



Ararat Rural City

Festival Partner

**Victorian  
Seniors  
Festival  
2024**



# VICTORIAN SENIORS FESTIVAL 2024 EVENT PROGRAM

## **FREE CONCERT: WHAT THE WORLD NEEDS NOW: FAB SOUNDS OF THE SWINGING SIXTIES AND SEVENTIES**

Wednesday 2 October 2024

11 am – 12.10 pm at Ararat Town Hall

Bookings essential: [ararattownhall.com.au](http://ararattownhall.com.au)

## **\$5 SENIORS DAY: RAFFLE, ENTERTAINMENT AND AFTERNOON TEA**

Thursday 3, Thursday 17, Thursday 24 and Thursday 31 October 2024

2 pm – 3 pm at Ararat Senior Citizens (next to Ararat Town Hall)

\$5 entry. No booking required. Bus transport is available for pick up/drop off

Contact Billie for more information: 0421 470 107

## **THE EVERLY BROS & BUDDY HOLLY TRIBUTE SHOW**

Friday 4 October 2024

7.30 pm - 9.30 pm at Willaura Memorial Hall

Adults: \$20 | Concession: \$15

Bookings essential: [ararattownhall.com.au](http://ararattownhall.com.au)

## **GRAMPIANS BRASS FESTIVAL**

Saturday 5 October 2024

7 pm - 10.30 pm at Ararat Town Hall

Tickets: \$15

Bookings essential: [ararattownhall.com.au](http://ararattownhall.com.au)

## **BEGINNERS OLD TIME DANCING**

Monday 7, Monday 14, Monday 21 and Monday 28 October 2024

7.30 pm – 9.30 pm at Ararat Senior Citizens (next to Ararat Town Hall)

\$3 entry. No booking required. Contact Billie for more information: 0421 470 107





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## **FREE ENTRY: LANGI MORGALA MUSEUM**

Tuesday 8 October, Thursday 10 October, 10 am – 3 pm

Saturday 12 October, 1 pm – 4 pm

Langi Morgala Museum, 48 Queen St, Ararat

Free raffle entry included. No booking required

## **FREE TOUR: ARARAT TOWN TOUR**

Wednesday 9 October

10.30 am - 2.30 pm

Ararat Railway Station, Birdwood Avenue, Ararat

Bookings essential: [www.seniorsonline.vic.gov.au/festival](http://www.seniorsonline.vic.gov.au/festival)

## **SPRINGTIME BALL**

Friday 11 October

8 pm - Midnight at Ararat Senior Citizens (next to Ararat Town Hall)

\$15 entry. Bookings essential. Contact Billie: 0421 470 107

## **FREE ENTRY: GUM SAN CHINESE HERITAGE CENTRE**

Saturday 12 October from 10am – 3pm

Gum San Chinese Heritage Centre, 31-33 Lambert St, Ararat

No booking required

## **FREE CONCERT: *HONKY TONK QUEENS***

Sunday 13 October

2.30 pm - 3.30 pm at Ararat Town Hall

Join Amber Joy Poulton as she delivers songs that celebrate the first Queens of Country: Patsy Cline, Dolly Parton, Tammy Wynette and Loretta Lynn

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# VICTORIAN SENIORS FESTIVAL 2024 EVENT PROGRAM

## **FREE EVENT: BREATH PRACTICE MEDITATION**

Monday 14 October

10:30 am - 11.30 am at Ararat U3A, Grano St, Ararat

Breath meditation involves consciously and mindfully changing your breathing patterns to improve relaxation

Booking essential: email [u3aararat1@gmail.com](mailto:u3aararat1@gmail.com)

## **FREE EVENT: PAUL “PK” KELLY – ON COUNTRY**

Monday 14 October

2 pm – 3 pm at Ararat Town Hall

Join us for an intimate talk from proud Gunditjmara - Kirrae Wurrong man and highly regarded yidaki (didgeridoo) player and cultural performer, Paul “PK” Kelly

Bookings essential: [www.seniorsonline.vic.gov.au/festival](http://www.seniorsonline.vic.gov.au/festival)

## **FREE EVENTS AT ARARAT U3A**

Tuesday 15 October

Ararat U3A, Grano St, Ararat

Booking essential: email [u3aararat1@gmail.com](mailto:u3aararat1@gmail.com)

### **10:30 am - 11.30 am: Djembe Drumming**

The djembe drum is one of the most widely-know African drums. It originally comes from West Africa. The djembe drum has one, large drumhead and is played with bare hands

### **1 pm – 2.30 pm: Presentation by Ambulance Victoria on CPR and Defib/AED.**

Do you know the latest CPR method and how to use a defibrillator?

This session will explain everything you need to know





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# VICTORIAN SENIORS FESTIVAL 2024 EVENT PROGRAM

## FREE EVENTS AT ARARAT U3A

Wednesday 16 October

Ararat U3A, Grano St, Ararat

Booking essential: email [u3aararat1@gmail.com](mailto:u3aararat1@gmail.com)

### 10 am – 12 pm: Finska

Finska is the addictive log-tossing game from Finland. It's ancient, ancient game, unique, and seriously addictive! A race to exactly 50 points, where every game is different, Finska requires both strategy and skill to defeat your opponent and claim victory

### 1 pm – 3 pm: Craft

Join this group of crafters, who meet to work on their own projects. There's a lot of knowledge in the group, which helps when you run into difficulties



Thursday 17 October

Ararat U3A, Grano St, Ararat

Booking essential: email [u3aararat1@gmail.com](mailto:u3aararat1@gmail.com)

### 10 am – 11.15 am: Singing

This group watches YouTube clips with music and lyrics

### 12 pm – 12.45 pm: Strength and Balance Class

Strength activities with bands and weights to help participants with their balance, which is important to help prevent falls

### 1 pm – 2.30 pm: Presentation by Brendan Holland

Getting your Affairs in Order: Wills and Power of Attorney Afternoon tea provided



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## **FREE EVENT AT ARARAT U3A: ALEXANDRA LAKE WALK**

Friday 18 October

10 am – 11 am

A group of walkers meet at Garden Cafe, and after undertaking laps of the lake, follow up with a cuppa and chat

Bookings essential: email [u3aararat1@gmail.com](mailto:u3aararat1@gmail.com)

## **FREE EVENT: HEALTHY EATING WITH SALLYANNE PISK**

Monday 21 October

11 am at Ararat Library

Learn the secret to changing your eating habits for good without dieting, with qualified dietician and mindfulness practitioner Sallyanne Pisk

Booking not required

## **FREE EXERCISE CLASSES**

Monday 21 October

**8.45 am:** Walk n Talk with Rhonda

**10 am:** Stretch & Strengthen with Jessie

**11 am:** Active Adults with Shirley

**6 pm:** Water Aerobics with Rhonda

Tuesday 22 October

**6.15 am** - Spin with Amy

**10 am** - Water Aerobics with Rhonda

**11 am** - Walk n Talk with Shirley

**2 pm** - Water Aerobics with Marianne



Ararat Fitness Centre, 61-73 High St, Ararat

Booking not required





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## **FREE MOVIE AT THE LIBRARY**

Wednesday 23 October

2 pm at Ararat Library

Corner Barkly & Queen Streets, Ararat

Booking not required

## **OPEN HOUSE: UNITING AGEWELL**

Thursday 24 October

1.30 pm - 3.30 pm at Uniting AgeWell

34 View Point St, Ararat

Enjoy a complimentary Devonshire Tea and learn how you can give back to your community. Booking not required

## **SOS - THE AUSTRALIAN ABBA TRIBUTE SHOW**

Friday 25 October

8 pm – 10.15 pm at Ararat Town Hall, Barkly St, Ararat

Prices from \$35

Bookings essential: [ararattownhall.com.au](http://ararattownhall.com.au)

## **FREE EVENT: SIMPLY COLOUR ART WORKSHOP WITH LARS STENBERG**

Thursday 31 October

10.30 am - 3.30 pm at Ararat Gallery TAMA,

82 Vincent St, Ararat

Learn simplified palettes and an approach to painting to make your pictures sing with vibrant, harmonious colour

Bookings essential: [araratgallerytama.com.au](http://araratgallerytama.com.au)