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@surcoast.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 – Kurrambee 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 ejpollock@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 mor	re information, or online ticket links, please				

visit surfcoast.vic.gov.au/PositiveAgeingMonth

Victorian Seniors Festival 2025







MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	CONNECT CREATE CELEBRATE	1 International Probus Day International Day of Older Persons Annual Probus Committee Get Together 1pm-4pm Council Chambers *Closed Event	Kieser Torquay Balance Class Taster with morning tea 10am-12pm KMCC, Torquay	Wiser Walker Wiser Traveller 3-week Course 1pm-3pm Council Offices Torquay Women's Sharing Shed Open Day 12.30-4pm Rear 14 Price St Torquay	Lorne Men's Shed Open Day 10am-2pm Cnr Otway St and William St, Lorne	
6 Mental Health Week Celebrating Mental Health Week with Art of the Minds	Kieser Strength for Life Information Session 11am-11.45am	8 Little Hands, Wise Hearts Intergenerational Program 12.30pm-2.30pm	9 Ageism Awareness Day The Get Involved Version 2 Launch	10 World Mental Health Day Intro to Tai Chi and a cuppa with Mary McNaughton	11 Wednesday Ocean Waders on a Saturday	12 Winchelsea & District Sunday Arvo Music with "Heart and a
and a Kithbrooke Park Afternoon Tea Dance 1pm-3.30pm 350 Grossmans Rd, Torquay	Anglesea Community House Standard Mental Health First Aid Training – 2 Day Course	Lorne Community Connect Standard Mental Health First Aid Training – 2 Day Course 9am-4.30pm Torquay Community House	10am-11.30am Council Chambers	10am-11am Torquay Senior Citizens Centre Wiser Walker Wiser Traveller 3-week Course 1pm-3pm Council Offices	7.30am Fishermans Beach Torquay	Soul" Blues/Rock Band 1pm-3.30pm Barwon Hotel, Winchelsea
GETLOW by The Jungle Body with Megan and morning tea 10.30am-11.15am TIA Hall, Torquay	Connect. Create. Celebrate. Treats Then and Now. 10.30am-11.30am Deans Marsh Hall Anglesea Men's Shed Open Day 9am-12pm 15 Cameron Rd Anglesea	Active Adults Taster 11am-12pm followed by lunch Anglesea Community House Little Hands, Wise Hearts Intergenerational Program 12.30pm-2.30pm Lorne Community Connect	Potting and Pottery for the Garden Workshop with bemykeeper 12.15pm-3.15pm Torquay Community House	Positive Ageing Advisory Committee Meeting 9am-11am Council Offices Wiser Walker Wiser Traveller 3-week Course 1pm-3pm Council Offices		Moriac Community Network History Afternoon Tea 2pm-4pm Modewarre Hall
20 Get online week	21	22	23	24	25	26
Connect with Probus Special General Meeting 10am-noon 25 Anderson St, Torquay Drum On: Music, Movement and Singing for Seniors 2pm-3.30pm Torquay Senior Citizens Centre	Blanket Stitch for Basketry – Weaving Workshop with Caroline Hawkins 10am-1.30pm with lunch Anglesea Community House	Time to Thrive Dance Session 10am-11.30am KMCC Torquay Little Hands, Wise Hearts Intergenerational Program 12.30pm-2.30pm Lorne Community Connect	Sparky Moves: Musical Movement for Seniors Torquay Senior Citizens Centre 11am-12.30pm Learn to Play Petanque Orungal Crt Playground, Torquay 2pm-4pm U3A Get Online – Online Shopping 2pm-3.30pm Torquay Library	SCAM Man: Scam Awareness Morning with Morning Tea 10am-11.30am KMCC Torquay	Moriac Men's and Women's Shed Open Day with Sausage Sizzle 9am-1.30pm 570 Cape Otway Rd, Moriac	Become a Lionheart for a Day! Two Feet and a Heartbeat Walk, Connect with Your Community, Torquay Lions and Heartkids families 10am-1pm Elephant Walk, Torquay
27 Celebrating the Rainbow Community with Piano Bar at In the Skies Restaurant 5pm until late Lorne Bowls Club	28 Anglesea Movepod Footwear Matters - Choosing the Right Shoes as We Age 10.45am Anglesea Community House Torquay Men's Shed Open Day	29 Warrnambool Connections Train Trip 8.30am-4pm Railway Ave, Winchelsea	30 SCAM Man: Scam Awareness Morning with Morning Tea 10am-11.30am Winchelsea Shire Hall	31 SCAM Man: Scam Awareness Morning with Morning Tea 10am-11.30am Anglesea Bowls Club	Victorian Seniors Festival 2025	ORIA Ite vernment Surf COAST SHIRE
	9am-1pm 18 Price St, Torquay				surfcoast.vic.gov.au/PositiveAgeingMonth	