

Goulburn Valley University of the Third Age (U3A) Art, Craft and Photography Show

13 & 14 October Start time 10:00am

Concludes Sunday at 4:00pm

Displays of art, craft and photography. Come, try and see the extensive range of activities on offer through U3A. Morning & afternoon tea on both days. BBQ lunch on Saturday.

Where: U3A Hall 14 Esson Street, Shepparton

Cost: \$2 per head

U3A also has various other activities for older adults.

Information: Bryan Gannon 5822 2113

Tatura Probus Club Seniors Luncheon

Monday 15 October

Light entertainment with a three course lunch. A great chance to meet with others.

Where: Tatura Community House,

12-16 Casey Street, Tatura

Cost: \$6.00 per person

Bookings essential: By 10 October

To Ken Tee 5824 1327

Shepparton Senior Citizens Mystery Trip

Thursday 18 October

Mystery bus trip with many destinations, two course lunch.

Where: Fords pick up area, Nixon Street side of Eastbank, Shepparton

Cost: \$25.00

Bookings essential: Val 5831 5435 or Shirley 5821 9580

BBQ in the Park - Tallygaroopna

Thursday 18 October 11am -1.00pm

A community lunch for older adults

Cost: Free

Bookings essential: 5832 9785

"His Mother's Son" The Story of Ellen Kelly

Friday 19 October 11:00am

The Mother of our famous bush ranger Ned Kelly; a devoted hard working mother of 12 children. A tribute to the pioneering bush women who shaped this country with vision and endurance.

Where: Tatura Senior Citizens. Transport available from the Shepparton Library

Cost: Free

Bookings essential: 5832 9785

Twilight Stroll

Friday 19 October 5.30pm

Join our experienced instructor on a Twilight stroll: A great chance to socialise, enjoy the fresh air and local scenery.

Where: Aquamoves, Shepparton and Chinaman's Gardens, Mooroopna

Cost: Free

Information: 5832 9416

Tatura Community House Volunteers Outing

Tuesday 23 October

An excellent opportunity for volunteers to relax and socialise with others. Lunch at the Cactus Country Farm in Strathmerton.

Cost: \$25 per person

Bookings essential: 5824 1315

Tatura Men's Shed Seniors Lunch

Tuesday 23 October

A three course lunch and afternoon sing-along.

Where: Tatura Men's Shed, Tatura Racecourse, Ross Street, Tatura

Cost: \$6.00 per head - payment on booking.

Bookings essential: Numbers limited

Ian Grant 5824 1089 or 0427 140 241

Living Longer, Living Stronger Men's Health Day – Tatura Absolute Training Studio

Wednesday 24 October 10:30am

Guest speaker Mr John Douch. Event starts at 10:30am followed by a free come and try gym session supervised by personal trainers. Registered nurse will do free BP checks.

Where: Tatura Absolute Training Studio, 68a Casey Street, Tatura

Cost: Free

Bookings essential: Lisa Niglia 5824 2884

Bowls in Mooroopna Echuca Road

Wednesdays in October 2012

Triples every Wednesday in October

Names in by 10.30 for an 11.00am start

Morning tea after the first game

Cost: \$8.00 per entry

\$90.00 jackpot every week

Entries on 5825 2275

National Relay Service 133 677

Then ask for 03 5832 9700

The Victorian Seniors
Festival presents

Greater Shepparton Seniors Festival October 2012

'COME & TRY' Shepparton Sports Stadium

- ❖ **Keenagers (Table tennis)**
Tuesday 9 October 9:00am
- ❖ **Strength Training**
Tuesday 9 October 11:30am
- ❖ **Tai Chi**
Wednesday 10 October 11:30am
- ❖ **Social Badminton**
Wednesday 10 October 9:30am
- ❖ **Back in the Game**
Thursday 11 October 9:30am
- ❖ **Fun, Fitness, & Self Defence**
Thursday 11 October 9:30am
- ❖ **Lifeball**
Friday 12 October 9:30am
- ❖ **Strength Training**
Friday 12 October 9:30am

Instructor, light morning tea and equipment supplied. Gold coin donation

Bookings Essential: Kyleigh 5832 9481

VICTORIAN
SENIORS
Festival
7-14
OCTOBER 2012
IT'S YOUR TIME



For more information,
visit www.seniorsonline.vic.gov.au



Art Classes on the River

Monday 1 October 2:00pm – 4:00pm
Victoria Park Lake near Aquamoves (Charcoal)
Thursday 11 October 9:00am – 11:00am
Jordan's Bend (Pastel)

Monday 15 October 4:00pm – 6:00pm
Reedy Swamp (Pencil)

Monday 22 October 2:00pm – 4:00pm
Victoria Park Lake near Aquamoves (Mixed)
Join local artist Glenda Cornell for a short art class, equipment supplied.
Supported by River Connect

Cost: Free
Bookings essential: 0488 313 152

Mooroopna Men's Shed Barbeque

Tuesday 2 October 11:30am – 1:00pm
Mooroopna Men's Shed opened on the 28th of August 2012. All interested persons are invited to come along to our barbeque to have a look at what the Men's Shed has to offer.

Where: Mooroopna Men's Shed
Alexandra Street, Mooroopna
Cost: Gold coin donation

Further information: 5825 1774

Normie Rowe Concert

Wednesday 3 October 2:00pm
For over 40 years Normie Rowe has been Australia's favourite performer, and has been regarded as one of Australia's most recognised and successful singers. Normie will perform a range of hit songs for your enjoyment.

Where: Eastbank Centre, Shepparton

Cost: Free
Bookings essential: Riverlinks 5832 9511

Aged Services Expo

Thursday 4 October 10.00am – 2.00pm
The Expo will be a great opportunity for older adults, their families & carers to get to know the services and facilities available to them in the region.

Where: Eastbank Centre, Shepparton

Cost: Free
Information: 5832 9785



Vintage Fashion Parade

Friday 5 October 1.00pm – 4.00pm
A trip down memory lane with a parade of fashions from the past. Afternoon tea provided

Where: Shepparton Senior Citizens Centre,
Welsford Street, Shepparton

Cost: Gold coin to charity
Information: 5832 9785

St Augustine's Dance

Saturday 6 October 7.30pm – 11.30pm
Be entertained by Geoff Evans as you kick up your heels on the dance floor. Please bring a plate of food to share.

Where: St Augustine's Hall, Maude Street,
Shepparton

Cost: \$8.00
Bookings essential: Call Ted on 5822 0424

Toolamba Lions Club Community Breakfast

Saturday 6 October
This will be an opportunity to meet and catch up with other locals for breakfast.

Where: Collaura Garden Toolamba
Cost: Donation required from general public;
Seniors eat free

Information: Call Vin on 5826 5461

Get Active, Get Thinking at Vision Australia

Monday 8 October
Swish modified table tennis. Trivia with prizes. Includes lunch. Numbers Limited

Where: Vision Australia, Shepparton

Bookings essential: 5831 9400

Aquamoves Over 50's Come and Try Sessions

Monday 8 October 9:30am - Walking Group
(around Victoria Park Lake)

Tuesday 9 October 10:15am - Aqua Arthritic
(Plus a free pass to attend a timetabled class)

Wednesday 10 October 11:15am
- Body Balance

Thursday 11 October 10:15am - Beat it

Friday 12 October 10:15am - Vive

Come and try a range of classes for over 50's at Aquamoves.

Where: Aquamoves, Tom Collins Drive,
Shepparton

Cost: Free
Bookings essential: Aquamoves 5832 9416

Spotlight Walks

Thursday 11 October – 7.30pm
(Seniors - Jordan's Bend)

Wednesday 24 October – 7.45pm
(Seniors - Jordan's Bend)

Thursday 8 November – 8.00pm
(Open - Jordan's Bend)

Join us on a gentle one hour twilight walk along the river to learn about the native animals living in our local bushland.

Where: Meet at Jordan's Bend picnic table.
Wear comfortable, covered walking shoes and bring a torch

Cost: Free
Bookings essential: 0488 313 152 Numbers limited

Visitor Information Centre – Come and Try Volunteering

Have you ever wondered what's involved in volunteering at the visitor information centre? Here's your opportunity to experience it firsthand! Observe volunteers in action as they help visitors to Greater Shepparton make the most of their stay. Morning or afternoon tea provided.

Where: Shepparton Visitor Information Centre
Cost: Free

Bookings essential: Phone the Visitor Information Centre 5831 4400

Shepparton Garden Tour – Mooroopna and District Garden Club

Monday 8 October 9.30am

Mooroopna and District Garden Club invite you to join others on the bus as we have the opportunity to visit three amazing and different gardens in the Shepparton area. Morning tea, light lunch and afternoon tea provided.

Where: Bus pick up at Shepparton Library
Cost: Free

Bookings essential: 5832 9785



Longleat Winery Lunch & Devonshire Morning Tea

Wednesday 10 October
Travel to Neil and Elaine Lowe's garden for a Devonshire morning tea and garden stroll, followed by a talk from a local wine and cheese maker whilst enjoying a lunch platter.

Where: Bus provided, pick up at Shepparton and Mooroopna libraries

Cost: \$12.00 per head - payment required on booking

Bookings essential: Riverlinks 5832 9511

The Empty Chair

Thursday 11 October

A heart warming comedy about dementia. A family gathers to celebrate the first Christmas without their mother, Rose, whose absence is marked by an empty chair. But how absent is she? Presented by Bay Street Productions. Written by Allan Hopgood & Molly Carlile.

Where: Mooroopna Hub at 11:00am. Bus departs Shepparton Library at 10.30am

Cost: Free
Bookings essential: 5832 9785

Primavera Festival

Friday 12 October 8:00pm

This is an annual celebration to honour our senior citizens. Patrons of all age groups are invited to take part and enjoy an evening of family entertainment. An Italian style two course meal will be served. The entertainment will be in both Italian and English.

Where: Shepparton Italian Social Club,
Princess Park, Shepparton

Bookings essential: By 10 October to Emilio 0427 212 467

Free public transport for Victorian Seniors Card Holders

Metro trains, trams and buses & regional town bus services

Sunday 7 October to Sunday 14 October

V Line buses & trains

Tuesday 9 October Wednesday 10 October

Thursday 11 October Not Friday

Saturday 13 October Sunday 14 October