

**Victorian
Seniors
Festival
2024**



1 - 31 October



**EXPLORE.
ENGAGE.
EVOLVE.**



**Wangaratta
Seniors Festival**



Melbourne Events

October 2024



About the Festival

The Victorian Seniors Festival creates opportunities for senior Victorians to participate in fun, free and low cost events throughout October. The Festival encourages active aging as well as social and community participation.

This annual festival returns in October 2024, featuring:

- **Live and local events across the state**, delivered by local councils, community groups and clubs
- **Eight days of free public transport** for Victorian Seniors Card holders from 6 to 13 October 2024
- **Flagship events** held in Melbourne's CBD and regional Victoria including:
 - **Celebration Day** at Federation Square on Sunday 6 October, 12-7pm. This event will launch the festival with a 7-hour line-up of free entertainment and activities for older Victorians
 - **Town Hall Dance** happens at Melbourne Town Hall on Monday 7 October from 12pm (midday)
 - **ACMI Seniors Film Festival** at the Australian Centre of the Moving Image from 7 to 13 October
 - **Country Concert Tour** delivering live entertainment across regional towns in October
 - **Aged Care Tour**, taking the magic, music and fun of the Festival to aged care residents across Victoria throughout October to December.

A Message from the Mayor

The Victorian Seniors Festival celebrates its forty-second year, with the Rural City of Wangaratta once again proudly sponsoring this month-long state-wide event. The festival promises a diverse range of free and affordable events and activities tailored to enrich the lives of Victorians aged 60 and over.

This year's theme, Explore. Engage. Evolve., encourages older Victorians to embrace curiosity and connections by discovering new interests, meeting fellow community members, and rethinking what it means to age gracefully.

In partnership with local businesses and community organisations, we are proud to present 104 events across our region. Our program is designed to foster community spirit, promote social connections, and enhance the well-being of seniors, offering inclusive opportunities for participation and enjoyment.

Many of this year's events focus on maintaining an active lifestyle to support good health. You can also learn a new skill at hands-on woodwork and craft sessions. Meet a new friend while at the much-loved Centennial High Tea or treat an old friend to one of the many musical performances on offer. Seniors facing mobility challenges won't miss out with the online seated cardio exercise classes. Plus, look out for Naturally Kerley, bringing music to our town halls for those unable to attend CBD events.

The festival reflects the dedication of our community groups and volunteers, whose contributions enrich our region with culture, social interaction, and shared history. In one of my last official appointments as your Mayor I encourage each of you to embrace the spirit of Seniors Festival 2024. Get out and about and have fun; explore, engage, and evolve with your community. It has been a pleasure to serve you, and we must continue to foster resilience and well-being for all.



Mayor Dean Rees



Rural City of
Wangaratta



**EXPLORE.
ENGAGE.
EVOLVE.**

Accessibility Legend



– Wheelchair Access



– Accessible Toilets



– All Abilities



FREE

Body Balance

1, 3, 8, 10, 15, 17, 22, 24,
29 & 31 October | 10.30am

Bend and stretch through a series of simple yoga moves with elements of Tai Chi and Pilates. Set to beautiful music to unwind. Improve your mind body and life.

Venue: M&M XTREME World of Fitness.
28 Ely St Wangaratta

Info: Mel Paul
studio@mmxtreme.com.au
0439 720 660
No booking required



FREE

Online Chair Cardio

1 October | 9.30am

Online exercises with Carol. Stay fit and active from the comfort of your lounge room! Join Carol for a fun online seated cardio exercise class.

Venue: Online via Zoom
Internet and device required

Info: Carol Edmeades
0411 246 741
carol@thirdagefitness.com.au
Booking required



FREE

Come & Try Croquet

1, 3, 8, 10, 15, 17, 22, 24,
29 & 31 October | 1pm-3pm

Come and try the addictive game of croquet where you are assured of fun and companionship. We are a friendly group of players eager to teach and hopefully enjoy this competitive game. Flat sole shoes must be worn.

Venue: Wangaratta Lawn Tennis Club
Merriwa Park, Ryley St
Wangaratta

Info: Anne Dodd
0490 173 169
No bookings required



FREE

LIFEBALL Wangaratta

1, 8, 15, 22 & 29 October | 1pm-2pm

LIFEBALL is seniors' netball using foam ball suitable for arthritic fingers. Designed by a Doctor and a Physio for seniors. Only walking and passing the ball, no running or walking backwards for safety of mature players. Lots of laughs, lots of fun and friendship. Please wear sneakers.

Venue: Wangaratta Sports
& Aquatic Centre.
41 Schilling Dr Wangaratta.
Basketball Court

Info: Elaine Broadway
0418 574 404
No bookings required



FREE

Woodworking as a Hobby

**1, 3, 5, 8, 10, 12, 15, 17, 19, 22, 24, 26,
29 & 31 October | 9am-12pm**

We have all the equipment needed and it's fun to make something with your own hands. No open footwear or loose clothing when operating machines.

Venue: Wangaratta Woodworkers
Clubrooms & Workshop
4F Evans St
(Via Showgrounds)

Info: Les Whinray
0412 250 674
No booking required



FREE

Digital Mentors

2, 9, 16, 23, 30 October | 10am & 11am

Book a free session with a Digital Mentor at Wangaratta Library. Whether you want to learn how to use your smartphone, tablet, or computer, or need assistance using the internet, our mentors are here to help. If they don't have an immediate answer to your question, rest assured they'll guide you towards the solution you need.

Venue: Wangaratta Library
Dockers St, Wangaratta

Info: 03 57212366
No bookings required



FREE

Zumba

1, 8, 15, 22, 29 October | 10.30am

Zumba Gold is a Latin inspired, low impact, dance workout with easy fun moves. Ideal for people of any age and perfect for the young at heart, beginners and people getting back into exercise after a break or injury. Bring a drink bottle and towel.

Venue: Wangaratta Sports
& Aquatic Centre.
41 Schilling Dr Wangaratta.
Basketball Court

Info: 03 5722 1723
wsac.vic.gov.au
wsac@wangaratta.vic.gov.au
Bookings required



FREE

Strong Bones & Healthy Hearts

2, 9, 16, 23, 30 October | 10.30am

The class that has it all! This low-impact class includes heart strengthening exercises, weight training for bone strength, Pilates and Yoga moves for balance and relaxation. With fun, uplifting music, the time will fly, and you'll have a great workout. Modifications are available as needed. Bring a drink bottle and towel.

Venue: Wangaratta Sports
& Aquatic Centre.
41 Schilling Dr Wangaratta.
Basketball Court

Info: 03 5722 1723
wsac.vic.gov.au
wsac@wangaratta.vic.gov.au
Bookings required



FREE

Active Aging Class

3, 10, 17, 24, 31 October | 8.30am

This living stronger program is designed for older adults to help improve fitness, strength, mobility, balance and is a great way to connect with like-minded people.

Venue: M&M XTREME World of Fitness.
28 Ely St Wangaratta

Info: Mel Paul
studio@mmxtreme.com.au
0439 720 660
No booking required



FREE

Yoga

3, 10, 17, 24, 31 October | 9.30am

This class focuses on the alignment of the whole body while holding poses that support the spine and brings about the awareness of breath with movement, creating a feeling of calm within the body. Bring a drink bottle and towel.

Venue: Wangaratta Sports
& Aquatic Centre.
41 Schilling Dr, Wangaratta

Info: 03 5722 1723
wsac.vic.gov.au
wsac@wangaratta.vic.gov.au
Bookings required



\$14

Naturally Kerley

3 October | 12pm – Cheshunt
9 October | 12pm – Whorouly
10 October | 1pm – Eldorado
16 October | 12pm – Springhurst
17 October | 12pm – Moyhu
23 October | 12pm – Glenrowan

Naturally Kerley are a husband and wife duo from Bonnie Doon. Mish & Glenn have separately been musicians their whole lives but came together in 2012 forming Naturally Kerley. Commonly known as a jukebox duo, they deliver a wide variety of popular music from the 70's, 80's & 90's with a country vibe. Be prepared to sing along as you are entertained by these very popular musicians.

This event includes sausage sizzle.

Venue: Cheshunt Hall,
454 King Valley Rd, Cheshunt

REMEL 185,
399 Whorouly Rd, Whorouly

Eldorado Hall,
94 Main St, Eldorado

Springhurst Recreation Area Hall,
Anzac Rd, Springhurst

Moyhu Hall
26 Bartly St Moyhu

Glenrowan Hall.
5 Daniel Lane, Glenrowan

Info: 03 5722 0745
Booking required

Wangaratta

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& AQUATIC
CENTRE**



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your first 3 months***

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wsac.vic.gov.au

*terms and conditions apply.



FREE

Introduction to Reformer Pilates

4, 11, 18, 25 October | 10.30am

Our introduction to Reformer Pilates class is 45 minutes and a fantastic way to improve strength and flexibility whilst having fun! You'll learn the basics and safety tips using the Reformer Pilates machine, working on balance, alignment, core strength and muscle tone. 10 Spots available per class. Bring a drink bottle and towel.

Venue: Wangaratta Sports & Aquatic Centre.
41 Schilling Dr, Wangaratta

Info: 03 5722 1723
wsac.vic.gov.au
wsac@wangaratta.vic.gov.au
No booking required



FREE

Picnic in the Park with Jazzaratta

5 October | 12pm to 1.30pm

Jazzaratta, Muddy Waters and the Rural City of Wangaratta have teamed up to offer lunch in the park. Enjoy the music of the Jazzaratta Big Band over lunch provided by Muddy Waters in the pleasant surrounds of King George Gardens. Please reserve your seat through Humanitix where you have the opportunity to order and pay for lunch.

Venue: King George Gardens.
Ovens St, Wangaratta

Info: Doug McGregor
0490 085 512
Booking required
events.humanitix.com/
picnic-in-the-park-with-jazzaratta

Ticket only - Free. Ticket & Lunch \$25 at time of booking. BYO lunch if desired. Lunch bookings capped at 50 orders.



FREE

Wangaratta Parkrun

5, 12, 19, 26 October | 7.45am

Parkrun is a free, weekly, community event where you can walk, jog, run, volunteer, or spectate. Parkrun is 5km and takes place every Saturday morning.

Venue: Apex Park,
Clements St, Wangaratta

Info: 0428 380 156
No booking required



FREE

G'day Glenrowan

5 October | 10am-2pm

Enjoy free entry to the Ned Kelly Discovery Hub, browse the market in Lions Park and explore the variety of Glenrowan businesses while street buskers fill the air with music.

Venue: Lions Park Glenrowan

Info: events@wangaratta.vic.com.au
wangaratta.vic.gov.au/gday-glenrowan



Rural City of
Wangaratta



G'DAY GLENROWAN

Come and join in the fun!

- Live Music • Games • Face Painting
- Jumping Castle • BBQ • Market *and more!*

5 October 2024 | 10am-2pm



Email events@wangaratta.vic.gov.au for more info
or visit wangaratta.vic.gov.au/gday-glenrowan



\$20

Renaissance Treasures

6 October | 3pm

Concert of late renaissance music with special guests.

Venue: CWA Hall
17 Templeton St, Wangaratta

Info: 0422 036 502
vocal.dimension.choir@gmail.com
No booking required



FREE

Writing Workshop with author Liz Foster

9 October | 2.30pm

Unlock the secrets to making your characters leap off the page in this engaging workshop led by author Liz Foster. Whether you're just starting your writing journey or looking to enhance your storytelling skills, this session is designed to help you create vivid, relatable characters that resonate with readers.

Venue: Wangaratta Library
21 Docker St, Wangaratta

Info: 03 5721 2366
events.humanitix.com/host/
wangaratta-library
Booking required



FREE

Seniors Festival Country Concert with The Everly Brothers & Buddy Holly Tribute Show

9 October | 2pm-3pm

The Everly Brothers and Buddy Holly Tribute Show takes you on a journey back to the 50s & 60s when rock'n'roll was king! The show stars Rick Gauci & Steven Burns who lovingly recreate the perfect harmonies of the Everly Brothers, and the brilliance of Buddy Holly. The show features an endless array of Everly Brothers and Buddy Holly classics such as Bye Bye Love, That'll Be the Day, Wake Up Little Susie, Peggy Sue, Love Hurts, Everyday, Walk Right Back, It's So Easy, Cathy's Clown, Rave On, When Will I Be Loved, Heartbeat, Till I Kissed Ya & Raining In My Heart to name a few.

Venue: Memorial Hall
Wangaratta Performing Arts
& Convention Centre
33-37 Ford St Wangaratta

Info: 03 5722 8105
wpacc.com.au
Bookings required

The
EVERLY BROTHERS
And
BUDDY HOLLY
TRIBUTE SHOW



STARRING
STEVEN BURNS
&
RICK GAUCI

Seniors Festival Country Concert
The Everly Brothers & Buddy Holly
Tribute Show

9 October | 2pm-3pm | **FREE** – tickets required

Memorial Hall
Wangaratta Performing Arts
& Convention Centre

03 5722 8105
wpacc.com.au
Bookings Essential

FREE
SHOW!
Bookings
Essential



FREE

Building Strength – Online Exercises with Carol

9 October | 10am

Stay fit and active from the comfort of your lounge room! Join Carol for a fun online seated cardio exercise class.

Venue: Online Via Zoom
Internet and device required

Info: Carol Edmeades
0411 246 741
carol@thirdagefitness.com.au
Booking required



FREE

Commemorative High Tea

10 October | 12pm-3pm

Rural City of Wangaratta is celebrating our remarkable residents aged 95 years and over.

An afternoon of High Tea and entertainment with Paris Zachariou, they're invited to join us at the Quality Hotel Gateway in Wangaratta.

Venue: Quality Hotel Gateway,
Wangaratta

Info: 03 5722 0790
Booking required



FREE

Meet the Author – Liz Foster

9 October | 6.30pm

Liz Foster was born and raised in England before arriving in Australia in 1991. Following a career in strategic marketing and copywriting, editing the fifty-page Australian Tax Office guide was the tipping point. Liz is passionate about smart and heartfelt book club fiction - creating character driven, page-turning, uplifting stories in quirky Australian settings, with big themes that resonate. The Good Woman's Guide to Making Better Choices is her first novel.

Venue: Wangaratta Library
21 Docker St, Wangaratta

Info: 03 5721 2366
events.humanitix.com/host/
wangaratta-library
Booking required



\$15

Hoy Day

10 October | 11am-3pm

Come and enjoy playing Hoy. Much fun to be shared by all. Light lunch will be served. Come along for a fun time.

Venue: Wangaratta RSL
2 - 4 Templeton St, Wangaratta

Info: Wilma Bright
03 5721 2501
Booking required



FREE

Grit & Resilience Festival – headspace Day 2024

10 October | 4pm-6.30pm

Join us at the Grit and Resilience Festival, celebrating headspace Day! Discover a vibrant community gathering with local groups, inspiring activities, and resources to support mental well-being. Connect, learn, and thrive together in Wangaratta!

Venue: King George V Gardens
Ovens St Wangaratta

Info: 03 5722 0888
No booking required



FREE

Wild Country Morning Tea

10 October | 10.30am-12pm

This free morning tea event will explore the Wild Country exhibition presented by artists Clare McCracken and Heather Hesterman. Through documentation of performative fieldwork, creative writing and participatory practice, Wild Country explores the historical, cultural, and social importance of the Ovens River and its tributaries. Over morning tea there will be the opportunity to view the exhibition, listen to a short talk and participate in the form of some reflective and shared writing responding to the exhibition and to the complex political, social, cultural, economic, and ecological histories of the river.

Venue: Wangaratta Art Gallery
56 Ovens St, Wangaratta

Info: 03 5722 0865
Bookings required
wheelchairs and walkers
can be accommodated



FREE

Everton Bush Dance

12 October | 7pm

The Everton Community is thrilled to be offering our Bush Dance as a free event during Seniors Week. Music provided by Bally Kiel, the popular Celtic band. Revellers will learn bush dances and twirl the night away.

Venue: Everton Hall
2161 Great Alpine Road, Everton

Info: Ruth Kneebone
0447 851 236
evertonhall3678@gmail.com
No booking required



FREE

Better Balance – Online Exercises with Carol

15 October | 9.30am

Stay fit and active from the comfort of your lounge room! Join Carol for a fun online seated cardio exercise class.

Venue: Online Via Zoom
Internet and device required

Info: Carol Edmeades
0411 246 741
carol@thirddagefitness.com.au
Booking required



FREE

Caring & Ageing Well Festival

16 October | 10am-2pm

Showcase products and services that promote healthy lifestyle choices, positive aging, and meeting diverse needs. Assist people in staying connected to their community and support carers.

Venue: Wangaratta Performing Arts & Convention Centre
33-37 Ford St Wangaratta

Info: 03 5722 0888
acc@wangaratta.vic.gov.au



FREE

Yoga in the Park

16 October | 7am

Bend and stretch through a series of simple yoga moves with elements of Tai Chi and Pilates set to beautiful music to unwind to. This class is for anyone and everyone and will improve your mind body and your life.

Venue: M&M XTREME World of Fitness
28 Ely St Wangaratta

Info: Mel Paul
studio@mmxtreme.com.au
0439 720 660
No booking required



FREE

Wangaratta Lifeblood Donor Centre OPEN DAY

16 October | 10am-10.45am

We're opening our doors so you can find out more about donating blood and plasma. Let us show you around the Wangaratta Lifeblood Donor Centre. Meet the team, learn about the donation process and have your questions answered.

Venue: Wangaratta Lifeblood Donor Centre
17a Norton St, Wangaratta

Info: Shae Burns
0417 349 179
sxburns@redcrossblood.org.au
Booking preferred but not essential



\$5

Pangerang Bus Trip

17 October | 10am-4pm

Join us for a fun day out visiting some local landmarks and attractions between Wangaratta and Strathmerton, enjoying the company of others. Light lunch provided (cafes available to purchase food and/or BYO welcome also).

Bookings essential - we filled our bus quickly last time so get in quick!

Venue: Wangaratta to Strathmerton

Info: Tenille Hall
03 5721 3813
reception@pangerang.org.au
Bookings required



Rural City of
Wangaratta

**Aged &
Community
Care**

Caring & Ageing Well Festival

16 October 2024 | 10am-2pm
Wangaratta Performing Arts & Convention Centre

Come along and learn about a range of products and services available which promote beneficial lifestyle choices and positive ageing within our community.

Explore the services and supports available for carers, family and friends, physical and psychological health, social life, wellbeing and living environments in our region.

For more information, contact
Aged and Community Care Services

03 5722 0888

acc@wangaratta.vic.gov.au





FREE

Papercraft Workshop with Creativebug

17 October | 2.30pm

Join us to explore Creativebug, an online platform offering thousands of arts and crafts video classes taught by experts. This event is perfect for anyone interested in enhancing their creative skills and learning new paper crafting techniques. Materials will be provided.

Venue: Wangaratta Library
21 Docker St, Wangaratta

Info: 03 5721 2366
events.humanitix.com/host/wangaratta-library
Booking required



FREE

Eldorado Spring Artisan Market

20 October | 9.30am-3pm

Eldorado Spring Artisan Market showcases the beautiful area we live in and the wonderfully talented artisans who live here.

Venue: Gunhouse Park,
Cnr Main & MacKay St, Eldorado



FREE

Hearing Health

18 October | 10am-12pm

What on earth is going on! All the information you need to make an informed decision about your hearing health. Presentation on hearing health with question time during and after. There is significant stigma surrounding hearing loss, hearing aids and the audiology practise in general. This presentation will provide information that seniors need to make informed decisions about their hearing health care and answers any and all questions about hearing loss and the benefits of seeing an audiologist.

Venue: Wangaratta Library
Community Room
21 Docker St, Wangaratta

Info: Daniel Kemp
0439 671937
No booking required



FREE

E-Books, Audio Books & More!

22 October | 2.30pm

Explore our extensive collection of free downloadable audiobooks, eBooks, magazines, and newspapers—the perfect alternative for avid readers. Dive into a diverse selection of titles for all ages offered through BorrowBox, Hoopla, Libby and uLibrary. Join us to discover how to access these programs to unlock a world of literary adventures.

Venue: Wangaratta Library
21 Docker St, Wangaratta

Info: 03 5721 2366
No booking required



\$64

An Evening with the MSO

23 October | 7.30pm

The Melbourne Symphony Orchestra return to Wangaratta for a night of orchestral music by Mendelssohn and Beethoven.

Inspired by the ruins of the Palace of Holyrood, Mendelssohn's Scottish Symphony evokes a musical restoration of the castle and its stories of love, war, betrayal, and murder

Venue: Wangaratta Performing Arts
& Convention Centre
33-37 Ford St Wangaratta

Info: 03 5722 8105
wpacc.com.au
Bookings required



FREE

Dance Party – Online Exercises

25 October | 10am

Stay fit and active from the comfort of your lounge room! Join Carol for a fun online seated cardio exercise class.

Venue: Online Via Zoom
Internet and device required

Info: Carol Edmeades
0411246741
carol@thirddagefitness.com.au
Booking required



FREE

Special Opera Australia Screening for Residents

24 October | 2.30pm

25 October | 2.30pm

The Rural City of Wangaratta is supporting aged care residents with an in house screening of an Opera Australia production.

Venue: Respect
St Johns Williams Rd Wangaratta
Illoura Aged Care
32 College St, Wangaratta

Info: Dave Jenkin
0473 517 610
Residents only



FREE

Morning Tea & WSAC Information session

25 October | 11.30am

Come and enjoy a morning tea with us! Learn about the benefits of staying fit and active and how WSAC can support your health & fitness journey.

Venue: Wangaratta Sports
& Aquatic Centre
41 Schilling Dr, Wangaratta

Info: 03 5722 1723
wsac.vic.gov.au
wsac@wangaratta.vic.gov.au
No booking required



\$70

Marcia Hines Still Shining Concert Tour

26 October | 7.30pm

Australia's beloved musical treasure Marcia Hines will be coming to WPACC this October with her Still Shining Concert Tour.

A musician, an amazing singer and a beloved member of the Australian theatre and music community. In her own words "There are still many rivers to cross!"

Venue: Wangaratta Performing Arts & Convention Centre
33-37 Ford St Wangaratta

Info: 03 5722 8105
wpacc.com.au
Bookings required



\$25

Naturally Kerley Afternoon Tea at WPACC

31 October | 2.30pm

Enjoy a scrumptious Afternoon Tea at WPACC Memorial Hall while enjoying entertainment by Naturally Kerley.

Seated at Tables of 8, bring your friends and enjoy an special seniors afternoon together.

Naturally Kerley are a husband and wife duo from Bonnie Doon. Mish & Glenn have separately been musicians their whole lives but came together in 2012 forming Naturally Kerley. Commonly known as a jukebox duo, they deliver a wide variety of popular music from the 70's, 80's & 90's with a country vibe. Be prepared to sing along over lunch as you are entertained by these very popular musicians.

Venue: Memorial Hall
Wangaratta Performing Arts & Convention Centre
33-37 Ford St Wangaratta

Info: 03 5722 8105
wpacc.com.au
Booking required
\$25 per person
Bookings close 4pm
Monday 28 October



FREE

An Afternoon of Music with the Wangaratta Concert Band

27 October | 2pm

An eclectic mix of live concert band music catering for all tastes. Free afternoon tea is provided.

Venue: Wangaratta Uniting Church Hall
10 Rowan St Wangaratta

Info: No booking required



Naturally Kerley Afternoon Tea

31 October | 2.30pm | \$25 Tickets

Enjoy a scrumptious Afternoon Tea at WPACC Memorial Hall while enjoying entertainment by Naturally Kerley.

Seated at Tables of 8, bring your friends and enjoy an special seniors afternoon together.
See left for further details!

Wangaratta
Performing Arts &
Convention Centre



To book, visit
wpacc.com.au
03 5722 8105

**Victorian
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2024**

**EXPLORE.
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