

Victorian Seniors Festival 2024



Greater Shepparton Seniors Festival 2024



Event Guide



Greater Shepparton **Event Guide** 2024

TUESDAY OCTOBER 1

Chair Cardio - Online Exercise with Carol 9.30am
Third Age Fitness | 0411 246 741
Registration via <https://bit.ly/seniorsfest24>

Australian Trivia 2pm
Mooroopna Education & Activity Centre
5825 1774
Bookings not required

How - Volunteer - Online Event 2pm
Elder Rights Advocacy | 0490 929 501
Bookings required

Ukulele performance by Uke3A 2.30pm
Goulburn Valley Libraries
Shepparton Library
Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

WEDNESDAY OCTOBER 2

Activities in the Park - Puff Walk for Seniors - Aquamoves 8am - 9am
Greater Shepparton City Council | 5832 9592
Bookings not required

Activities in the Park - Qigong for Seniors at Murchison Senior Citizens Centre 10am - 11am
Greater Shepparton City Council | 5832 9592
Bookings not required

Faraday, A Community Rediscovered with Author Robyn Howarth 3pm
Goulburn Valley Libraries | Dookie Memorial Hall
Bookings preferred 1300 374 765 or online
www.gvlibraries.com.au/events

THURSDAY OCTOBER 3

Come and See a Men's Shed in Action 10am - 1.30pm
Shepparton Men's Shed | 0458 380 357
Bookings not required

Seniors Look - See Tours at the Australian Botanical Gardens 10am & 1pm
Friends of the Australian Botanic Gardens Shepparton | 0401 394 361
Bookings required

Faraday, A Community Rediscovered with Author Robyn Howarth 10.30am
Goulburn Valley Libraries | Shepparton Library
Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

Craft & Coffee - Create your own unique embroidered gift tag 10.30am
Goulburn Valley Libraries | Tatura Library
Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

Music Memories in the Mechanics' Hall Tatura 1.30pm
Tatura Civic Hall | 0400 947 547
Bookings not required

Elder Rights Advocacy - Information Session at Mooroopna Education & Activity Centre 2pm
Elder Rights Advocacy | 0490 929 501
Bookings not required

Libraries After Dark - Board Games & More 6pm
Goulburn Valley Libraries | Shepparton Library
Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

Learn the Basics of Tai Chi 6.30pm
Goulburn Valley Libraries | Shepparton Library
Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

4 Ingredients MORE Diabetes with Author Kim McCosker 7pm
Goulburn Valley Libraries | Mooroopna Library
Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

FRIDAY OCTOBER 4

Open Day - Dookie Men's Shed 9am - 12pm
Dookie Men's Shed | 0458 380 357
Bookings not required

Get Creative with the Crochet Group 10am
Goulburn Valley Libraries | Mooroopna Library
Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

Yarn Over Yarn - Knitting and Crochet Group 10am
Goulburn Valley Libraries | Shepparton Library
Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

Faraday, A Community Rediscovered with Author Robyn Howarth 10.30am
Goulburn Valley Libraries | Tatura Library
Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

Connect with the Scrabble Group **1pm**
 Goulburn Valley Libraries | Mooroopna Library
 Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

Seniors Come and Try Croquet **12.15pm**
 Shepparton Croquet Club | 0434 011 970
 Bookings preferred

SATURDAY OCTOBER 5

Walk 'n Talk - Guided Tour of Murchison **10am - 11am**
 Murchison & District Historical Society
 0477 674 747
 Bookings required for groups of 10 or more

SUNDAY OCTOBER 6

Historical Walk & Talk at Shepparton Public Cemetery **11am - 12pm**
 Shepparton Public Cemetery Trust | 0455 998 222
 Bookings not required - sturdy walking shoes required

MONDAY OCTOBER 7

Activities in the Park - Yoga in the Queens Gardens Shepparton **10am - 11am**
 Greater Shepparton City Council | 5832 9592
 Bookings not required

Seniors Luncheon featuring The Splinters Band **12pm - 2pm** \$
 Toolamba Lions Club | 0439 907 157
 Bookings required

Movie Afternoon - Queen Bees (PG) **2.30pm**
 Goulburn Valley Libraries | Shepparton Library
 Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

TUESDAY OCTOBER 8

Digital Legacy: Navigating Your Digital Footprint and Assets Now and Beyond **10.30am**
 Goulburn Valley Libraries | Shepparton Library
 Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

Senior Men's BBQ **11.30am** \$
 South Shepparton Community Centre | 5821 6172
 Bookings required

Movie Time **2pm**
 Mooroopna Education & Activity Centre
 5825 1774
 Bookings preferred

Tally Sing-a-Long and Snack **2pm** \$
 Tallygaroopna Soldiers Memorial Hall Committee
 0438 577 040
 Bookings not required

Macrame Plant Hanger Workshop **2.30pm**
 Goulburn Valley Libraries | Shepparton Library
 Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

Friends of the Mooroopna Library Monthly Meeting **5pm**
 Goulburn Valley Libraries | Mooroopna Library
 Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

WEDNESDAY OCTOBER 9

Activities in the Park - Puff Walk for Seniors - Aquamoves **8am - 9am**
 Greater Shepparton City Council | 5832 9592
 Bookings not required

Walk 'n Talk - Guided Tour of Murchison **10am - 11am**
 Murchison & District Historical Society
 0477 674 747
 Bookings required for groups of 10 or more

Building Strength - Online Exercises with Carol **10am**
 Third Age Fitness | 0411 246 741
 Registration via <https://bit.ly/seniorsfest24>

Open Day - Come & See a Men's Shed in Action **2pm - 3.30pm**
 Shepparton East Men's Shed | 0458 380 357
 Bookings not required

Movie Afternoon - The Guernsey Literary & Potato Peel Society (M) **2pm**
 Goulburn Valley Libraries | Mooroopna Library
 Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

THURSDAY OCTOBER 10

Craft & Coffee - Create your masterpiece with yarn art **10.30am**
 Goulburn Valley Libraries | Mooroopna Library
 Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

Drumming up fun **2.30pm**
 Goulburn Valley Libraries | Tatura Library
 Bookings preferred call 1300 374 765 or online
www.gvlibraries.com.au/events

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Libraries After Dark - Board Games & More Goulburn Valley Libraries Shepparton Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	6pm
Movie Night - Senior Moment (M) Goulburn Valley Libraries Shepparton Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	6.30pm

FRIDAY OCTOBER 11

Get Creative with the Crochet Group Goulburn Valley Libraries Mooroopna Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	10am
Yarn Over Yarn - Knitting and Crochet Group Goulburn Valley Libraries Shepparton Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	10am
Seniors Come and Try Croquet Shepparton Croquet Club 0434 011 970 Bookings preferred	12.15pm
Connect with the Scrabble Group Goulburn Valley Libraries Mooroopna Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	1pm

SATURDAY OCTOBER 12

Walk 'n Talk - Guided Tour of Murchison Murchison & District Historical Society 0477 674 747 Bookings required for groups of 10 or more	10am - 11am
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SUNDAY OCTOBER 13

Bike Path Adventures - Starts at Picnic tables opposite the All Abilities Playground on Tom Collins Drive Greater Shepparton Bicycle Users Group 0402 313 867 or 0419 130 719 Bookings required	9am -1pm
Activities in the Park - Chakra Dance with Robin - Kidstown Greater Shepparton City Council 5832 9592 Bookings not required	11am - 12pm

MONDAY OCTOBER 14

Activities in the Park - Yoga in the Queens Gardens Shepparton Greater Shepparton City Council 5832 9592 Bookings not required	10am - 11am
Life Experience - Reflect on your own experience Mooroopna Education & Activity Centre 5825 1774 Bookings required	10am \$
Get Online Week - eBooks, eAudiobooks & streaming Goulburn Valley Libraries Shepparton Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	2.30pm

TUESDAY OCTOBER 15

Better Balance - Online Exercises with Carol Third Age Fitness 0411 246 741 Registration via https://bit.ly/seniorsfest24	9.30am
Movie Afternoon - Never Too Late (M) Goulburn Valley Libraries Shepparton Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	2.30pm

WEDNESDAY OCTOBER 16

Activities in the Park - Puff Walk for Seniors - Aquamoves Greater Shepparton City Council 5832 9592 Bookings not required	8am - 9am
Walk 'n Talk - Guided Tour of Murchison Murchison & District Historical Society 0477 674 747 Bookings required for groups of 10 or more	10am - 11am
Activities in the Park - Yoga at Murchison Senior Citizens Centre Greater Shepparton City Council 5832 9592 Bookings not required	10am - 11am
Craft & Coffee - Turn scrap yarn into a woven bookmark Goulburn Valley Libraries Shepparton Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	10.30am
Dementia Australia Track and Chat walking group - Lakeside walking track Shepparton Dementia Australia 0408 705 176 Bookings required	Monthly event (3rd Wed)

THURSDAY OCTOBER 17

Shepparton Seniors Forum Eureka Shepparton Village 5821 7405 Please contact Jodie Garner for attendance and expressions of interest	9am - 11am
Seniors Look - See Tours at the Australian Botanical Gardens Friends of the Australian Botanic Gardens Shepparton 0401 394 361 Bookings required	10am & 1pm
Card making over a cuppa Goulburn Valley Libraries Tatura Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	10.30am
Movie Afternoon - The World's Fastest Indian (PG) Goulburn Valley Libraries Mooroopna Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	2pm
Libraries After Dark - Board Games & More Goulburn Valley Libraries Shepparton Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	6pm
Libraries After Dark - Turn scrap yarn into a woven bookmark Goulburn Valley Libraries Shepparton Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	6.30pm

FRIDAY OCTOBER 18

Get creative with the Crochet Group Goulburn Valley Libraries Mooroopna Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	10am
Yarn Over Yarn - Knitting and Crochet Group Goulburn Valley Libraries Shepparton Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	10am
Seniors Come and Try Croquet Shepparton Croquet Club 0434 011 970 Bookings preferred	12.15pm \$
Connect with the Scrabble Group Goulburn Valley Libraries Mooroopna Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	1pm

SATURDAY OCTOBER 19

Walk 'n Talk - Guided Tour of Murchison Murchison & District Historical Society 0477 674 747 Bookings required for groups of 10 or more	10am - 11am
Shepparton and District Repair Workshop and BBQ - BYO items for repair Shepparton Men's Shed 0458 380 357 Bookings not required	12pm - 2pm \$

SUNDAY OCTOBER 20

Friends of Mooroopna Library Plant and Book sale Goulburn Valley Libraries Mooroopna Library Bookings preferred 1300 374 765 or online www.gvlibraries.com.au/events	10am
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MONDAY OCTOBER 21

Activities in the Park - Yoga in the Queens Gardens Shepparton Greater Shepparton City Council 5832 9592 Bookings not required	10am - 11am
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TUESDAY OCTOBER 22

From Little Things... Goulburn Valley Tree Group Native Nursery Please text attendance First name and 'Seniors Festival' - 0400 059 765 before 14 October.	9am - 12pm
Open Day - Shepparton Lifeblood Donor Centre Australian Red Cross Lifeblood 0417 349 179 Bookings required via 0417 349 179 or email sxburns@redcrossblood.org.au	10.30am - 11.15am
Author Margaret Hickey speaks about her latest book The Creeper. Goulburn Valley Libraries Shepparton Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	2pm
Movie Afternoon - The Guernsey Literary & Potato Peel Society (M) Goulburn Valley Libraries Shepparton Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	2.30pm

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WEDNESDAY OCTOBER 23

Activities in the Park - Puff Walk for Seniors - Aquamoves Greater Shepparton City Council 5832 9592 Bookings not required	8am - 9am
Walk 'n Talk - Guided Tour of Murchison Murchison & District Historical Society 0477 674 747 Bookings required for groups of 10 or more	10am - 11am
Clay Turtle Crafting Mooroopna Education & Activity Centre 5825 1774 Bookings required, contact the MEAC Facebook page https://www.facebook.com/mooroopnahub/	10am
Open Day - A Men's Shed in Action Shepparton East Men's Shed 0458 380 357 Bookings not required	2pm - 3.30pm
Travel the World - A travel experience using virtual reality headset Goulburn Valley Libraries Mooroopna Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	2pm

THURSDAY OCTOBER 24

Open Day - A Men's Shed in Action Shepparton Men's Shed 0458 380 357 Bookings not required	10am - 1.30pm
Fashion Parade & Devonshire Tea By Black Pepper GV Health Extended Care Auxiliary Foundation Bookings required, call 0427 283 331 or 0427 283 331 – purchase tickets	1pm - 3pm \$
Libraries After Dark - Board Games & More Goulburn Valley Libraries Shepparton Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	6pm
Connecting with the Past - A Guide - State Library Victoria Family History Resources Goulburn Valley Libraries Shepparton Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	6pm

FRIDAY OCTOBER 25

Open Day - Dookie Men's Shed Dookie Men's Shed Inc. Bookings not required	9am - 12pm
Dance Party - Exercises with Carol Third Age Fitness 0411 246 741 Registration via https://bit.ly/seniorsfest24	10am
Get Creative with the Crochet Group Goulburn Valley Libraries Mooroopna Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	10am
Yarn Over Yarn - Knitting and Crochet Group Goulburn Valley Libraries Shepparton Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	10am
Seniors Come and Try Croquet Shepparton Croquet Club 0434 011 970 Bookings preferred	12.15pm \$
Connect with the Scrabble Group Goulburn Valley Libraries Mooroopna Library Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events	1pm
Opportunity Shop Fashion Parade Shepparton Uniting Church Opportunity Shop 0455 998 222 Bookings not required	1.30pm - 3.30pm \$

SATURDAY OCTOBER 26

Breakfast with the Birds RiverConnect 5832 9493 Registrations via Humanitix https://events.humanitix.com/breakfast-with-the-birds-2024 Call 5832 9493 if you have dietary requirements.	8am - 10am
Walk 'n Talk - Guided Tour of Murchison Murchison & District Historical Society 0477 674 747 Bookings required for groups of 10 or more	10am - 11am
St Augustine's Fete Shepparton St Augustine's Church 0408 576 826 Bookings not required.	10am - 3.30pm
Activities in the Park - Labyrinth Walk at Stuart Reserve Shepparton Greater Shepparton City Council 5832 9592 Bookings not required	3pm - 4pm

SUNDAY OCTOBER 27

Afternoon Melodies with Shepp Sings! 2pm
\$
Rodney Park Retirement Village
Social Committee | 0429 801 456
Bookings not required

MONDAY OCTOBER 28

Activities in the Park - Qigong at Queens Gardens Shepparton 10am - 11am
Greater Shepparton City Council | 5832 9592
Bookings not required

Connecting with the Past - A Guide to State Library Victoria Family History Resources 2pm
Goulburn Valley Libraries | Shepparton Library
Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events

TUESDAY OCTOBER 29

From Little Things... 9am - 12pm
Goulburn Valley Tree Group Native Nursery
Please text attendance First name and 'Seniors Festival' - 0400 059 765 before 14 October.

An Early Melbourne Cup - Afternoon Devonshire Tea 1.30pm
\$
Mooroopna Education & Activity Centre
5825 1774
Bookings required by 23 October

How - Volunteer - Online Event 2pm
Elder Rights Advocacy | 0490 929 501
Bookings required

Ukulele performance by Uke3A 2.30pm
Goulburn Valley Libraries | Shepparton Library
Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events

WEDNESDAY OCTOBER 30

Activities in the Park - Puff Walk for Seniors - Aquamoves 8am - 9am
Greater Shepparton City Council | 5832 9592
Bookings not required

Walk 'n Talk - Guided Tour of Murchison 10am - 11am
Murchison & District Historical Society
0477 674 747
Bookings required for groups of 10 or more

Activities in the Park - Yoga at Murchison Senior Citizens Centre 10am - 11am
Greater Shepparton City Council | 5832 9592
Bookings not required

THURSDAY 31 OCTOBER

River Heritage Walk and Talk 10am - 11am
\$
RiverConnect | 5832 9714
Registrations via <https://events.humanitix.com/river-heritage-walk-and-talk-2024> or call 5832 9714

Brains, Games and Digital Devices - Safe games - play on your tablet or smartphone 10.30am
Goulburn Valley Libraries | Tatura Library
Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events

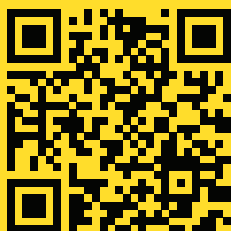
Libraries After Dark - Board Games & More 6pm
Goulburn Valley Libraries | Shepparton Library
Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events

Goulburn Valley Libraries Shepparton Library 6.30pm
Bookings preferred call 1300 374 765 or online www.gvlibraries.com.au/events



Victorian Seniors Festival 2024

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www.seniorsonline.vic.gov.au/festival