

Victorian Seniors Festival 2024

Aqua Mild – Come and Try Day 2 October 2024

9.30am to 10.30am

Enjoy low impact water aerobics classes led by Aligned Leisure

Venue - Mildura Waves Aquatic & Leisure Centre 180-190 Deakin Avenue

Cost - Free

Phone - Jarrod Simmons on 03 5018 7500

Cuppa & Chat: Morning Tea at the Library

3 October 2024

10.30am to midday

Enjoy a social morning tea at the Red Cliffs Library where you can share stories and experiences.

Venue - Red Cliffs Library
Jamieson Avenue

Cost - Free

Phone - 03 5018 8366

Mildura Seniors Festival Opening Event

7 October 2024

10am to 2.30pm

Celebrate the opening of the 2024 Mildura Seniors Festival! Enjoy free admission, entertainment and refreshments as we celebrate our senior community.

Venue: Powerhouse Place

122 Hugh King Drive, Mildura

Cost - Free

Phone - 03 5018 8258

Queenie van Zandt in DIVA 8 October 2024

2pm to 4pm

Queenie van de Zandt stars in 'DIVA' a show that celebrates the power and beauty of the female voice through the songs of Barbara Streisand, Patti LuPone, Ella Fitzgerald, Aretha Franklin, Eva Cassidy and Joni Mitchell. Afternoon tea provided.

Venue - Mildura Arts Centre,
Cureton Avenue

Cost - \$5

Tickets: Available from milduraartscentre.com.au or by contacting 03 5018 8330.

Singing for Fun with U3A - Irymple Singing, Relaxation & Meditation, Movie Day

Singing

7, 14, 21, 28 October 2024

R&M

8 October 2024

Film Appreciation

11 and 18 October 2024

Singing 1.30pm to 3.30pm

R&M

1.15pm to 3pm

Film appreciation

1.15pm to 3.30pm

Come along and enjoy the social company of the U3A Singing group, Rest and Relaxation Mediation session and film appreciation events

Venue - Sunraysia Masonic Centre,
Fifteenth Street, Irymple

Cost - Free

Phone - Heather Gardiner on 0428 836 873 or email u3asunraysia@u3asunraysia.com.au

Walking Group Come & Try Session

**Every Tuesday and Thursday
throughout October 2024**

7.45am to 8.45am

Suitable for all ages and abilities. The Walking Group provides a great opportunity to meet socially and undertake gentle exercise. You are encouraged to walk at your own pace

Venue - Mildura Central Food Court,
Fifteenth Street

Cost - FREE

Phone - 03 5022 5444 for more information.

Morning Tea with Lower Murray Water

9 October 2024

10am to midday

Lower Murray Water will again host its morning tea. Hear from Bob and Helen Walton from The Chaffey Trail and members from the Sunraysia Orchid Club while enjoying a cup of tea and an array of sweet and savoury foods. This is a free event where we encourage seniors to attend and network with others.

Venue - Lower Murray Water, 741 to 759 Fourteenth Street

Cost - FREE

Phone - Nicolette Robson on 0477 955 639 or nicolette.robson@lmw.com.au

Devonshire Morning Tea in the Library

9 October 2024

10.30am to 12.30pm

Harp Tranquillity, with Glenda Underhill on the harp, accompanied by the talented Mike Oates on concertina, harmonica, and whistle will provide beautiful background music, making this Devonshire Morning Tea a truly special experience.

Venue - Mildura Library 180-190 Deakin Avenue

Cost - FREE

Phone - Book now by contacting 03 5018 8350.

Edible Perennials Workshop at the Library

9 October 2024

2pm to 3pm

Growing your own food is an increasingly popular and fulfilling activity. Come along and learn easy ways to grow popular edible perennials.

A complimentary afternoon tea will follow the workshop.

Venue - Merbein Library Main Avenue North

Cost - FREE

Phone - Book now by contacting 03 5018 8361.

Smooth Moves Come & Try 10 October 2024

15 minute classes starting at: 9:15am, 9:45am, 10:15am

Come and try a free, gentle chair-based exercise program focused on functional movement and improved mobility. Led by Sunraysia Community Health Services, sessions will run for 15 minutes. Light morning tea will be provided and there will be the opportunity to speak with staff from the SCHS team, including the Community Paramedics, about services we provide in the Merbein area.

Venue - Merbein Library Main Avenue North

Cost - FREE

Phone - Book now by contacting 03 5022 5444.

Chaffey Trail Rio Vista Guided Tour

11 October 2024

11am to midday

Join local historian Bob Walton as he host guests through the Chaffey residence.

Venue - Rio Vista, Hugh King Drive

Cost - FREE

Phone - Book now by contacting explore@thechaffeytrail.com.au or contact 0400 580 475.

Strong Movers - Come & Try Session

14 October 2024

11.30am to 12.30pm

Low impact fitness class designed to improve strength.

Venue - Mildura Waves Aquatic & Leisure Centre 180-190 Deakin Avenue

Cost - FREE

Phone - Book now by contacting 03 5018 7500.

Movie Matinee at the Library

16 October 2024

2pm to 4pm

Experience a delightful cinematic afternoon featuring a captivating movie, and enjoy some complimentary popcorn!

Venue - Merbein Library Main Avenue North

Cost - FREE

Phone - Book now by contacting 03 5018 8361



Scan the QR code or visit mildura.vic.gov.au/SeniorsFestival to find out more!

Carers Walk for Seniors

16 October 2024

9.45am for a 10am start

Join other carers of people with a disability, mental illness or an elderly person for a gentle stroll through the park. (Weather permitting) Complimentary morning tea supplied.

Venue - Bobby and Me,
Hugh King Drive, Mildura

Cost - FREE

Phone - Book now by contacting
03 5018 8240.

Smooth Moves Come & Try - Irymple

16 October 2024

**15 minute classes starting at:
10.30am and 11am**

Come and try a free, gentle chair-based exercise program focused on functional movement and improved mobility. Sessions will run for 15 minutes. Light morning tea will be provided and there will be the opportunity to speak with staff from the SOHS team, including the Community Paramedics, about services we provide in the Irymple area.

Venue - Irymple Multicultural
Seniors Citizens Centre,
2126 Fifteenth Street

Cost - FREE

Phone - Book now by contacting
03 5022 5444.

Come & Try Chair Yoga with Me

16 October 2024

2pm to 2.30pm

Come along and try a low-impact, chair-based yoga practice suitable for all fitness levels!

Venue - Mildura Library 180-190

Deakin Avenue

Cost - FREE

Phone - Book now by contacting
03 5018 8350.

Cuppa & Chat: Morning Tea at the Library

17 October 2024

10.30am to midday

Join a social morning tea at the Red Cliffs Library. Share stories and experiences over a cuppa.

Venue - Red Cliffs Library
Jamieson Avenue

Cost - FREE

Phone - Book now by contacting
03 5018 8361.

Turn Back Time - A historical adventure

17 October 2024

2pm to 4pm

Come along and view the wonderful displays and collections of the history of Merbein and District.

Venue - Merbein District Historical
Society Rooms 36 Box Street

Cost - FREE or donation

Phone - 0439 816 466

Wallis Cinema

18 October 2024

2pm to 4pm

Come along to a special matinee screening of the two-time Oscar

Award Winning 1945 classic National Velvet. \$5 ticket includes movie screening and ONE of the following refreshments: choc top, small coffee, small drink, or small popcorn.

Venue - Wallis Cinema
93 Deakin Avenue

Cost - \$5

Ticket - Bookings are essential.

Tickets to be collected from Wallis
Cinema Mildura

Phone - 03 5023 4452

Sunraysed Voices Choir Open Night

18 October 2024

5.50pm to 7pm

Come and sing the inclusive all ages-friendly community choir. No experience needed. Everyone welcome! SunRaysed Voices choir is a fully inclusive community choir open to all ages and abilities.

Venue - Sunraysia Community
Health Services - Activity Room
Thirteenth Street

Cost - FREE

Ticket - Bookings not required

Phone - 0420 939 229.

Seniors Pilates

21 October 2024

9.30am to 10.30am

30-minute exercise class focused on improving core strength, coordination, balance.

Venue - Massage and Move 5/76
Lime Avenue

Cost - FREE

Phone - Book now at 0407 054
027.



Elder Abuse Action Australia Community Consultation Workshop

Monday 21 October

9:30am – 12:30pm

Provide your opinion on how frontline workers can support older people experiencing elder abuse

Venue - Quest Mildura Apartment Hotel 115/119 Madden Avenue

Cost - FREE

Ticket - Visit <https://ticketing.humantix.com/tours/community-workshops> to learn more about sessions near you and register your interest.

Phone - 1800 960 026

The Carnegie Centre Open Day

**Every Monday, Wednesday
and Saturday for the month of
October**

10am to 3pm

Wander around the Centre, have a look at all the wonderful local history, talk to the volunteers and learn what else is on offer.

A historical movie on the history of Mildura will be shown at different times throughout the day.

Venue - Mildura District Historical Society and Mildura and District Genealogical Society, 74 Deakin Avenue

Cost - FREE or donation

Ticket - Bookings not required

Mildura Eco Village Tour & Cuppa

22 October 2024

10am to midday

Take a tour of the Mildura Eco Village and enjoy some morning tea

Venue - 15 Scherger Drive, Mildura

Cost - FREE

Ticket - Book now by emailing Nardia.baker@mildura.vic.gov.au

Henderson College - Stephanie Alexander Kitchen Garden

23 October 2024

10am to 11.30am

Come along to Henderson College and immerse yourself in the Stephanie Alexander Kitchen Garden program alongside students and staff. Explore the beautiful garden and enjoy a light morning tea that students will freshly bake and serve.

Venue - Henderson College

Cost - FREE

Phone - Book now by contacting 03 5024 5192.

Seniors Music Jam Session 25 October 2024

1pm to 2.30pm

Participants can sing, dance, play an instrument or listen to a relaxed jam session led by a community music and music therapy team. BYP instrument or play one on hand! No experience necessary, just come and have some fun! The jam session will be followed by afternoon tea and a chat.

Venue - Sunraysia Arts and Learning Studios 198 Third Street, Merbein

Cost - FREE

Phone - Book now by contacting 0420 939 229.

Afternoon at the Movies

26 October 2024

2pm to 3pm

Come along and enjoy an afternoon at the movies as well as see the great display of historical memorabilia!

Venue - The Langtree Hall Museum 79 Walnut Avenue

Cost - \$6

Phone - Book now by contacting 0427 113 090.

Chaffey Trail Riverfront Ramble Guided Walking Tour

29 October 2024

10.30am to 11.30am

A guided walking tour along the Murray Riverfront by local historian Bob Walton highlighting sites of significance and the Rivers important role it has played in the towns history. The Ramble walking tour utilises the walking path and offers great accessibility options for those with mobility scooters, even prams to bring the grandkids along.

Venue - Mildura Riverfront Hugh King Drive

Cost - FREE

Phone - Book now by contacting 0400 580 475 or email explore@thechaffeytrail.com.au

Garden Corner with Jodie

30 October 2024

10am to 11am

From plant cuttings to growing roots and planting – everything will be covered.

Learn how to establish plants without soil in a glass with water, before transferring them to the ground.

Venue - Bunnings Mildura DIY Area 639-665 Fifteenth Street

Cost - FREE

Phone - Book now by contacting 03 5018 5800.

Mallee Family Care – Planning for the future and SCAMS session

30 October 2024

1pm to 2pm

Learn about planning for the future, Power of Attorney and Scams.

Venue - Mildura Senior Citizens Club, Tenth Street, Mildura

Cost - FREE

Phone - Bookings not required

Mildura Central Shopping Centre events

Paint Terracotta Pots

10 October 2024

10am to 1pm

Get your craft on while enjoying light refreshments at Mildura Central!

FREE - Bookings not required.

Contact 03 5023 7177 for more information

Mosaic or Ceramic

Trinket Trays

11 October 2024

10am to 1pm

Get your craft on while enjoying light refreshments at Mildura Central!

FREE - Bookings not required.

Contact 03 5023 7177 for more information

Suncatchers

12 October 2024

10am to 1pm

Get your craft on while enjoying light refreshments at Mildura Central!

FREE - Bookings not required.

Contact 03 5023 7177 for more information

Mallee Track events

Ten Treasures from the

Archives - Guided Tour

11 October 2024

9.30am to 4pm

The story behind Ten Treasures from the archives have been researched - these treasures will be on display. A guided tour of the courthouse can be undertaken.

Venue - Old Ouyen Courthouse

Cost - FREE

Phone - Contact 03 5092 1763 for more information.

The Roxy

13 October 2024

2pm to 3.30pm

Enjoy a classic movie screening at the iconic, beautifully restored Roxy Community Theatre.

Venue - The Roxy Theatre

19 Oke Street

Cost - FREE

Phone - Book now by contacting 0448 922 346.

Cinema at the Library

17 October 2024

10.30am to 12.30pm

Experience a delightful cinematic morning featuring a captivating movie and enjoy a complimentary morning tea.

Venue - Ouyen Library

79 Oke Street

Cost - FREE

Phone - Book now by contacting 03 5018 8600



Scan the QR code or visit mildura.vic.gov.au/SeniorsFestival to find out more!

Online events

Chair Cardio - Online Exercises

1 October 2024

9.30am to 10am

Want to improve your cardio fitness? Want to build leg strength while you're sitting down?

Join this seated cardio class, and work on your coordination and heart health all from your kitchen chair! This class is aimed at anyone who wants to improve their health and boost energy levels, and includes time to chat with Carol before and after class.

Class is completely free, and you just need to bring along your chair!

Cost - FREE

Register - Register online at www.bit.ly/seniorsfest24

Building Strength - Online Exercises

9 October 2024

10am to 10.30am

In this 30-minute exercise class Carol will take you through a series of upper and lower body standing dumbbell exercises to help you stay strong at home.

This class is aimed at anyone who wants to improve their strength and energy levels, and includes time to chat with Carol before and after the class.

Class is completely free, and you just need to bring along your dumbbells!

Cost - FREE

Register - Register online at www.bit.ly/seniorsfest25

Better Balance - Online Exercises

15 October 2024

9.30am to 10am

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!

This class is aimed at anyone who wants to improve their health and boost energy levels, and includes time to chat with Carol before and after class. Come exercise and you'll get a bonus Balance Exercise card you can print off and exercise with at home.

Cost - FREE

Register - Register now at www.bit.ly/seniorsfest26

Disco Dance - Online Exercises

25 October 2024

10am to 10.30am

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'! This class is aimed at anyone who wants to improve their health and boost energy levels, and includes time to chat with Carol before and after class.

Cost - FREE

Register - Register now at www.bit.ly/seniorsfest27