

WHAT'S ON

Ballan Neighbourhood House

143 Inglis Street, Ballan 3342

Digital Safety and Scam Awareness with Bendigo Bank

Thursday 3 October, 10am

Register: via website or call Ballan Neighbourhood House on 5368 1934

Cost: FREE

Come and Try Week - Choose One or All!

Monday 7 October, 1pm-3pm: **Sit & Stitch**

Tuesday 8 October, 9am-10:30am: **Chinese Health**

Tuesday 8 October, 10.30am - 12.00pm: **Write In (Writers Group)**

Tuesday 8 October, 6.30pm - 8.00pm: **Community Choir**

Wednesday 9 October, 1.30pm - 3.30pm: **Calligraphy**

Thursday 10 October, 6:30-7:30pm : **TaiChi for Beginners**

Register: via website or call Ballan Neighbourhood House on 5368 1934

Cost: FREE

'How to' Chat GPT, Security, Risk and Awareness

Thursday 17 October, 10am-12pm

Register: via website or call Ballan Neighbourhood House on 5368 1934


Cost: FREE

Art Therapy

Thursday 24 October, 10am-11:30am

Register: via website or call Ballan Neighbourhood House on 5368 1934

Cost: FREE

5366 7100  moorabool.vic.gov.au/seniorsfest



Victorian
Seniors
Festival
2024

EXPLORE.
ENGAGE.
EVOLVE.



SCAN ME!



1-31 October
Updated Program of Events

EXPLORE

Senior Victorians are invited to enjoy a full range of events and activities when the 2024 Victorian Seniors Festival kicks off this October.

ENGAGE

The major statewide festival for Victorians over 60 focuses on providing fun and good times, with opportunities to participate in events and activities for free or low cost throughout October each year.

EVOLVE

Check out this year's program of Victorian Seniors Festival events happening in Moorabool!



Seniors Festival Celebration Day and Expo

Tuesday 1 October, 10:30am -1:30pm

Location: Bacchus Marsh Public Hall

Cost: FREE

Come and learn who's who in Moorabool Shire: aged care service providers, volunteer opportunities, social clubs, groups, seniors looking to connect. No bookings required.

Morning Melodies-Silverchain

Wednesday 2 October, 10:30am to 12:30pm

Location: Andy Arnold Centre, 10 Bennett Street Bacchus Marsh

To register: Walk ins welcome or contact Wes on 0475 798 751

Cost: FREE

Enjoy morning tea and entertainment with Kelli Brogan performing Morning Melodies.

Come along and learn about plant propagation and the landcare nursery

Monday 14 October, 10am to 12pm or 1pm to 3pm

Location: 1327 Glenmore Road Glenmore

To register: Please book as numbers are limited
moorabool.gardensforwildlife@gmail.com

Cost: FREE

Join us for a short tour of the Moorabool Landcare Network Nursery. Hear about what our volunteers and how to get involved. Enjoy some hands on experience taking cuttings and seed sowing.

IPC Health Care Finder Service Information Session

Tuesday 15 October, 10am-11:30am

Location: Lerderderg Library, Bacchus Marsh

Register: call 1300 895 589 or email carefinders@ipchealth.com.au

Cost: FREE

Join us to learn about My Aged Care and how IPC Health's Care Finder Service can help you find the support you need. Chat with a care finder over morning tea.

St Martin's Chapel Senior Citizens Movie Matinee

Wednesday 16 October, 2pm

Location: Martin Street, Blackwood

To register: Contact Fiona 0425 422 416

Cost: FREE

Afternoon tea available for a suggested donation of \$5



Lerderderg Library- Author Talk with Lucy Treloar

Saturday 19 October, 10:30am -11:30am

Location: 215 Main Street, Bacchus Marsh

Enquire: Contact Kristie Seketa 53667100 or kseketa@moorabool.vic.gov.au

Cost: FREE

Join Lucy Treloar, one of Australia's most esteemed writers, as she discusses her latest novel, "Days of Innocence and Wonder."

Come and Try

MARC Stadium

23A Taverner St, Maddingley VIC 3340

FREE CLASSES for Seniors



Pilates Class- Come and Try FREE Session

Wednesday 9 October, 10:30am

Register: Contact MARC Stadium on 5367 3890

Additional requirements: bring your own towel and mat.



Walking Basketball Introduction- Come and Try FREE Session

Thursday 10 October, 10:30am

Register: Contact MARC Stadium on 5367 3890

Additional requirements: bring your own towel and water bottle.



Pickleball Introduction- Come and Try FREE Session

Friday 11 October, 10:00am to 12:30PM

Register: Contact MARC Stadium on 5367 3890

Additional requirements: bring your own towel and water bottle.



Bacchus Marsh CWA Devonshire Tea

**Thursday 3 October,
10:30am - 11:30am or
12:30pm - 1:30pm**

Location: Bacchus Marsh
Public Hall

Bookings essential: email
karin.wilsonexchange@gmail.com
or call Council on 5366 7100.

Cost: Gold coin donation

The Country Women's Association
(CWA) Bacchus Marsh Branch will
serve their scrumptious scones with
jam & cream and a cuppa.



Ladies Probus Club Bacchus Marsh Morning Tea

Thursday 3 October, 10am

Location: Avenue Bowling Club,
Crook St, Bacchus Marsh

To register: Lynette 0428 243 486
– or Barb 0400 216 014

Cost: FREE

Fun, friendship and fellowship for
active retirees.



Neon Cowboy Boot Scooters - Come and Try

**Wednesday 9 October, 10:30am
-12:30pm**

Location: 15 Station Street,
Maddingley

Register: Call Edward on 0403
779 510

Cost: FREE

Mecwacare Workshop Eating Disorders

Wednesday 2 October, 10:00am-11:30am

Location: Mecwacare Ballan:
Health and Care Training room

Register: Contact Louise Mayall,
Louise.Mayall@mecwacare.org.au
or 03 5366 7934

Cost: FREE

Learn about the different types of eating disorders, how they affect your body and mind and what treatments are available.

Mecwacare Workshop Fraud and Cyber Security for Older People

Thursday 3 October, 10:00am-11:30am

Location: Ballan Neighbourhood House

To book: Contact Louise Mayall,
Louise.Mayall@mecwacare.org.au
or 03 5366 7934

Cost: FREE

We will be providing tips and resources to help older Australians stay cyber-safe. You can learn about common fraud schemes and safeguarding your devices



Paleo Detectives- Lerderderg Library-

Saturday 5 October, 10:00am-12:00pm

Location: 215 Main Street,
Bacchus Marsh

Register: Call Sophie Kuypers
53667100 (select option 5)
yourlibrary@moorabool.vic.gov.au

Cost: FREE

Join us for an exciting journey through time as we explore the curious case of the Lancefield Swamp.



Come and Try Pilates!

Wednesday 9 and Wednesday 23
October; 10:30am - 11:15am

Location: Gordon Public Hall, 68
Main St, Gordon 3345

To book: Spots are limited! Call
Justine Pilgrim on 0417 056 687
or Council on 5366 7100.

Cost: FREE

Please note: Attendees must bring their own mats or a thick, comfortable blanket to be on the floor. Clients must be able to lie and kneel on the floor on their mat.

Star talk: Discover your night sky

Wednesday 9 October,
7:30pm-9:30pm

Location: Gordon Public Hall, 68
Main St, Gordon 3345

Register: via website or call
Council on 5366 7100.

Cost: FREE for seniors (60+ years);
Under 60s can purchase a ticket
for \$5/adult or \$12 for a family.

Discover the amazing universe with
bush astronomer and Gordon local,
Darren Bellingham.

Probus Quizzame

Friday 11 October,
starting 10:30am

Location: Avenue Bowling Club,
Crook Street

To register: Call Margaret on
[0434 965 954](tel:0434965954) or email

bacchusmarshprobus@gmail.com

Cost: FREE

Come along for the best fun and
prizes. Trivia with a difference,
lunch provided. You MUST register

Ballan Farmers Market

Saturday 12 October, 9am to 1pm

Location: Inglis Street, Ballan

Cost: FREE

spend a morning in Ballan enjoying
live music and offerings from locals
including the CWA and Men's Shed.

Movies in the Marsh- Lerderderg Library

Friday 11 and 25 October,
10:00am to 2:00pm

Location: 215 Main Street,
Bacchus Marsh

Enquiries: Contact Sophie Kuypers
[53667100](tel:53667100) or
info@moorabool.vic.gov.au

Cost: FREE

Friday 11 October Best Exotic Marigold Hotel



Friday 25 October The Dressmaker

