

Victorian Seniors Festival 2023

Events in Colac Otway

Morning Tea at Beeac

TUESDAY 3 OCTOBER AT 10.30AM

VENUE: Hesse Rural Health Centre, 31 Lang Street, Beeac

Come along and enjoy a free morning tea at Beeac, stay for the Social Support activity post morning tea as a free "come and try an event".

Bookings essential, Phone 5232 9420



Afternoon Tea at Apollo Bay – for Seniors in Apollo Bay and Forrest

THURSDAY 5 OCTOBER FROM 1PM TO 3.30PM

VENUE: Wildlife Wonders – 475 Great Ocean Road, Apollo Bay

At this free afternoon tea, there will be:

- an overview of Barwon Community Legal Service and the range of legal services they provide.



- a short presentation from the Barwon Community Legal Service community engagement officer to outline the work of the BEAP (Barwon Elder Abuse Prevention) network and the community projects they have planned for 2024.

- a 'Legal Bingo' game around knowing your rights, facilitated by Barwon Community Legal Service lawyers, which will conclude with a Question and Answer session.

Barwon Community Legal Service will be available for one on one questions during the afternoon tea.

Transport will be available for Forrest residents wishing to attend the afternoon tea in Apollo Bay.

For more information and to book your place (bookings essential), please contact Peter, phone: 0419 591 605.

Morning Tea at Birregurra



TUESDAY 3 OCTOBER 2023 AT 10.30AM

VENUE: Birregurra Community Health Centre, 28-30 Strachan St

Come along and catch up with new and old likeminded people over a cuppa and a slice. Explore what is on offer at the Birregurra Community Health Centre.

Bookings essential, phone: 5236 4009 or 5236 2000 or **email:** kylie.edwards@cah.vic.gov.au

Free Morning and Afternoon Tea and Dancing

DROP IN OR STAY ALL DAY

FRIDAY 6 OCTOBER

VENUE: Kanyana Centre – 55 Hesse Street, Colac

Morning Tea – 10am

Enjoy morning tea with scones served at 10am

Dance the Afternoon Away – 1.30pm

Watch and enjoy or put on your dancing shoes

Afternoon Tea - 2.30pm

Enjoy a free afternoon tea

Bookings essential, phone: 5232 9420



Tai Chi and Qigong

WEDNESDAY 4 OCTOBER AT 1PM

VENUE: Memorial Square, Colac

Tai Chi and Qigong are Chinese martial arts practiced for self-defence training, health benefits and meditation.

U3A Colac Otway invites you to come along to have a go or just to have a look.

All seniors welcome



Walk into Seniors Week



FRIDAY 6 OCTOBER AT 9AM

VENUE: Meet at the Colac Botanic Gardens gate (don't be late!)

Meet up with friends and make new ones while you enjoy a stroll around Colac's beautiful Botanic Gardens.

Filipino Luncheon



SATURDAY 7 OCTOBER 12PM – 3PM

VENUE: St Johns Church, corner of Hesse and Pollack Streets, Colac

Enjoy traditional Filipino food, hear about the culture, and be entertained by Filipino dance and song

Bookings Essential

At the U3A Office: Kanyana (55 Hesse Street, Colac) Open Tuesday, Thursday and Friday 10am to 12pm.

Phone: 5231 4435

Cost: \$5.00