



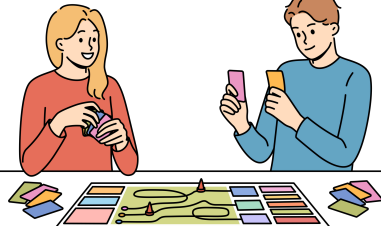













MON	TUE	WED	THU	FRI
Stawell Senior Citizens Club activities return in February	Stawell Neighbourhood House reopens Monday 5 th January	Stawell U3A Term 1 timetable starts Tuesday 3 rd February	<div>1</div> <div>Happy New Year!</div>	<div>2</div> <div>10am Stawell Library reopens today</div> <div>LIBRARY</div>
<div>5</div> <div> 10am Tai Chi (U3A & SNH) 10.30am Deep Lead Art Group (DL) Active Ageing (SSAC) 10.45am Gentle Aqua (SSAC) 2pm Chain Gang Crochet Group (SNH) 5pm Water Aerobics (SSAC) </div> <div>  </div>	<div>6</div> <div> 9am Stawell Men's Shed (SMS) Men's Golf Session (SGC) 10am Walking Group Cato Park (GCH) Rock up to Pickleball (SSAC) </div> <div>  </div>	<div>7</div> <div> 8.30am Goldfields' TOWN (SEN CIT) 9am Stawell Men's Shed Women's Golf & Bowls (SGC) 10.30am Active Ageing (SSAC) 1pm Social Sewing (SNH) 2pm How's it Going? Men's Group (LIB) 5pm Yoga (SSAC) 6.15pm Yoga with Kristin (SNH) 7pm CWA Social Craft Evening (LIB) </div> <div>  </div>	<div>8</div> <div> 9am Stawell Men's Shed 9 Hole Chicken Run (SGC) 10.45am Gentle Aqua (SSAC) 12pm Men's Bowls (SGC) 5pm Rock up to Pickleball (SSAC) 6pm Taekwondo (SEN CIT) 7pm Brass Band Practice (SBB) </div> <div>  </div>	<div>9</div> <div> 10.30am Active Ageing (SSAC) 2pm Fridays Boredom Busting Boardgames (SNH) </div> <div>  </div>
<div>12</div> <div> 10am Tai Chi (U3A & SNH) 10.30am Deep Lead Art Group (DL) Active Ageing (SSAC) 2pm Chain Gang Crochet Group (SNH) </div> <div>  </div>	<div>13</div> <div> 9am Stawell Men's Shed (SMS) Men's Golf Session (SGC) 10am Walking Group Cato Park (GCH) Rock up to Pickleball (SSAC) </div> <div>  </div>	<div>14</div> <div> 8.30am Goldfields' TOWN (SEN CIT) 9am Stawell Men's Shed Women's Golf Session (SGC) Women's Bowls (SGC) 10.30am Active Ageing (SSAC) 1pm Social Sewing (SNH) 6.15pm Yoga with Kristin (SNH) </div> <div>  </div>	<div>15</div> <div> 9am Stawell Men's Shed 9 Hole Chicken Run (SGC) 10.45am Gentle Aqua (SSAC) 12pm Men's Bowls (SGC) 5pm Rock up to Pickleball (SSAC) 6pm Taekwondo (SEN CIT) 7pm Brass Band Practice (SBB) </div> <div>  </div>	<div>16</div> <div> 10.30am Active Ageing (SSAC) NO CLASS TODAY 2pm Fridays Boredom Busting Boardgames (SNH) </div> <div>  </div>
<div>19</div> <div> 10am Tai Chi (U3A & SNH) 10.30am Deep Lead Art Group (DL) Active Ageing (SSAC) NO CLASS TODAY 10.45am Gentle Aqua (SSAC) NO CLASS TODAY 2pm Chain Gang Crochet Group (SNH) </div>	<div>20</div> <div> 9am Stawell Men's Shed (SMS) Men's Golf Session (SGC) 10am Walking Group Cato Park (GCH) Rock up to Pickleball (SSAC) </div> <div>  </div>	<div>21</div> <div> 8.30am Goldfields' TOWN (SEN CIT) 9am Stawell Men's Shed Women's Golf Session (SGC) Women's Bowls (SGC) 10.30am Active Ageing (SSAC) 1pm Social Sewing (SNH) 5.30PM Yoga (SSAC) 6.15pm Yoga with Kristin (SNH) </div> <div>  </div>	<div>22</div> <div> 9am Stawell Men's Shed 9 Hole Chicken Run (SGC) 10.45am Gentle Aqua (SSAC) 12pm Men's Bowls (SGC) 5pm Rock up to Pickleball (SSAC) 6pm Taekwondo (SEN CIT) 7pm Brass Band Practice (SBB) </div>	<div>23</div> <div> 10.30am Active Ageing (SSAC) 2pm Fridays Boredom Busting Boardgames (SNH) </div> <div>  </div>
<div>26</div> <div>  </div>	<div>27</div> <div> 9am Stawell Men's Shed (SMS) Men's Golf Session (SGC) 10am Walking Group Cato Park (GCH) Rock up to Pickleball (SSAC) </div> <div>  </div>	<div>28</div> <div> 8.30am Goldfields' TOWN (SEN CIT) 9am Stawell Men's Shed Women's Golf Session (SGC) Women's Bowls (SGC) 10.30am Active Ageing (SSAC) 1pm Social Sewing (SNH) 5.30pm Yoga (SSAC) 6.15pm Yoga with Kristin (SNH) </div>	<div>29</div> <div> 9am Stawell Men's Shed 9 Hole Chicken Run (SGC) 10.45am Gentle Aqua (SSAC) 12pm Men's Bowls (SGC) 5pm Rock up to Pickleball (SSAC) 6pm Taekwondo (SEN CIT) 7pm Brass Band Practice (SBB) </div>	<div>30</div> <div> 10.30am Active Ageing (SSAC) 2pm Fridays Boredom Busting Boardgames (SNH) </div> <div>  </div>

Thrive 50+

JANUARY 2025



Healthy Active Connected Empowered

SATURDAY	SUNDAY
3 9.30am -11.30am Rock up to Pickleball (SSAC) 12pm Meditation at Stawell Library Open Golf Competition (SGC)	4 2pm Grampians Writers Group (Great Western Community Space) 2.30pm Conversational English (SNH) Social Writers (LIB)
10 9.30am -11.30am Rock up to Pickleball (SSAC) 12pm Meditation at Stawell Library Open Golf Competition (SGC)	11 2pm Conversational English (SNH) 2.30pm Social Writers (LIB)
17 9.30am -11.30am Rock up to Pickleball (SSAC) 12pm Meditation at Stawell Library Open Golf Competition (SGC)	18 2pm Conversational English (SNH) 1pm Let's Dance Lesson (SSCC) 2pm Social Dance (SSCC) -4pm Social Writers (LIB) 2.30pm
24 9.30am -11.30am Rock up to Pickleball (SSAC) 12pm Meditation at Stawell Library Open Golf Competition (SGC)	25 2pm Conversational English (SNH) 2.30pm Social Writers (LIB)
31 9.30am -11.30am Rock up to Pickleball (SSAC) 12pm Meditation at Stawell Library Open Golf Competition (SGC)	

COMMUNITY PARAMEDIC CLINICS

Community Paramedic Clinic Returns to Navarre on Friday 12th February 2026 11am to 2pm

Community Paramedic Jacinta will be available to provide free health checks, assessments, support, referrals, and advice related to your health needs

This is a free drop-in service where we can provide support with your health and wellbeing

No appointments or referrals needed



GROUP/ORGANISATION/VENUE CONTACTS

SNH	Stawell Neighbourhood House	5358 3500
Sen Cit	Stawell Senior Citizens	44187702
SMS	SMC – Stawell Men's Shed	5358 2384
SSAC	Stawell Sport & Aquatic Centre	5358 0550
STH	Stawell Town Hall	5358 8700
LIB	Stawell Library	5358 1274
CWA	Country Women's Association	0422 504 460
U3A	University of the 3rd Age	0425 159 499
SHRC	SHRC – Stawell Harness Racing Club	5358 1237
	Stawell Golf Reef Ladies Probus Club	0429 145 257
AC	Anglican Church Stawell	5358 2031
SGC	Stawell Golf Club	5358 1492
DL	DL HALL – Deep Lead Hall	TBA
SBB	Stawell Brass Band Hall	stawellcitybrassband@gmail.com
	Grampians Writers Group	0408 556 097
GCH	Grampians Community Health	5358 87400

New! Lets' Dance

at Stawell Senior Citizens Club
Come learn to dance, beginners' lessons, Rock n Roll, Line Dance, Ballroom & Social Dance

3rd Sunday of the month commencing 18th January

Take a plate along to share for afternoon tea.

\$5 per person,
contact Rhonda 0438 150 738

COMING IN 2026

Seniors Rights Victoria
guest speaker Shelley returns to
Stawell Library on Tuesday 10th
February 2026 at 1pm to talk about
Housing options as you age
RSVP for catering purposes call
Lisa 5358 0510 or Stawell Library
53581274



Promoting opportunities. Protecting rights. For older Victorians.

