

Victorian Seniors Festival October 2019

All event
bookings open
Tuesday 17
September 2019



Free public transport for
Victorian Seniors Card holders
from 6 – 13 October

For more information, visit the Victorian Seniors Festival website at seniorsonline.vic.gov.au or call **03 5832 9785**



1800 555 660

Victorian
Seniors
Festival



GREATER
SHEPPARTON





2019 Victorian Seniors Festival

8 days of free public transport

As a Victorian Seniors card holder, you can get out and explore metropolitan Melbourne and regional Victoria with free travel from Sunday 6 October to Sunday 13 October.

How to travel

Remember to always carry your Seniors myki and Victorian Seniors Card with you on public transport. Touch on and off as usual, you won't be charged.

On regional services that don't use myki, show your Victorian Seniors Card to the conductor or bus driver.

Where you can go

You'll be able to travel for free on all public transport in Victoria, including:

- Melbourne trains, trams and buses
- Regional trains, coaches and buses (including regional town bus services)

Some private bus operators and airport services are excluded, find out more at www.ptv.vic.gov.au

We recommend travelling during off-peak hours (weekdays between 9am and 4pm, or after 6pm, and on weekends). You'll be more likely to find a seat.

Travelling in regional Victoria

It's useful to know:

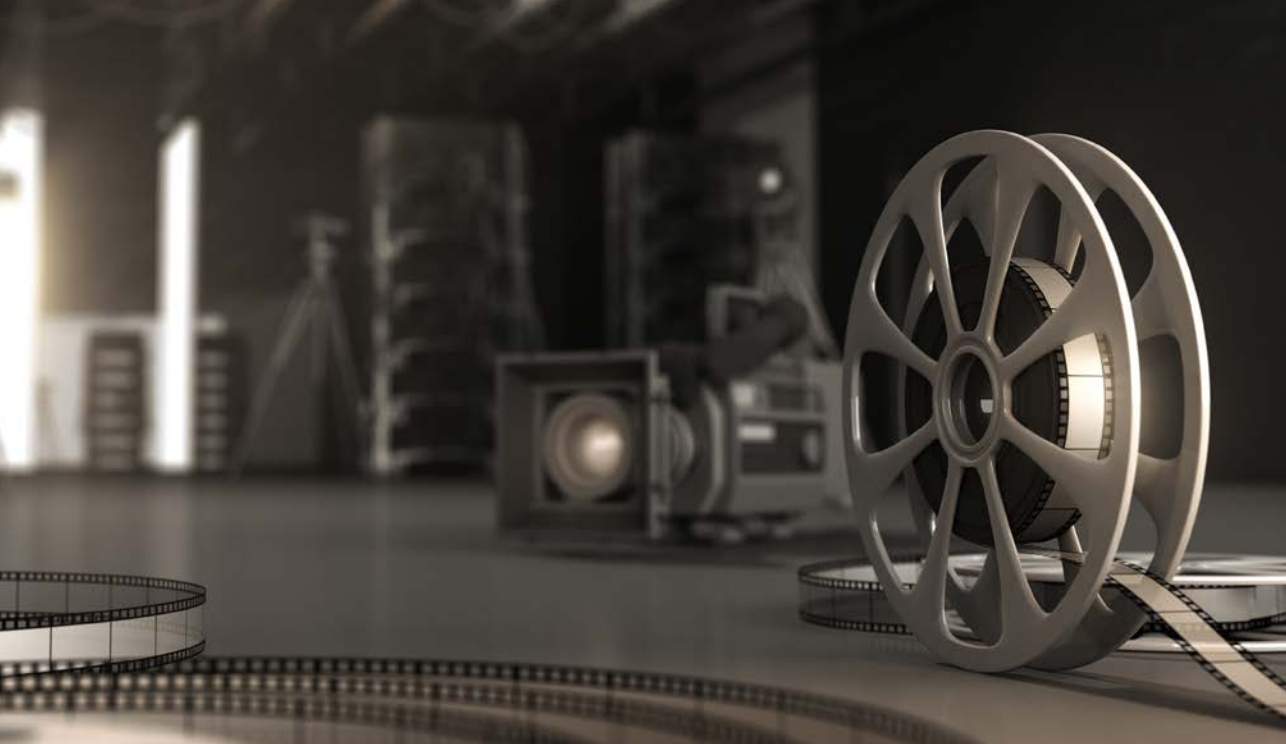
- You need to reserve a seat on long distance V/Line trains and some coaches.
- Seats can fill quickly – book early. Bookings open 10.00am Thursday 4 October – call 1800 800 007. You'll need to collect your tickets within 48 hours.
- You can only travel free in economy class.
- You can book a return journey for up to four Victorian Seniors Card holders.
- If you're planning to travel in a group of 12 or more, call our Group Travel Coordinator to check if seats are available – 9619 2338 from 10am, Tuesday 4 September.
- If you make a booking and aren't able to travel, let us know. We can give your ticket to someone else.

Using your myki

During the festival you won't be charged when you touch on and off. Throughout the rest of the year, top up with myki Money if you travel occasionally, or myki Pass if you travel often. Your card isn't locked to myki Money or myki Pass – choose each time you top up.

To find out more visit ptv.vic.gov.au or call **1800 800 007**

All information current at time of printing. Times and activities subject to change due to scheduling considerations and weather conditions.



Movie Matinee ‘Some Like it Hot’

Tuesday 1 October 2019

Come and enjoy a classical American 1959 Black & White Romantic Comedy film. Starring Marilyn Monroe, Tony Curtis & Jack Lemmon.

Tea & Coffee provided.

Where: GoTafe (Auditorium) 152-200 Fryers Street Shepparton

When: 1:30 pm

Cost: Free

Bookings Essential: Contact 5832 9785

Bookings Close: Thursday 26 September 2019

Kingfisher Cruise

Wednesday 2 October 2019

Experience a timeless 1.5 hour tour of natural beauty and peace of the Barmah Wetlands aboard the MV Kingfisher. Hear fascinating commentary from your certified eco guide about the hundreds of species of water birds, animals and native fish that have made the Barmah Wetlands and Forest their home, and about myths and legends of this very special area.

Lunch at the Nathalia Bakery at own cost

Where: Shepparton Library 41 – 42 Marungi Street Shepparton

When: 8:45 am

Cost: \$20 p/person tour– Lunch at own cost

Bookings Essential: Contact Riverlinks Eastbank 5832 9511

Bookings Close: 26 September 2019

Limited places

Historical Tour

Friday 4 October 2019

John Gribben is a local amateur historian with a keen interest in unusual stories connected to the area. He has written articles, given talks and conducted many tours on a wide range of topics ranging from local WW2 Prisoner and Internment Camps, to Shepparton's connections with Bush Rangers, Gold Mines and strange characters. John likes to show people places that the general population know little about, so, depending on which direction you travel, you never know what you might encounter, or what stories you will hear.

Where: Shepparton Library 41 – 42 Marungi Street Shepparton

When: 12:45 pm – 4:30 pm

Cost: Free

Bookings Essential: Contact 5832 9785

Bookings Close: 27 September 2019

Limited places



Shepparton Italian Social Club

Friday 4 October 2019

Senior Dinner

Come and enjoy a three course meal and live entertainment at the Italian Social Club.

Where: Shepparton Italian Social Club - Quinan Parade Shepparton

When: 6:30 pm – 11:00 pm

Cost: \$25 per person

Bookings Essential: Contact Vince Sagoleo - 0407 292 796

Booking Close: 30 September 2019

Spotlight Walk

Monday 7 October 2019

See the fascinating nocturnal native animals that call our local bushland home on World Habitat Day! Spy possums, gliders, tawny frogmouths, spiders and more.

Places are limited.

Where: Advised upon registration

When: 7:40 pm

Cost: Free

Bookings Essential: Contact [riverconnect@](mailto:riverconnect@shepparton.vic.gov.au)

[shepparton.vic.gov.au](mailto:riverconnect@shepparton.vic.gov.au)

or call 5832 9714

Booking Close: 27 September 2019



Tatura Community House

Seniors Trivia Afternoon

Tuesday 8 October 2019

The Seniors Trivia Afternoon is an annual event held at Tatura Community House as part of Seniors Week. Up for grabs is the Trivia Cup as well as prizes for the winning teams of each round. Participants also get to enjoy a delicious Devonshire afternoon tea.

Where: Tatura Community House- 12-16 Casey Street Tatura 3616

When: 1:30 pm

Cost: \$3.00 per person

Bookings Essential: Contact Leeane –
Tatura Community House 5824 1315

ESAFETY

Wednesday 9 October 2019

A presentation on tips and advice identifying details and current technology trends and provides targeted safety advice to support a safe and enjoyable online experience. The presentation will provide greater awareness of Esafety concerns as well as an opportunity to examine the benefits and challengers of social media.

Where: Shepparton Senior Citizens Centre
– 132 Welsford Street Shepparton

When: 6:45 pm

Cost: Free

Bookings Essential: Contact 5832 9792

Bookings Close: Friday 4 October 2019

River Heritage Walk & Talk

Thursday 10 October 2019

RiverConnect and the Shepparton Historical Society present this informative talk and walk to learn about the fascinating history of the Goulburn River. See where the town of Shepparton began on the banks of the Goulburn, the remnants of the old swimming pool and hear tales of times gone by.



Where: Shepparton Historical Society

When: 10:00 am

Cost: Free

Bookings Essential:

Email riverconnect@shepparton.vic.gov.au or call 5832 9714

Bookings Close: Friday 4 October 2019

Shepparton Senior Citizens

Seniors Gala Dinner

Thursday 10 October 2019

Shepparton Senior Citizens are having a spit roast and sweets. Entertainment by the Splinters Band, room for dancing.

Where: Shepparton Senior Citizens Centre – 132 Welsford Street
Shepparton

When: 12:00 pm

Cost: \$20 per person

Bookings Essential: Contact Syliva 5821 9483

Booking Close: 4 October 2019

Lions Club Toolamba

Afternoon Tea Delights

Friday 11 October 2019

An afternoon of entertainment, afternoon tea, and door prizes.

Where: Toolamba Community Hall, Wren Street Toolamba

When: 1:30 – 3:00 pm

Cost: \$5.00 per person which includes Lucky Door Ticket

Bookings Essential: Contact Helen Morritt 0439 907 157 or email helendmorritt@gmail.com

Booking Close: Monday 7 October 2019

Road Safety

Monday 14 October 2019

This road safety awareness presentation is for older road users. The presentation covers information and advice on road rules and the use of mobility devices. It promotes strategies for the devices to be used in a safe and acceptable way.

Road Safe GV aims to promote greater awareness of laws and provide advice of correct and safe use of mobility devices within the Goulburn Valley region.

Where: Shepparton Senior Citizens Centre
– 132 Welsford Street Shepparton

When: 10:00 am

Cost: Free

Bookings Essential: Contact 5832 9792

Booking Close: Monday 7 October 2019

Festival Country Concert

Tuesday 15 October 2019

Local boy Echuca Jefferson loves the golden age of Hollywood and the music of the 50's and 60's with a repertoire covering the music of Elvis, Tom Jones, Sinatra, Neil Diamond, the Righteous Brothers, Jerry Lee Lewis, Billy Ray Cyrus and many more.



Where: Eastbank, 70 Welsford Street Shepparton

When: 1:00 pm

Cost: Free

Booking essential: Contact Riverlinks: 5832 9511

Goulburn Valley University of the Third Age (U3A)

Live Life, Live Well: The art and practice of growing old gracefully

Wednesday 16 October 2019

A forum on the art and practice of growing old gracefully. It comprises a series of speakers led by Assoc Prof Christina Bryant from Melbourne University. Prof Bryant will speak on the science of maintaining well-being in retirement years. She will be supported by other speakers who will show us how to maintain mental health and fitness into old age and thus fend off senility. The object is to add life to years, not just years to life. The event is open to all seniors in the Goulburn Valley.

Morning tea, lunch and afternoon tea provided

Where: U3A Hall, 14 Esson Street Shepparton

When: 10:00 am – 3:00 pm

Cost: \$10.00 per person

Bookings Essential: Contact: Allan Wilson – 0427 399 648

www.trybooking.com/533301

Bookings Close: Friday 11 October 2019

Works of Wonder

Elio Simonetti Magic

Wednesday 16 October 2019

A vibrant mix of visual magic and cerebral illusion, speckled with curious anecdotes and a selected history of mystery. One hour duration. Unique, engaging, and memorable.



Where: Shepparton Senior Citizens Centre
132 Welsford Street Shepparton

When: 2:00 pm

Cost: Free

Bookings Essential: Contact 5832 9785

Bookings Close: Tuesday 8 October 2019

Vincent Care

Wealth Check Health Check

Friday 18 October 2019

A conversation with a Financial Counsellor about financial issues facing older people. Let's talk about scams, financial abuse, pension loan scheme, wills, and power of attorney. Bring along your questions and queries. Free, confidential follow up appointments available with a Financial Counsellor.

Where: Shepparton Senior Citizens Centre – 132 Welsford
Shepparton Shepparton

Where: 10:00 am

Cost: Free

Bookings Essential: Contact 5832 9785

Bookings Close: Friday 11 October 2019



Vaudeville Show

Saturday 19 October 2019

Don't miss the amazing Vaudville Show, with local musicians, poetry reading, short stories and comedy interviews.

Afternoon tea included.

Where: Dookie Memorial Hall

When: Doors open 1:30 pm

Cost: \$5.00 per person

Bookings Essential: Contact 0428 100 314

Bookings Close: Thursday 3 October 2019

Nature Photography

Saturday 19 October 2019

Want to hone your photography skills to capture the beauty of our local environment? RiverConnect and the Shepparton Camera Club invite you to a nature photography session at Reedy Swamp. BYO camera.

Where: Reedy Swamp

When: 6:00 pm

Cost: Free

Bookings Essential: Email riverconnect@shepparton.vic.gov.au or call 5832 9714

Bookings Close: Monday 14 October 2019

Barefoot Bowls

Sunday 20 October 2019

The Mooroopna Bowls Club welcomes members of the public to participate in an afternoon of barefoot bowls. Families are welcome to come try their hands at lawn bowls in a casual and very relaxed atmosphere on our wonderful greens.



Where: Mooroopna Bowls Club – 13 Echuca Road Mooroopna

When: 1:00 – 3:00 pm

Cost: Free

Bookings: Not Essential

For further information call Council's Active Living Department 5832 9431

Tea & Scones in the Park

Monday 21 October 2019

Join us for a lovely morning in the park with live music and tea and scones, while you enjoy the ambience of one of the best parks in Greater Shepparton.

Where: Victoria Park Lake's Western Park

When: 10:00 am

Cost: Free

Bookings: not required

Contact: Active Living Department 5832 9431



Cultural Bus Tour

22 October 2019

The Greater Shepparton community comes from many backgrounds, starting with the rich cultural traditions of the First Australians. For decades, Greater Shepparton has been the home for thousands of migrants, refugees and asylum seekers.

Greater Shepparton's multicultural community is now made up of people from more than 60 countries, who speak more than 45 different languages. Our community comes from different places around the world bringing with it many languages, faiths and cultures that enrich the fabric of the community.

Visit three of our many cultures in the area including the African House for a tour and traditional lunch.

Please bring a scarf to cover your head where needed.

Where: Shepparton Library 41 – 42 Marungi Street Shepparton

When: 9:15 am – 2:00 pm

Cost: Free

Bookings Essential: Contact Riverlinks Eastbank 5832 9511

Bookings Close: Friday 11 October 2019

Murchison Neighbourhood House

Mystery Trip

Wednesday 23 October 2019

A bus trip to mystery locations around Shepparton, morning tea and pub lunch.

Where: Pick up and drop off from set points and times in Shepparton, Mooroopna and Tatura.

When: Murchison Neighbourhood House

Cost: \$18 per head – payment is required at time of booking

Bookings Essential: Contact 5826 2373 or email murch-nh@hotmail.com

Bookings Close: Friday 18 October 2019 unless full.

Friends of the Botanic Gardens Shepparton

Seniors Botanic Gardens Visit

Wednesday 23 October 2019

A 45 minute tour around the gardens for those who are unable to make the journey on foot. Tours are accompanied by a member of the Friends of the Botanic Gardens Shepparton who will provide information regarding what is and has happened and what is planned for the future of our gardens. Tour is followed by a biscuit and cuppa.

Please note there is only one portaloo on site and it is a bit of a walk to this facility.

Where: Meet at the entrance to the Botanic Gardens in Botanic Gardens Avenue Kialla.

When: Between 12:30 and 3:00 pm - three tours 12:30pm, 1:15 pm and 2:00 pm

Cost: Free Event – donations accepted.

Bookings Essential: Contact Jill Grant 0419 594 397.

Bookings Close: Tuesday 22 October 2019

If you book and then cannot attend please let us know.



Tatura Garden Club

The Pleasures of Gardening

Thursday 24 October 2019

Tatura Garden Club invites you to their Flower Show, Plant Display and Scarecrow competition, voting for most popular Flower and Scarecrow. Come and see our display and join in the activities including succulent potting throughout the day. Devonshire teas available all day.

Disability and wheelchair friendly.

Where: Victory Hall – 75 -81 Hogan Street Tatura

When: 10:00 am to 3:00 pm

Cost: Free

Bookings Essential: Cathy Carter – 0447 771 019 or Jenny Stammers 0407 556 639

Shepparton Art Museum

Seniors Painting Day

Thursday 24 October 2019



Landscape Painting Workshop with Kristen Retallick

Join us for an exhibition tour of *'Arthur Boyd: Landscape of the Soul'* followed by a landscape painting workshop with local artist Kristen Retallick.

Where: Shepparton Art Museum, 70 Welsford St, Shepparton

When: 10:00am-2:00pm

Cost: Free

Participants will have a lunch break from 12:00-12:30, lunch is not provided but can be purchased at the Riverlinks cafe.

Bookings Essential: Limited spaces, bookings essential via the SAM Website or 5832 9522

Bookings Close: Thursday 17 October 2019



PAAC (Positive Ageing Advisory Committee)

Concert, Cuppa and History Talk

Thursday 24 October 2019

A pleasant afternoon with music from the past by “The Splinters” 10 piece band along with an interesting talk on local history past and presented with Geoff Allemand.

Where: Shepparton Senior Citizens –
132 Welsford Street Shepparton

When: 1:00pm to 4:00pm

Cost: Free

Booking Essential: Jeanette Doherty 5821 9832

Bookings Close: Monday 21 October 2019

Motor Museum

Friday 25 October 2019

The Shepparton Motor Museum and Collectibles is home to up to 100 classic, heritage and muscle cars including motorcycles and vintage bicycles.

The museum is a living collection and is constantly growing to help ensure our motoring history is preserved for future generations. As well as regular exhibitions throughout the year, a new selection from the collection is curated for display four times per year.

A light afternoon tea provided.

When: 1:30 pm

Where: Shepparton Motor Museum,
7725 Goulburn Valley Hwy, Kialla VIC 3631

Cost: Free

Bookings Essential: Contact 5832 9785

Bookings Close: Friday 18 October 2019

Limited spaces



Movie Matinee – ‘Casablanca’

Tuesday 29 October 2019

Come and enjoy a classical American romantic drama ‘Casablanca’ starring Humphrey Bogart, Ingrid Bergman, and Paul Henreid.

Where: 1:30 pm

When: GoTafe (Auditorium) 152-200 Fryers Street Shepparton

Cost: Free

Bookings Essential: Contact 5832 9785

Bookings Close: Tuesday 22 October 2019

Come and Try Sessions at Aquamoves

No joining fee and no lock in contracts on all Over 60s Memberships for the month of October.

People with medical conditions require a medical certificate to participate and will need to complete relevant paperwork before commencing.

You are encouraged to join the PUFF Walking Group at 9am on weekdays for the month of October.

Come and try over 60s classes for the month of October including;

Mondays in October

Over 60s Circuit 10.15am

Over 60s Body Balance 11.15am

Tuesdays in October

Over 60s TONE 10:15am

Wednesdays in October

Over 60s Body Pump 10.15am

Fridays in October

Over 60s TONE 10.00am

Where: Aquamoves Shepparton

When: October 2019

Cost: Free

Bookings essential: (03) 5832 9400

Come and Try Sessions at Shepparton Sports Stadium

We are happy to offer a free pass for new participants to any of our 'Active for Life sessions for the duration of the Seniors Festival

Information for programs can be found at the link below:

www.sheppstadiums.com.au/olderadultsprogramms

Tai Chi

Monday 9.30am.

Tai Chi is a series of gentle exercises and breathing techniques that will relax your body and mind.

Keen Agers - Recreational table tennis.

Tuesday 9.00am & Thursday 1.00pm.

A fun and social hit for those who enjoy a casual game. Equipment provided, or bring your own.

Strength Training

Tuesday 11.30am.

A slower sitting and standing program with a focus on increasing overall strength, but also flexibility, mobility, posture and balance.

Social Badminton

Wednesday 9.00am.

A casual hit of badminton for a variety of abilities. Badminton is a fun and social sport with several health advantages such as strength, mobility, flexibility and muscular endurance. Equipment is provided, or bring your own.

Strength Training

Wednesday 9.30am.

A sitting and standing program using lighter weights to develop and maintain muscle endurance, agility and coordination. All exercises can be modified to suit all needs and abilities.

Fun, Fitness and Self Defence

Thursday 9.30am.

Learn Self Defence and stay fit and healthy at the same time.

Strength Training

Friday 9.30am & 11.00am.

A weights circuit program that focuses on increasing strength, balance, and hand-eye coordination. All exercises can be modified to suit all needs and abilities.

Happy Feet Walking Group:

Where: Meet at Falcon Park (Sanctuary Drive, Kialla) and join us for a walk around the Kialla Lakes area. All ages welcome.

When: 10/10/2019 9:30 – 10:30 am
17/10/2019 9:30 – 10:30 am
24/10/2019 9:30 – 10:30 am
31/10/2019 9:30 – 10:30 am

Cost: Free

Bookings: Not Essential

For Further information call Council's Active Living Department 5832 9431

Goulburn Valley Libraries

Get Tech Savvy

Shepparton Library - Join us every Thursday, 2.30pm-3.30pm, for the "Topic of the Month", to build your skills and knowledge. No bookings required. BYO device.

Mooroopna Library - One-on-one IT assistance. If you are struggling with your smart phone, tablet or computer, please contact the branch to arrange a time. Phone **1300 374 765**, call in or email mooroopna@gvrlc.vic.gov.au

Let's get social!

Crochet and knitting

Mooroopna Library- Every Friday, 10.30am - 12.30pm
Shepparton Library –Every Friday, 10.00am - 12.00pm

Let's Chat – English Conversation Group

Shepparton Library –Every Friday, 5.00pm – 6.00pm

Scrabble club

Mooroopna Library- Every Friday from 1:30pm until about 4:00pm.

For further information about all of our programs visit www.gvlibraries.com.au. For information or to book for events, call **1300 374 765**, or call into your local library.



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