

# ACTIVITIES FOR POSITIVE AGEING

## October 2024 to February 2025



## 41 LOCAL ACTIVITIES TO HELP US CELEBRATE AND CONNECT

### Manifesting Care Share Repair

1-6 OCT 9.00am–5.00pm

A Care Share Repair Café - helping you to share your skills and helping to fix treasures with your help. Refreshments will be provided during sessions.

SpringDale Neighbourhood Centre,  
17-21 High Street, Drysdale.

Bookings essential for times to be allocated.  
Call 5253 1960 or email

[messenger@springdale.org.au](mailto:messenger@springdale.org.au) FREE.

### Chair cardio - online exercises with Carol

1 OCT 9.30am

Want to improve your cardio fitness? Want to build leg strength while you're sitting down? Carol has a great seated cardio class for you, so you can work on your coordination and heart health, all from your kitchen chair!

Online via Zoom

Bookings: [bit.ly/seniorsfest24](https://bit.ly/seniorsfest24) FREE.

### Ballroom dancing

3, 10, 17, 24, 31 OCT  
2.00pm–4.00pm

Dancing is a well-known form of exercise, social interaction and pleasure from listening to great music and enjoying the company of other like-minded people our own age! Afternoon Tea! "Previous" and "non" dancers welcome - the music is great!

Belmont Park Pavilion (under Harrison Bridge), corner Barrabool Road and High Street, Belmont

Bookings not required. Entry cost: \$5.00

Enquiries: Val on 0474 513 529 or Ron on 0418 396 099.

### Treasured Tales: sharing your stories

10 OCT 9.30am–11.30am  
Boronggook Drysdale Library, 2-8  
Wyndham Street, Drysdale.

15 OCT 9.30am–11.30am  
Corio Library, cnr Cox Road and Moa  
Street, Norlane.

22 OCT 9.30am–11.30am  
Biyal-a Armstrong Creek Library,  
20 Main Street, Armstrong Creek.

24 OCT 9.30am–11.30am  
Newcomb Library, corner Bellarine  
Highway and Wilsons Road, Geelong.

31 OCT, 10.30am–11.30am  
Biyal-a Armstrong Creek Library,  
20 Main Street, Armstrong Creek.

Going through old photos can bring up amazing lost memories, so why not turn them into an audio keepsake for your family and loved ones. Learn how to digitally record your recollections and save them for the future using your smart device. Come along and bring your smart device if you have one.

Bookings: [grlc.vic.gov.au/events](https://grlc.vic.gov.au/events)

Morning tea will be provided. FREE.

### Colin Mockett's self-guided tour of the Geelong mural

3-29 OCT 11.00am–3.00pm

The giant mural (32m wide, 3m high) tells Geelong's pioneer history in 500 colourful glass mosaic images.

The Geelong mural forms the back wall of the foyer at Geelong's State Government building (the upside-down pyramid).

30 Little Malop Street, Geelong

Email your name and mailing address to [citizenmockett@gmail.com](mailto:citizenmockett@gmail.com) or call 5249 3939 to receive your free booklet by mail.

FREE.

### Danzing! Put a zing in your day

1 and 8 OCT 1.30pm–2.30pm  
Gentle Tango with Pam and Richard

16 OCT 1.30pm–2.30pm  
Zumba Gold with Mariela

29 OCT, 19 NOV 1.30pm–2.30pm  
Belly Dancing with Lisa

8, 11, 13 NOV 1.30pm–2.30pm  
Zumba Gold with Mariela

Feel good dance workshops for all abilities for ages 55 and over.

Glide, shimmy and smile in our Gentle Tango, Belly Dancing and Zumba Gold workshops. Feel the music and let yourself go, your body and mind will thank you for it. Our all-access facility ensures no one misses out on the opportunity to feel good from the inside out. One dance is never enough!

Cultura Healthy Living Centre,  
25-41 Arunga Avenue, Norlane.

Bookings essential: 5222 7275 or email [aged.support@cultura.org.au](mailto:aged.support@cultura.org.au)

Gold coin donation.

### Slow stitching course

3, 17, 31 OCT, 14 NOV  
10.00am–11.30am

Over four sessions, enhance your sewing skills. Children invited to attend first week with an adult. Course suitable for beginners and beyond as it gives the opportunity to learn/practice a range of sewing skills. Promotion of relaxation, recycling and creativity in a friendly environment. Individual items created. Refreshments provided.

South Barwon Community Centre,  
33 Mt Pleasant Road, Belmont

Bookings and information, call 5243 8388 or email [info@sbcc.org.au](mailto:info@sbcc.org.au)

FREE.

## Ambling walking group

2, 9, 16, 23, 30 OCT 10.00am–11.00am

Come and join South Barwon Community Centre's Ambling Walking Group. If you would like to walk a short distance and at a slow pace with friends, 'The Amblers' might suit you. If you have any restrictions or requests, we can try and make a walk work for you.

South Barwon Community Centre, 33 Mt Pleasant Road, Belmont.

Bookings and information, call 5243 8388 or email [info@sbcc.org.au](mailto:info@sbcc.org.au) FREE.

## Seniors Festival art exhibition 2024

24 SEPT – 26 OCT

Opening 6 OCT 11.00am–3.00pm

The Geelong Art Society Seniors Festival Art Exhibition is a celebration of creativity. The event promotes the work of artists aged 55 and over and will include both 2D and 3D artwork.

Opening day on Sunday 6 October is open to artists and public. Art demonstrations and the Awkardstra Orchestra from 1.00pm, awarding of prizes, refreshments and nibbles provided.

Shearers Arms Gallery and Studio, 202 Aberdeen Street, Geelong West.

No booking required for the gallery or opening event. Call 0418 590 641 or email [geelongartsociety@gmail.com](mailto:geelongartsociety@gmail.com)

## Old time ballroom dancing

6 OCT 2.00pm–4.30pm

The dance program will be selected from 34, Old Time Ballroom, New Vogue, English and Latin American dances. Afternoon tea provided.

805-809 Bellarine Highway, Leopold.

Bookings not required. Call 0400 500 402. FREE.

## Trivia with afternoon tea

7 OCT 1.00pm

An afternoon filled with fun, laughter, and engagement. Explore your trivia knowledge whilst enjoying a delicious afternoon tea served between two brackets of trivia questions. Register as a table of 6 or come along and join in a table.

Leopold Community & Learning Centre, Level 1, 31-39 Kensington Road, Leopold.

Bookings: 5250 1301. FREE.

## Art class - come and try

7 OCT 1.00pm–3.00pm

Love to paint, draw or create? Join our friendly art group to work on your own art project and share skills. This come and try session will allow you to work on your own project or one of the simple art activities supplied. Refreshments will also be provided.

South Barwon Community Centre, 33 Mt Pleasant Road, Belmont.

Bookings and information, call 5243 8388 or email [info@sbcc.org.au](mailto:info@sbcc.org.au) FREE.

## Come and try group exercise with Swim Sport & Leisure

7-11 OCT

Yoga at Splashdown – Monday 10.15am

Low Impact at Norlane ARC – Tuesday 10.15am

Strength & Tone at Leisurelink – Tuesday 1.15pm

Free outdoor swim at Kardinia Aquatic Centre – all day Wednesday

Pilates at Bellarine Aquatic & Sports Centre – Thursday 5.45pm

Free outdoor swim at North Bellarine Aquatic Centre – Friday 6.00am–10.00am

Simply visit reception with a Senior's Card to redeem during the week. FREE.

## Craft class – come and try

8 OCT 1.00pm–3.00pm

Looking for a friendly craft group? Join our craft group to work on your own project (any type of craft). This come and try session will allow you to work on your own project or one of the simple craft activities supplied. Refreshments will also be provided.

South Barwon Community Centre, 33 Mt Pleasant Road, Belmont.

Bookings and information, call 5243 8388 or email [info@sbcc.org.au](mailto:info@sbcc.org.au) FREE.

## The Dancin Man

9 OCT 11.00am

The Dancin Man is an all singing and dancing one man show, celebrating the men of song and dance that graced us on stage and screen – Gene Kelly, Fred Astaire, Donald O'Connor, The Nicholas Brothers and Sammy Davis Jr.

The Playhouse, Geelong Arts Centre, 50 Little Malop Street, Geelong.

Bookings: [tickets.geelongartscentre.org.au](https://tickets.geelongartscentre.org.au) or call 1300 251 200.

Ticket price: \$28. Group 8+ booking: \$24.

## Bellarine volunteers wellbeing day

9 OCT 9.30am–3.00pm

A day of fun and relaxing activities to enhance wellbeing (including massage, art, meditation, and sound healing) and a chance to get to know other Bellarine volunteers who are over 60 years of age.

Bellarine Community Health Portarlington, 39 Fenwick Street, Portarlington.

RSVP's essential to [kai.whyte@bch.org.au](mailto:kai.whyte@bch.org.au) or call 0436 024 718. Light lunch provided (please advise dietary requirements).

FREE.

## Strength training for older adults

9 OCT 10.45am–11.45am

This group weight training class helps build strength and flexibility, improves balance and fitness. A low-impact, energetic, circuit-based class using a variety of equipment.

Bellarine Training & Community Hub, 1 John Dory Drive, Ocean Grove.

Bookings: 5255 4294. Cost: \$10.

## Building strength - online exercises with Carol

9 OCT 10.00am

It's important to keep building and maintaining our muscle strength as we age, so we can keep doing all the things we want. In this 30-minute online class, Carol will take you through a fun series of upper and lower body standing exercises to help you stay strong at home.

Online via Zoom

Bookings: [bit.ly/seniorsfest24](https://bit.ly/seniorsfest24) FREE.

## Have a try croquet day

13 OCT 10.00am–12.00pm, 2.00pm – 4.00pm

Croquet has it all. It's accessible, provides gentle exercise, strategic thinking, good company and above all, fun. Equipment provided. Tea, coffee and biscuits available. Give it a try, you'll be surprised.

Eastern Park Croquet Club, 47-49 Garden Street, East Geelong.

Bookings: [secretary.epcc.g@gmail.com](mailto:secretary.epcc.g@gmail.com) by 7 October 2024. FREE.

## Better balance - online exercises with Carol

15 OCT 9.30am

Struggling with your balance? You can get better if you practice! Carol is here with a 30-minute online exercise class dedicated to balance exercises that will help you improve coordination, flexibility, strength, and of course, your balance!

Online via Zoom.

Bookings [bit.ly/seniorsfest24](https://bit.ly/seniorsfest24) FREE.

## Community Uke + Singing = Healthy and Happy

16, 23 and 30 OCT 6.00pm–9.00pm

A safe, fun setting to learn the ukulele! At the 6.00pm sessions we'll explore the basics and strum a few songs slowly! Then, at the 7.00pm sessions, we'll engage with the wider Uk'es'n'more group (40+ uke players) and sing and play our hearts out! Through this means, our minds and connections will evolve and our lives will be richer and warmer! And then... supper.

Grovedale Neighbourhood House, 45-53 Heyers Road, Grovedale.

Supper provided, call Ross 0430 871 045 to reserve a loaner uke for the month!

Enquiries: [ross@ukesnmore.com](mailto:ross@ukesnmore.com) or visit [www.ukesnmore.com](http://www.ukesnmore.com)

Cost: \$3 per week.

## Piano Man returns to Port Seniors

17 OCT 1.00pm–4.00pm

The Piano Man will sing for one hour, then we will have afternoon tea, then he will come on and sing for another hour.

Senior Citizens Hall, 59-65 Newcombe Street, Portarlington.

Bookings at club or 0438 720 076. FREE.

## Exercise class – come and try

17 OCT 11.30am – 1.00pm

Come and learn about the exercise classes South Barwon Community Centre offer. The Strength and Tone class is perfect for those looking to improve stamina, flexibility and general health while No Falls is an ideal entry point. This session will allow you to have a go. Refreshments provided.

South Barwon Community Centre, 33 Mt Pleasant Road, Belmont.

Bookings and information, call 5243 8388 or email [info@sbcc.org.au](mailto:info@sbcc.org.au) FREE.

## Country and western concert

19 OCT 1.00pm–3.00pm

An afternoon of country music featuring The Windbreakers.

Norlane Senior Citizens Club, 55 Yooringa Avenue, Norlane.

Bookings: Jennifer on 0419 137 751 or Barbara on 0428 126 420.

Cost: \$5 includes afternoon tea and a door prize.

## Laughter, the best medicine for 21st century seniors

20 OCT 2.00pm

A rich collection of anecdotes, history, jokes, poems and reminiscences presented by Colin Mockett. Tea/coffee and biscuits provided.

Geelong West Neighbourhood House, 89 Autumn Street, Geelong West.

Register by email [info@gwnh.org.au](mailto:info@gwnh.org.au) or call 5270 2400. RSVP by 13 October. FREE.

## U3A Geelong choir concert

23 OCT 2.30pm–3.15pm

Our U3A Geelong Choir, of over 40 voices, will welcome you to a concert. We will begin with a cup of afternoon tea followed by our choir presenting a short program of songs.

The Chapel, Cobbin Farm, 251 Grove Road, Grovedale.

No bookings required.

Enquiries: 5244 5114 or 0414 532 161. FREE.

## OM:NI (Old Men New Ideas) group – come and try

23 OCT 10.30am–12:30pm

OM:NI (Older Men New Ideas) is a friendly welcoming group that provides opportunities to meet, talk and laugh with men of a similar age. They usually meet on the 2nd and 4th Wednesday of the month, however on 23 October, OM:NI are welcoming other men to a come and try session with refreshments provided.

South Barwon Community Centre, 33 Mt Pleasant Road, Belmont.

Bookings and information, call 5243 8388 or email [info@sbcc.org.au](mailto:info@sbcc.org.au) FREE.

## Playful Bridges morning tea

24 OCT 9.30am–11.30am

Connecting generations through fun for the 2024 Seniors Festival.

Join Friends for Good and the Bellarine Living and Learning Centre for a special intergenerational morning tea to celebrate the 2024 Victorian Seniors Festival. Enjoy crafts, activities, and a free morning tea.

Bellarine Living and Learning Centre, 20 Worden Court, Whittington.

Bookings: [geelong.link/PlayfulBridges](https://geelong.link/PlayfulBridges)

Contact [admin@friendsforgood.org.au](mailto:admin@friendsforgood.org.au) or call 03 9691 6300. FREE.

## Connecting through Music

25 OCT 9.30am–1.00pm

A positive ageing event by Shedding the Blues, Connecting through Music is an opportunity for seniors to come together and enjoy uplifting music, a few fun games, a shared lunch and each other's company.

Memorial Recreation Reserve, 112 Powell Street, Ocean Grove.

Bookings: [sheddingtheblues@gmail.com](mailto:sheddingtheblues@gmail.com) or 0407 546 391. FREE.

## Disco dance - online exercises with Carol

25 OCT 10.00am

Get fit and active from the comfort of your lounge room! Join Carol for a fun and free online dance exercise class to get you movin' and groovin' and celebrating the end of the week.

Online via Zoom.

Bookings: [bit.ly/seniorsfest24](https://bit.ly/seniorsfest24) FREE.

## Bellarine Quilters 2024 show

26 and 27 OCT 10:00am–4:00pm

The Bellarine Quilters 2024 quilt show is an exhibition showing works made by the ladies of the group featuring a display of beautiful patchwork quilts, wall hangings, textile art and handicrafts. There will be a member's trading table, a raffle and refreshments available: tea, coffee and Devonshire tea.

The Drysdale Community Hub, 21-27 Eversley Street, Drysdale.

No bookings required.

Enquiries call 0481 060 909 or [cmfox1351@outlook.com](mailto:cmfox1351@outlook.com)

Cost: \$5.00 per adult. Children free.

## Afternoon tea to celebrate the Victorian Seniors Festival

28 OCT 1.00pm–2.30pm

South Barwon Community Centre will provide an afternoon and the opportunity to celebrate the Seniors Festival and see all the centre offers to enrich the lives of seniors. Members of the community will also be able to share their positive experiences of being a senior.

South Barwon Community Centre, 33 Mt Pleasant Road, Belmont.

Bookings and information, call 5243 8388 or email [info@sbcc.org.au](mailto:info@sbcc.org.au) FREE.

## Seniors Festival bridge teams

29 OCT 10.00am–5.00pm

A one-day Swiss Teams Bridge event, designed for bridge-playing seniors from across the Greater Geelong region. The event will be conducted at the Geelong Bridge Club premises as a face-to-face tournament over two sessions. A light lunch will be provided between sessions and drinks and nibbles will be available at the end of play.

Geelong Bridge Club, 148-152 Portarlington Road, Newcomb.

Enter as a team of four at [www.geelong.bridge-club.org](http://www.geelong.bridge-club.org) or by email to [stokiemds@gmail.com](mailto:stokiemds@gmail.com) or call 0418 178 644.

Entries close 25 October 2024.

Cost: \$18 per person, payable in cash on the day.

## U3A Geelong open day

30 OCT 10.00am–2.00pm

We are an adult organisation that offers you the opportunity to pursue your passions, find new interests, meet new friends, get fit and keep your brain stimulated.

Come and join us at our open day where you will have the chance to speak with people about classes available and view some very special art and craft exhibitions. Complimentary tea and coffee, food available for purchase.

Cobbin Farm, 251 Grove Road, Grovedale.

No bookings required.

Enquiries: 5244 5114 or 0414 532 161.

FREE.

## Creative art journaling with Luke Elliot

30 OCT 11.00am–2.00pm

Join art therapist, Luke Elliot, for an introduction to creative art journaling. Suitable for complete beginners and accomplished artists. A community lunch of soup and bread rolls will be provided, giving participants an opportunity to connect over a shared meal.

Bluebird House, corner Carr and Swanston Street, South Geelong.

Bookings: [www.bluebirdfoundationinc.org.au/workshops/creative-art-journaling4pa](http://www.bluebirdfoundationinc.org.au/workshops/creative-art-journaling4pa)

Enquiries: 5202 4870. FREE.

## Time to Thrive – dance for the matured aged mover

4 NOV – 11 DEC

Join professional dance teacher, Dance/Movement Therapist and Allied Health Assistant Jessica Lesosky in this exciting new six-week pilot program for the mature mover.

Studio 2, Geelong Arts Centre, 50 Little Malop Street, Geelong.

Registration essential at [geelongartscentre.org.au](http://geelongartscentre.org.au) or 1300 251 200. FREE

## Positive ageing through art

11 NOV 10.00am–3.00pm

Art exhibition of Veterans Art created by Veterans, carers and family members of the veteran community.

City Hall, 30 Gheringhap Street, Geelong.

No bookings required.

Enquiries: 0408 522 869.

## PNH Day on the bowling green

15 NOV 10.00am

Social bowls followed by lunch.

Portarlington Bowls Club, Harding Street, Portarlington.

Bookings essential: 5259 2290.

RSVP by Friday 15 November.

Cost: \$5, limited spots available.

## A Merry little Christmas with Lucy Durack

11 DEC 11.00am

Join Australian star of stage and screen, Lucy Durack, in this show full of heart-warming melodies and timeless Christmas classics!

The Playhouse, Geelong Arts Centre, 50 Little Malop Street, Geelong.

Bookings: [tickets.geelongartscentre.org.au](http://tickets.geelongartscentre.org.au) or 1300 251 200.

Ticket price: \$28. Group 8+ booking: \$24.

## Welcoming seniors to Geelong Botanic Gardens

20 and 27 FEB 9.30am–11.30am

The Friends of Geelong Botanic Gardens will host a special guided walk for Geelong seniors. You will be in the hands of trained guides offering an introduction to Geelong's garden jewel, Geelong Botanic Gardens. This will be followed by a professionally catered morning tea and a welcome to the gardens by members of the Friends, who wish to encourage seniors to actively enjoy the ever-changing gardens and learn a little about the plant collections, in the company of other seniors.

Geelong Botanic Gardens, corner of Eastern Park Circuit and Podbury Drive, East Geelong.

Bookings: 5229 0071 or [info@friendsgbg.org.au](mailto:info@friendsgbg.org.au) You will receive confirmation itinerary.

FREE.

## SalamFest celebrate ageing

22 FEB 12.00pm–2.00pm

Join us for an event to celebrate coffee's origins, encourage connection among community members, and preserve Muslim cultural traditions in a warm and inviting atmosphere. SalamFest allows aging Muslims to come together, share experiences, and reminisce about the traditions and the role of coffee in their lives.

The Geelong Boat House, Western Foreshore Road, Geelong.

Bookings: [www.trybooking.com/CUDGO](http://www.trybooking.com/CUDGO)

Cost: \$5 (includes lunch).

**Victorian  
Seniors  
Festival  
2024**

**EXPLORE.  
ENGAGE.  
EVOLVE.**

As well as being our major partner, the Victorian Seniors Festival is a statewide event which runs throughout October.

For more information, visit [www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au)

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CITY OF GREATER  
**GEELONG**