

Star of the Sea Art Exhibition

**Launch Saturday 12 October,
1.30pm**

Exhibition open daily between 10am
- 4pm until Sunday 20 October

Enjoy Star of the Sea's Art
Collectives exhibition of creative
works and light refreshments.

Please book if you wish to attend
as a group. Individuals no bookings
required.

Cost: Free

Venue: Star of the Sea Community
Centre
1 Headland Drive, Torquay

Phone: Pauline Shinkfield
5264 3616

Hosted by Star of the Sea Art Collective

**As a Victorian Seniors Card holder
you can get out and explore
metropolitan Melbourne and
regional Victoria during the
Festival with FREE TRAVEL FROM
6 - 13 OCTOBER 2019. Please
reserve a seat for long distance
Vline trains and some coaches.
Call 1800 800 007.**

For more information about
Victorian Seniors Festival please
visit [www.seniorsonline.vic.gov.
au/festivalsandawards](http://www.seniorsonline.vic.gov.au/festivalsandawards) or contact
Alicia Hooper on **5261 0600**

Café Program - National Mental Health Month

Tuesday 15 October, 10.30am

The Surf Coast Shire Council Café
Program invites Commonwealth
Home Support Program registered
residents to join them for morning
tea and hear from guest speakers
about supporting positive mental
health throughout the month of
October.

Cost: \$5 Commonwealth
Home Support Program
eligibility and assessment is
required prior to attending.

Venue: Anglesea Community
House, 5 McMillan Street,
Anglesea.

Phone: Café Program Officer
5261 0600

Super Brain Train for Seniors

**Tuesday 29 October,
10.30am - 12.30pm**

Join wellness educator Maggie
Flanagan to learn about the latest
brain protective science and daily
activities for active learning and
memory preservation.

Cost: Free

Venue: Torquay Community House
14 Price Street, Torquay

Phone: 5261 2583

Hosted by Torquay Community House

Victorian Seniors Festival October 2019



Seniors Week on the Surf Coast

6 - 13 October 2019



Café Program - National Mental Health Month

Wednesday 2 October, 10.30am

The Surf Coast Shire Council Café Program invites Commonwealth Home Support Program registered residents to join them for morning tea and hear from guest speakers about supporting positive mental health throughout the month of October.

Cost: \$5 Commonwealth Home Support Program eligibility and assessment is required prior to attending.

Venue: The Hub
70 Hopkins Street,
Winchelsea

Phone: Café Program Officer
5261 0600

Hosted by Surf Coast Shire Council

Café Program - National Mental Health Month

Tuesday 8 October, 10.30am

The Surf Coast Shire Council Café Program invites Commonwealth Home Support Program registered residents to join them for morning tea and hear from guest speakers about supporting positive mental health throughout the month of October.

Cost: \$5 Commonwealth Home Support Program eligibility and assessment is required prior to attending.

Venue: Kurrabee Myaring
Community Centre
12 Merrijig Drive, Torquay

Phone: Café Program Officer
5261 0600

Hosted by Surf Coast Shire Council

Family History Online Workshop

**Wednesday 9 October,
10.30am - 2.30pm**

Have fun checking out your ancestors in a relaxed and friendly workshop covering research into family records, births, deaths, marriages, wills and probate documents.

Cost: Free. Booking required.

Venue: Kurrabee Myaring
Community Centre
12 Merrijig Drive, Torquay

Phone: Toni McCormack
0419 578 598. U3A
members can log in to the
U3A website and register
online.
info@u3asurfcoast.org.au

Hosted by U3A SurfCoast

Ocean Mist Facility Tour

Wednesday 9 October, 2 - 3pm

Join the Ocean Mist team for a tour of the facility and grounds, afternoon tea and informal Q&A about preparing for entry into aged care.

Cost: Free. Booking required.

Venue: Ocean Mist Aged Care
Torquay
370 Grossmans Rd, Torquay

Phone: Wendy Hamilton
5261 6709

Hosted by Ocean Mist Torquay

Seniors Festival High Tea

**Thursday 10 October,
10.30am - noon**

Great Ocean Road Health invite you to high tea to acknowledge the senior members of our community and the enormous contribution they make.

Cost: Free

Venue: Lorne Community House
16 Mountjoy Parade, Lorne

Phone: 5289 4383

Hosted by Great Ocean Road Health

Group Exercise Session

Friday 11 October 2019

11:30 & 12:00 (Two half hour classes)

Participate in a group exercise program run by Accredited Exercise Physiologists working on functional movements, Falls prevention and pain management.

Education about the benefits of exercise

Cost: \$5.00

Venue: Lions Village

12/16 Kooringa Pl, Torquay VIC

Phone: Tom Kearney 0458 201 296

NJF Wellness Exercise Physiology Torquay

Home Cheesemaking

Friday 11 October, 9am - 3pm

Torquay Senior Citizens Club invites you to join them for all things cheese. Participants will learn how to make camembert and enjoy a tasty lunch of locally produced cheeses. Limited to twelve places.

Cost: Free

Venue: Torquay Senior Citizens
Club
16 Price Street, Torquay

Phone: Elizabeth Wapshott
5261 3422 5261 4717

Hosted by Torquay Senior Citizens Club