

Glenelg Shire Council

Seniors

Festival

October 2023



**Victorian
Seniors
Festival
2023**



**Victorian
Seniors
Festival**



PORTLAND ARTS CENTRE

PORTLAND
LEISURE AND AQUATIC CENTRE

October
3

**11.00am -
12.00pm**

Move and Stretch Class
Portland Leisure and Aquatic Centre



Move and Stretch is an active recovery class incorporating a series of movements and stretches, using a variety of equipment such as therabands and rollers. This class will help you with tightness and imbalances in your body and improve your recovery.

Bookings required, contact the centre on phone 5521 7174 or present to reception, to obtain a complimentary class.

October
4

**2.15pm -
3.15pm**

Strength and Balance Class
Portland Leisure and Aquatic Centre



Strength and Balance is a combination of strength training and basic movements to improve balance and flexibility.

Bookings required, contact the centre on phone 5521 7174 or present to reception, to obtain a complimentary class.

October
5

**11.30am -
2.00pm**

Art, Tea and Treasures
Dartmoor Bush Nursing Centre



Join us for an imaginary walk through the collections storeroom which holds the Glenelg Shire Cultural Collection!

Enjoy a cup of tea while you hear about Portland personalities such as Syd Cuffe, internationally renowned female artists and objects which form the identity of our Shire, then create your own artistic treasure.

Free program, light refreshments and all art materials provided. Bookings preferred, phone 5522 2265.

October

10

**10.30am -
12.00pm**



***Get Rhythm - A June Carter and Johnny
Cash Tribute
Portland Arts Centre***

Get Rhythm is the ultimate Johnny Cash and June Carter Tribute Show.

Husband and wife duo Mark and Joanne Caligiuri lead this fantastic show and together they celebrate the life, love and music of this beloved duo performing favourites such as Folsom Prison Blues, Ring of Fire and Walk the Line, as well as popular duets including Jackson and Long-Legged Guitar Pickin' Man.

This event is proudly presented by the Victorian State Government and Glenelg Shire Council as part of Seniors Festival 2023. Join us from 10:30am for a complimentary morning tea, with the performance commencing around 11:00am.

This is a free event, but bookings are essential as places are limited. If you have booked a place and are unable to attend, please let us know as soon as possible so we may release your tickets.

A complimentary bus service will run to and from Casterton via Heywood for those that need assistance with travel. Places are limited, and will be first-in best dressed. Please indicate when booking your show ticket if you will need a seat on the bus.

Bookings required, visit
www.portlandartscentre.com.au or phone 5522 2263 to book

October

12

7.30pm-
9.00pm



Double Feature ***Portland Arts Centre***

The surprise discovery of his mother's 1946 diary leads three-time Barry Award nominee Damian Callinan on a cinematic, romantic romp through post-war Melbourne. However, her diary poses more questions than it does answers.

With suitors lining up for 19-year-old Kathleen Purcell, will Jack Bowlen ever get the Canadian two step right? Will Ron Rogan keep his hands to himself? But most importantly for Damian's very existence, will she notice the dapper fly boy who has just returned from active service?

His mother's charming journal is hilariously contrasted with his father Adrian's retirement diary that bookends his parent's loving relationship and sadly, reveals the tragedy that brought it to an end. The creator and star of the Netflix hit film *The Merger* uses his powerful gift for storytelling to recast his parents in a funny and poignant double feature of love and loss.

Tickets \$25-\$35, visit www.portlandartscentre.com.au or phone 5522 2263 to book.

October
13

**2..00pm-
3.00pm**

***Digital Know How Sessions with U3A and
Glenelg Libraries
Portland Library***



Come along and improve your digital skills. Session 1 will teach you digital tips and tricks to help with phone storage, transferring photos and online security.

This program is provided by Glenelg Library in partnership with U3A Portland and supported by the Victorian Government Digital Literacy for Seniors program.

Free program, light refreshments provided. Bookings required, phone 5522 2265.

October
15

**5.00pm-
6.00pm**

***Body Balance Class
Portland Leisure and Aquatic Centre***



BodyBalance is a yoga-based class set to inspiring music, to improve body strength and alignment. You will bend and stretch your body through a series of yoga, and Pilates moves, that will leave you feeling centered and calm.

Bookings required, contact the centre on phone 5521 7174 or present to reception, to obtain a complimentary class.

October
17

**2..00pm-
3.00pm**

***Digital Know How Sessions with U3A and
Glenelg Libraries
Portland Library***



Come along and improve your digital skills. Session 2 will give you a broad overview of My Gov and other online services.

This program is provided by Glenelg Library in partnership with U3A Portland and supported by the Victorian Government Digital Literacy for Seniors program.

Free program, light refreshments provided. Bookings required, phone 5522 2265.

October

18

**10.00am-
11.00am**

***Aqua Fitness Class
Portland Leisure and Aquatic Centre***



Aqua is a fun low impact, intermediate full-body workout, to improve your cardio, strength, endurance, posture, and flexibility all at the same time. Suitable for all fitness levels

Bookings required, contact the centre on phone 5521 7174 or present to reception, to obtain a complimentary class.

October

19

**10.00am-
12.00pm**

***Art, Tea and Treasures
Merino Community Health Centre***



Join us for an imaginary walk through the collections storeroom which holds the Glenelg Shire Cultural Collection!

Enjoy a cup of tea while you hear about Portland personalities such as Syd Cuffe, internationally renowned female artists and objects which form the identity of our Shire, then create your own artistic treasure.

Free program, light refreshments and all art materials provided. Bookings preferred, phone 5522 2265.

October

19

**12.30pm -
2.30pm**

***Art, Tea and Treasures
Casterton Library***



Join us for an imaginary walk through the collections storeroom which holds the Glenelg Shire Cultural Collection!

Enjoy a cup of tea while you hear about Portland personalities such as Syd Cuffe, internationally renowned female artists and objects which form the identity of our Shire, then create your own artistic treasure.

Free program, light refreshments and all art materials provided. Bookings preferred, phone 5522 2265.

October

20

**11.00am-
12.00pm**

Mermaids Class
Portland Leisure and Aquatic Centre



Mermaids is a gentle aqua workout that utilises dumbbells and noodles. The class incorporates balance and mobility exercises while improving overall strength and fitness, in a zero-impact environment. Suitable for all abilities.

Bookings required, contact the centre on phone 5521 7174 or present to reception, to obtain a complimentary class.

October

20

**7.30pm-
9.30pm**



Roman Rudnytsky, Pianist
Portland Arts Centre

Internationally-renowned concert pianist, Roman Rudnytsky, returns to Australia for his 23rd tour in 23yrs to perform a magical repertoire of pieces designed to relax, engage and enthrall the audience including works by such as Beethoven, Debussy, Chopin, Schumann, Australian composer Neil Goodchild, and others.

Rudnytsky, a graduate of the Juilliard School in New York, with a Ukrainian background, has played concerts across the World in more than 100 countries. A prize winner in ten International and National piano competitions, including 2nd Prize in the International Leventritt Competition in New York, Roman has also been a soloist with many orchestras around the world, played countless concerts and conducted master classes for thousands.

Tickets \$20-\$30, visit www.portlandartscentre.com.au or phone 5522 2263 to book.

October
24

**2.00pm-
3.00pm**

***Digital Know How Sessions with U3A and
Glenelg Libraries
Portland Library***



Come along and improve your digital skills. Session 3 will give you skills in searching and booking services online.

This program is provided by Glenelg Library in partnership with U3A Portland and supported by the Victorian Government Digital Literacy for Seniors program.

Free program, light refreshments provided. Bookings required, phone 5522 2265.

October
24

**2.30pm-
4.30pm**

***Art, Tea and Treasures
Digby Memorial Hall***



Join us for an imaginary walk through the collections storeroom which holds the Glenelg Shire Cultural Collection!

Enjoy a cup of tea while you hear about Portland personalities such as Syd Cuffe, internationally renowned female artists and objects which form the identity of our Shire, then create your own watercolour artistic treasure.

Free program, light refreshments and all art materials provided. Bookings preferred, phone 5522 2265.

October

25

**11.00am-
12.00pm**

***Move and Stretch Class
Portland Leisure and Aquatic Centre***



Move and Stretch is an active recovery class incorporating a series of movements and stretches, using a variety of equipment such as therabands and rollers. This class will help you with tightness and imbalances in your body and improve your recovery.

Bookings required, contact the centre on phone 5521 7174 or present to reception, to obtain a complimentary class.

October

26

**5.00pm-
6.00pm**

***Mat Pilates Class
Portland Leisure and Aquatic Centre***



Mat Pilates is a class that will challenge your strength, flexibility, and coordination with traditional and contemporary PILATES exercises to improve control of your body, particularly of the core, and to experience positive body awareness.

Bookings required, contact the centre on phone 5521 7174 or present to reception, to obtain a complimentary class.

October

27

**11.00am-
1.00pm**

***Art, Tea and Treasures
Portland Arts Centre***



Join us for an imaginary walk through the collections storeroom which holds the Glenelg Shire Cultural Collection!

Enjoy a cup of tea while you hear about Portland personalities such as Syd Cuffe, internationally renowned female artists and objects which form the identity of our Shire, then create your own artistic treasure.

Free program, light refreshments and all art materials provided. Bookings preferred, phone 5522 2265.

October
31

**2.00pm-
3.00pm**

***Digital Know How Sessions with U3A and
Glenelg Libraries
Portland Library***



Come along and improve your digital skills. Session 4 will be an open session where you can ask anything digital related that you may need assistance with.

This program is provided by Glenelg Library in partnership with U3A Portland and supported by the Victorian Government Digital Literacy for Seniors program.

Free program, light refreshments provided. Bookings required, phone 5522 2265.

For the Month of October

FREE Entry - Maritime Discovery Centre

Enjoy free entry to the Maritime Discovery Centre for the month of October on presentation of a Seniors Card.

3RPC Programming

Tune into 3RPC on Tuesdays 12.00pm - 2.00pm and Fridays 2.00 - 4.00pm for special seniors music programs.



www.glenelglibraries.vic.gov.au
Phone: 03 5522 2265



PORTLAND **ARTS** CENTRE

www.portlandartscentre.com.au
Phone: 03 5522 2263



PORTLAND
LEISURE AND AQUATIC CENTRE

www.portlandleisurecentre.com.au
Phone: 03 5521 7174



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PORTLAND **ARTS** CENTRE