



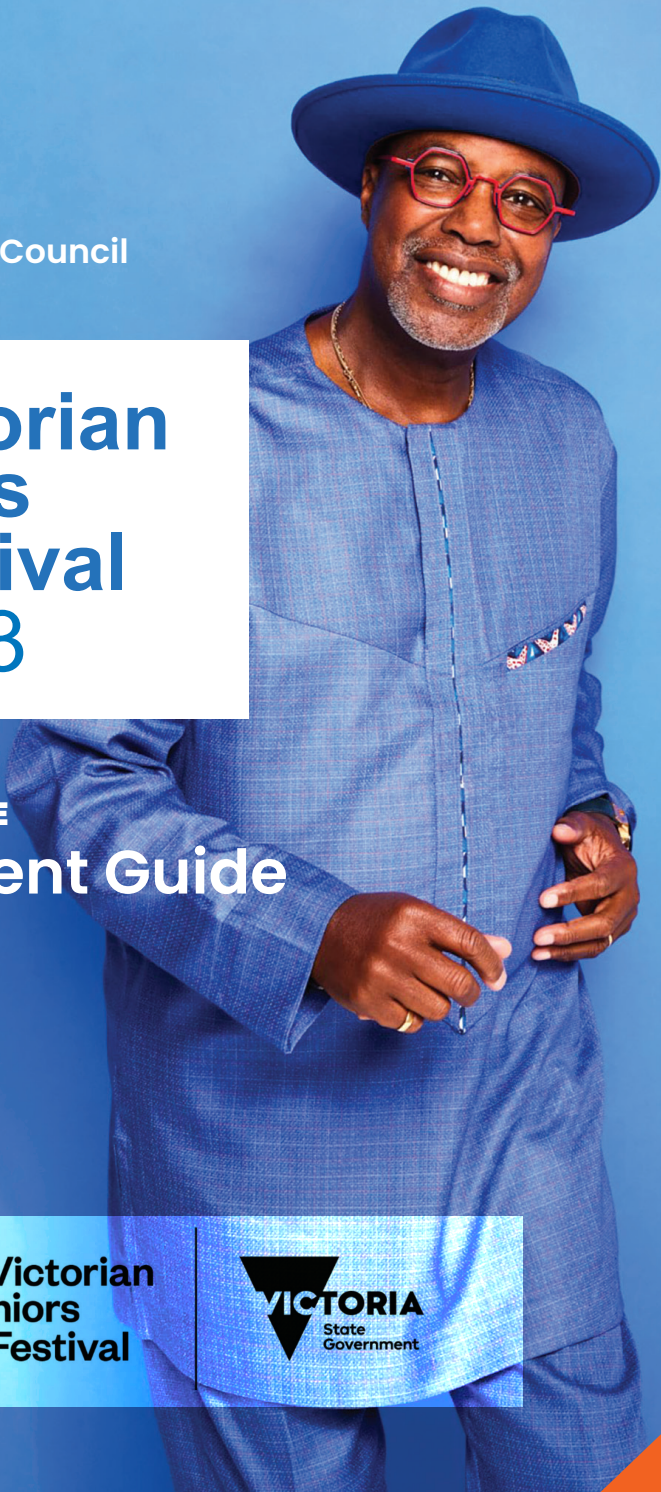
Presented by
Baw Baw Shire Council

Victorian Seniors Festival 2023

BAW BAW SHIRE
Local Event Guide
OCTOBER 2023



**Victorian
Seniors
Festival**



Civic Park Warragul Garden Tour & Talk

TUE 17 OCT 10.30AM

Join us for morning tea and a tour of Civic Park Warragul to learn about this beautiful historic park.

The head gardener at Civic Park will guide you through a tour of the garden and talk about the large variety of trees, shrubs and flowers the 9.5 acre garden contains. On the tour you will learn about how the park is maintained and a little about the history.

***Please note:** Civic Park has uneven ground with different terrain. The tour involves walking and standing at different parts of the park.

Please let us know if you have any concerns.

Venue:

Outside the West Gippsland
Arts Centre Foyer,
Cnr of Smith & Albert St, Warragul

Enquiries:

Baw Baw Shire Council
1300 229 229

Email:

healthy.bawbaw@
bawbawshire.vic.gov.au

Cost:

Free.
Registration essential
with Baw Baw
Shire Council





Free Public Transport



SUN 1 OCT TO SUN 8 OCT

As a Victorian Seniors Card holder, you can get out and explore metropolitan Melbourne and regional Victoria with eight days of free travel from Sunday 1 October to Sunday 8 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 10:00am on Tuesday 5 September
- Seats can fill quickly so book early! You'll need to collect your tickets within 48 hours
- You can only travel free in economy class
- 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 10:00am on Tuesday 5 September at: www.vline.com.au/grouptravel
- If you book and can't travel, let us know prior as your seats can be relocated to other customers wanting to travel.



Frankie J Holden & Michelle Pettigrove

How Sweet It Is



THU 5 OCT 11AM

Frankie J Holden and Michelle Pettigrove are one of Australia's most popular homegrown showbiz couples.

Michelle is best known for her three year role as Kate Bryant in the well-loved Australian drama series A Country Practice and numerous other television appearances including Brides of Christ, Home & Away, Blue Heelers and City Homicide.

Frankie J got his start in the rock group OL'55 and throughout his career has created some of Australian television's most memorable characters through leading roles in Police Rescue, Round The Twist, Something In The Air, Underbelly and most recently A Place To Call Home. As a TV presenter, he was part of the team on The Great Outdoors and hosted In Melbourne Tonight.

Their show has a special resonance with their own lives and there is sure to be much that you will relate to as well. The show is about living and loving, full of music you will know and packed with laughs. A great opportunity to see two talented performers up close and personal.

Duration: Approximately 1 hour 15 minutes no intermission.

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

Enquiries: 03 5624 2456

Email: artscentre@wgac.com.au

Cost: Member: \$25 Concession: \$27
Full: \$30 Youth U/18: \$15
Group 10+: \$23

Web: wgac.com.au



Royal Australian Navy Band Last Night of the Proms

MON 23 OCT 2PM

The West Gippsland Arts Centre would love for you to join us as we present the **Royal Australian Navy Band**, Melbourne as they showcase their wind band for some pomp and circumstance in their Last Night Of The Proms themed concert.

Founded in 1895, The Proms, formally named the Henry Wood Promenade Concerts Presented by the BBC, is an 8 week summer season of daily orchestral classical music concerts held annually, predominantly in the Royal Albert Hall in central London. The Last Night Of The Proms typically takes place on the second Saturday in September & is usually lighter in style to the preceding weeks of music with popular classics being performed.

For the RAN Band's Last Night Of The Proms you will hear Elgar's Pomp And Circumstance March No. 1 (Land Of Hope And Glory), Fantasia On British Sea Songs, Jerusalem and of course Rule Britannia! We will also be celebrating the coronation of His Majesty King Charles III.

Feel free to adorn yourself in red, white & blue and wave a Union Jack (or any National flag).

Duration: 1 hour with no intermission

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

Enquiries: 03 5624 2456

Email: artscentre@wgac.com.au

Cost: \$5

Web: wgac.com.au

Poetry Reading

MON 2 OCT 10:30AM

Baw Baw Arts Alliance will hold a Poetry Reading surrounding the theme of ageing; followed by a writing session for those interested. Tea and coffee provided. Please book.

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

Enquiries: Rodney: 0407 544 021

Email: rufouswhistler1737@gmail.com

Cost: Free

Watercolour for Absolute Beginners

MON 2 OCT 10:00AM

FRI 6 OCT 11AM

Watercolour for absolute beginners online live stream workshop. Please book.

Venue: Online

Enquiries: Pamela: 0412 140 097

Email: pamelaclassbunny@gmail.com

Cost: \$35 seniors
\$40 non-seniors
BYO materials

Creative Textiles

TUE 3 OCT 10:30AM – 3PM

Creative Textiles is holding a day to paint and draw on fabric. Tea, coffee and materials supplied. BYO lunch if staying till 3pm. Please book.

Venue: Trafalgar Railway Station
Art Space 2, Trafalgar Railway Station, Trafalgar

Enquiries: Cheryl: 0414 390 419

Email: cherylcookartist@gmail.com

Cost: Free

Wakefield Vogrig

& Boote Lawyers

Seniors Concession on Wills

WED 4 OCT 11AM

Is your Estate Planning in check?

Whether it's creating a new Will or your current Will is in need of an update, Wakefield Vogrig & Boote have an experienced team of lawyers who can assist. They tailor your Will based on your specific circumstances, provide you with advice and ensure you leave with the peace of mind you were searching for.

Join Wakefield Vogrig & Boote Lawyers for a free information session at Sanctuary LifeStyle Village on the 4th.

But wait, there's more!

Wakefield Vogrig & Boote can also prepare documents to ensure you have strategies in place during your lifetime, too. Their lawyers can help you to understand how appointing an Enduring Power of Attorney and a Medical Treatment Decision Maker is equally as important as having a binding Will in place.

To receive \$50 off your package, book an appointment during the month of October 2023 and mention the Senior's Festival!

Venue: Sanctuary Lifestyle Village
9 Kingburgh Close,
Drouin

Enquiries: Drouin 5625 2544 or
Warragul 5623 5166

Email: tessa@wvblawyers.com.au

Cost: Free

A Wet Felted Flower & Leaf

FRI 6 OCT 10.30AM – 3PM

Join Marlene and Karen-Anne for a fun day making a wet felted flower and leaf made from merino roving and bats. Materials supplied. There will be a short break at midday for lunch. Either BYO lunch or purchase from local café. After the workshop you will be able to add a brooch back to wear on your favourite coat, hat or gift it to a special friend. Tea and coffee provided. Please book.

Venue: Art Space 1, Trafalgar Railway Station, Trafalgar

Enquiries: Marlene 0490 055 313

Email: admin@bawbawartsalliance.org.au

Cost: Free, bookings required by calling Marlene



Amaka Creative 'BE' Performing Arts

MONDAYS & FRIDAYS 10AM–11AM

Amaka Creative teach Adult Dance & Fitness classes for people aged 40+.

Also available are All Ability Performing Arts Classes.

Venue: 22 Normanby Street,
Warragul (rear entrance).

Enquiries: Call Michelle: 0421 519 704

Email: amakacreative@gmail.com

Cost: \$15



Seniors Day Racemeeting

MON 16 OCT 11AM–5PM

Warragul Harness are HOT TO TROT to welcome our seniors to a fund day of racing as well as lucky patron draws throughout meeting.

- 8 race card.
- Bar & Bistro,
- TAB & Bookmaker
- Punters Club
- 2 course meal \$35 bookings essential

Venue: Warragul Harness Racing,
Warragul – Korumburra Rd, Warragul

Enquiries: Club: 56222008 : Des: 0419588528

Cost: Free entry with racebook & pen



Bookings also with [Trybooking.com](https://www.trybooking.com)
Warragul Harness.

Bonser Family Exhibition Multi-generational art show

WED 4 – SUN 8 OCT 10.30AM – 4PM

Exhibition runs for the month of October.

Venue: Yarragon Railway Station
Gallery, Yarragon.

Enquiries: Email Sue

Email: exhibitions@bawbawartsalliance.org.au

Cost: Free entry

Carvery King Seniors Luncheon

WED 4, 11, 18 & 25 OCT 11.30AM

Roast lunch dinner and dessert including a raffle. Please make a booking so that seats can be reserved and to carry out the raffle on the day.

Venue: Carvery King, Shop 1,
34-38 Princes Way, Drouin.

Enquiries: Christina: 0432 279 705

Email: info@carveryking.com.au

Cost: \$30 per head, includes raffle
entry, roast lunch dinner &
dessert

Drawing Activity

THU 5 OCT 10:30AM

Baw Baw Arts Alliance are holding a Drawing Activity Session. Drop in groups run weekly through out the year for those 18 and over. Please book.

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

Enquiries: Dale & Jeff: 0409 830 545

Email: secretary@bawbawartsalliance.org.au

Cost: Free

Web: bawbawartsalliance.org.au

Voyage Fitness Warragul Active Ageing Class

FRI 6, 13, 20, 27 OCT 11AM

Come & join our fun and social active age class where it's just as much about the social interaction as it is the physical activity.

All are welcome, with every class on the Friday for the month of October, FREE concluding on Friday 27th with a complimentary morning tea & coffee van.

Venue: Voyage Fitness Warragul,
243 Albert Rd, Warragul

Enquiries: 5623 1455

Email: warragul@voyagefitness.com.au

Cost: Free

Jindivick Writers Group

SUN 8 OCT 2PM

Jindivick Writer's Group are hosting a Sunday Afternoon Reading. They also have weekly Writing Group Sessions (11am Wednesdays).

If any attendees wish to read some of their own work up to 500 words, please ring to allow inclusion in the program. Please book.

Venue: Red Tree Gallery,
420 Main Road, Jindivick.

Enquiries: Amanda: 0417 188 694

Email: kenallan2@bigpond.com

Cost: Optional donation for use
of the facility

Baw Baw Ballroom Basics

**STARTING SUN 8 OCT 2.15PM THEN
SUN 15, 22 & 29 OCT**

Term 4 Seniors group ballroom dance lessons – 4 week introductory program (New Vogue, Latin American and Rock n Roll). You are welcome to attend solo or with a partner. Please book.

Venue: Nilma-North Lillico
Memorial Hall,
488 Bloomfield Rd,
Nilma North

Enquiries: Carmel Riley 0402 277 093

Email: carmelpriley@gmail.com

Cost: \$18 pp for a 45 min class
(casual) or \$60 pp for the
4-week program
(4 x 45min classes)

YMCA Exercise Classes Basic Movers & Active Movers

MON 9 OCT 8.15AM

One land-based class and one water-based class. For additional classes please refer to the link below or drop into the centre.

Come to the centre to register prior to the class. Classes are limited

Venue: Warragul Leisure Centre,
21 Burke St, Warragul

Enquiries: YMCA 56234017

Web: [warragul.ymca.org.au/
fitness/group-fitness-classes](http://warragul.ymca.org.au/fitness/group-fitness-classes)

Cost: Free, please register at the
centre prior to the class as
places are limited

Warragul Senior Citizens

MON 9 OCT 1PM

Come and try Carpet Bowls at 1.30pm
Try Canasta Cards at 1pm. Afternoon
Tea & Coffee available

Venue: Warragul Senior Citizens
Rooms, Cnr Mason & Barkly St,
Warragul

Enquiries: Robert: 0403 162 365

Email: gration.robert@gmail.com

Cost: Free

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Gippsland Seniors Concert Traralgon

THU 12 OCT 11AM

Performers will be presenting a version of the Hits of the Swinging Sixties Show. There will be a great opportunity for toe-tapping and even some dancing. Join in the Pickleball Come and Try from 1pm-3pm after the Gippsland Country Concert at Gippsland Regional Indoor Sports Stadium. Wear comfortable clothing and footwear.



Venue: Gippsland Regional Indoor
Sports Stadium Catterick
Crescent, Traralgon

Enquiries: Call 1300 367 700 or

Kathleen Roberts 0400 820 972

Email: latrobe@latrobe.vic.gov.au

Cost: Free

Bonser Family Exhibition Multi-generational Art Show Lardner Park Garden & Home Expo

SAT 14 OCT & SUN 15 OCT 9AM

Discover everything you need to transform your outdoor environment, from landscape and outdoor living products to design and renovation ideas, not to mention expoers on hand providing the most up to date advice.

The Lardner Park Garden and Home Expo will be a one-stop shop for all things garden related.

Venue: Lardner Park,
155 Burnt Store Road,
Lardner

Contact: 5626 1373

Email: gardenexpo@lardnerpark.com.au

Cost: Online Adult tickets \$18 or
Concession tickets available
at the gate \$15 with a
Services Australia Pensioner
Card & DVA Pensioner
Concession card

Web: lardnerpark.com.au/
garden-home-expo/

Warragul Library

MON 16 – 22 OCT

Warragul library will be hosting events for Get Online Week by the Good Things Foundation. Please contact the branch on **5622 2848** or visit **myli.org.au** for details, and to find out about our other events and resources!

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Gippsland Community Legal Service

Wills & Powers of Attorney Information Session

TUE 17 OCT 2PM

Come and learn about Wills and Powers of Attorney at an Education Session with a lawyer from Gippsland Community Legal Service. This session lawyers will talk about common legal issues and how you can avoid these. The session is designed to be non-judgemental and engaging.

Venue: Warragul Library,
75 Victoria Street, Warragul

Enquiries: 1800 44 6954

Web: eventbrite.com.au/o/myli-
my-community-library-
38541061043

Cost: Free

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Morning Tea at the Eastern Park Community Garden

TUE 31 OCT 10:30AM – 11.30AM

Come & see the lovely garden and enjoy a cuppa. No need to book, just come in.

Venue: Eastern Park Community Garden – behind the Warragul Community House, Off Cambridge Dr, Warragul

Enquiries: Gail

Email: epcgarden@gmail.com

Cost: Free

Web: facebook.com/
warragulcommunitygarden



Warragul Croquet Club

18 OCT 10AM

Come and try Golf Croquet!
Please wear comfortable flat shoes.
No boots or heels.

Venue: Anderson Street, Warragul,
next door to the Bowling Club

Enquiries: Patti Bransgrove 0427 566 133

Email: warragulcroquet@gmail.com

Cost: Free



Baw Baw Achey Breaky Joints Club

EVERY WED 1-2PM

Anyone with limited mobility and strength is invited to join the Baw Baw Region Achey Breaky Joints Club (Formerly Baw Baw Region Arthritis Support Group) to experience our gentle chair-based exercise class.

Venue: Uniting Church
210 Sutton St, Warragul -
Entry via Rear Door

Enquiries: Lynette Powell 5625 2464

Cost: Free



You will be welcomed & supported by a current member.

Drouin KeenAgers Table Tennis

**MON 2 OCT & THU 5 OCT
9AM-11:30AM**

Come along and play table tennis in a friendly environment. Laugh, keep fit and have fun. Equipment can be supplied. Morning tea is included.

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

Enquiries: Lois Ryan: 0400 185 336

Email: lois_ryan@bigpond.com

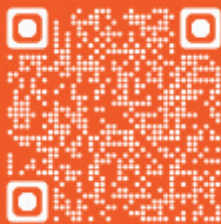
Cost: Free





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**

