

BALLARAT SENIORS FESTIVAL 2024

ballaratseniorsfestival.com.au



Victorian
Seniors
Festival
2024

EXPLORE.
ENGAGE.
EVOLVE.

CITY OF
BALLARAT 



CEO's Message



The Victorian Seniors Festival is back for 2024 and the City of Ballarat is delighted to share a wealth of opportunities for fun and engagement across October.

The Seniors Festival is an annual fixture of the City of Ballarat's events calendar.

This year's theme of 'Explore. Engage. Evolve.' encourages older Victorians to stay curious and connected by exploring new activities, meeting new people, and changing how we think of ageing.

It is vital we recognise and celebrate the significant contribution that our ageing residents make to the fabric of our community.

With a multitude of free or low-cost events happening across Ballarat and Victoria,

there has never been a better time to get out and about and share in the celebration.

Victorian Seniors Card holders can also receive a full week of completely free public transport across the state from 6-13 October.

There is something for everybody showcased in the program including community events and come and try sessions, the Get Connected! Seniors Expo, Victorian Seniors Festival Country Concert and opportunities to get behind the scenes and learn the secrets of some Ballarat landmarks.

The entire month of October is going to be a hive of activity in Ballarat and I encourage people to have a look at the huge number of activities available and see how they can get involved.

Evan King
Chief Executive Officer, City of Ballarat



City of Ballarat

Get Connected! **Ballarat Seniors Expo**

Tuesday 1 October | 10am-2pm

Come and join the City of Ballarat Ageing Well Services team as we showcase a wide range of community, social and special interest groups across Ballarat who are keen to offer ways to join and participate. A fun filled day that shares many ways to explore, engage and evolve! Entertainment and refreshments provided.

Where: Mercure Hotel and Convention Centre

FREE EVENT

Enquiries: Contact the Social Activities Team on 5320 5637 or email socialconnections@ballarat.vic.gov.au

Bookings preferred: Book via [Humanitix events.humanitix.com/get-connected-seniors-festival-expo-2024](https://events.humanitix.com/get-connected-seniors-festival-expo-2024)



CITY OF BALLARAT EVENT

BALC Seniors 7 Day Free Pass

During October

A free Ballarat Aquatic and Lifestyle Centre pass with an array of 27 great classes across 6 days for those 60+ to come and try.

Where: Ballarat Aquatic and Lifestyle Centre
Gillies Street North, Lake Gardens

FREE EVENT

Enquiries: 5334 2499

Bookings: To book call 5334 2499

Tai Chi by the Lake

Every day in October

Jack and the Ballarat Tai Chi community will demonstrate Tai Chi and teach those who are interested. Suitable for all skill and fitness levels.

When: 8.30–9.30am Monday to Friday
1.30–3pm Saturdays and Sundays

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

FREE EVENT

Enquiries: Jack 0414 635 889

Bookings: Not required

Weekly Singing of Bigger Hearts Dementia Choir

Every Friday in October.

If you live with dementia, come and join us as we sing rock and roll songs, popular classics and old favourites. Every Friday for an hour and a half we sing songs with heart!

When: 1.30–3pm

Where: York Street Church of Christ
410 York Street, Ballarat East

FREE EVENT

Enquiries: Jodie 0418 308 497 or Geoff 0421 240 971

Bookings: Essential by contacting Jodie or Geoff

Walking Football

Every Monday in October

A low impact form of football, played indoors on a basketball court. An indoor activity for 55+. No experience required. Sportswear and sporting footwear suitable for a basketball court advisable.

When: 1.30–2.30pm

Where: Selkirk Stadium
989 Norman Street, Wendouree

FREE EVENT

Enquiries: Alan 5341 3689

Bookings: Not required



CITY OF BALLARAT EVENT

Free Ageing Well Services classes

Every week in October

During Ballarat Seniors Festival the Ageing Well Services team are offering all of our usual \$5 weekly classes for free! Come and try a new activity and soak up the benefits of social connection and exercise.

Mondays

When: 10.30am

Where: Dance at Lucas Hub

Tuesdays

When: 10.30am

Where: Dance at Brown Hill Hall

When: 2pm

Where: Tai Chi at Brown Hill Hall

Wednesdays

When: 9am

Where: QiGong at Brown Hill Hall

When: 3pm

Where: Pilates at Brown Hill Hall

Thursdays

When: 11am

Where: Movement Matters (Chair based) at Buninyong Town Hall

When: 1.30pm

Where: Seniors Exercise Park Sessions at Mount Pleasant Reserve

Fridays

When: 10.30am

Where: Tai Chi at Learmonth Bowls Club

FREE EVENTS

Enquiries: Contact the Social Activities Team on 5320 5637 or email socialconnections@ballarat.vic.gov.au

Bookings: Not required

Come and Try: Ballarat Choral Society

Every Wednesday in October

Come SING, meet new friends, play some games and have a fabulous time with us!

Founded over one hundred years ago, Ballarat Choral Society maintains a friendly community feel and a high standard of singing. They present three concerts per year in Ballarat, and collaborate with other groups – chorales, orchestras and string ensembles.

When: 7.30–10pm

Where: Ballarat Performing Arts Centre
501–503 Neill Street, Soldiers Hill

FREE EVENT

Enquiries: Lyn 0437 477 006

Bookings: Not required

Seniors Seeing Stars and Planets

Every Saturday in October

Explore the Ballarat Skies and beyond with the Ballarat Municipal Observatory and Museum. Seniors can enjoy a 50% discount on Saturday night sessions throughout October, as well as a complimentary refreshment.

When: 7.30–9pm

Where: 439 Cobden Street, Mount Pleasant

Cost: \$12.50

Enquiries: 0429 199 312

Bookings: Essential, book via ballaratobservatory.org.au/event/seniors-seeing-stars-planets/

Come and Try: Table Tennis

Every Tuesday and Friday in October

Come and share in the fun of Table Tennis! All equipment provided and tea, coffee and a biscuit are always available!

When: 1–3pm

Where: Ballarat Table Tennis Association
499 Dowling St Wendouree

FREE EVENT

Enquiries: Adam 0481 950 664

Bookings: Not required

Steady Seniors' Falls Prevention Program

Every Wednesday in October

Adults aged 65 and over, join us for a four-week falls prevention program, conducted by an Accredited Exercise Physiologist! This program is a social, fun group class that aims to develop your strength, balance, agility, coordination and reaction time – all the physical qualities that underpin someone's falls risk.

When: 11.15am–12.15pm

Where: Ballarat Gymsports
2 Basil Way, Alfredton

Cost: \$5 per class

Enquiries: Madeleine 4317 4931

Bookings: Call HealthKlinix Ballarat on 4317 4931 to book your spot.

Chatty Café

Every Thursday in October

Join us for a chat and cuppa every Thursday at Chatty Café. A great way to meet new people in a friendly and welcoming space. Coffee, tea and a sweet treat will be provided.

When: 10.30–11.30am

Where: Delacombe Community Hub
18 Nandirog Drive, Delacombe

FREE EVENT

Enquiries: 5329 3273

Bookings: Not required





CITY OF BALLARAT EVENT

The Art of Bonsai to Inner Peace

Back by popular demand! Slow down and connect with your inner self at this hands-on workshop where you will learn about the ancient art of bonsai and take home your own little bonsai pot to care for.

Monday 7 October

When: 11am–12.30pm

Where: Ballarat Library
178 Doveton Street, Ballarat Central

FREE EVENT

Enquiries: 5338 6850

Bookings: Required, book via Humanitix [events.humanitix.com/host/ballaratl原因](https://humanitix.com/host/ballaratl原因)

Monday 21 October

When: 11am–12.30pm

Where: Sebastopol Library
181 Albert Street, Sebastopol

FREE EVENT

Enquiries: 5335 7985

Bookings: Required, book via Humanitix [events.humanitix.com/host/ballaratl原因](https://humanitix.com/host/ballaratl原因)

Thursday 24 October

When: 3–4.30pm

Where: Wendouree Library
Stockland Wendouree Shopping Centre

FREE EVENT

Enquiries: 5339 3505

Bookings: Required, book via Humanitix [events.humanitix.com/host/ballaratl原因](https://humanitix.com/host/ballaratl原因)

CITY OF BALLARAT EVENT

Laughter is the Best Medicine

Laughter is so important for our mental health. Join us for this discussion-based workshop to explore the power of laughter on holistic wellbeing, laugh until our sides hurt and uncover new strategies to bring more joy, laughter and sense of purpose to your life.

Friday 11 October**When:** 11am–12.30pm**Where:** Sebastopol Library
181 Albert Street, Sebastopol**FREE EVENT****Enquiries:** 5335 7985**Bookings:** Required, book via Humanitix events.humanitix.com/host/ballaratllibraries**Monday 14 October****When:** 11am–12.30pm**Where:** Ballarat Library
178 Doveton Street, Ballarat Central**FREE EVENT****Enquiries:** 5338 6850**Bookings:** Required, book via Humanitix events.humanitix.com/host/ballaratllibraries

CITY OF BALLARAT EVENT

Powerful Pollinators

Join us to make a Native Bee B&B! Learn how you can support powerful pollinators in your backyard with Amanda Collins from Ballarat Beekeeping. Create and take home a Native Bee B&B, Hoverfly Lagoon and Pollinator Friendly Seed Bombs.

Thursday 10 October**When:** 10.30am–12pm**Where:** Ballarat Library
178 Doveton Street, Ballarat Central**FREE EVENT****Enquiries:** 5338 6850**Bookings:** Not required**Thursday 24 October****When:** 10.30am–12pm**Where:** Sebastopol Library
181 Albert Street, Sebastopol**FREE EVENT****Enquiries:** 5335 7985**Bookings:** Not required

CITY OF BALLARAT EVENT

Sebastopol Library Movie – Royal Wedding**Thursday 3 October**

A classic film from 1951 starring Fred Astaire and Jane Powell as a brother and sister dance team who perform at the royal wedding of Queen Elizabeth.

When: 1pm**Where:** Sebastopol Library
181 Albert Street, Sebastopol**FREE EVENT****Enquiries:** 5335 7985**Bookings:** Required, book via Humanitix events.humanitix.com/host/ballaratllibraries

CITY OF BALLARAT EVENT

Herbal Tea Tasting**Thursday 3 and 17 October**

Create your own signature tea blend! Join Amanda Collins from Backyard Beekeeping for this informative and tasty workshop where you will learn about tea and tisanes, and the art of brewing. Taste fresh and dried leaves, and flowers to take home your own signature tea blend in a reusable tea bag.

When: 10.30am–12pm**Where:** Ballarat Library
178 Doveton Street, Ballarat Central**FREE EVENT****Enquiries:** 5338 6850**Bookings:** Required, book via Humanitix events.humanitix.com/host/ballaratllibraries

CITY OF BALLARAT EVENT

The Magic of a Personal Vision Board**Thursday 24 October**

Join this hands-on workshop to explore the power of intention, purpose and the need for action to bring about change. You will create your own vision-board as a virtual representation of your hopes, dreams and intentions. Please bring along a photo that represents a powerful personal memory for you.

When: 11.30am–12.30pm**Where:** Ballarat Library
178 Doveton Street, Ballarat Central**FREE EVENT****Enquiries:** 5338 6850**Bookings:** Required, book via Humanitix events.humanitix.com/host/ballaratllibraries



CITY OF BALLARAT EVENT

All Ages Storytime and Tackling Ageism Competition Awards**Wednesday 23 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. Join us in congratulating our Award winners and enjoy the presentation of their creative works.

When: 4.30–6pm**Where:** Ballarat Library
178 Doveton Street, Ballarat Central**FREE EVENT****Enquiries:** Cathy 0428 485 450**Bookings:** Not required

Chair Cardio – Online Exercises with Carol

Tuesday 1 October

Want to improve your cardio fitness? Want to build leg strength while you're sitting down? Carol has a great seated cardio class for you, so you can work on your coordination and heart health all from your kitchen chair!

When: 9.30am

Where: Online

FREE EVENT

Enquiries: Carol 0411 246 741

Bookings: Register your interest via bit.ly/seniorsfest24

Author Talk with Fiona McIntosh

Wednesday 2 October

Fiona will be talking about her new book, *The Fallen Woman*.

The heart-stopping new historical adventure from the bestselling author of *The Sugar Palace*.

Set in the picturesque English countryside, in a forgotten orchard and beneath the ancient spire of Salisbury Cathedral, this is a heart-wrenching story about a woman who finds that in her darkest hour she can harness her greatest strength.

When: 6pm

Where: Ballarat Mechanics' Institute
117-119 Sturt Street, Ballarat

Cost: \$10

Enquiries: Mark 5331 3042

Bookings: Book via Humanitix
events.humanitix.com/fiona-mcintosh-bmi
Walk-ins welcome. Light refreshments served.

Come and Try: Croquet with the Ballarat Alexandra Croquet Club

Thursday 3 and 10 October

Free introductory sessions of instruction and play with coaches.

When: 10am-12pm

Where: Prince of Wales Park

FREE EVENT

Enquiries: David 0410 009 000 or Sue 0403 669 706

Bookings: Not required

Insight into the Work of Local Artisans

Thursday 3 and Sunday 13 October

The Crafts Council of Ballarat (who operate the Adam Lindsay Gordon Cottage) invite you to come and view our local artists and artisans at work.

When: 10am-4pm

Where: The Gatekeepers Cottage
Zoo Drive, Lake Wendouree

FREE EVENT

Enquiries: Keith 0419 202 705

Bookings: Not required

Wadawurrung Cultural Tour

Friday 4 October

Discover the deep Wadawurrung history of Ballarat on this immersive three-hour cultural tour. Join our Wadawurrung guides as we explore a series of significant sites, each a window into the deep cultural heritage of the region. Together we will delve into Wadawurrung stories and traditions and learn about the connection of Wadawurrung people to their ancestral land. This tour offers a unique opportunity to walk alongside and learn from Wadawurrung people on their Country. This tour will be followed by a light lunch at Perridak Arts.

Please note that this tour will require some walking. Please wear good walking shoes and dress appropriately for the weather.

When: 10am-2pm

Where: Meet at Perridak Arts
2/214 Mair Street, Ballarat

Cost: \$10

Enquiries: Ageing Well Services 5320 5719

Bookings: Book via Humanitix events.humanitix.com/wadawurrung-cultural-tour



Day Tours of the Ballarat Mechanics' Institute

Friday 4 October

A colourful history of the Ballarat Mechanics' Institute and its people. These tours are led by volunteer tour guides.

When: 10.30am, 12.30pm and 2.30pm

Where: Meet in the Lending Library - Ballarat Mechanics' Institute. 117-119 Sturt Street, Ballarat

Cost: \$10

Enquiries: Mark 5331 3042

Bookings: ballaratmi.org.au/important-festivals-dates/

CITY OF BALLARAT EVENT

Seniors Festival and Youth Services Weaving Workshop

Friday 4 October

Come along and learn weaving in an exclusive workshop with Jo from Nunkeri Kreation. Create a piece and share the experience with a special young person in your life aged 12-25. (Grandchild, niece/nephew/friend etc)

When: 11am-1pm

Where: Perridak Arts. 2/214 Mair Street, Ballarat

FREE EVENT

Enquiries: Suze Larmer 0438 553 478 or susanlarmer@ballarat.vic.gov.au

Bookings: Essential, book via Humanitix [events.humanitix.com/weaving-workshop-seniors-festival-and-youth-services/tickets](https://www.humanitix.com/weaving-workshop-seniors-festival-and-youth-services/tickets)

CITY OF BALLARAT EVENT

Ageing with Pride Social Group

Friday 4 October

Presented by the Ageing Well Services Community Connector team. Come and join us for the first monthly Ageing with Pride Social Group. Open to all of the over 55 pride community and their allies, the group provides a welcoming space to meet new friends, engage in some games and creativity and learn more about supports to age well in Ballarat.

When: 10am-12pm

Where: Ballarat Library
Doveton Street, Ballarat

FREE EVENT

Enquiries: 5320 5719 or communityconnector@ballarat.vic.gov.au

Bookings: Not required

Pickleball

Saturday 5 October

Pickleball is like table tennis but played on a badminton court with a lower net. Our main focus is on fun, friendship and hopefully lots of laughs.

When: 11.30am-1pm

Where: Ballarat High School Basketball Stadium
1726 Sturt Street, Ballarat

Cost: \$10 Pay at the door

Enquiries: Wendy 0458 372 906

Bookings: Book via text (preferred) to Wendy

Heartbeat Indoor Walking Group

Tuesday 8, 15, 22 and 29 October

Heartbeat Walking Group and Ballarat Badminton Association are collaborating to make safe, warm, indoor walking available to Ballarat residents, with the added plus of a cuppa after the walk.

When: 10am

Where: Ken Kay Badminton Stadium
407 Dowling Street, Wendouree

Cost: \$2 donation

Enquiries: Barry barry@heartbeatvictoria.org.au
or phone 0447 377 159

Bookings: Not required

CITY OF BALLARAT EVENT

Ballarat Animal Shelter Tour

Wednesday 9 October

Join us for a tour of the Ballarat Animal Shelter!

When: 2–3.30pm

Where: Ballarat Animal Shelter
5A Gillingham Place Alfredton. Free parking onsite

FREE EVENT

Enquiries: Ballarat Animal Shelter 5334 2075
or animalshelter@ballarat.vic.gov.au

Bookings: Not required

CITY OF BALLARAT EVENT

Ballarat Botanical Gardens Tour

Wednesday 9, 16 and 23 October

Explore the historical Ballarat Botanical Gardens on a special guided tour for the Ballarat Seniors Festival.

When: 1–1.45pm

Where: Meet at the Robert Clark Conservatory
Ballarat Botanical Gardens

FREE EVENT

Enquiries: Contact the Social Activities Team on
5320 5637 or socialconnections@ballarat.vic.gov.au

Bookings: Essential, book via Humanitix [events.humanitix.com/seniors-festival-botanic-gardens-tour](https://www.humanitix.com/seniors-festival-botanic-gardens-tour) or contact the Social Activities Team on 5320 5637 or email socialconnections@ballarat.vic.gov.au

Building Strength – Online Exercises with Carol

Wednesday 9 October

It's important to keep building and maintaining our muscle strength as we age, so we can keep doing all the things we want to. In this 30-minute exercise class, Carol will take you through a fun series of upper and lower body standing strength exercises to help you stay strong at home.

When: 10am

Where: Online

FREE EVENT

Enquiries: Carol 0411 246 741

Bookings: Register your interest via bit.ly/seniorsfest24

Twilight Talks | Discovering the lost men of Fromelles & Ballarat Connections

Wednesday 9 October

Lambis Englezos is a Greek-born, retired Art Teacher from Melbourne, with a “magnificent obsession” to find, recover, and honour Australia’s missing diggers from the Battle of Fromelles – an obsession that grew from meeting many returned diggers as a child growing up in Melbourne.

When: 5.30pm

Where: Ballarat Mechanics’ Institute
117–119 Sturt Street, Ballarat

Cost: \$8 for Seniors Festival attendees

Enquiries: Mark 5331 3042

Bookings: Essential, book via [ballaratmi.org.au/event/twilight-talks-lights-fromelles-ballarat-connections/](https://www.ballaratmi.org.au/event/twilight-talks-lights-fromelles-ballarat-connections/)



Walking Group

Wednesday 9, 16, 23 and 30 October

Join the Ballarat East Neighbourhood House for a relaxed walk from Barkly Square to Eureka Centre and back, along the Specimen Vale Creek trail.

When: 9.30-10.30am

Where: Barkly Square
25-39 Barkly Street, Ballarat East

Cost: Free

Enquiries: Sarah 0422 612 052

Bookings: Preferred, book via ballarateastnh.org.au/social-connection/walking-groups

Chatty Wednesdays

Wednesday 9, 16, 23 and 30 October

Take part in our Chatty Wednesdays session, where you can sit, have a cuppa and a chat with others from the local area. Tea and coffee supplies provided.

When: 10.30-11.30am

Where: Barkly Square
25-39 Barkly Street, Ballarat East

FREE EVENT

Enquiries: Sarah 0422 612 052

Bookings: Essential, book via ballarateastnh.org.au/social-connection/chatty-wednesdays

Open your Mind at U3A

Thursday 10 October

Open Your Mind to the Possibilities at U3A. Members will be displaying their creative work including artwork, mosaics, silver jewellery, paper crafts, quilts and so much more. Small music groups will be performing throughout the day to entertain and show what they have learned. We will also have demonstrations at several of the display tables.

When: 10am-4pm

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

Cost: Gold coin donation

Enquiries: 0431 859 315

Bookings: Not required



Rainbow Coffee

Thursday 10 October

If you are a member of the LGBTQIA + community, come and have a cuppa and cake at Lily's Cafe. Show your seniors card and you'll get a free cuppa and cake thanks to the generosity of the City of Ballarat.

When: 10am-12pm

Where: Lily's Cafe - Eureka Centre
102 Stawell Street, Eureka

FREE EVENT

Enquiries: Cheryl 0447 444 133

Bookings: Not required

CITY OF BALLARAT EVENT

Ballarat Town Hall Tours

Thursday 10 and 24 October

Hear about the secrets and stories of the Ballarat Town Hall during a special guided tour that will take visitors on a journey back in time through one of Ballarat's oldest buildings.

When: 10.30-11.30am

Where: Ballarat Town Hall - Visitor Information Centre. 225 Sturt Street, Ballarat Central

FREE EVENT

Enquiries: Contact the Social Activities Team on 5320 5637 or email socialconnections@ballarat.vic.gov.au

Bookings: Essential, book via Humanitix.com/ballar-at-town-hall-tours-seniors-festival

Come and Try: Community Gardening**Friday 11 and 18 October**

What's better than gardening alone? Gardening with your community! Drop into 'Our Garden' at Ballarat Neighbourhood Centre, to meet new people, get your hands dirty, and learn about growing fruit, veggies and herbs, from our knowledgeable and enthusiastic community garden coordinator Amanda Collins.

When: 9.30-11.30am**Where:** Ballarat Neighbourhood Centre
11 Tuppen Drive, Sebastopol**FREE EVENT****Enquiries:** 5329 3273**Come and Try: Lawn Bowls with the Learmonth Bowling Club****Friday 11 and 25 October**

An opportunity to have some fun and enjoy the sport of lawn bowls, where all equipment and coaching is provided.

When: 1pm**Where:** Learmonth Bowling Club
2 McKay Street, Learmonth**FREE EVENT****Enquiries:** Craig 0417 116 237**Bookings:** Not required**Seniors Spring Dance****Saturday 12 October**

Ballroom and New Vogue dancing. Cabaret style with tables set up. BYO supper or snacks. Tea and Coffee provided. Live band music. Mantel performing. All welcome.

When: 8-11.30pm**Where:** Brown Hill Public Hall
375 Humffray Street North, Brown Hill**Cost:** \$12**Enquiries:** Shirley 0408 935 354**Bookings:** Not required**Ballarat Rainbow and Allies Craft Group****Saturday 12 October**

Join Rainbow and Allies Craft group as they get together, share crafts and try something new. Open to all of the Rainbow community and friends! Participants of all ages and abilities welcome.

When: 11am-2pm**Where:** The Loft - Barkly Square
25-39 Barkly Street, Ballarat East**FREE EVENT****Enquiries:** Kit 0407 827 524**Bookings:** Not required**My Australia Art Exhibition****Saturday 12 October**

Hosted by Ballarat South Senior Citizens Club. Free tea and coffee provided. Presentations and acknowledgments from 1-2pm. Donations to the clubs "wishing well" for future events are welcome!

When: 11am-5.30pm**Where:** 600 Latrobe Street, Redan**FREE EVENT****Enquiries:** 5336 1544**Bookings:** Not required**Ballarat Fire Station Tour and Information Session****Saturday 12 October****Ballarat Fire Station Tours**

Tours will run at 11am, 1pm and 3pm including some history of the Ballarat Fire Brigade, current operational works and other information about the Brigade.

Fire Safety Information Sessions

20-30 minutes at 10.15am, 12.15pm and 2.15pm

When: 10am-4pm**Where:** Ballarat CFA Fire Station
20 Barkly Street, Ballarat East. Limited street parking available - ramp access available**FREE EVENT****Enquiries:** Georgia Cook 0466 875 409**Bookings:** Not required

Brown Hill Senior Citizens Club Bowls Bash

Monday 14 October

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

When: 1pm

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

FREE EVENT

Enquiries: Dianne 0428 379 979

Bookings: Not required

Picnic with the Ballarat Life Activities Club

Monday 14 October

Seniors are welcome to share in a picnic with the Ballarat Life Activities Club. Lunch provided!

When: 12.30pm

Where: Area next to the Apex Adventure Playground, Lake Wendouree

FREE EVENT

Enquiries: Geraldine 0408 473 788

Bookings: Not required

Come and Try: Croquet with the Ballarat Western Croquet Club

Tuesday 15 and Friday 18 October

Come and try croquet. It's easy to learn and fun to play.

When: 10am-12pm

Where: 204 Ripon Street South, Ballarat

FREE EVENT

Enquiries: Warren 0407 501 263

Bookings: Not required

The Sweeter Side of Life - Beekeeping

Tuesday 15 October

Beekeeping is a fascinating hobby for people wanting better pollination in their orchards, honey supplies, food security and producing by-products of the hive such as wax for furniture polish or lipbalm. We'll talk about the bee's life, the joys of beekeeping, seasonal activities and concerns in the current threats.

When: 3pm

Where: In the Sticks Cafe - Avalon Nursery
41 Kopkes Road, Haddon

FREE EVENT Coffee and Cake available for \$10

Enquiries: Jude 0400 025 770

Bookings: Preferred, book via email
porteousjude@hotmail.com

Come and Try: Walk Ball - netball where you're NOT allowed to run!

Tuesday 15 October

People who loved playing netball in their past are invited to use their catching, passing, shooting, defending skills on court without having to run!

When: 1-3pm

Where: Llanberris Reserve Ballarat
115 Barkly St Golden Point

FREE EVENT

Enquiries: Jo 0418 265 800

Bookings: Not required



Social Connections Open House**Tuesday 15 October**

Uniting AgeWell invites the community to the first Seniors Festival Social Connections Open House. Come along and enjoy a complimentary Devonshire tea while you EXPLORE ways to connect, participate and give back to your local community. ENGAGE with the volunteers and staff who are dedicated to facilitating our range of community-based programs including Volunteer Visiting, Chat –A-Ring and Community Transport and EVOLVE your knowledge and understanding through the afternoon's presentations and information sessions.

When: 1.30–3.30pm**Where:** Uniting AgeWell
42a Dyte Parade, Ballarat East**FREE EVENT****Enquiries:** Shanna 0461 462 102**Bookings:** Not required**Better Balance – online exercises with Carol****Tuesday 15 October**

Struggling with your balance? You can get better if you practice! Maintaining good balance is critical for maintaining a good life, so Carol is here with a 30-minute online exercise class dedicated to balance exercises that will help you improve coordination, flexibility, strength, and of course, your balance!

When: 9.30am**Where:** Online**FREE EVENT****Enquiries:** Carol 0411 246 741**Bookings:** Register your interest via bit.ly/seniorsfest24**Come and Try: Free Badminton, Pickleball and Floor Curling****Wednesday 16 October**

Ballarat Badminton is offering seniors a free come and try day for Badminton, Pickleball and Floor Curling. All sports are ideal for seniors as they are low impact and suitable for all skill and fitness levels!

When: 1–3pm**Where:** Ballarat Badminton Stadium
407 Dowling Street, Wendouree**FREE EVENT****Enquiries:** Rhonda 5339 4601**Bookings:** Not required**Come and Try: Textile Arts with Ballarat Spinners and Weavers****Wednesday 16 October**

Drop-in session for anyone interested in the Textile Arts. We will have demonstrations of spinning, weaving, felting and more!

When: 1–3.30pm**Where:** Robert Clark Horticultural Centre Meeting Room, Gillies Street North, Wendouree (Look out for the red spinning wheel!)**FREE EVENT****Enquiries:** Pauline 0438 856 290**Bookings:** Preferred, book by calling 0438 856 290 or email spinweave.ballarat@gmail.com

Seniors travel free!

Victorian Seniors Card holders can explore Melbourne and Regional Victoria with free travel from Sunday 6 October to Sunday 13 October 2024.

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



Twilight Talks | Lights Everlasting: Australia's commemorative stained glass, Boer War to Vietnam

Wednesday 16 October

Bronwyn Hughes focuses on commemorative stained glass—an overlooked art form—describing its rich artistic and architectural heritage and the artists and firms who created it.

Following Bronwyn's talk will be the screening of a documentary *Let the Light Shine*, which recently had its World Premiere at the David Williamson Theatre, Prahran.

This session will be a wonderful reflection, prior to Remembrance Day in November.

When: 5.30pm

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

Cost: \$8 for Seniors Festival attendees

Enquiries: Mark 5331 3042

Bookings: Essential, book via [ballaratmi.org.au/
event/twilight-talks-lights-everlasting/](http://ballaratmi.org.au/event/twilight-talks-lights-everlasting/)

Vintage Brass Band Concert

Thursday 17 October

The Vintage Brass Band will put on a concert for 1 hour playing current melodies, old time tunes and brass band marches.

When: 10-11.30am

Where: Ballarat City Brass Band, Band Room
212 Ripon Street South, Ballarat

Cost: Gold coin donations on entry

Enquiries: Christian 0429 314 363

Bookings: Not required

The Social Side of Rotary

Friday 18 October

Friday night drinks is a monthly social activity of our club. This event will provide an opportunity for people looking for volunteer activities within their community to come and meet members of our club in an informal and relaxed environment. If you are thinking of retirement (or are already there) volunteering provides a myriad of opportunities to use your skills and connect with like minded people. The Rotary Club of Wendouree breakfast is a vibrant, enthusiastic and friendly club of nearly 60 members. Come along and find out how you can be involved.

When: 5.30-7pm

Where: Lake View Hotel
22 Wendouree Parade, Lake Wendouree

FREE EVENT

Enquiries: Vicki 0418 143 366 or Kay 0419 154 300

Bookings: Contact Vicki or Kay

CITY OF BALLARAT EVENT

Into the Maw – Exhibition by Deborah Wood

Saturday 19 October – Sunday 8 December

Dr Deborah Wood (b.1955) is a New Zealand-born visual artist who has exhibited in both group and solo shows, in Melbourne and regionally, for 40 years. She attended art school in Christchurch, and has a BA in history, art history and literature, along with a PhD on women artists and self-portraiture.

Into the Maw was developed during her treatment at Ballarat's world class cancer centre, BRICC. Wood's intent was not to depict illness but to explore ways that the human mind can create a framework of meaning through imagination and magical thinking. The analogical depiction of medical treatment was fertile ground for the artist.

When: 10am-5pm daily

Where: Ballarat Art Gallery
40 Lydiard Street North, Ballarat

Wheelchairs are available and can be reserved for you by calling (03) 5320 5858 prior to your visit.

FREE EVENT

Enquiries: 5320 5858 or email
artgalleryfrontdesk@ballarat.vic.gov.au

Bookings: Not required



Suncatcher Making Workshop for Seniors, Family and Friends

Sunday 20 October

Come and make beaded suncatchers as part of the Ballarat Seniors Festival 2024.

You are invited to come along with your children, grandchildren, nieces and nephews, friends, or just yourself to take part in a calming and crafty afternoon.

Materials will be provided for each participant to create 2 beaded suncatchers.

When: 5.30pm

Where: Ballarat Library
178 Doveton Street North, Ballarat

Cost: \$30

Enquiries: Caitlyn 0437 913 067

Bookings: Essential, book via Humanitix [events.humanitix.com/seniors-family-and-friends-suncatcher-making-workshop-ballarat-seniors-festival-2024](https://www.humanitix.com/seniors-family-and-friends-suncatcher-making-workshop-ballarat-seniors-festival-2024)

Afternoon Tea with Sing Australia

Monday 21 October

Sing Australia is back once again to celebrate Seniors Month with a music concert at Ballarat Neighbourhood Centre. Join us for a fabulous afternoon of melodies, delicious scones with jam and cream, and tea and coffee.

When: 1.30pm

Where: Ballarat Neighbourhood Centre
11 Tuppen Drive, Sebastopol

Cost: Gold Coin donations on entry

Enquiries: 5329 3273

Bookings: Contact Ballarat Neighbourhood Centre

CITY OF BALLARAT EVENT

Victorian Seniors Festival Country Concert – Wendy Stapleton and the Swinging Sixties!

Tuesday 22 October

One of Australia's favourite artists, Wendy Stapleton, has a brand-new show, *The Swinging Sixties*, featuring a raft of fabulous songs from the great female artists of the Swinging Sixties. She'll sing through a songbook of hits from The Chiffons, The Ronettes, The Shirelles, Petula Clark, Lulu, Cilla Black, Dusty Springfield and more – presenting a show that promises to bring back great memories.

When: 11am

Where: Civic Hall, Mair Street Ballarat

Cost: \$5 plus booking fee

Enquiries: 5333 5888

Bookings: Essential, book via [BALLARAT.sales.ticketsearch.com/sales/salesevent/137940](https://www.ballarat.sales.ticketsearch.com/sales/salesevent/137940)

World's Biggest Seniors Exercise Class

Tuesday 22 October

Let's see how many seniors we can get together to take part in a 15–30-minute exercise class for all levels of ability. Maybe go for a Guinness World Record!

When: 10.30am

Where: Grassed area in front of the POW Memorial.
1A Carlton Street, Lake Wendouree

FREE EVENT

Enquiries: Geraldine 0408 473 788

Bookings: Not required

CITY OF BALLARAT EVENT

Ageless Play – Intergenerational Play

Tuesday 22 October

Children's Week and 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 Botanical Gardens, Gillies Street North,
Lake Wendouree

FREE EVENT

Enquiries: Cathy 0428 485 450

Bookings: Not required

Twilight Talks | Life So Full of Promise: Australia's Lost Generation – vivid stories

Wednesday 23 October

Life So Full of Promise: Further Biographies of Australia's Lost Generation won *The Age* Book of the Year Award. It follows *Farewell Dear People*, which won The Prime Minister's Prize for Australian History, and Ross's biography of Ballarat's own Pompey Elliott, which won multiple awards.

Life So Full of Promise features vivid stories about a popular doctor, a brilliant cricketer and a potential Prime Minister.

When: 5.30pm

Where: Ballarat Mechanics' Institute
117–119 Sturt Street, Ballarat

Cost: \$8 for Seniors Festival attendees

Enquiries: Mark 5331 3042

Bookings: Essential, book via [ballaratmi.org.au/
event/twilight-talks-life-so-full-of-promise/](https://ballaratmi.org.au/event/twilight-talks-life-so-full-of-promise/)



CITY OF BALLARAT EVENT

Intergenerational Mini Expo

Thursday 24 October

Come and Join our Ageing Well Services team and Invermay Primary School for some lunch and activities as we celebrate Seniors Festival and Children's Week.

When: 11am–2pm

Where: Invermay Hall
6–8 Muscatel Street, Invermay

FREE EVENT

Enquiries: 5320 5719 or
socialconnections@ballarat.vic.gov.au

Bookings: Not required

Online Dance Party – exercises with Carol

Friday 25 October

Looking to celebrate the end of another great Seniors Festival? Carol is going to get you moving and grooving in her dance party exercise class that will have you laughing as you step back in time to the days of disco and boot scootin'!

When: 10am

Where: Online

FREE EVENT

Enquiries: Carol 0411 246 741

Bookings: Register your interest via
bit.ly/seniorsfest24

CITY OF BALLARAT EVENT

Ballarat Art Gallery presents In Conversation with Dr Deborah Wood and Dr Catherine Barrett

Friday 25 October

Coinciding with Dr. Deborah Wood's Backspace Exhibition, *Into the Maw* (18/10-08/12), the Art Gallery of Ballarat is hosting an 'In Conversation event' over morning tea with artist, Deborah Wood, and Dr Catherine Barrett, Director and Founder of Celebrate Ageing (a charity combating ageism and building respect for older people). The pair will discuss the lack of older women being represented in media and art. Listen to Wood discuss the strengths of being an older woman artist and countering invisibility. As women often experience feelings of invisibility as they age, it is more important than ever to remain present in the public eye. Wood will also share her experiences as a female artist and some of the influential women who have inspired her practice..

When: 10am-12.30pm

Where: Ballarat Art Gallery
40 Lydiard Street North, Ballarat

FREE EVENT

Enquiries: 5320 5858

Bookings: artgalleryofballarat.com.au

Community Lunch

Friday 25 October

We warmly invite you to a community lunch at Ballarat Neighbourhood Centre. You can enjoy a wholesome two-course lunch, plus fresh fruit, tea and coffee and take-home bread. Bring your family and friends or come along and make some new ones!

When: 12pm

Where: Ballarat Neighbourhood Centre
11 Tuppen Drive, Sebastopol

Cost: \$15

Enquiries: 5329 3273

Bookings: To book, call the Ballarat Neighbourhood Centre on 5329 3273

Active Ageing Through Gardening Workshop

Friday 25 October

Join us for a 60-minute workshop focused on garden design and practices to help you continue to enjoy the benefits of gardening into your senior years. Your workshop host is Amanda Collins, therapeutic horticulturalist, home gardener, beekeeper, volunteer and community gardening advocate.

When: 1.30-2.30pm

Where: Ballarat Neighbourhood Centre
11 Tuppen Drive, Sebastopol

Cost: Gold coin donation

Enquiries: 5329 3273

Bookings: Preferred, call 5329 3273

Annual Senior Citizens Ball with Ballarat South Seniors Citizens Club

Friday 25 October

Come dressed in your finest and enjoy an evening of music, celebration and ballroom dancing. Free event, everyone welcome!

When: 7.30pm

Where: Invermay Hall
6-8 Muscatel Street, Invermay

FREE EVENT

Enquiries: 5336 1544

Bookings: Not required

Seniors Night – Gatsby Theme

Saturday 26 October

Come dressed up in 1950's gear. The Seniors Night will be a night to showcase the talents of our seniors. There will be a fashion Show to select the Senior of the Night, trivia questions, dancing and lots of entertainment. Light refreshment included.

When: 6pm

Where: Webbcona Bowling Club
996 Grevillea Road, Wendouree

Cost: \$10

Enquiries: Filipino Australian Association of Ballarat

Bookings: Send a message via [Filipino/Australian Association of Ballarat Inc. \(FAABI\)](#) | [Ballarat VIC](#) | [Facebook](#)



Annual Display Beauty of Nature by Ballarat Floral Art Group

Saturday 26 and Sunday 27 October

During the day, our beautiful arrangements will be on display and there will be floral demonstrations each afternoon. Our members will be available and happy to discuss any items or talk about what we do during the year.

When: 10am-4pm

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

Cost: \$10 includes tea/coffee & fresh baked scones

Enquiries: Susie 0416 147 242

Bookings: Not required

Uprising Cup - Commemorating Carboni and Lalor Italian Soccer and Gaelic Football match

Sunday 27 October

Both the Ballarat Italian Association and the Irish Association are proud to celebrate the relationship between Mr Raeffelo Carboni and Mr Peter Lalor who worked together against cultural barriers to bring the miners together and fight for the rights of the workers. Come and join us for a commemorative football match.

When: 11am-2pm

Where: Back Oval at Ballarat Regional Soccer Facility - 910 Pleasant Street South, Ballarat

Cost: \$10 | Over 65's and kids under 14yrs free

Enquiries: Yvette 0437 327 718

Bookings: To book, contact Yvette

Come and Try: with Victoria Bowling Club

Sunday 27 October

Learn the basics of Lawn Bowls.

When: 2-4pm

Where: Victoria Bowling Club Inc.
231 Victoria Street Ballarat

FREE EVENT

Enquiries: Alan 0437 369 423

Bookings: To book, contact Alan

Uncoordinated Queers Woovookarung Dementia and Sensory Walk

Sunday 27 October

Join the Uncoordinated Queers for a Sunday stroll. The Woovookarung Dementia trail is a nice gentle walk and is dog friendly on a leash. Bring a thermos and some snacks if you want to have a chat afterwards at the entrance.

When: 12pm

Where: Woovookarung Dementia and Sensory Trail - Located inside the park boundary, off Elsworth Street East/Katy Ryans Road, Canadian

FREE EVENT

Enquiries: Cheryl 0447 444 133

Bookings: Not required

Ballarat Memorial Concert Band Seniors Festival Performance Night

Wednesday 30 October

The Ballarat Memorial Concert Band has been performing for over 100 years. We are a large community-based band with a diverse group of players representing all ages. We play a wide variety of music, ranging from more traditional pieces to contemporary and popular, well-known numbers. Audience members are welcome to stay and chat with band members over some snacks/soft drinks/tea/coffee after the performance.

When: 7.30-8.30pm

Where: Wilkinson's Hall
109 Barkly Street, Ballarat East

FREE EVENT

Enquiries: Sarah 0421 161 420

Bookings: Not required

BRMC Welcome Morning Tea

Wednesday 30 October

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

When: 10.30am-12pm

Where: Welcome Centre - Barkly Square
25-39 Barkly Street, Ballarat

FREE EVENT

Enquiries: Hee Young 0491 066 247

Bookings: Not required

CITY OF BALLARAT EVENT

Wayapa Workshop

Thursday 31 October

Traditional First Nations Healing with Thaedra Frangos. Come and join us for a unique opportunity to participate in this workshop that is Wayapa Wuurrk, an earth mindfulness practice that connects individuals to nature and promotes wellbeing.

When: 11.30am-12.30pm

Where: Djila-tjarri Community Hub
18 Donegal Drive, Alfredton. Free parking onsite

Cost: \$10

Enquiries: Social Activities Team on 5320 5637 or email socialconnections@ballarat.vic.gov.au

Bookings: Via Humanitix - events.humanitix.com/wayapa-workshop-traditional-first-nations-healing-with-thaedra-frangos

Ballarat Spinners and Weavers Annual Exhibition

**Thursday 31 October
- Wednesday 4 November**

Showcase of Spinners and Weavers works throughout the year. Demonstrations of textile art methods and selected treasures available for sale!

When: 10am-3.30pm daily

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

FREE EVENT

Enquiries: Pauline 0438 856 290

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

City of Ballarat prioritises accessibility and inclusion at all City of Ballarat hosted events during the Festival. If you have specific requirements, contact Customer Service on 5320 5500. Please contact individual hosts and organisers for more specific accessibility information.

Free Public Transport

Victorian Seniors Card holders can explore Melbourne and Regional Victoria with free Festival travel from Sunday 6 October to Sunday 13 October 2024. Visit: seniorsonline.vic.gov.au/free-travel

Public Transport

Don't forget to check out your local bus network. With fully accessible, low floor buses, ramps on request, priority seating zones and support for travellers using mobility aids – catching the bus can be a relaxing way to travel to your chosen event. For bus routes and timetable information, go to: cdc.victoria.com.au

For V/Line train and coach information and timetables, go to: vline.com.au/Timetables/Train-coach-timetables

Feeling active?

Take in the area and explore the wonderful bike and pedestrian paths around Ballarat; by walking or cycling for all or part of the journey to your event. You can plan your journey via Google Maps: google.com/maps – just click on the blue 'Directions' arrow and select your starting point and destination.

Taxis

Ballarat Taxis 131 008
Eureka Taxis 1300 18 33 60
Silver Top Taxis 135 000
13Cabs Ballarat 13 22 27
Crown Cabs Ballarat 1300 121 314

Uber

Call 13-UBER (13 82 37) or visit uber.com/au/en/ride/assist/

Book online: m.uber.com or download the Uber app

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, your local library can help!



Ageism is not OK.
Join the campaign to end it.

Go to everyagecounts.org.au and pledge your support to **#ageism**

 @EveryAGECounts  @EveryAGECounts
 everyagecounts  everyagecounts

Proudly supported and funded by benevolent.org.au



Like to know more?

Victoria's largest seniors' festival is returning from 1–31 October 2024, with thousands of opportunities for older Victorians to take part in free and low-cost entertainment and events across the state.

Over 2,000 events celebrating older Victorians will be delivered by the Victorian Government, all 79 local councils, community and cultural organisations, and commercial partners.

Major events will include Celebration Day at Fed Square, the Melbourne Town Hall Dance, the Aged Care Tour and the Country Concerts.

The theme this year is – 'Explore. Engage. Evolve.' – encouraging older Victorians to stay curious and connected by exploring new activities, meeting new people, and changing how we think of ageing.



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 5500

✉ seniorsfestival@ballarat.vic.gov.au

🌐 ballaratseniorsfestival.com.au

f facebook.com/ageingwellballarat

**Victorian
Seniors
Festival
2024**

**EXPLORE.
ENGAGE.
EVOLVE.**

**CITY OF
BALLARAT** 

