

1-31
OCTOBER
2021

GEELONG SENIORS *Festival*



2021 PROGRAM OF EVENTS

A full program of digital events and at-home activities to enjoy during Geelong Seniors Festival 2021.

Victorian
Seniors
Festival



CITY OF GREATER
GEELONG

A MESSAGE FROM THE DEPUTY MAYOR

One of the many great challenges we've all faced as a result of the COVID-19 pandemic is the inability to come together in groups for activities we enjoy.

It's an important part of our overall wellbeing to be able to connect with others, while keeping our minds and bodies active.

The Geelong Seniors Festival is such a wonderful feature of our annual calendar, and unfortunately the ongoing restrictions mean in-person events won't be possible this year.

But thanks to our organising team and the many wonderful community groups and organisations who have put their hands up to stage an event, we still have a diverse and interesting online program.

There are virtual concerts, lessons and workshops on various subjects, and a number of at-home activities you can do in your own time.

We hope everyone will find something that will spark their interest, and perhaps even become an ongoing hobby.

Thank you to our event hosts for your willingness to be involved and the creativity you've shown in developing engaging activities in a virtual world.

To all seniors in our community, we hope you enjoy the festival in this reimagined form, and look forward to seeing you back in person next year.

Take care and stay safe.



CR TRENT SULLIVAN

Deputy Mayor, City of Greater Geelong



VICTORIAN SENIORS FESTIVAL 2021

As well as being our major sponsor, the Victorian Seniors Festival is a statewide event which also runs throughout October.

For more information, visit the Victorian Seniors Festival website at www.seniorsonline.vic.gov.au

DISCLAIMER: Please note that while the City of Greater Geelong takes every care to be accurate, no liability will be accepted under any circumstances should the dates, times, telephone contacts or any other description in this program be found inaccurate; this program booklet should be used solely under this understanding. Additionally, the material contained within this program does not necessarily express the views or opinions of the editor or publisher. Any queries about the information contained within this program should be directed to the organiser of the event or special offer, as listed in the program.

Scams and Staying Cyber Safe

FRI 1 OCT, 2.00pm-3.00pm

Hear about the latest cyber scams in Australia and learn how to protect yourself. Guest speaker, Rebecca Moonen, nbn's Security and Privacy Influence and Cyber Safety Outreach Manager will provide all the latest facts and provide tips to stay safe.

Bookings nbnsessions@nbn.com.au

MUST BOOK FREE ONLINE

Ageism Awareness Day

FRI 1 OCT

Take the pledge with Every Age counts and attend the online launch at everyagecounts.org.au

FREE ONLINE

Geelong's Lithuanian Choir - Local Lithuanian Melodies

Available from FRI 1 OCT

Through songs from our local choir, experience our unique Lithuanian language and culture!

facebook.com/GeelongLithuanians

FREE ONLINE

Creating Connected Communities

TUE 5 OCT, 7.30pm-8.30pm

Guide Dogs Victoria facilitated Zoom session, connecting older local people living with low vision or blindness.

Bookings 1800 804 805

MUST BOOK FREE ONLINE

Accessible Smart Devices - making your life easier

WED 6 OCT, 1.00pm-2.30pm

Guide Dogs Victoria facilitated Zoom session with our Assistive Technology Coordinator. This will focus on providing older people, with low vision or blindness, with tips, tricks and demonstrations of how smart devices can be used throughout homes to assist with a range of daily tasks.

Bookings 1800 804 805

MUST BOOK FREE ONLINE

Phone Photography Tips & Techniques

WED 6 OCT, 10.00am-11.30am

WED 13 OCT, 8.00am-9.30pm

WED 20 OCT, 10.00am-11.30am

Learn the secret features of your smartphone, photo intention, how to set up a photo (composition), capture techniques and how to improve your photos using easy editing steps. Easy to register and attend the online webinar - no software needed.

Bookings 0455 238 111

Cost \$20 (saving of \$180)

MUST BOOK

Learn & Play Uke with Ukes'n'more!

WED 6 OCT, WED 13 OCT, WED 20 OCT and WED 27 OCT

Lessons 6.30-7.15pm

Themed play along 7.30pm-8.45pm

A four-week introduction to Ukulele plus themed play along nights! Experience the fun & joy of singing and playing music! Learn fun songs to play and sing with the Grandkids!! Free online event using 4-input video zoom set-up that will keep audiences engaged and interested. Ukes provided.

Bookings 0430 871 045

FREE

Get Bloomin - with a flower arrangement kit

THU 7 OCT, 9.00am-4.30pm

Pick up a stunning flower arrangement kit complete with a vase and fresh flowers. Get your creative juices going with this special project that promises to look and smell beautiful for days to come.

To order your kit call Vanessa on 5260 6063.

Collection Address 12-14 Thompson Road, North Geelong

FREE

Corio Bay Camera Club - Photography Workshop

THU 7 OCT, THU 14 OCT, THU 21 OCT and THU 28 OCT
10.00am-12.00pm

An interactive online presentation, via Webex, to help you get the best out of your camera. Each session addresses a different topic. You can attend one session or all of them. Bring your camera. Attendees will receive an email meeting request prior to the event.

Bookings 0419 332 921

MUST BOOK FREE ONLINE



'Still Growing' – Art Project

Workshops:

THU 7 OCT, THU 14 OCT,
THU 21 OCT, THU 28 OCT
2.00pm-3.00pm

Exhibition: NOV

Join our community art project, aimed at increasing the value, respect and dignity of people as they age in our community. Local Art Facilitator Liz McGrath will guide you through five one-hour workshops to help you create your art piece using something growing in the garden or neighbourhood as inspiration.

Bookings jack.parsons@barwoncommunitylegal.org.au

MUST BOOK **FREE** **V**

Virtual Walk in the Gardens

Available from FRI 8 OCT

Virtual tour through the Geelong Botanic Gardens. Register online for a \$10 coffee shop voucher to use when restrictions ease!

MUST BOOK **FREE** **ONLINE**

Bingo in English and Polish

FRI 8 OCT

10.00am-11.00am English
11.00am-12.00pm Polish

Online bingo in English and Polish with AMCS Seniors Activities Day. Register by 1 October.

Bookings 5241 2446 or 0488 207 125

MUST BOOK **FREE** **ONLINE**

Zumba

FRI 8 OCT, FRI 15 OCT, FRI 22 OCT

11.00am-11.45am

Zumba for seniors. Perfect for those who get bored easily and find listening to music helps with motivation and offer low impact exercises.

Bookings 5241 2446 or 0488 207 125

MUST BOOK **FREE** **ONLINE**

Humans in Geelong Expo 2021

SUN 10 OCT, 10.00am-3.00pm

The Humans in Geelong Online Expo will be available from 10.00am, Sunday 10 October. There will be diverse, uplifting, fun videos of inspiring locals, available to view anytime, on our YouTube Channel, Humans in Geelong. The videos can be viewed individually or in the Humans in Geelong Online Expo 2021 Playlist.

Email humansingeelong@gmail.com to let us know that you will be watching and sharing the videos.

FREE **ONLINE**

Eat Well, Live Well – Nutrition Habit Change

MON 11 OCT, 11.00am-12.00pm

Register for the free webinar and a hard copy of the City's *Eat Well, Live Well* toolkit, a free resource with meal plans, recipes, and factsheets to develop healthy and sustainable eating patterns, habits and skills.

Bookings: eat-well-live-well.eventbrite.com.au.

MUST BOOK **FREE** **ONLINE**

Activating your Aspirations

TUE 12 OCT, 10.30am-1.30pm

How to set and meet your goals! EdConnect Australia invites you to this online interactive goal setting workshop. Learn how we help volunteers achieve their aspirations in school settings.

Bookings: 0498 015 323

MUST BOOK **FREE** **ONLINE**

Virtual Tight Knit CommuKNITea

WED 13 OCT, 10.30am-11.30am

Knitting our community together. The Red Cross Trauma Teddy brings communities together with a purpose. Join in our virtual celebration with a knitting kit, a cuppa and a bikkie from home while watching a video of our volunteers talking about why they love being a part of the team.

(Knitting kits, plus bikkie and tea bag, posted to each registered participant.)

Registrations close FRI 22 OCT

Bookings 5223 8700

MUST BOOK **FREE** **ONLINE**

Quiz time! Who is Eddie the Eagle?

WED 13 OCT, 1.30am-3.45pm

There will be a short quiz on our website, allowing participants to discover some interesting facts about 'Eddie's' personal triumph and rise to fame.

FREE **V**

If I had a Hammer – a musical doco

WED 13 OCT, 10.00am-12.00pm

An entertaining musical documentary with images and commentary created by Colin Mockett. The fascinating story of the IWW - a song-driven movement from the early 20th Century dedicated to world peace. The video of *If I Had A Hammer* – a musical doco, is a happy and informative documentary that will entertain and lift the spirits of all viewers.

Bookings 0427 703 218 or info@gwnh.org.au

FREE **ONLINE**

Lunch with retirement on your mind

FRI 15 OCT 12.30pm-2.30pm

Presentation and lunch covering, consideration of volunteering in your planning for retirement. Exploring volunteering as an activity of choice, to gift the skills and knowledge you have built during your work life and giving back to your local community.

Bookings 5221 1377

MUST BOOK **FREE** **ONLINE**

Harping Around

FRI 15 OCT 1.30pm-3.00pm

Have you ever wanted to learn to play the Harp? Now you can. No previous music experience required and Harps provided.

Bookings 0419 526 550

Cost \$15

MUST BOOK **ONLINE**

Tai Chi

FRI 15 OCT, FRI 29 OCT

10.00am-10.45am

Tai Chi - An art embracing the mind, body and spirit. Originating in ancient China, tai chi is one of the most effective exercises for health of mind and body.

Bookings 5241 2446 or 0488 207 125

MUST BOOK **FREE** **ONLINE**

Ocean Grove and District Men's Shed - Science from the Shed

SAT 16 OCT

Zoom Introduction

10.00am-10.30am or 12.30pm-1.00pm

Discussion

2:30pm

Solve science problems using scientific methods. Scientific knowledge is not necessary. Kit available online or posted to you. Optional introduction via Zoom as well as discussion at end.

Registration required 5255 2548 or email ogmensshed@gmail.com

MUST BOOK **FREE** **ONLINE**

Orchestra Geelong Virtual Seniors Concert

Available from SAT 16 OCT

Orchestra Geelong will provide a series of online videos to create an online recorded performance.

orchestrageelong.org.au

FREE **ONLINE**

Mindful Rock Art Kits

TUES 19 OCT, 11.00am-12.00pm

Pick up a stunning rock art kit complete with a step-by-step guide, river rocks, paints and paintbrush. Plus join us for a special live Rock Art webinar including: a step-by-step guide to rock painting, handy hints and mindfulness techniques. You'll be both relaxed and a pro in no time! Kits available from October 1.

Bookings 5222 7275

MUST BOOK **FREE** **V**

Springdale Neighbourhood Centre - Beat Boredom, Try Trivia

WED 20 OCT, 1.00pm-3.00pm

A trivia afternoon via zoom. Response sheets will be mailed or emailed.

Registration required 5253 1960

MUST BOOK **FREE** **ONLINE**

For direct links to each activity visit

geelongaustralia.com.au/seniorsfestival

FREE Free event

MUST BOOK Bookings required in advance

ONLINE Online event

V Virtual activity

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Songs to Remember

WED 20 OCT, 9.30am-11.00am

We invite you to an hour of live entertainment, presented by Kings and performed by Andy Pobjoy. Coming directly to you from The Piano Bar, Geelong, our free live stream can be watched from anywhere. Participate using Facebook comments to requests songs, say hello to others watching in the community, and shout out to friends and family.

Bookings 5248 3444

MUST BOOK **FREE** **ONLINE**

Musical Morning Tea at Home

WED 20 OCT, 10.30am

Have a morning tea party delivered to you along with a DIY kit for completion and return to the Bellarine Community Support Register.

Link into a live stream of music from the Piano Bar Geelong, numbers limited.

Registrations close FRI 8 OCT

Bookings 0480 228 674 or
bpsupportregister@bigpond.com

MUST BOOK **FREE** **ONLINE**

Geelong West Community Garden Introduction

THU 21 OCT, 1.00pm-3.00pm

Geelong West Community Garden will use Zoom to screen two videos, including a virtual walking tour and introduction to the community garden, and video by Ashby Primary School students with images of their school garden and kitchen. Both videos will finish with participants enjoying a cup of tea and refreshments.

Enquiries
geelongwestcommunitygarden@hotmail.com

FREE **ONLINE**

Club Italia Take Away Afternoon Tea

THU 12 & 21 OCT, 1.00pm-4.00pm

Afternoon tea packs for collection by our members who are senior citizens. Each pack will include a selection of afternoon tea items. Registrations limited.

Bookings 5250 2349

MUST BOOK **FREE**

Bingo in Italian

FRI 22 OCT, 10.00am-11.00am

Online bingo with AMCS Seniors Activities Day. Register by 1 October.

Bookings 5241 2446 or 0488 207 125

MUST BOOK **FREE** **ONLINE**

It's Showtime

SUN 24 OCT, 3.00pm-4.00pm

Anna-Lee Robertson, soprano and John Shawcross, keyboards, present songs from shows such as Cats, Phantom of the Opera, Les Miserables and West Side Story, in a recorded virtual concert on YouTube. The link will be available until Sunday 31 October.

FREE **ONLINE**

Let's talk informed decision making

MON 25 OCT, 1.30pm-3.30pm

Amy Fisher (Succession Legal), Dr Deb Harley (Advanced Care Directive) and Sue Marshman & Alyson Burchell (finding the right Funeral Plan) will present via live stream - link available on Tuckers Funerals website.

Bookings 5221 4788

MUST BOOK **FREE** **ONLINE**

Bridge - Seniors Online Pairs

TUE 26 OCT, 10.30am-4.30pm

A one-day Duplicate Pairs bridge event - open to bridge-playing seniors from across the Greater Geelong Region. The event will be conducted on-line as a Bridge Base Online (BBO) tournament over two sessions.

Registration at least 48 hours before the event and participants must be able to use BBO. Red points awarded.

Bookings 0418 178 644 or email
stokiemds@gmail.com

MUST BOOK **FREE** **ONLINE**

Line Dancing

WED 27 OCT, 10.00am-10.40am

Online line dancing with AMCS Seniors Activities Day.

Bookings 5241 2446 or 0488 207 125

MUST BOOK **FREE** **ONLINE**

Geelong Jazz Top 20 Concert Online Concert

SAT 30 OCT, 2.00pm-4.00pm

Award winning pianist and composer Callum Watson performs original solo piano arrangements of Geelong's top 20 favourite jazz songs. Vote for your favourite jazz song. Live on Facebook.

Bookings 5255 2548

FREE **ONLINE**

MONTH LONG EVENTS

Concert of the Decade

Daily podcasts and videos

Geelong Seniors Festival traditionally opened with 'Concerts of the Decade' - our finest performers in the Costa Hall. Now series producer Colin Mockett uses tapes, films and interviews to bring excerpts to you.

FREE **ONLINE**

SMILE

Available from FRI 1 OCT

SMILE An uplifting short film, celebrating 'behind the masks' smiles of our Seniors. 'Smile' shares the "Keep'n on" attitudes and activities, our seniors engage in when facing adversity. It is tribute to the strength, optimism and resilience of the senior community.

FREE **ONLINE**

Proactive Health & Movement - Move well again!

OCT 1-29

25% rate reduction for Podiatry and Physiotherapy consultations. Our practice management software allows for video consultations is both secure and reliable, as are our practitioners and team.

Bookings 52981147

FREE

The Potato Shed online performances.

OCT 1-31

A selection of virtual performances for the Seniors Festival.

FREE **ONLINE**

Gateways Support Services – A Taste of Culture Recipe Book

OCT 1-31

A Virtual Recipe Book celebrating multicultural food will be created with MACS Bella Chara residents, shared with Gateways participants and the wider community. Includes interviews, photos, storytelling and video, available free as part of the Geelong Seniors Festival.

FREE **V**

Geelong Regional Libraries – a range of free online activities.

From author talks, cyber safety, local heritage and ancestry, and a chance to learn new skills. See the Geelong Regional Libraries website for more detail.

Bookings 04201 0600 or online at grlc.vic.gov.au

FREE **ONLINE**

Musical Variety Video Shows

OCT 1-31

John Watson Piano Man and band will take you on a magical musical journey, bringing excitement & professionalism to many favourite songs in these online Tribute to Vegas shows.

FREE **ONLINE**