

MON	TUE	WED	THU	FRI	SAT	SUN
<p><b>Come &amp; Try Hoy Card Game</b> Monday's 14th &amp; 28th at Stawell Senior Citizens Club It's like Bingo but with cards! Free entry and prizes to be won Afternoon lunch provided by Healthy Ageing Thrive 50+ Hubs for Seniors Festival Month</p>	<p><b>1</b> 10am Walking Group Cato Park 9am Stawell Men's Shed (SMC) 10am Gold Reef Ladies Probuss (SHRC) 10am Pickleball Free activity (SSAC) 10am Step Into Self-care (SNH) 11.45am Women's Health Chat (LIB) 1.30pm Yarn Group (Sen Cit) 6pm Taekwondo (Sen Cit)</p>	<p><b>2</b> 9am Stawell Men's Shed 10am Card's for fun (U3A) 10.30am Active Ageing (SSAC) 12.30pm Bee Busy Stitching (SNH) 1.30pm Easy Ukulele (Sen Cit) 2.30pm Intermediate Ukulele (Sen Cit) 6.15pm Yoga with Kristin (SNH) 7pm Indoor Carpet Bowls (Sen Cit)</p>	<p><b>3</b> 9am Stawell Men's Shed 10.45am Water Aerobics (SSAC) 10am Card's for fun (U3A) 10am Devonshire Tea (AC) 9.30am Beginners Line Dancing (Sen Cit) 10.45am Easy Intermediate Line Dancing (Sen Cit) 10.45am Water Aerobics (SSAC) 5pm Pickleball Free activity (SSAC) 6pm Taekwondo 6.15pm Water Aerobics (SSAC) 7pm Stawell Brass Band (SBB)</p>	<p><b>4</b> 10.30am Active Ageing (SSAC) 1pm Indoor Carpet Bowls (Sen Cit) 7pm Stawell Brass Band Practice</p>	<p><b>5</b>  9.30 to 11.30an Every Saturday FREE Pickleball (SSAC) 12pm Meditation at Stawell Library</p>	<p><b>6</b> 1pm Stawell Orchid Society Spring meeting Open Day (Sen Cit) 2pm Grampians Writers Group Great Western Pub</p>
<p><b>7</b> 10am Active for Life (SSAC) 10am Tai Chi (U3A &amp; SNH) 10.30am Active Ageing (SSAC) 10.45am Water Aerobics (SSAC)</p>	<p><b>8</b> 10am Walking Group Cato Park 9am Stawell Men's Shed (SMC) 10am Pickleball Free Activity (SSAC) 10am U3A Art Group (STH) 10am Step Into Self-care (SNH) 1pm AGM (U3A) 1.30pm Yarn Group (Sen Cit) 6pm Taekwondo (Sen Cit)</p>	<p><b>9</b> 9am Stawell Men's Shed 10am Card's for fun (U3A) 10.30am Active Ageing (SSAC) 12pm Community Lunch (Sen Cit) 12.30pm Bee Busy Stitching (SNH) 1.30pm Easy Ukulele (Sen Cit) 2.30pm Intermediate Ukulele (Sen Cit) 6.15pm Yoga with Kristin (SNH) 7pm Indoor Carpet Bowls (Sen Cit) 7pm CWA Craft Session (Lib)</p>	<p><b>10</b> 9am Stawell Men's Shed 10.45am Water Aerobics (SSAC) 9.30am Beginners Line Dancing 10.45am Easy Intermediate Line Dancing 10.45am Water Aerobics (SSAC) 2pm Ladies Cuppa Group (LIB) 5pm Pickleball Free activity (SSAC) 6pm Taekwondo 6.15pm Water Aerobics (SSAC) 7pm Stawell Brass Band (SBB)</p>	<p><b>11</b> 10.30am Active Ageing (SSAC) 11.30am FIT 4 LIFE Chair based exercise (Sen Cit) 1pm Indoor Carpet Bowls (Sen Cit) 2pm Coffee &amp; Chat at Livindi Cafe (U3A) 7pm Stawell Brass Band Practice</p>	<p><b>12</b> 9.30 to 11.30an Every Saturday FREE Pickleball (SSAC) 12pm Meditation at Stawell Library</p>	<p><b>13</b> 2pm Conversational English (SNH)</p>
<p><b>14</b> Stawell Sports &amp; Aquatic Centre Come &amp; Try Sessions 10am to 12pm Presentations from Exercise Physiologist &amp; Trainers Free morning tea 10am Active for Life (SSAC) 10am Tai Chi (U3A &amp; SNH) 10.30am Active Ageing (SSAC) 10.45am Water Aerobics (SSAC) 2pm Come &amp; Try Hoy Card Game (Sen Cit)</p>	<p><b>15</b> 10am Walking Group Cato Park 9am Stawell Men's Shed (SMC) 10am Pickleball Free activity (SSAC) 10am U3A Art Group (U3A) 10am Step Into Self-care (SNH) 1pm Glenorchy garden excursion (U3A) 1.30pm Yarn Group (Sen Cit) 6pm Taekwondo (Sen Cit)</p>	<p><b>16</b> 9am Stawell Men's Shed 10am Card's for fun (U3A) 10.30am Active Ageing (SSAC) 12.30pm Bee Busy Stitching (SNH) 1.30pm Easy Ukulele (Sen Cit) 2.30pm Intermediate Ukulele (Sen Cit) 6.15pm Yoga with Kristin (SNH) 7pm Indoor Carpet Bowls (Sen Cit)</p>	<p><b>17</b> 9am Stawell Men's Shed 10.45am Water Aerobics (SSAC) 9.30am Beginners Line Dancing (Sen Cit) 10.45am Easy Intermediate Line Dancing (Sen Cit) 10.45am Water Aerobics (SSAC) 5pm Pickleball Free activity (SSAC) 6pm Taekwondo 6.15pm Water Aerobics (SSAC) 7pm Stawell Brass Band (SBB)</p>	<p><b>18</b> 10.30am Active Ageing (SSAC) 11.30am FIT 4 LIFE Chair based exercise (Sen Cit) 1pm Indoor Carpet Bowls (Sen Cit) pm Coffee &amp; Chat at Livindi Cafe (U3A) 7pm Stawell Brass Band Practice</p>	<p><b>19</b> 9.30 to 11.30an Every Saturday FREE Pickleball (SSAC) 12pm Meditation at Stawell Library</p>	<p><b>20</b> 2pm Conversational English (SNH)</p>
<p><b>21</b> 10am Active for Life (SSAC) 10am Tai Chi (U3A &amp; SNH) 10.30am Active Ageing (SSAC) 10.45am Water Aerobics (SSAC)</p>	<p><b>22</b> 10am Walking Group Cato Park 9am Stawell Men's Shed (SMC) 10am Pickleball Free activity (SSAC) 10am U3A Art Group (STH) 10am Step Into Self-care (SNH) 1pm Creative Writing (U3A) 1.30pm Yarn Group (Sen Cit) 6pm Taekwondo (Sen Cit)</p>	<p><b>23</b> 9am Stawell Men's Shed 10am Card's for fun (U3A) 10.30am Active Ageing (SSAC) 12.30pm Bee Busy Stitching (SNH) 1.30pm Easy Ukulele (Sen Cit) 2.30pm Intermediate Ukulele (Sen Cit) 6.15pm Yoga with Kristin (SNH) 7pm CWA monthly meeting (Lib) 7pm Indoor Carpet Bowls (Sen Cit)</p>	<p><b>24</b> 9am Stawell Men's Shed (SMC) 10.45am Water Aerobics (SSAC) 9.30am Beginners Line Dancing (Sen Cit) 10.45am Easy Intermediate Line Dancing (Sen Cit) 2pm Ladies Cuppa Group (LIB) 5pm Pickleball Free activity (SSAC) 6pm Taekwondo (Sen Cit) 6.15pm Water Aerobics (SSAC) 7pm Stawell Brass Band (SBB)</p>	<p><b>25</b> 10.30am Active Ageing (SSAC) 11.30am FIT 4 LIFE Chair based exercise (Sen Cit) 1pm Indoor Carpet Bowls (Sen Cit) 2pm Lunch Outing Trackside Bistro (U3A) 7pm Stawell Brass Band Practice</p>	<p><b>26</b> 9.30 to 11.30an Every Saturday FREE Pickleball (SSAC) 12pm Meditation at Stawell Library</p>	<p><b>27</b> 10.30am Garden Day meet at Stawell Neighbourhood House to register &amp; collect map 2pm Conversational English (SNH)</p>
<p><b>28</b> 10am Active for Life (SSAC) 10am Tai Chi (U3A &amp; SNH) 10.30am Active Ageing (SSAC) 10.45am Water Aerobics (SSAC) 2pm Come &amp; Try Hoy Card Game (Sen Cit)</p>	<p><b>29</b> 10am Walking Group Cato Park 9am Stawell Men's Shed (SMC) 10am Pickleball Free activity (SSAC) 10am U3A Art Group (STH) 10am Step Into Self-care (SNH) 1pm (U3A) 1.30pm Yarn Group (Sen Cit) 6pm Taekwondo (Sen Cit)</p>	<p><b>30</b> 9am Stawell Men's Shed 10am Card's for fun (U3A) 10.30am Active Ageing (SSAC) 12.30pm Bee Busy Stitching (SNH) 1.30pm Easy Ukulele (Sen Cit) 2.30pm Intermediate Ukulele (Sen Cit) 6.15pm Yoga with Kristin (SNH) 7pm CWA monthly meeting (Lib) 7pm Indoor Carpet Bowls (Sen Cit)</p>	<p><b>31</b> 9am Stawell Men's Shed (SMC) 10.45am Water Aerobics (SSAC) 9.30am Beginners Line Dancing (Sen Cit) 10.45am Easy Intermediate Line Dancing (Sen Cit) 10.45 Water aerobics (SSAC) 12pm U3A Term Lunch Trackside 2pm Ladies Cuppa Group (LIB) 5pm Pickleball Free activity (SSAC) 6pm Taekwondo (Sen Cit) 6.15pm Water Aerobics (SSAC) 7pm Stawell Brass Band (SBB)</p>	<p><b>Special screening for Senior's Festival Month</b> "Talking About Your Generation" Documentary Stawell Library 31 October (see flyer over page for details)</p>	<p><b>New free activity this month!</b> Fit 4 Life at Stawell Senior Citizens Club starting 11th October</p>	<p> Sunday 6th from 1pm Open Day Stawell Orchid Society - free lunch &amp; afternoon tea for Senior's Festival Month provided by Healthy Ageing Thrive 50+ Hub RSVP Warren 0408 948 495</p>

# Thrive 50+



Healthy Active Connected Empowered

# Healthy Ageing Month of OCTOBER

ST ARNAUD SENIORS DAY PRESENTS

## FRANK POWELL

FRANK PLAYS AND SINGS HIS WAY THROUGH ALL THE MEMORABLE HITS OF THE 50S AND 60S THAT MADE YOU SMILE AND FEEL GOOD

DATE: **9 OCTOBER** FREE EVENT

DOORS OPEN AT 9:45AM FOR A 10:30AM START  
LOCATION: ST ARNAUD TOWN HALL

EVENT HIGHLIGHTS:

- LIVE MUSIC 10:40AM
- LIGHT LUNCH 12PM
- MOVIE TO FOLLOW 1PM

THIS IS ONE OF THE YEAR'S BEST FILMS AND THE MOST FUN YOU'LL HAVE AT THE THEATRE THIS SUMMER

CONTACT 03 5358 8700 FOR ALL ENQUIRES AND TO BOOK YOUR SEAT!

**FREE CLASSES COMMENCING AT STAWELL SENIOR CITIZENS CLUB**

## FIT 4 LIFE

Gentle seated exercise program for people over 45!

EXERCISING CAN HELP YOU:

- Improve strength & flexibility
- Improve heart health
- Improve memory
- Reduce pain and falls risks
- Strengthen bones
- Improve self esteem
- Reduce risks of diabetes
- Connect socially

**FREE CLASSES & REFRESHMENTS**

WHERE: STAWELL SENIOR CITIZENS CLUB  
9 Victoria Street, Stawell

WHEN: Every Friday from 11 October for 8 weeks

TIME: Light refreshment 11.30am  
Class runs 12-12.45pm

BOOKINGS: Stawell Sports and Aquatic Centre  
Phone: 5358 0550

**PICKLEBALL NOW IN STAWELL**

ALL EQUIPMENT IS SUPPLIED

Tuesday 10AM to 12PM  
Thursday 5PM to 7PM  
Saturday 9.30AM to 11.30AM

Stawell Sports and Aquatic Centre

FREE

Register here:

phn WESTERN VICTORIA  
This is a pilot program proudly supported by the Western Victoria Primary Health Network

For more information about Pickleball or to register please contact SSAC 5358 0550

**Celebrating Senior's Festival Month**

"Talking About Your Generation"

FREE Documentary Screening

Thursday 31st October  
2 pm  
Stawell Library

Afternoon Tea provided

Stawell Library  
Sloane Street, Stawell

Please RSVP for catering purposes  
5358 1274

phn WESTERN VICTORIA  
LIBRARIES  
Thrive 50+  
VicHealth

A collection of intergenerational documentaries created by students from St Arnaud and Stawell Secondary Colleges, in partnership with local community members and Northern Grampians Shire Council.

**FREE COME & TRY HOY CARD GAME**

Free Event

Cuppa & snacks

Prizes to be won

Learn a new Bingo style card game

When: Monday 14th October & Monday 28th October at 2pm to 3.30pm  
Where: Stawell Senior Citizens Club  
9 Victoria Street, Stawell  
To book call: Rale 0448 573 388 or June 0427 670 658

Celebrating Seniors Festival Month

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VicHealth

STAWELL SENIORS DAY PRESENTS

## LONNIE LEE

"LAST MAN STANDING"

SINGING HIS OWN GOLD HITS AND THOSE OF HIS PEERS & FRIENDS

LOCAL ACTS TO FOLLOW

10 OCTOBER 2024

EVENT LOCATION:  
STAWELL ENTERTAINMENT CENTRE  
DOORS OPEN AT 9:45AM FOR A 10:30AM START

CONCERT FOLLOWED BY LIGHT LUNCH AT 12PM  
LOCAL PERFORMERS TO COMMENCE AT 1PM

FREE EVENT

CONTACT 5358 8700 FOR BOOKING OR MORE INFO EMAIL: COMMUNITY.CARE@NGSHIRE.VIC.GOV.AU

STAWELL HOSPITAL AUXILIARY

## GARDEN DAY

Sunday 27 October 2024

6 distinctly individual gardens to enjoy

Register and collect maps at  
Stawell Neighborhood House  
42 Sloane Street, Stawell  
from 10:30am

TICKET \$25.00 pp including Light Refreshments

Pam Byron 0428 598 272  
Carol Hutton 0408 249 287  
Merrilyne Middleton 0407 561 669

Let's celebrate SENIORS Month 1 to 31 October 2024

For the month of October we're celebrating our seniors and their ongoing contribution to the shire—whether as volunteers or in the workforce, community leaders or carers, grandparents, or advocates.

Throughout the month community groups and organisations are hosting inclusive events and activities throughout the state.

Seniors Month is all about increasing the social connectedness of older people and their communities because we all want to be.

For bookings and enquiries contact 03 5358 8700

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LIBRARIES  
Thrive 50+  
VicHealth

This is a pilot program proudly supported by the Western Victoria Primary Health Network

COME ALONG Ladies' Cuppa Chat

AT STAWELL LIBRARY

Feel like some company?

Come along to a Ladies' Cuppa Chat! There's no agenda, just a chance to meet with others in a comfortable space to enjoy a cuppa and a chat

EVERY 2ND THURSDAY, 2PM  
10TH OCTOBER & 24TH OCTOBER

Afternoon tea for a gold coin donation  
All new members welcome

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This is a pilot program proudly supported by the Western Victoria Primary Health Network

How's it Going?

Come along to check on a mate or make a new mate at Stawell Library

This is a group for men who like to get together for a chat!

Afternoon tea provided for a gold coin donation

Remaining dates for 2024  
October 9th & 25th  
November 6th & 20th  
December 4th & 18th  
from 2pm till 4pm

Stawell Library  
7-9 Sloane Street  
5358 1274 for more details

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**Group names**

- SNH - Stawell Neighbourhood House
- Sen Cit- Stawell Senior Citizens
- SMC - Stawell Men's Shed
- SSAC- Stawell Sport & Aquatic Centre
- STH - Stawell Town Hall
- LIB - Stawell Library
- CWA - Country Women's Association
- USA - University of the 3rd Age
- SHRC - Stawell Harness Racing Club
- AC - Anglican Church

Supporting you to stay healthy, active and connected

Local Seniors Festival brochure available from Stawell Library, Stawell Town Hall & SSAC

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