

BALLARAT SENIORS FESTIVAL 2023

ballaratseniorsfestival.com.au



Victorian
Seniors
Festival
2023



Mayor's Message



The annual Victorian Seniors Festival celebrates and acknowledges the contribution of older people within our community and the

City of Ballarat is delighted to bring you a jam-packed offering of community events throughout the month of October.

There are extensive opportunities to participate in free or low-cost events and activities and we really do encourage as many people as possible to be involved.

This year's theme is 'Learn Love Live' and there is something for everyone. Many of Ballarat's clubs, community groups and organisations are hosting special events. It's a wonderful

opportunity to have fun, try something new and meet some new people. We've got musical events, wildflower walks, film festivals, craft sessions and many opportunities for 'come and try' activities.

With a focus on fun and community connection, I'd also encourage you to attend our 'Get Connected! Seniors Festival Expo' event on Wednesday 4 October. Come and join the City of Ballarat team as they host a wide array of social, art, sporting and special interest groups, who will be ready and willing to tell you more about their activities and how you can join in the fun.

Don't forget there are Seniors Festival events all over Victoria and free public transport for Victorian Seniors Card holders from 1-8 October. Visit seniorsonline.vic.gov.au for more information.

Have a fabulous Victorian Seniors Festival!



City of Ballarat

Get Connected! Ballarat Seniors Expo

Wednesday 4 October | 10am–2pm

Do you want to explore a new hobby, join a new group or meet new people? Come and join the City of Ballarat team as they host a wide array of social, art, sporting and special interest groups who will be ready and willing to tell you more. There will be Come and Try sessions and entertainment through the day. Refreshments provided.

Where: Alfredton Sports and Community Club,
89 Cuthberts Road, Alfredton

Cost: Free

Enquiries: Cathy 0428 485 450

Bookings Essential: Book via Humanitix
events.humanitix.com/get-connected-seniors-festival-expo-2023



Tai Chi by the Lake

Every morning in October

Enjoy the health benefits of this gentle exercise and moving meditation.

When: 8.30–9.30am, Thursdays 8–9am

Where: Pipers by the Lake, 403 Wendouree Parade, Lake Wendouree

Cost: Free

Enquiries: Jack 0414 635 889

Bookings: Not required

Seniors Movie Tickets at Showbiz

Every Tuesday in October

Each Tuesday for the month of October, Seniors will have access to \$8.00 movie tickets as well as complimentary tea or coffee when attending any session prior to 5pm.

When: Prior to 5pm

Where: Showbiz Cinemas Ballarat Delecombe Town Centre, 315 Glenelg Highway, Smythes Creek

Cost: \$8.00

Enquiries: Brandon 0423 809 025

Bookings: Showbiz box office

Come and try: Croquet

Every Tuesday and Friday in October.
(Excluding Tuesday 31 October)

It's fun to play and easy to learn! Just wear flat shoes. All equipment and morning tea supplied.

When: 10am–12pm

Where: Ballarat Western Croquet Club, 204 Ripon Street South, Ballarat

Cost: Free

Enquiries: Jenny 0409 957 310

Bookings: Not required

Keenager Table Tennis Fun

Every Tuesday and Friday in October

Come and Try Table Tennis! All abilities welcome and all equipment provided. Play some games and enjoy a cuppa and a chat.

When: 1–3pm

Where: Ballarat Table Tennis Association, 499 Dowling Street, Wendouree

Cost: \$4.00

Enquiries: Adam 0481 950 664

Bookings: Not required

Come and try: Social Tennis

Every Wednesday in October

Dust off your Dunlop volleys, get your old Maxply out of its press and join us for social tennis! All you need is a racket, sports shoes and enthusiasm.

When: 9.15am

Where: Ballarat Lawn Tennis Club, Prince of Wales Park, Gillies Street, Wendouree

Cost: Free

Enquiries: Yvonne 0420 367 153

Bookings: Not required

Come and try: Chess

Every Thursday in October

Ballarat Chess Club welcomes you to come and try for free. Sets, boards, clocks, tea and coffee provided.

When: 7pm

Where: Humffray Room, Ballarat Mechanics Institute, 117-119 Sturt Street, Ballarat Central

Cost: Free

Enquiries: Patrick 0449 255 240

Bookings: Not required



His Girl Friday (1940)

City of Ballarat
Film Festival at the Library
Every Thursday in October

Where: Sebastopol Library, 181 Albert Street, Sebastopol

Cost: Free

Enquiries: 5335 7985

Bookings: Essential via [Humanatix events.humanatix.com/tours/ballar-at-seniors-festival-thursday-movie-screenings](https://events.humanatix.com/tours/ballar-at-seniors-festival-thursday-movie-screenings)

Watch the film, stay for a chat and refreshments.

Shall We Dance (1937) Enjoy a classic film with Ginger Rogers and Fred Astaire.

When: 1-3pm | Thursday 5 October

The Nightingale (2013) A grandfather's journey from Beijing to Yangshuo with his granddaughter in tow. Mandarin with English subtitles.

When: 10am-12pm | Thursday 12 October

The Lunchbox (2013) An intergenerational story woven through Mumbai's lunchbox delivery system. Hindi with English subtitles.

When: 10am-12pm | Thursday 19 October

His Girl Friday (1940) Hijinks with Carey Grant and Rosalind Russell in this fun Howard Hawks film.

When: 1-3pm | Thursday 26 October

Learn to Flycast

Every Sunday in October

See how the experts get their catch, come along to an informal fly-casting lesson.

When: 9.30–11am

Where: T Jetty, Lake Wendouree near corner of Devon Street and Wendouree Parade

Cost: Free

Enquiries: Bill 0407 539 219

Bookings: Not required

Spinning and Weaving Exhibition and Demonstration

Friday 29 September – Sunday 1 October

Watch Ballarat and District Spinners and Weavers at work. Try spinning, weaving, felting and more!

When: 9am–4.30pm

Where: Robert Clark Conservatory, Ballarat Botanic Gardens, Gillies Street North, Lake Wendouree

Cost: Free

Enquiries: Pauline 0438 856 290

Bookings: Not required

'A Very Fine Yarn' Museum Tour at Creswick Woollen Mills

1–31 October

Why not consider catching the bus from Ballarat to Creswick as part of the free public transport offer during Seniors Festival. Experience a slice of Victorian history with a free self-guided tour at Creswick Woollen Mills.

When: 10am–5pm

Where: Railway Parade, Creswick

Cost: Free

Enquiries: Cassandra 5345 2202

Bookings: Not required

Ballarat Rainbow and Allies Craft Group

Monday 2 October

Join Rainbow and Allies Craft Group – an opportunity for community members and Allies to get together, share crafts or try something new. Participants of all ages welcome.

When: 3–5pm

Where: Ballarat Community Health Centre, 12 Lilburne Street, Lucas

Cost: Free

Enquiries: Kit 0407 827 524

Bookings: Not required

University of the Third Age (U3A) Performances

Monday 2 and Thursday 5 October

U3A offers over 140 classes. Come and see performances from our dance, instrument and singing classes. Find out about other classes we offer. You are bound to find something that intrigues you.

When: 2.30–4.30pm

Where: Ballarat North Community Centre 702 Walker Street, North Ballarat

Cost: Free

Enquiries: 0431 859 315

Bookings: Not required

City of Ballarat

Get Connected! Ballarat Seniors Expo

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When: 10am–2pm

Where: Alfredton Sports and Community Club, 89 Cuthberts Road, Alfredton

Cost: Free

Enquiries: Cathy 0428 485 450

Bookings Essential: Book via Humanitix events.humanitix.com/get-connected-seniors-festival-expo-2023

Seniors Movie Tickets at the Regent

Thursday 5—Wednesday 25 October

Discounted tickets for all sessions between 5–25 October! All seniors \$12.50 plus a free coffee voucher; Regent Seniors Movie Club members \$9.50 plus a free coffee voucher.

Where: Regent Cinema, 49 Lydiard Street, Ballarat Central

Enquiries: 5330 5555

Bookings: Regent Cinema box office

Trout Hatchery Tour

Saturday 7 October

Trout Hatchery tour including short DVD and oral presentation. Tour will include inspection of the raceways and ponds including feeding the fish. Light refreshments provided. 153 years of raising Brown and Rainbow Trout by volunteers!

When: 1–2pm

Where: 80 Gillies Street North, Ballarat (opposite Ballarat Aquatic and Lifestyle Centre)

Cost: Free

Enquiries: Geoff 0418 320 139

Bookings: Not required

Pickleball, Floor Curling and Badminton

Monday 9 October

Pickleball is one of the fastest growing sports in the world. It's a paddle & ball game which can be played across generations and can be modified for all abilities. Come and try all three sports in one venue! All ages and abilities welcome!

When: 11am–1pm

Where: Ballarat Badminton Association, 407 Dowling Street, Wendouree

Cost: Free

Enquiries: Rhonda 5339 4601

Bookings: Not required

City of Ballarat

Come and try:

Ballarat Aquatic and Lifestyle Centre

Tuesday 10 October

Join the team to learn about our range of programs, membership options and take a tour of the facility. Come and try group fitness classes will also be running including Dance, Low Impact and Aqua Aerobics.

All participants will receive a free 7-Day Ballarat Aquatic and Lifestyle Centre Pass.

When: 12–1.45pm

Where: Ballarat Aquatic and Lifestyle Centre, Prince of Wales Rec Reserve, Gillies Street North, Lake Gardens

Cost: Free

Enquiries: 5334 2499

Bookings Essential: From 2 October via ballarataquaticcentre.com

Come and try: Ballarat Choral Society

Wednesday 11 and 18 October

Singing for over 100 years! We come from all walks of life to sing classical choral music. Enjoy a relaxed, welcoming evening and try us out. Lots of fun and friendship.

When: 7.45–10pm

Where: Buninyong Masonic Hall, 604 Warrenheip Street, Buninyong

Cost: Free

Enquiries: Geoffrey 0412 432 202

Bookings: Not required

Rainbow Coffee

Thursday 12 October

Every Thursday, Rainbow coffee happens... we are open to the whole LGBTQIA+ community. Come along and join in the conversations over coffee.

When: 10am

Where: Lily's Café at Eureka Centre, 102 Stawell Street, Eureka

Cost: Money required for food/drinks at cafe

Enquiries: Cheryl 0447 444 133

Bookings: Not required

City of Ballarat

Seniors Exercise Park Activity

Thursday 12 October

Come and explore this great open-air space. Supported instruction by our fabulous City of Ballarat instructor Lee. There are three sessions to choose from with a free lunch provided.

When: 11am–12pm, 12–1pm, 1–2pm

Where: Mount Pleasant Reserve, 5 Morton Street, Mount Pleasant

Cost: Free

Bookings Essential: Contact City of Ballarat Community Connections Team on 5320 5670

City of Ballarat

LGBTIQA+ Film Screening: The Birdcage

Proudly supported by the Regent Cinema

Friday 13 October

Come and enjoy the classic movie 'The Birdcage' and celebrate the queer seniors' community in Ballarat.

When: 6.30pm

Where: Regent Cinema, 49 Lydiard Street, Ballarat Central

Cost: Free – Limited tickets available

Enquiries: Sez 0487 105 355

Bookings Essential: Book via Humanitix events.humanitix.com/seniors-festival-lgbtiqa-film-screening



Need help?

Do you need help booking online or researching a transport option via the PTV website. Feel free to drop into one of our Libraries for assistance:

Ballarat Library
Town Hall, 225 Sturt Street
Ballarat CBD
T: 5338 6850

Sebastopol Library
181 Albert Street
Sebastopol
T: 5335 7985

Wendouree Library
Stockland Shopping Centre
Wendouree
T: 5339 3505

Brown Hill Senior Citizens Club Bowls Bash

Monday 16 October

Come and try a game of indoor bowls! To be enjoyed by new and experienced bowlers alike. Euchre will also be available for those who enjoy cards.

When: 1pm

Where: Brown Hill Public Hall, 375 Humffray Street North, Brown Hill

Cost: Free

Bookings Essential: Jenny 0422 735 420

Picnic in the Park

Monday 16 October

Join Ballarat Life Activities Club for a walk, talk and free picnic lunch in beautiful garden surrounds.

When: 11am

Where: Wooden Rotunda, Lower Gardens, Kirk's Reservoir, 255 Daylesford Road, Gong Gong

Cost: Free

Bookings Essential: Robyn 0403 591 003

City of Ballarat Johnny Cash and June Carter Tribute Show

Wednesday 18 October

Go on down to Jackson and enjoy the vintage vibes of Get Rhythm, putting on the show of the season. They'll be performing your favourite hits— "I Walk the Line," "Ring of Fire," "Folsom Prison Blues," "Jackson," and many more! Get ready for a high-energy show with a few laughs along the way.

When: 11am

Where: Regent Cinema, 49 Lydiard Street, Ballarat Central

Cost: Free

Enquiries: Regent Cinema 5330 5555

Bookings Essential: Pop into the Regent Box Office to collect a ticket or via Humanitix events.humanitix.com/ballarat-country-concert-victorian-seniors-festival-johnny-cash-and-june-carter-tribute-show

Come and Try: Sing Australia Choir

Thursday 19 October

Everyone can sing! We make no judgements about how well that happens. So Come and Try with the Sing Australia Ballarat group and have some fun with singing. We are inclusive and welcoming of everyone.

When: 11am–1pm

Where: BLOC Hall, 608 Peel Street North, Black Hill

Cost: Free

Enquiries: Marilyn 0438 701 800

Bookings: Not required

Seniors Night: Showcasing Seniors' Talent and Disco Night

Saturday 21 October

The Filipino-Australian Association of Ballarat is giving seniors a night to remember, a chance to showcase their talents and give joy to everyone present.

When: 6pm

Where: Webconna Bowls Club, 996 Grevillea Road, Wendouree

Cost: \$5 Seniors / \$15 Non - Seniors

Enquiries: Gersen 0411 346 092

Bookings Essential: facebook.com/FAABI.Ballart

Uncoordinated Queers Lake Walk

Sunday 22 October

Meet up and share a dog walk towards Pipers Café. BYO dog or not.

When: 12 noon

Where: Olympic Rings meet up, Lake Wendouree

Cost: Free

Enquiries: Cheryl 0447 444 133

Bookings: Not required

City of Ballarat
**Ageless Play – Intergenerational Play
 group session**

Tuesday 24 October

Childrens Week & Seniors Festival collide! Come and join the City of Ballarat team for an Ageless Play session. Bring out your inner child and have some intergenerational fun participating in activities and games with young children and their families.

Everyone welcome. If you have a grandchild or special young person in your life, feel free to bring them along too. Morning tea provided.

When: 10am–12pm

Where: Robert Clark Centre, Ballarat Botanic Gardens, Gillies Street North, Lake Wendouree

Cost: Free

Enquiries: Cathy 0428 485 450

Bookings: Not required

Vintage Brass Band Concert

Tuesday 24 October

Come along to enjoy the vintage brass sounds of this 20-strong member band.

When: 1–2.30pm

Where: Delacombe Salvation Army Community Hall, 104 Greenhalghs Road, Delacombe

Cost: Free, donations welcome

Enquiries: Chris 0429 314 363

Bookings: Not required

Food is Free Garden Tour

Wednesday 25 October

Enjoy a lovely tour amongst the lush garden beds of the Food is Free Inc. Green Space.

When: 10–11am

Where: Food is Free Inc Greenspace, Rear, 212 Ripon Street South, Ballarat

Cost: Free

Enquiries: Rebecca 0417 042 135

Bookings: Not required



BRMC Welcome Morning Tea

Wednesday 25 October

Be part of a warm welcome for new multicultural seniors at Ballarat Regional Multicultural Council. Share in a delicious morning tea and entertainment.

When: 10.30am–12pm

Where: Welcome Centre, 25–39 Barkly Street, Ballarat

Cost: Free

Bookings Essential: Hee Young 0491 054 902

**Seniors
 travel free!**

Victorian Seniors Card holders can explore Melbourne and Regional Victoria with free travel from Sunday 1 October — Sunday 8 October 2023.

Visit seniorsonline.vic.gov.au/free-travel for more information.

Sing With Us!

Thursday 26 October

Hosted by Ballarat Neighbourhood House, come and listen to Sing Australia Ballarat Choir at this uplifting event. Afternoon tea provided.

When: 1.30–3pm

Where: Ballarat Neighbourhood Centre, 11 Tuppen Drive, Sebastopol

Cost: \$2.00

Bookings Essential: Maria 5329 3273

City of Ballarat

All Ages Storytime & Tackling Ageism Competition Awards

Saturday 28 October

Join us as we celebrate Children's Week and Seniors Festival. All are welcome for All Ages Storytime! Bring along a grandchild or special young person in your life to share stories and songs together. And join us in congratulating our Award winners and enjoying the presentation of their creative works. We'll also have fun activities for everyone of all ages to enjoy.

When: 10–12pm

Where: Sebastopol Library, 181 Albert Street, Sebastopol

Cost: Free

Enquiries: 5335 7985

Bookings Essential: Book via Humanitix events.humanitix.com/all-ages-storytime-and-tackling-ageism-competition-awards

Floral Art Workshops and Devonshire Tea

Saturday 28–Sunday 29 October

View beautiful floral arrangements, enjoy workshops, a trading table, raffles and prizes. Entry fee provides one day access to the show, all demonstrations and includes a delicious Devonshire tea.

When: 10am–4pm

Where: Robert Clark Centre, Ballarat Botanic Gardens, Gillies Street North, Lake Wendouree

Cost: \$10.00

Enquiries: Anita 0431 063 347

Bookings: Not required

Community Lunch Celebrating Seniors

Friday 27 October

Hosted by Ballarat Neighbourhood Centre, enjoy a two-course lunch in great company.

When: 12–1pm

Where: Ballarat Neighbourhood Centre, 11 Tuppen Drive, Sebastopol

Cost: \$10.00

Bookings Essential: Maria 5329 3273

Annual Senior Citizens Ball

Sunday 29 October

Come dressed in your finest and enjoy an afternoon of ballroom dancing to sounds of Family Rhythm. Awards for Best Dressed Couple, Senior Lady of the Ball, After 5 Lady and Beau of the Ball. Includes afternoon tea.

When: 1–5pm

Where: Ballarat South Senior Citizens Club Rooms, 600 La Trobe Street, Redan

Cost: \$12.00

Bookings Essential: Shirley 0412 690 373 or 5336 1544

8th Annual Woovookarung Wildflower Walk

Sunday 29 October – Sunday 5 November

Join the Friends of Canadian Corridor and Field Naturalists Club in Ballarat for a 1.2 km seniors friendly **self-guided** pop-up wild flower trail walk along the Dementia Friendly Forest and Sensory Trail. Follow the signs along the well formed track. Self guided and species identification at focc.asn.au/flora

When: 11am–4pm

Where: Dementia Friendly Forest and Sensory Trail, Katy Ryans Road, Canadian

Cost: Free

Enquiries: Jeff 0408 509 591

Bookings: Not required



Getting Around

There are many ways to access events during the Ballarat Seniors Festival. Get together with your friends, family or club members and plan your transport together!

Accessibility

All City of Ballarat hosted activities are accessible. Accessibility and inclusion is a priority for residents and visitors of Ballarat. If you have specific requirements contact the Ageing Well Services team on 5320 5670.

Please don't hesitate to contact the individual organisers for more information on access requirements.

Public Transport

Victorian Seniors Card holders can explore Melbourne and Regional Victoria with free travel from Sunday 1 October — Sunday 8 October 2023. Visit seniorsonline.vic.gov.au/free-travel

No car?

Don't forget to check out your local bus network. Many events have a stop near-by! Ballarat Bus timetables via Ballarat bus timetables & maps CDC Victoria - cdc.victoria.com.au
T: 5331 7777

Feeling active?

Take a walk with friends or access the fantastic bike paths around Ballarat - You can journey plan via Google Maps - google.com/maps

Taxis

Ballarat Taxis 131 008
Eureka Taxis 1300 18 33 60
Silver Top Taxis 135 000

Uber

via the App or online
uber.com/global/en/cities/ballarat

Driving to events?

Don't forget to car-pool where you can and make a day of it together!

Stuck?

If you need help accessing online links, visit your local library!

Ballarat Library

Town Hall, 225 Sturt Street
Ballarat CBD | T: 5338 6850

Sebastopol Library

181 Albert Street
Sebastopol | T: 5335 7985

Wendouree Library

Stockland Shopping Centre
Wendouree | T: 5339 3505



Like to know more?

The Victorian Seniors Festival is a major state-wide festival for Victorians over 60 focuses on providing free or low-cost events and activities across the month of October. Events and activities designed to bring seniors together to enjoy themselves, learn new skills and make new friends.



Scan the QR code or visit seniorsonline.vic.gov.au for more information on activities around Victoria.

Contact us

Drop into our Customer Service Centre
The Phoenix, 25 Armstrong Street South, Ballarat
Monday-Friday 8.30am-5pm

☎ 03 5320 5670

✉ seniorsfestival@ballarat.vic.gov.au

🌐 ballaratseniorsfestival.com.au