

**Victorian
Seniors
Festival
2024**



**MOUNT ALEXANDER
SHIRE
SENIORS FESTIVAL
1 - 31 OCTOBER**



**EXPLORE.
ENGAGE.
EVOLVE.**



CREATE SPACE

Join an open studio for older artists to work on projects, explore new materials, and enjoy morning tea.

DATE: TUES 1st OCTOBER
TIME: 9:30AM - 12:00PM
LOCATION: CASTLEMAINE COMMUNITY HOUSE
NO BOOKING REQUIRED

SELF-CARE FOR CARERS

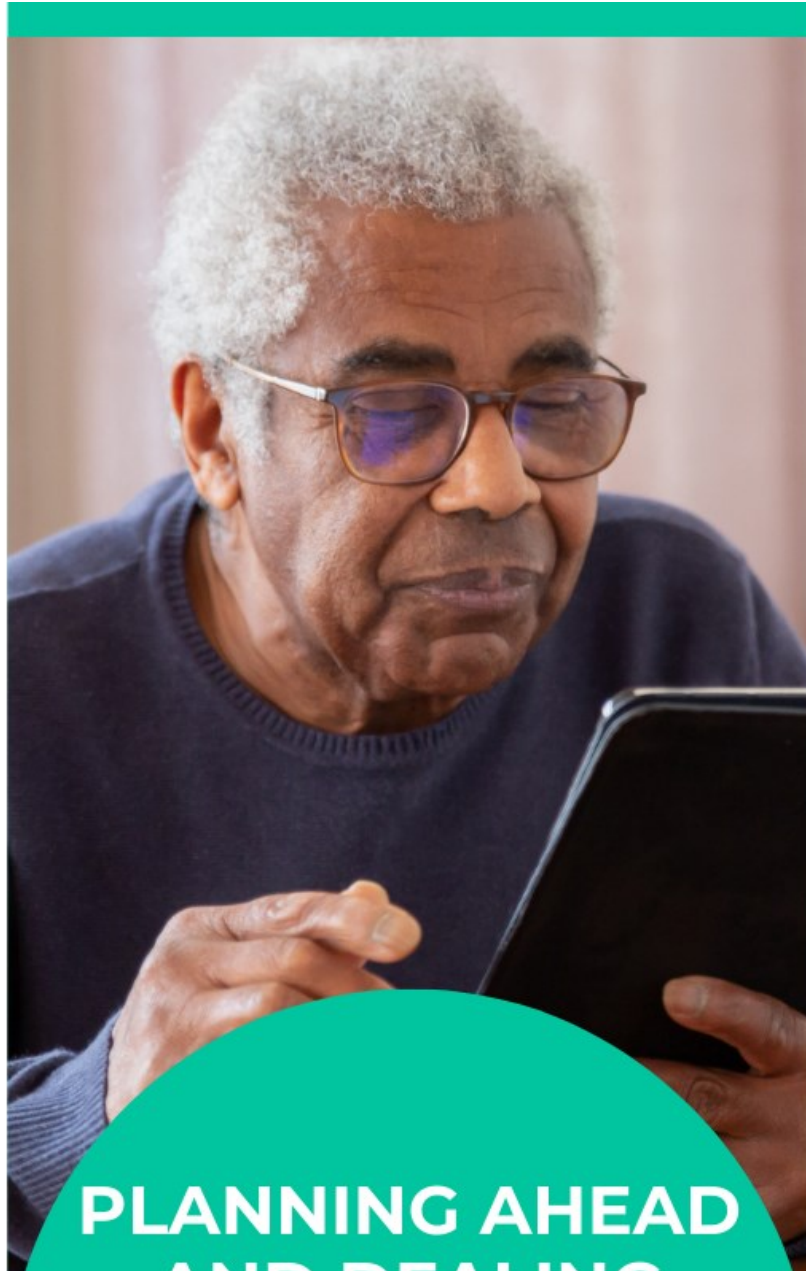
Carolyn from Rights Information and Advocacy Centre on self-care for carers

DATE: THUR 3rd OCTOBER
TIME: 10:00AM - 11:00AM
LOCATION: CASTLEMAINE COMMUNITY HOUSE
BOOKING REQUIRED

INTERGENERATIONAL PORTRAIT DRAWING

This unique event brings together older adults and school children for a creative and meaningful experience.

DATE: WED 2nd OCTOBER
TIME: 9:30AM - 11:00AM
LOCATION: CASTLEMAINE COMMUNITY HOUSE
BOOKING REQUIRED



PLANNING AHEAD AND DEALING WITH WILLS

Seniors Rights Victoria and Loddon Campaspe Community Legal Centre will discuss the importance to have the necessary paperwork in place to plan ahead, this includes preparing a Will and Enduring Power of Attorney, Advanced Care Directives and Medical Treatment Decisionmakers.

DATE: FRI 4th OCTOBER
TIME: 10:00AM - 12:30PM
LOCATION: CASTLEMAINE COMMUNITY HOUSE
BOOKING REQUIRED



UNCLE RICK'S WAAMAN CULTURAL TOURS

Join Uncle Rick Nelson, Jaara Elder, for a cultural tour exploring significant sites and celebrating the vibrant living culture of Jaara people.

DATE: WED 9th OCTOBER

TIME: 10:00AM - 12:00PM

LOCATION: CASTLEMAINE

VISITOR INFORMATION CENTRE

BOOKING REQUIRED

will include transportation by bus and limited walking on uneven terrain



COME & TRY CROQUET

Discover the charm and strategy of croquet at the Castlemaine Croquet Club. Whether you're a seasoned player or a complete beginner, opportunity to learn the basics, meet new friends, and enjoy a fun afternoon outdoors.

DATE: WED 9th OCTOBER

TIME:

10:00AM - 12:00PM (Beginners)

2:00PM - 4:00PM (all levels)

LOCATION: CASTLEMAINE

BOWLS CLUB

NO BOOKING REQUIRED

AGEING WELL

A discussion and Q&A with Services Australia and Mount Alexander Shire Council, explaining aged care payments and services.

DATE: MON 7th OCTOBER

TIME: 10:00AM - 12:00PM

LOCATION: CASTLEMAINE

COMMUNITY HOUSE

BOOKING REQUIRED

**TO BOOK CALL (03) 5472 4842
OR HEAD TO WWW.CCH.ORG.AU**





COUNTRY CONCERT: AMBER JOY POULTON

Join us for the Victorian Seniors Festival Country Concert with Amber Joy Poulton, celebrating country music legends like Patsy Cline and Dolly Parton.

DATE: THUR 10th OCTOBER

TIME: 2:00PM – 3:30PM

LOCATION: CASTLEMAINE TOWN HALL

BOOKING REQUIRED

SILVER RAINBOW MORNING TEA

Join the Silver Rainbow Social Club for a warm cuppa and friendly chat, connecting older LGBTIQA+ community members in a welcoming space.

**DATE: FRI 11 & 25
OCTOBER**

TIME: 10:30 AM - 12:00 PM

**LOCATION: SENIOR
CITIZENS CENTRE**

BOOKING REQUIRED

SENIORS EXPO & COMMUNITY LUNCH

Join us for the Seniors Expo and Community Lunch! Explore valuable services tailored for older residents and enjoy a free meal

DATE: TUES 15th October

TIME: 12:30pm – 1:30pm

PRICE: Free for Seniors or \$7.00

**LOCATION: CASTLEMAINE
TOWN HALL**

NO BOOKING REQUIRED





HOUSING NEEDS

Housing session with Dhelkaya Health's My Home Network and Homeshare Mount Alexander team will share innovative solutions that support people who need housing, are looking at downsizing and about local housing issues in our community.

DATE: MON 14 OCTOBER
TIME: 1:00PM - 2:00PM
LOCATION: CASTLEMAINE COMMUNITY HOUSE
NO BOOKING REQUIRED

PRIDE TRIVIA

Gather your friends and test your LGBTQIA+ knowledge, covering history, culture, and influential figures. This event is open to all older LGBTQIA+ trivia fans and allies.

DATE: THUR 17th OCTOBER
TIME: 3:00PM - 5:00PM
LOCATION: CASTLEMAINE COMMUNITY HOUSE
BOOKING REQUIRED

GET ONLINE WEEK

Join us for a free 'Tech and Tea' morning tea, where our friendly staff will support you to take part in our fun online activities such as

- Introduction to exploring family history online
- Be Connected program and learner website
- Online travel – explore the world without leaving your home.
- The fascinating world of birdlife and nature enhanced by digital resources
- Scam Awareness quiz

DATE: THUR 17 OCTOBER
TIME: 10:30AM - 12:00PM
LOCATION: CASTLEMAINE TOWN HALL
BOOKING REQUIRED:
CALL LESLEY PAYNE on 5471 1807



BIRDING APP WALK

Explore local birdlife with a guided walk and birding app.

DATE: FRI 18th OCTOBER
TIME: 10:00AM - 12:00PM
LOCATION: CASTLEMAINE LIBRARY
BOOKING REQUIRED

TO BOOK CALL (03) 5472 4842
OR HEAD TO WWW.CCH.ORG.AU





GENTLE YOGA

Start your Sunday with Gentle Yoga for all levels and abilities.

DATE: SUN 20th OCTOBER

TIME: 9:30AM - 10:30AM

LOCATION: CASTLEMAINE

COMMUNITY HOUSE

BOOKING REQUIRED

GENEALOGY: HOW THE LIBRARY CAN HELP YOU EXPLORE FAMILY HISTORY

Donna Stephens from Goldfield Libraries, a genealogist will share what resources are available for you to explore your family history.

DATE: MON 21st OCTOBER

TIME: 1:30 - 2:30PM

PRICE: FREE

LOCATION: CASTLEMAINE

COMMUNITY HOUSE

BOOKING REQUIRED

BENDIGO RSL ENTERTAINMENT & LUNCH

Inviting veterans and family members for an afternoon of 50s Rock and Roll with Alicia O'Brien at Bendigo RSL's monthly entertainment event, including lunch and live music.

DATE: WED 23rd OCTOBER

TIME: 11:00AM - 2:00PM

LOCATION: BENDIGO RSL

BOOKING REQUIRED

will include transportation by bus

AFTERNOON AT THE PHEE: THE VESSEL & UNTIL THEN

Afternoon at the Phee features 'The Vessel,' a poignant play about dementia and kindness, and 'Until Then,' a touching exploration of father-son connections and hope.

DATE: TUES 22nd OCTOBER

TIME: 2:00PM - 3:00PM

**LOCATION: PHEE BROADWAY
THEATRE**

BOOKING REQUIRED



RAINBOW MEMOIR WRITING WORKSHOP

Anne Rittman will lead a memoir writing workshop for older LGBTQIA+ community members. Capture your life stories and memories with expert guidance and encouragement. You'll also hear from local author Tom Robb.

Delivered in partnership with Silver Rainbow Social Club and Queer Bookclub Castlemaine

Participants of this session will receive a discount if they sign up to Castlemaine Community House's Memoir Writing Course in November.

DATE: TUES 29th OCTOBER

TIME: 9:30 AM - 11:00 AM

LOCATION: CASTLEMAINE COMMUNITY HOUSE

BOOKING REQUIRED

GENTLE WALK IN BOTANICAL GARDENS

Enjoy a peaceful walk with Inez, from Run with Inéz, in the Castlemaine Botanical Gardens followed by an optional cuppa at Das Kaffeehaus.

DATE: WED 30th OCTOBER

TIME: 9:30AM - 10:30AM

LOCATION: CASTLEMAINE

BOTANICAL GARDENS

BOOKING REQUIRED



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**CASTLEMAINE
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HOUSE**



BOOK YOUR TICKET FOR EVENTS:

 (03) 5472 4842

 reception@cch.org.au

 www.cch.org.au

 All venues are accessible unless specified

