

Greater Bendigo Seniors Festival

October 6–13

**EXPLORE.
ENGAGE.
EVOLVE.**



Festival Partner

**Victorian
Seniors
Festival
2024**



**CITY OF GREATER
BENDIGO**

Welcome

The City of Greater Bendigo is proud to support the Greater Bendigo Seniors Festival, which takes place from October 6–13, 2024. The theme for this year's festival is *Explore Engage Evolve* and we encourage older adults to come and join in the fun at the festival.

We are looking forward to celebrating the enormous contributions older adults make to our community and connecting you with a huge range of informative, active, fun and creative events.

A highlight of this year's festival is the showcase concert, *Honky Tonk Queens*, which will include a Welcome to Country by a Dja Dja Wurrung Traditional Owner, didgeridoo performance, and the launch of the *Ageing Well in Greater Bendigo* video.

There is truly an event for everyone in the program.

We hope you will join us!

Stacy Williams

Director, Healthy Communities and Environments, City of Greater Bendigo



Contact us

City of Greater Bendigo

Galkangu - Bendigo GovHub,
189-229 Lyttleton Terrace, Bendigo
Operating hours: 8.30am - 4.30pm,
Mondays, Wednesdays, Thursdays
and Fridays. 8.30am - 4pm, Tuesdays.

Web: www.bendigo.vic.gov.au

Email: requests@bendigo.vic.gov.au

Phone: 1300 002 642

If you are deaf, hearing or speech impaired please contact us through the National Relay Service and ask for 1300 002 642.

The City of Greater Bendigo is on Dja Dja Wurrung and Taungurung Country. We would like to acknowledge and extend our appreciation to the Dja Dja Wurrung and Taungurung Peoples, the Traditional Owners of the land. We pay our respects to leaders and Elders past, present and future for they hold the memories, the traditions, the culture and the hopes of all Dja Dja Wurrung and Taungurung Peoples. We express our gratitude in the sharing of this land, our sorrow for the personal, spiritual and cultural costs of that sharing and our hope that we may walk forward together in harmony and in the spirit of healing.

Showcase concert - Friday October 11



Amber Joy Poulton 'Honky Tonk Queens'

Brought to you by the City of Greater Bendigo and the Victorian Government

Amber Joy Poulton delivers 'Honky Tonk Queens' – a show that celebrates the first Queens of Country Music – Patsy Cline, Dolly Parton, Tammy Wynette and Loretta Lynn. Known best to audiences for her amazingly successful theatre show, 'Coal Miner's Daughter', Amber Joy is backed by the Holy Two and together they deliver some country music's best hits including: *Stand By Your Man*, *Jolene*, *Crazy*, *Coal Miner's Daughter*, *Silver Threads & Golden Needles*, *Workin' 9-5*, *Walkin' After Midnight*, *You Ain't Woman Enough To Take My Man* and more.

Before Amber takes to the stage, a Dja Dja Wurrung Traditional Owner will give a Welcome to Country and didgeridoo performance, and we will launch the *Ageing Well in Greater Bendigo* video.

Date: Friday October 11

Time: Doors open at 10am for 11am start. Tea and coffee will be available prior to the show.

Where: The Capital, 50 View Street, Bendigo

Cost: \$8

Bookings: The Capital Box Office on 5434 6100, scan the QR code or visit gotix.com.au



Public transport

Free public transport for Victorian Seniors Card holders



Victorian Senior Card holders can enjoy Victoria with eight days of free public transport from October 6-13, 2024.

Free public transport including Melbourne trains, trams and buses and regional trains, coaches and buses. Jump on public transport for free to visit attractions across Melbourne as well as regional and rural Victoria.

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, just show your Victorian Seniors Card to the conductor or bus driver.

If you need assistance with public transport, the Public Transport Victoria Hub (PTV Hub) can assist you. Open everyday from 9am-5pm at the Bendigo Marketplace. www.ptv.vic.gov.au

A public transport information session will be held on Wednesday October 9 at Galkangu Bendigo GovHub and is free to attend. More information inside.

Try Before You Ride

The City of Greater Bendigo and the Victorian Government are working together to ensure our transport network is inclusive and accessible for everyone. Try Before You Ride helps people of all abilities feel more confident when using the public transport system.

Date and time: Wednesday October 23 and Saturday October 26, 10am - 1pm

Where: Bendigo Railway Station

Bookings: www.bendigo.vic.gov.au/forms/try-before-you-ride

Contact: Jessika at jessika.ayling@vline.com.au



Please note that any program changes will be updated on www.connectgreaterbendigo.com.au

Wednesday October 2



Be Well Be Connected Expo - Heathcote Roadshow

The City of Greater Bendigo and the Victorian Government are proud to bring the Be Well Be Connected Expo to Heathcote. This free expo will feature exhibits showcasing aged care, community and disability products and services, and allows visitors to meet face-to-face with service providers, advisors, and community groups.

Where: Barrack Reserve, Barrack Street, Heathcote

Contact: Sophie on 1300 002 642 or expo@bendigo.vic.gov.au

Time:

10am - 2pm

Cost:

FREE

Sunday October 6

Variety concert

The Bendigo and District Concert Band will perform well known songs that we all love to hear. The U3A Choir will entertain and lead us in community singing to songs by The Beatles. Bring a plate of afternoon tea to share. Money raised goes to Uniting Emergency Relief at Kangaroo Flat Uniting Church.

Where: St. Mary's Anglican Church, 193 High Street, Kangaroo Flat

Contact: Christine on 0492 421 195 or mothercurnow@msn.com

Time:

1.30pm

Cost:

\$5

Monday October 7

St Peter's Minstrels performance

This group of people come together weekly to express themselves through the joy of singing together for the community. All are welcome to join in the performance.

Where: St Peter's Anglican Church, High Street, Eaglehawk

Contact: Rodger on 03 5446 8991 or
rsohara@hotmail.com

Time:

10:30am -
11.30am

Cost:

Donation
welcomed

Come and play with Country Women's Association

The CWA advances interests of women, families, and communities. Branch members meet monthly for a range of activities. Please drop into the library for a chat and to meet new friends. Enjoy afternoon tea prepared by CWA members. There will be an activity, or you can just chat and enjoy the company.

Where: Kangaroo Flat Library activity space, 23 Lockwood Road, Kangaroo Flat

Contact: Michelle on 0431 398 905 or
cwagroupbendigo@gmail.com

Time:

1.30pm

Cost:

FREE

Spring Gully evening dance

A special invitation to all seniors to come along and enjoy social dance and listen to fabulous CD music in a friendly and welcoming atmosphere. Enjoy tea or coffee and biscuits.

Where: Spring Gully Hall, 135 Spring Gully Road,
Spring Gully

Contact: Keith on 5444 2953 or at joykentish@gmail.com

Time:

7.30pm

Cost:

\$4

Tuesday October 8

Meet new friends at the Riley Street Natural Reserve

Join a group of passionate volunteers, the Friends of Riley Street Natural Reserve Landcare Group, for a working bee. We undertake activities such as weeding, planting, harvesting and always learning something about our fauna and flora, followed by morning tea. Wear sensible gardening boots and clothes suitable for the weather. Tools are provided.

Where: Riley Street, East Bendigo

Contact: Yvonne on 0408 414 036 or eastbendigonaturecorridor@gmail.com

Time:
8.30am

Cost:
FREE

Come and try pickleball

Come along and give pickleball a try. This is a sport that has been embraced by seniors around the world. It is an easy game to play, not too much physical effort, but great cardio and muscle work out and lots of fun. Morning tea included.

Where: Ironbark Tennis Club, 230-238 Don Street, Bendigo. Free parking off Eaglehawk Road or on Don Street

Contact: Adrian on 0417 377 112 or adrian.cox49@bigpond.com

Website: play.tennis.com.au/ironbarktenniscub

Time:
9.30am

Cost:
FREE

U3A Bendigo Open Day – Kangaroo Flat

U3A Bendigo has over 70 activities for older adults. Check out our website and Buzz newsletter for further details.

Where: U3A Bendigo, St. Mary's Church, corner Church and Bank Streets, Kangaroo Flat

Contact: Margaret on 0438 067 113 or secretary@u3abendigo.com

Website: www.u3abendigo.com

Time:
10am - 2pm

Cost:
FREE

Tuesday October 8 (cont.)

U3A Open Day – Quarry Hill

Meet the Chatty Crafters followed by guitar band practice session of 50s, 60s and 70s music. Bring along an instrument or sing along with us or just come along as a most welcome audience. Light refreshments provided afterwards.

Where: Quarry Hill Hall, Hamlet Street, Quarry Hill

Contact: Yvonne on 0419 107 596 or secretary@u3abendigo.com

Website: www.u3abendigo.com

Time:
10am - 4pm

Cost:
FREE

Morning melodies

Euro Fest Choir performing songs in both English and German. Followed by morning tea.

Where: Bendigo Retirement Village Community Centre, Mandurang Road, Spring Gully. Limited disabled parking onsite. Parking available off road at front of premises

Contact: Margaret on 0427 341 115 or eurofest.bendigo@outlook.com

Time:
10am

Cost:
Donation welcomed

Bendigo Region Women's Shed - Women's cards and morning tea

Invitation to the women of Bendigo to join members of the Bendigo Region Women's Shed for a game of cards and morning tea. Beginners welcome!

Where: Long Gully Community Pavilion, 21 Cunneen Street, Long Gully

Contact: Sally on 0412 258 576 or thirdact@bigpond.com

Time:
10.30am

Cost:
\$2

Tuesday October 8 (cont.)

Explore, engage and evolve with Country Women's Association

Let us help you to understand how to reduce, recycle and repurpose your rubbish. Three guest speakers will answer all your questions and demonstrate how to sort your garbage. We're working together, toward a sustainable future. Most importantly, there will be time to chat and make new friends. CWA members will provide afternoon tea.

Where: Bendigo Retirement Village Community Centre, 33-53 Mandurang Road, Spring Gully

Contact: Michelle on 0431 398 905 or cwagroupbendigo@gmail.com

Time:
1pm - 3pm

Cost:
Donation welcomed

Making the most of all of it - expressing your sexuality and including intimacy in your life as an older person

Dr. Linda Kirkman, a renowned local sexologist and therapist, and Krista Phillips, an experienced social worker who is completing post-graduate studies in psychosexual therapy, will lead an interactive discussion about the joys and challenges of sexual well-being as we age. Bring a friend and a bundle of curiosity.

Where: Activity room 1, Bendigo Library, 259 Hargreaves Street, Bendigo

Contact: Dr Linda Kirkman on 0419 402 373 or linda@lindakirkman.org

Time:
1.30pm

Cost:
FREE

Inner Wheel Club of Bendigo afternoon tea

Inner Wheel Club of Bendigo is a worldwide voluntary women's organisation which values friendship and service within their community. You are invited to join us for afternoon tea.

Where: Mechanics Institute, 8 School Street, Long Gully

Contact: Bernadette on 0407 051 722 or iiw.au.bendigo@gmail.com

Time:
2pm - 3.30pm

Cost:
FREE

Tuesday October 8 (cont.)

Come and try warm water exercise

45-minute warm water exercise sessions are run by the Bendigo Arthritis Club, but you do not need to have arthritis to join us. They are held at Peter Krenz Leisure Centre and also the hydro pool in the Clinical Services Campus of Bendigo Health. Bring bathers, towel and thongs for poolside use.

Where: Peter Krenz Leisure Centre heated pool, 16 Napier Street, Eaglehawk. Clinical Services Campus of Bendigo Health, 14 Stewart Street, Bendigo

Contact: Sandra on 0488 773 308 or John on 0417 513 841 or bendigo.arthritis@outlook.com

Website: www.bendigoarthritis.weebly.com

Time:
2.20pm

Cost:
FREE

Wednesday October 9

Come and try table tennis

Table tennis is a great way to stay active by participating in moderate exercise and provides many benefits to your body and mind in a friendly, social environment. Please wear non-marking rubber shoes and suitable clothing for weather conditions on the day. Bats and balls will be provided.

Where: Table Tennis Stadium, 140 Victoria Street, Eaglehawk

Contact: Gary on 0425 792 933 or president@bendigotabletennis.org.au

Website: www.bendigotabletennis.org.au

Time:
9am

Cost:
FREE

Spring Gully morning dance

All welcome to come along for a morning of dancing and fun with tea, coffee and scones provided.

Where: Spring Gully Hall, 135 Spring Gully Road, Spring Gully

Contact: Keith on 03 5444 2953 or joykentish@gmail.com

Time:
9.30am

Cost:
FREE

Wednesday October 9 (cont.)

Curator led tour of Faces of Peace

Join us for a curator-led tour of our exhibition 'Faces of Peace', which showcases the stories of 30 regional Australian peacekeepers.

Where: Bendigo Military Museum, 37-39 Pall Mall, Bendigo

Contact: 03 5442 4513 or museum@bendigorsl.com.au

Website: www.bendigorsl.com.au

Time:

11am,
12.30pm
and 2pm

Cost:

\$3.50

Healthy ageing strength and conditioning group

PB Performance + Health invite our senior community to try our Healthy Ageing Strength and Conditioning Group. The group is designed to encourage participation in strength, balance, and cardiorespiratory exercise for older adults in a fun and social environment under the guidance of an exercise physiologist. Bookings are required.

Bookings: Please email first to secure your spot. The group will be limited to 10 participants on the day.

Where: SnapFitness, 71-73 Williamson Street, Bendigo

Contact: 0422 254 969 or pb.performance.ep@gmail.com

Cost:

FREE

Walking basketball

Walking basketball is a low impact, social and fun way to get older adults into physical activity. Whether you've played basketball before or just wanting to try something new, everyone is welcome to come and join in. Our game is run like normal but with one difference, no running!

Where: Red Energy Arena, 91 Inglis Street, West Bendigo

Contact: Cassidy on 5440 6200 or cassidy.mclean@bendigostadium.com.au

Time:

10.30am

Cost:

\$15

Wednesday October 9 (cont.)

Trishaw rides for seniors

If you're a senior and you'd like to feel the wind in your hair on a bike ride, come and see us. Cycling Without Age Bendigo will be conducting free trishaw rides at Lake Weeroona to celebrate the Greater Bendigo Seniors Festival.

Where: Lake Weeroona, based at the BBQ area

Contact: Pam on 0428 346 698 or cwabendigo@gmail.com

Website: www.cyclingwithoutage.org.au

Time:

11am

Cost:

FREE

Public transport information session

Learn all about Bendigo transport options including, public bus, V/Line, rideshare and taxi, community transport and ticketing options including free and discounted travel. Light lunch will be provided.

Bookings: www.bendigo.vic.gov.au/forms/free-public-transport-information-session

Where: Galkangu, 189-229 Lyttleton Terrace, Bendigo

Contact: Jodie on 9654 2600 or jodie.bateman@travellersaid.org.au

Time:

12.30pm
- 2pm

Cost:

FREE

Indoor carpet bowls

Introduction to carpet bowls in a social atmosphere.

Socialise with others whilst playing a relaxing sport. Guests are requested to be on-site 15 minutes before starting time.

Where: Strathdale Community Hub, 155 Crook Street, Strathdale

Contact: Fay on 0497 818 005 or basilemarie@hotmail.com

Time:

1pm

Cost:

FREE

Goldfields Ukestra performance

You are invited to hear a local ukulele group perform some well-known songs and share the fun of playing the ukulele. Everyone can join in the singing too.

Where: Strath Village Shopping Centre, Strathdale

Contact: Lorraine on 0428 921 186 or goldfields.ukestra.inc@gmail.com

Website: www.facebook.com/GoldfieldsUkestra

Time:

1pm

Cost:

FREE

Thursday October 10

Come and try pétanque

The Bendigo Pétanque Group invites you to our come and try day. You will be provided with boules and instruction on how to play this intriguing game and join our multi-ability friendly group. Pétanque is the French version of bocce and is very easy to play but hard to master! Wear comfortable clothing and flat shoes suitable for the weather conditions on the day. You may wish to bring a folding chair and a drink.

Where: Kangaroo Flat Sports Club carpark, McKenzie Street West, Kangaroo Flat

Contact: Jill on 0427 493 294 or jilldm@bigpond.com

Time:

9am - 11am

Cost:

FREE

Long Gully Community Garden party

Enjoy a stroll around the beautiful Long Gully Community Garden followed by light refreshments and entertainment by Giggle and Sing. The community garden is one of Bendigo's best kept secrets, set on an acre near Victoria Hill.

Where: Long Gully Neighbourhood Centre and Community Garden, Energetic Street, Long Gully

Contact: Jonathan on 0419 461 308 or garden@lgnc.org.au

Time:

10am - 11am

Cost:

FREE

Thorne Harbour Country social cuppa for LGBTIQ+ seniors 55+ years

All are welcome at this relaxed, friendly and free social catch-up. Please register your attendance for catering purposes. We'll provide snacks! Parking available at rear of building.

Where: Thorne Harbour Country Community Hub, 58 Mundy Street, Bendigo

Contact: Damien on 0418 511 562 or at damien.stevens-todd@thorneharbour.org

Time:

10am - 12pm

Cost:

FREE

Thursday October 10 (cont.)

Memoir for seniors

Writer and author Lee Kofman will guide you in reflecting on a life well lived and writing about your memories in an engaging way. Learn how to portray yourself and others in a compelling way and describe vividly important experiences and special places in your life. Bookings are required.

Bookings: www.goldfieldslibraries.com

Where: Bendigo Library, 251-259 Hargreaves Street, Bendigo

Contact: Robin on 5449 2700 or robinp@ncgrl.vic.gov.au

Website: www.ncgrl.vic.gov.au

Time:

10am -
11.30am

Cost:

FREE

Lifeblood Bendigo Donor Centre open day

We're opening our doors so you can find out more about donating blood and plasma. Let us take you for a tour around the Lifeblood Bendigo Donor Centre. Meet the team, learn about the donation process and have your questions answered. Bookings are required.

Bookings: Please contact Shae to reserve a tour spot

Where: Lifeblood Bendigo Donor Centre, 6-8 High Street, Bendigo

Contact: Shae on 0417 349 179 or sxburns@redcrossblood.org.au

Website: www.lifeblood.com.au

Time:

10.30am -
11.30am

Cost:

FREE

Friday October 11

Age is just a number: Discover new possibilities at our seniors week expo

Hosted by Bendigo Health Community and Aged Care Services, enjoy a variety of activities and delicious food, including cooking demonstrations inspired by Maggie Beer! Discover the range of services we offer and meet our dedicated Community Services providers.

Where: Kangaroo Flat Library, 23 Lockwood Road, Kangaroo Flat

Contact: Lisa on 0429 045 621 or ljlivingstone@bendigohealth.org.au

Time:

9am

Cost:

FREE

Saturday October 12

Bendigo Laughter Club

It's fun and it's free! We move around and laugh. Laughter is the best medicine. Come along and feel good about yourself, then we go for a drink. Come and meet some new friends.

Where: Corner Williamson and Brougham Streets, Bendigo

Contact: Christine on 0492 421 195 or mothercurnow@msn.com

Time:
8.30am

Cost:
FREE

Come and try croquet

Hosted by the Bendigo Croquet Club. All equipment and a friendly tutorial will be provided, followed by games with prizes! Please wear flat shoes and comfortable clothes. Tea and coffee will be provided. Registrations required.

Where: Bendigo Croquet Club, 185-189 Barnard Street, Bendigo

Contact: Mandy on bendigocroquetclub@gmail.com

Time:
1pm

Cost:
\$5

Dance at Spring Gully Hall

Come dance to excellent CD music, enjoy a delicious supper, try your luck at a raffle or even win a lucky door prize.

Where: Spring Gully Hall, 135 Spring Gully Road, Spring Gully

Contact: Keith on 03 5444 2953 or joykentish@gmail.com

Time:
7.30pm

Cost:
\$7

Sunday October 13

Veterans cricket match for over 60s

Vic Country Cricket Club over 60s versus a team to be advised in an over 60s cricket match.

Where: Ewing Park, Harcourt Street, Bendigo

Contact: Bill on 0431 957 339 or bill.cheryl@bigpond.com

Time:
11am

Cost:
FREE

Sunday October 13 (cont.)

Jazz concert

An afternoon of traditional jazz featuring Hot B Hines. Includes afternoon tea. All tickets must be prepaid.

Where: Goornong Memorial Hall, 32 Railway Place South, (Midland Highway), Goornong

Contact: Pam on 0417 028 560 or goornonghall@bigpond.com

Time:
1pm

Cost:
\$20

Multiple day events with Seniors Card

Discounted entry to Golden Dragon Museum

Take in the living history of the Chinese people of Bendigo at the hub of Chinese cultural activity in Australia and experience wonderful arts, history and culture first-hand.

Where: Golden Dragon Museum, 1–11 Bridge Street, Bendigo

Contact: Stephanie on 03 5441 5044 or info@goldendragonmuseum.org

Time:
9.30am

Cost:
\$10

Enjoy a TRAMendous Day Out!

Explore Bendigo by Vintage Talking Tram, uncover 130 years of tramway history in the Bendigo Tramways Museum, and relax with a hot drink and scones at the Bendigo Tram Café.

Where: Bendigo Tramways, 1 Tramways Avenue, Bendigo

Contact: Bendigo Tramways on 4444 2810 or tours@bendigoheritage.com.au

Time:
10am

Cost:
\$20

Active Adults @ Gurri!

Come and try our Active Adults class, which is a low impact strength and aerobics class using simple routines to improve strength and bone health. Registrations required.

Where: Gurri Wanyarra Wellbeing Centre, 9 Browning Street, Kangaroo Flat

Contact: Shaun on 4431 1000 or gwwwc@belgravialeisure.com.au

Time:
Monday,
Wednesday
and Friday at
10:45am

Cost:
FREE