

Games Celebrate & Socialise

Tuesday 15 October
10.00am – 12.00 noon

Social cards

This group enjoy card games. They play Cribbage, Five Crown, Rummy and many more.

Presented by: U3A Colac Otway Inc

Venue: Kanyana Centre,
55 Hesse St, Colac

Enquiries & bookings : ☎ 5231 4453 or
email u3acolaco@gmail.com

Cost: free

Forrest Community Lunch

Thursday 17 October
12.00pm

Come and enjoy a 3 course vegetarian lunch and great coffee. There is plenty of room to sit inside or outside and you are welcome to bring your family along.

Where: Forrest Neighbourhood House

Enquiries & booking: ☎ 5236 6591 or
email forrest.nh@gmail.com

Cost: \$ 3.00

Nursery, Chocolaterie and Great Ocean Road

Wednesday 16 October

Join us for a leisurely drive through the Otways to the coastal town of Lorne. Continue around the Great Ocean Road to Airey's Inlet, stopping for lunch at Poppies Café & Nursery in Angelsea. Here you will find a nook of beautiful flowers, greens and delicious eats.

We will then make a stop at the The Great Ocean Road Chocolaterie & Ice Creamery where you can taste and see some delicious sweets being made.



Where: Bus leaves from COPACC at 10.00am

Cost: \$ 35 includes lunch

Bookings essential: ☎ 5232 9420

Warrion Flower Show

1.00pm – 3.00pm

Catch the bus to the popular Warrion Flower Show. Here you will see so much more than just flowers!

Where: Bus leaves from COPACC at 1pm

Cost: free

Bookings essential: ☎ 5232 9420



Victorian
Seniors
Festival
October
2019

Colac
Otway
Shire



Calling All Seniors!

All bookings and payments from 9am Tuesday 17 September at Colac Otway Shire office, 2-6 Rae Street, Colac or ☎ 5232 9420
Bookings for Country Concert now open at COPACC Box Office or ☎ 5232 2077

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


Colac Otway


VICTORIA
State
Government

Morning Teas across the Shire

Come and join us for a cuppa and cake, join in with a quiz and the chance to win prizes.



Tuesday 8 October

Colac

Café Nu Deli
Corangamite St
Colac
2 sittings – 10am or 11am

Apollo Bay

Light fun exercises and a speaker from the Conservation Ecology Centre
Apollo Bay Neighbourhood House
Pengilly Ave, Apollo Bay
9.30am

Gellibrand

General Store, Main Road
Gellibrand
10.30am

Thursday 17 October

Beaac

Community Centre
Lang Street, Beaac
Country Music Singer
10.30am

Bookings for all morning teas essential: ☎ 5232 9420
Cost: Free

Gentle Exercise

Tuesday 8 October

3.30pm – 4.15pm

Tai Chi/Qigong is a form of exercise routine using the whole body. They combine gentle physical exercise and stretching, with mindfulness

Venue: Kanyana Centre- U3A

55 Hesse St, Colac

Enquiries & bookings ☎ 5231 4453

Cultural Lunch

Thursday 10 October

12.00 noon

Enjoy traditional Sudanese food prepared by members of Colac's Sudanese Community



Where: Kanyana Centre

55 Hesse St, Colac

Cost: \$ 5.00

Bookings essential: ☎ 5232 9420

Walking Water Polo

Thursday 10 & 17 October

2.00 pm

A non-contact, low impact take on water polo, where players walk instead of swim to move about the pool. Designed to optimise social as well as physical activity for over 50's who might be intimidated by the pace, physicality and difficulty of traditional water polo.

Venue: Bluewater, Hearn St Colac

Enquiries: 5232 9551

Cost: \$ 7.30 per session

Miller House Old Time Dance

Friday 11 October

1.00pm – 4.00pm

Come join us. Dance, sing and toe tap to the Frankie Lawrence Band music. A great way to celebrate seniors week.

Scrumptious afternoon tea provided, with raffles and door prizes.



Where: Elliminyt Hall, Main St, Elliminyt

Cost: \$ 8.00

Generation Gap Playgroup

Friday 11 October

10.30am

Generation Gap is a playgroup for grandparents and carers looking after the 0-4 year olds and is held in "The Pool Room" at Mercy Place. Join their Teddy Bears Picnic during seniors week and remember to bring your Teddy.

Where: Mercy Place

83-99 Queen St, Colac

Cost: free

Country Concert & Living Well at Home Expo

Monday 14 October

James Blundell in Concert

9.30am - Expo

10am - Free Morning Tea

11am - Concert at COPACC

Arrive early enough to take part in the Well at Home Expo.

Includes Occupational Therapists with aids and appliances, Continence Advisers, Miller House representatives and information around My Aged Care. Then enjoy morning tea followed by a "not to be missed" performance by five time ARIA award nominee, James Blundell. A modern Australian country music performer, who was the first young Australian country act to sign a major record label deal in Nashville.

Venue: COPACC

Bookings: Now open at COPACC box office ☎ 5232 2077

Cost: \$ 15.00 concert and free morning tea

Living Well at Home expo – free

