody requiring a very low intensity work out. **(45mins)**

TAI CHI KUNG consists of gentle, free flowing movements that focuses on flexibility, breathing, balance, co-ordination and stress relief. **(45mins)**

YOGA creates energy, strength, flexibility and wellbeing whilst aligning and balancing the body, mind and spirit. Classes are modified to suit the individual needs of each participant. **(55mins)**

Venue: YMCA Warragul Leisure Centre
21 Burke Street, Warragul

Enquiries: Kerry Hayden: 5623 4017

Email: kerry.hayden@ymca.org.au

Cost: Free, check in at reception prior to the class

TIME	MON	TUE	WED	THU	FRI
8.15am	BASIC MOVERS				BASIC MOVERS
8.30am		PRYME MOVERS			
9.30am			BASIC MOVERS	PRYME MOVERS	
10.30am	YOGA	TAI CHI KUNG	YOGA	TAI CHI KUNG	CHAIR BASED FITNESS
11.30am	CHAIR BASED FITNESS				

CLASS REMINDERS:

- Arrive 5 minutes prior to classes to collect a ticket and set up for class
- Please let the instructor know if you have any injuries, pre-existing or current
- Please bring a drink bottle and towel with you to every class
- Please wear appropriate clothing to class. This could be bathers, active wear and runners
- No access to Group Fitness rooms outside of scheduled class times

Third Age Fitness – On Zoom!

FRI 2 OCT, MON 5 OCT, WED 7 OCT, FRI 9 OCT,
MON 12 OCT, TUE 13 OCT 10.30AM – 11AM

Stay fit and active from the comfort of your home with our online exercise classes! Choose from classes that include:

- Seated Strength Builder
- Building Strength with Bands
- Building Strength with Dumbbells and
- Better Balance.

Venue: Online via Zoom

Enquiries: Carol 0411 246 741

Email: carol@thirdagefitness.com.au

Cost: \$5 Unlimited Classes Festival Pass

Bookings essential: <https://bit.ly/2026SeniorsFestivalPass>



Warragul Men's Shed Open Day

WED 14 OCT 9.30AM – 1PM

You're invited to the first annual Warragul Men's Shed Open Day! Come along, meet like-minded people, learn or share practical skills, and help make or restore furniture and equipment. It's a great opportunity to connect with others, enjoy good company, and find out more about what the Men's Shed is all about and enjoy a free morning tea and giveaways from Country Care Group.

Venue: Warragul Men's Shed,
182 Normanby St, Warragul

Enquiries: Katie 1800 843 224

Email: kmcloughlin@countrycaregroup.com.au

Cost: Free

Wheelie Good Walker Health Checks

THU 29 OCT 10AM – 2PM

Wheelie Good Walker Health Checks are coming to Country Care Warragul!

You're invited to join us anytime between 10am and 2pm for a friendly morning or afternoon tea and make sure your walking frame is safe, comfortable and working as it should – and the best part is, it's all free!

Our free walker health checks include:

- ☑ Walking frame service checks
- ☑ Tyre pumping & basic adjustments
- ☑ Tips to make sure your walker is being used properly
- ☑ Friendly advice to support safer, more confident mobility
- ☑ Free morning tea while you visit

Venue: 11 Hazel Drive, Warragul

Enquiries: Katie 1800 843 224

Email: kmcloughlin@countrycaregroup.com.au

Cost: Free

Warragul Community Garden Victorian Seniors Festival Morning Tea

TUE 13 OCT FROM 11AM

The Volunteer Team at the Warragul Community Garden, would like to invite members of our community along to a 'Victorian Seniors Festival' morning tea.

We all enjoy a good morning tea and equally good company after some work in the garden! We will also feature a small garden related activity or craft, and attendees are welcome to join in with our activity, or simply relax and enjoy a cuppa and optional garden tour.

Venue: Warragul Community Garden, off Cambridge Drive, Warragul

Email: Please RSVP at epcgarden@gmail.com

Cost: Free

Country Care Warragul Afternoon Tea

FRI 23 OCT 2PM - 4PM

Country Care Warragul warmly invites you to a free afternoon tea. Come along, enjoy a relaxed afternoon with jam and scones, tea and coffee, and discover practical products and solutions designed to help you stay safe, comfortable, and independent in your own home.

Venue: 11 Hazel Drive, Warragul

Enquiries: Katie 1800 843 224

Email: kmcloughlin@countrycaregroup.com.au

Cost: Free

Carers Lunch Bunyip

WED 14 OCT 12PM - 2PM

For people living in Baw Baw in an unpaid caring role looking after a family member or friend.

Venue: Lady Lavendar's Tea Room, 3085 Princes Hwy, Bunyip

Enquiries: To register call Tania 0428 345 025

Email: tania.mitchell@lchs.com.au

Cost: Free

High Tea

THU 15 OCT 2PM - 4PM

Enjoy a beautiful selection of sweet and savoury bites, paired with freshly brewed teas/coffee and a relaxing atmosphere.

Venue: Violet & Ivvy, 137 Queen St, Warragul

Booking: Book at Violet & Ivvy or online

Contact: April Pyle 0418 897 651

Email: april@violetandivvy.com.au

Cost: \$40

Carers Lunch Noojee

THU 22 OCT 12PM - 2PM

For people 'living in Baw Baw' in an unpaid caring role looking after a family member or friend.

Venue: Noojee Hotel: 411 Mt Baw Baw Tourist Road, Noojee

Enquiries: To register call Tania 0428 345 025

Email: tania.mitchell@lchs.com.au

Cost: Free

Emergency Readiness Workshop

TUE 20 OCT 2PM - 4PM

Get Ready, Get Techy, Go! Emergency readiness workshop with free afternoon tea for seniors.

Get help to download and use the best emergency apps, and learn how to write an emergency plan and build an emergency kit. And free resources to help you get emergency ready!

Venue: Warragul Country Club, 41 Sutton St, Warragul

Contact: Cherie Howe 0474 211 913

Email: cherie.howe@bawbawshire.vic.gov.au

Cost: Free but you will need to register.

Wheelchair friendly

Live 4 Life

Live4Life Baw Baw is a youth mental health and wellbeing initiative designed with a whole-community approach to support young people across the region. It brings together schools, local government, health services and community to create a safe, supportive environment where mental health is everyone's responsibility.

Through education, empowerment and community connection, Live4Life Baw Baw helps to build resilience and reduce the stigma around mental health.

Parents, grandparents, carers, guardians and educators all have a vital role in this community-led model. Live4Life offers Youth Mental Health First Aid training for adults, providing practical tools and confidence to recognise the signs of mental health challenges in young people, and how to respond effectively.



Interested in getting involved, participating in training or learning more?

Visit:

www.live4life.org.au/our-communities/baw-baw

Email:

claire.tartaro@bawbawshire.vic.gov.au



The Victorian Seniors Festival is a major state-wide festival for seniors. For over 40 years, the festival has provided opportunities for senior Victorians to participate in a range of activities and events and connect with their community.

For more information about Victorian Seniors Festival, use the QR code below to visit the State Festival website.



**Victorian
Seniors
Festival
2026**

