

Thrive 50+



Healthy Ageing Month of

JANUARY 2026

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	Happy New Year!	10am Stawell Library reopens today 2
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) 	5 9am Stawell Men's Shed (SMS) Men's Golf Session (SGC) Walking Group Cato Park (GCH) Rock up to Pickleball (SSAC) 	6 8.30am 9am Goldfields' TOWN (SEN CIT) Stawell Men's Shed Women's Golf & Bowls (SGC) Active Ageing (SSAC) 10.30am 1pm 2pm 5pm 6.15pm 7pm Social Sewing (SNH) How's it Going? Men's Group (LIB) Yoga (SSAC) Yoga with Kristin (SNH) CWA Social Craft Evening (LIB) 	7 9am Stawell Men's Shed 9 Hole Chicken Run (SGC) 10.45am 12pm 5pm 6pm 7pm Gentle Aqua (SSAC) Men's Bowls (SGC) Rock up to Pickleball (SSAC) Taekwondo (SEN CIT) Brass Band Practice (SBB) 	8 10.30am Active Ageing (SSAC) 2pm Fridays Boredom Busting Boardgames (SNH)
10am Tai Chi (U3A & SNH) 10.30am Deep Lead Art Group (DL) Active Ageing (SSAC) 2pm Chain Gang Crochet Group (SNH) 	12 9am Stawell Men's Shed (SMS) Men's Golf Session (SGC) Walking Group Cato Park (GCH) Rock up to Pickleball (SSAC) 	13 8.30am 9am Goldfields' TOWN (SEN CIT) Stawell Men's Shed Women's Golf Session (SGC) Women's Bowls (SGC) 10.30am 1pm 6.15pm Active Ageing (SSAC) Social Sewing (SNH) Yoga with Kristin (SNH) 	14 9am Stawell Men's Shed 9 Hole Chicken Run (SGC) 10.45am 12pm 5pm 6pm 7pm Gentle Aqua (SSAC) Men's Bowls (SGC) Rock up to Pickleball (SSAC) Taekwondo (SEN CIT) Brass Band Practice (SBB) 	15 10.30am Active Ageing (SSAC) NO CLASS TODAY 2pm Fridays Boredom Busting Boardgames (SNH)
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) 	19 9am Stawell Men's Shed (SMS) Men's Golf Session (SGC) Walking Group Cato Park (GCH) Rock up to Pickleball (SSAC) 	20 8.30am 9am Goldfields' TOWN (SEN CIT) Stawell Men's Shed Women's Golf Session (SGC) Women's Bowls (SGC) 10.30am 1pm 5.30PM 6.15pm Active Ageing (SSAC) Social Sewing (SNH) Yoga (SSAC) Yoga with Kristin (SNH) 	21 9am Stawell Men's Shed 9 Hole Chicken Run (SGC) 10.45am 12pm 5pm 6pm 7pm Gentle Aqua (SSAC) Men's Bowls (SGC) Rock up to Pickleball (SSAC) Taekwondo (SEN CIT) Brass Band Practice (SBB) 	22 10.30am Active Ageing (SSAC) 2pm Fridays Boredom Busting Boardgames (SNH)
Australia Day	26 9am Stawell Men's Shed (SMS) Men's Golf Session (SGC) Walking Group Cato Park (GCH) Rock up to Pickleball (SSAC) 	27 8.30am 9am Goldfields' TOWN (SEN CIT) Stawell Men's Shed Women's Golf Session (SGC) Women's Bowls (SGC) 10.30am 1pm 5.30pm 6.15pm Active Ageing (SSAC) Social Sewing (SNH) Yoga (SSAC) Yoga with Kristin (SNH) 	28 9am Stawell Men's Shed 9 Hole Chicken Run (SGC) 10.45am 12pm 5pm 6pm 7pm Gentle Aqua (SSAC) Men's Bowls (SGC) Rock up to Pickleball (SSAC) Taekwondo (SEN CIT) Brass Band Practice (SBB) 	29 10.30am Active Ageing (SSAC) 2pm Fridays Boredom Busting Boardgames (SNH)
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SATURDAY

9.30am Rock up to Pickleball (SSAC) -11.30am	3	2pm Grampians Writers Group (Great Western Community Space) 4 12pm Meditation at Stawell Library Open Golf Competition (SGC)
12pm Meditation at Stawell Library Open Golf Competition (SGC)		
9.30am Rock up to Pickleball (SSAC) -11.30am	10	2pm Conversational English (SNH) 11 12pm Meditation at Stawell Library Open Golf Competition (SGC)
12pm Meditation at Stawell Library Open Golf Competition (SGC)		
9.30am Rock up to Pickleball (SSAC) -11.30am	17	2pm Conversational English (SNH) 18 12pm Meditation at Stawell Library Open Golf Competition (SGC)
12pm Meditation at Stawell Library Open Golf Competition (SGC)		
9.30am Rock up to Pickleball (SSAC) -11.30am	24	2pm Conversational English (SNH) 25 12pm Meditation at Stawell Library Open Golf Competition (SGC)
12pm Meditation at Stawell Library Open Golf Competition (SGC)		
9.30am Rock up to Pickleball (SSAC) -11.30am	31	
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

