

SURF COAST SHIRE COUNCIL POSITIVE AGEING MONTH 2022 – ACTIVITIES AND EVENTS FOR OCTOBER

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	2 Moriac & District History Group Sunday History Session Moriac Community Centre 2pm-4pm	3 International Probus Day Surf Coast Shire Probus Clubs Morning Tea Council Chambers 10am-12.00pm	4	5 Wiser Walker Wiser Traveller Course Theory Session Council Chambers 10am-2pm	6 Wiser Walker Wiser Traveller Course Excursion 10am-12.30pm	7 Ageism Awareness Day Morning Teas Anglesea Community House Lorne Community House 11am-1pm
8	9	10 Give Me Strength Exercise Taster Session Gentle/Senior Yoga with Alicia Anglesea Memorial Hall 11am-12pm	11	12 Mad Hatter's Morning Tea Party Winchelsea Senior Citizens Centre 10am-12.30pm	13 U3A Occasional Lecture "AFL Football Unpredictability" TIA Centre 3.15pm-4.30pm	14 Torquay Senior Citizens Club: Celebrating Positive Ageing Month and Mental Health Week Torquay Senior Citizens Centre 1.30pm-3.30pm
15	16 Celebrate Positive Ageing Month 	17 Lorne Tech Café iPad/iPhone Tips & Tricks Lorne Community Connect 1pm-4pm	18 Anglesea Technology Support Group Anglesea Community House 1pm-4pm	19 U3A - Torquay Library Get Online Week Digital Resources Torquay Library 3pm-5pm Lorne Barefoot Bowls Intergenerational Program Lorne Bowls Club 11.15 am -1.15pm	20 Winchelsea Tech Café iPad/iPhone Tips & Tricks Winchelsea Shire Hall 1pm-4pm Angair Anglesea Heathland Walk 11am-12pm U3A History Lecture "Anzacs" TIA Centre 1.30-2.45pm Torquay Theatre Troupe: Harp on the Willow @ the MAC OPENING NIGHT 8pm	21 Give Me Strength Exercise Taster Session Senior Balance Class with Jasmin Anglesea Memorial Hall 3pm-3.45pm
16	23 	24	25	26 Older Person Mental Health First Aid Council Chambers 9.30am-4pm	27 Older Person Mental Health First Aid Council Chambers 9.30am-4pm Angair Aireys Inlet-Allen Noble Sanctuary Walk 11.00-11.45am	28 29 30 Victorian Seniors Festival 40 Years 2022

How to book or register your spot:

- **Moriac & District History Group Sunday History Session** – contact Lyn Batson on 0419 500 353 or lbato@bigpond.com
- **International Probus Day Surf Coast Shire Probus Clubs Morning Tea** – contact your Probus Club
- **Wiser Walker Wiser Traveller Course** – contact Council’s Age Friendly Officer on 52610600 or rsalvo@surfcoast.vic.gov.au
- **Lorne Community House Ageism Awareness Day Morning Tea** – contact Lorne Community House on 52894383
- **Anglesea Community House Ageism Awareness Day Morning Tea** – contact Anglesea Community House on 52632116
- **Give Me Strength Exercise Taster Sessions | Anglesea**– contact Ocean Road Allied Health and Movement on 52631001
- **Winchelsea Mad Hatter’s Morning Tea Party** – contact Jenny Mathison on 0409 672 054
- **U3A Occasional Lectures (TIA, Lesley McQuinn Centre, Price St, Torquay) and Torquay Library Digital Resources Session members** contact www.u3asurfcoast.org.au non-members contact info@u3asurfcoast.org.au
- **Torquay Senior Citizens Club Event** – contact Council’s Age Friendly Officer on 52610600 or rsalvo@surfcoast.vic.gov.au
- **Tech Café Lorne** – contact Lesley Goldsworthy on 0437 028 169
- **Anglesea Technology Support Group Tech Café** - contact Anglesea Community House on 52631001
- **Tech Café Winchelsea** – contact Jenny Mathison on 0409 672 054
- **Lorne Barefoot Bowls Intergenerational Program** – contact Karen Turner on 0438 552 595 or karenturner555@gmail.com
- **Angair Anglesea Heathland Walk** – contact Gail Slykhuis at barnfathers@gmail.com
- **Angair | Aireys Inlet – Allen Noble Sanctuary Walk** – contact Ellinor Campbell at ellinormary@gmail.com
- **Torquay Theatre Troupe “Harp on the Willow”** – go to ttd.org.au
- **Older Person Mental Health First Aid Course** – go to <https://www.eventbrite.com.au/e/become-a-mental-health-first-aider-tickets-399867473377> or contact Council’s Age Friendly Officer on 52610600 or rsalvo@surfcoast.vic.gov.au