

HOW TO BOOK (ONLY EVENTS THAT REQUIRE BOOKINGS ARE LISTED BELOW)

DATE	EVENT
1	Annual International Probus Day Committee Get Together Probus Committee members only. Invitation via Probus Clubs only.
2	Kieser Balance Class Taster Bookings: Rose on 5261 0600 or rsalvo@surfcoast.vic.gov.au .
3, 10, 17	Wiser Walker Wiser Traveller 3-wk course Bookings: Rose on 5261 0600 or rsalvo@surfcoast.vic.gov.au .
6	Art of the Minds and a Kithbrooke Park Afternoon Tea Dance Bookings: Rose on 5261 0600 or rsalvo@surfcoast.vic.gov.au .
7	Kieser Strength For Life Info Session Bookings: Rose on 5261 0600 or rsalvo@surfcoast.vic.gov.au .
7, 8	Mental Health First Aid – 2 Day Course Bookings via: artoftheminds.org.au
9	The Get Involved Version 2 Launch Register via Rose on 5261 0600 or rsalvo@surfcoast.vic.gov.au
12	Winchelsea & District Sunday Arvo Music with "Heart and a Soul" Blues/Rock Band Register via surfcoast.vic.gov.au/PositiveAgeingMonth or Rose: 5261 0600 or rsalvo@surfcoast.vic.gov.au .
13	GETLOW by The Jungle Body with Megan Contact Megan: 0411 177 433 or thejunglebodywithmegan@gmail.com Cost: \$12
14	Connect. Create. Celebrate. Treats Then and Now Bookings: 5236 3388
14	Anglesea & District Men's Shed Open Day Enquiries: Please email sec.angleseamensshed@gmail.com
15	Active Adults Taster – Anglesea Community House Bookings: contact: Lina Libroaperto 0403 797 973
16	Potting and Pottery for the Garden Workshop – with bemykeeper Bookings: http://thq.fyi/se/nAV5P-Y or 5261 2583 . Cost \$15
20	Drum On: Music, Movement and Singing for Seniors Contact: Jacqui on 0488 527 656 or jacqui.dreessens@gmail.com Cost: \$20.

DATE	EVENT
20	Connect with Probus Torquay Bookings: tqsurf.probus@gmail.com
21	Anglesea Blanket Stitch for Basketry – Weaving Workshop with Caroline Hawkins Bookings: 5263 2116 . Cost \$15
22	Time to Thrive Dance Session – Kurrabee Myaring Community Centre Bookings: Jess Lesosky 0421 519 743 .
23	U3A Get Online – Online Shopping Bookings: 0435 374 139 or info@surfcoast.org.au .
23	Sparky Moves: Musical Movement for Seniors Contact: Jacqui Dreessens 0488 527 656 or jacqui.dreessens@gmail.com Cost: \$15
24	SCAM Man: Scam Awareness Morning with Morning Tea - Torquay Book tickets online via surfcoast.vic.gov.au/PositiveAgeingMonth
26	Two Feet and a Heartbeat Walk – Connect with Your Community, Torquay Enquiries: Catherine Rowe 0425 854 813 www.heartkids.org.au
27	Celebrating the Rainbow Community with Piano Bar at In the Skies, Lorne Bowls Club Restaurant opens for dinner at 5pm. Performances from 7pm. Book a table for dinner or rock up. 0474 260 746 .
28	Anglesea MovePod – Footwear Matters: Choosing the Right Shoes as We Age Anglesea Community House. Bookings essential: contact 5263 2116 or info@anglesea.org.au
29	Warrnambool Connections Train Trip Meet at Winchelsea Train Station. Bookings: Elaine Atkinson on 0458 009 616 or ejpolllock@bigpond.com .
30	SCAM Man: Scam Awareness Morning with Morning Tea - Winchelsea Book tickets online via surfcoast.vic.gov.au/PositiveAgeingMonth
31	SCAM Man: Scam Awareness Morning with Morning Tea - Anglesea Book tickets online via surfcoast.vic.gov.au/PositiveAgeingMonth

For more information, or online ticket links, please visit surfcoast.vic.gov.au/PositiveAgeingMonth

Victorian Seniors Festival 2025



**CONNECT
CREATE
CELEBRATE**
1–31 October



