






MON	TUE	WED	THU	FRI
<p>Stawell Sports & Aquatic Centre FREE access for all Seniors to celebrate Seniors Month</p> <p>10.30am Active for Life 10.45am Gentle Aqua 11.30am Morning Tea 12.30pm Pool Access 1.30pm Gym Access Includes morning tea</p>	<p>Contact the Thrive 50+ Hub for more information or to contribute to the calendar.</p> <p>Stawell Thrive 50+ Hub is located at Stawell Library</p> <p>open Tuesday's & Thursday's 10am to 5pm and Wednesdays by appointment call 5358 0510</p>	<p>8.30am Goldfields' TOWN (SEN CIT) 1 9am Stawell Men's Shed (SM) Women's Golf Session (SGC) Women's Bowls (SGC)</p> <p>10am Cards for Fun (U3A) 10.30am Active Ageing (SSAC) 1pm Social Sewing (SNH) 2.30pm Ukulele (SEN CIT) 5pm Victoria Law Foundation Information Session (LIB) 6.15pm Yoga with Kristin (SNH) 7pm Indoor Carpet Bowls (SEN CIT)</p>	<p>9am Stawell Men's Shed 2 9am 9 Hole Chicken Run (SGC) 9.30am Beginners Line Dancing (SEN CIT) 10am Devonshire Morning Tea (AC) 10.30am Easy Intermediate Line Dancing (SEN CIT) 10.45am Gentle Aqua (SSAC) 12pm Men's Bowls (SGC) 2pm Ladies Cuppa Group (LIB) 5pm Rock up to Pickleball (SSAC) 6pm Taekwondo (SEN CIT) 7pm Brass Band Practice (SBB)</p>	<p>9am Device Advice (LIB) 3 10.30am Active Ageing (SSAC) 11.45am FIT 4 LIFE Chair based exercise 1pm Indoor Carpet Bowls (SEN CIT) 2pm Fridays Boredom Busting Boardgames (SNH)</p> 
<p>10am Tai Chi (U3A & SNH) 6 10.30am Deep Lead Art Group (DL) Active Ageing (SSAC) 10.45am Gentle Aqua (SSAC) 2pm Chain Gang Crochet Group (SNH)</p> 	<p>9am Stawell Men's Shed (SMS) 7 9am Men's Golf Session (SGC) 10am Walking Group Cato Park 10am Rock up to Pickleball (SSAC) U3A Art Class (STH) 1pm U3A Music Session (LIB) 1.30pm Yarn Group (SEN CIT) 6pm Taekwondo (SEN CIT)</p> 	<p>8.30am Goldfields' TOWN (SEN CIT) 8 9am Stawell Men's Shed Women's Golf & Bowls (SGC)</p> <p>10am Card's for fun (U3A) 10.30am Active Ageing (SSAC) 12pm Monthly Luncheon (SEN CIT) 1pm Social Sewing (SNH) 2pm How's it Going? Men's Group (LIB) 2.30pm Ukulele (SEN CIT) 6.15pm Yoga with Kristin (SNH) 7pm Indoor Carpet Bowls (SEN CIT) CWA Social Craft Evening (LIB)</p>	<p>9am Stawell Men's Shed 9 9am 9 Hole Chicken Run (SGC) 9.30am Beginners Line Dancing (SEN CIT) 10.30am Easy Intermediate Line Dancing (SEN CIT) 10.45am Gentle Aqua (SSAC) 12pm Men's Bowls (SGC) 3.30pm Raise Your Voice (LIB) - 7.30pm 5pm Rock up to Pickleball (SSAC) 6pm Taekwondo (SEN CIT) 7pm Brass Band Practice (SBB)</p>	<p>9am Device Advice (LIB) 10 10.30am Active Ageing (SSAC) 11am Community Paramedic at Navarre Public Hall 11.45am FIT 4 LIFE Chair based exercise (SEN CIT) 1pm Indoor Carpet Bowls (SEN CIT) 2pm Fridays Boredom Busting Boardgames (SNH)</p>
<p>10am Tai Chi (U3A & SNH) 13 10.30am Deep Lead Art Group (DL) Active for Life (SSAC) 10.45am Gentle Aqua (SSAC) 2pm Chain Gang Crochet Group (SNH) Hoy card game (Sen Cit)</p> 	<p>9am Stawell Men's Shed (SMS) 14 9am Men's Golf Session (SGC) 10am Walking Group Cato Park Rock up to Pickleball (SSAC) U3A Art Group (STH) 1pm U3A Christmas cards for Stawell Christmas Festival (LIB) 1.30pm Yarn Group (SEN CIT) 6pm Taekwondo (SEN CIT)</p>	<p>8.30am Goldfields' TOWN (SEN CIT) 15 9am Stawell Men's Shed Women's Golf Session (SGC) Women's Bowls (SGC)</p> <p>10am Card's for fun (U3A) 10.30am Active Ageing (SSAC) 1pm Social Sewing (SNH) 2.30pm Ukulele (SEN CIT) 6.15pm Yoga with Kristin (SNH) 7pm Indoor Carpet Bowls (SEN CIT)</p>	<p>9am Stawell Men's Shed 16 9am 9 Hole Chicken Run (SGC) 9.30am Beginners Line Dancing (SEN CIT) 10.30am Easy Intermediate Line Dancing (SEN CIT) 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)</p>	<p>9am Device Advice (LIB) 17 10.30am Active Ageing (SSAC) 11.45am FIT 4 LIFE Chair based exercise (SEN CIT) 1pm Indoor Carpet Bowls (SEN CIT) 2pm Fridays Boredom Busting Boardgames (SNH)</p>
<p>10am Tai Chi (U3A & SNH) 20 10.30am Deep Lead Art Group (DL) <u>FREE access Stawell Sports & Aquatic Centre</u> 10.30am Active for Life 10.45am Gentle Aqua 11.30am Morning Tea 12.30pm Pool Access 1.30pm Gym Access 2pm Chain Gang Crochet Group (SNH)</p>	<p>9am Stawell Men's Shed (SMS) 21 9am Men's Golf Session (SGC) 10am Walking Group Cato Park Rock up to Pickleball (SSAC) U3A Art Group (STH) 1pm U3A Planning Ahead Seniors Rights Australia - all welcome 1.30pm Yarn Group (SEN CIT) 6pm Taekwondo (SEN CIT)</p>	<p>8.30am Goldfields' TOWN (SEN CIT) 22 9am Stawell Men's Shed Women's Golf & Bowls (SGC)</p> <p>10am Card's for fun (U3A) 10.30am Active Ageing (SSAC) 1pm Social Sewing (SNH) 2pm Men's Cuppa Group LIB) 2.30pm Ukulele (SEN CIT) 6.15pm Yoga with Kristin (SNH) 7pm CWA monthly meeting (LIB) Indoor Carpet Bowls (SEN CIT)</p>	<p>9am Stawell Men's Shed 23 9am 9 Hole Chicken Run (SGC) 9.30am Beginners Line Dancing (SEN CIT) 10am Community Crafternoon (SNH) 10.30am Easy Intermediate Line Dancing (SEN CIT) 10.45am Gentle Aqua (SSAC) 12pm Men's Bowls (SGC) 3.30pm Raise Your Voice (LIB) 5pm Rock up to Pickleball (SSAC) 6pm Taekwondo (SEN CIT) 7pm Brass Band Practice (SBB)</p>	<p>9am Device Advice (LIB) 24 10.30am Active Ageing (SSAC) 11.30am U3A Lunch Ararat RSL 11.45am FIT 4 LIFE Chair based exercise (SEN CIT) 1pm Indoor Carpet Bowls (SEN CIT) 2pm Fridays Boredom Busting Boardgames (SNH) 8pm Old Time Dance (SEN CIT)</p>
<p>10am Tai Chi (U3A & SNH) 27 10.30am Deep Lead Art Group (DL) Active for Life (SSAC) 10.45am Gentle Aqua (SSAC) 2pm Chain Gang Crochet Group (SNH) Hoy card game (Sen Cit)</p> 	<p>9am Stawell Men's Shed (SMS) 28 9am Men's Golf Session (SGC) 10am Walking Group Cato Park Rock up to Pickleball (SSAC) U3A Art Group (STH) 1pm U3A Baby/Toddler photo Competition 1.30pm Yarn Group (SEN CIT) 6pm Taekwondo (SEN CIT)</p>	<p>8.30am Goldfields' TOWN (SEN CIT) 29 9am Stawell Men's Shed Women's Golf Session (SGC) Women's Bowls (SGC)</p> <p>10am Card's for fun (U3A) 10.30am Active Ageing (SSAC) 1pm Social Sewing (SNH) 2pm Men's Cuppa Group LIB) 2.30pm Ukulele (SEN CIT) 6.15pm Yoga with Kristin (SNH) 7pm Indoor Carpet Bowls (SEN CIT)</p>	<p>9am Stawell Men's Shed 30 9am 9 Hole Chicken Run (SGC) 9.30am Beginners Line Dancing (SEN CIT) 10am Community Crafternoon (SNH) 10.30am Easy Intermediate Line Dancing (SEN CIT) 10.45am Gentle Aqua (SSAC) 12pm Men's Bowls (SGC) 3.30pm Raise Your Voice (LIB) 5pm Rock up to Pickleball (SSAC) 6pm Taekwondo (SEN CIT) 7pm Brass Band Practice (SBB)</p>	<p>9am Device Advice (LIB) 31 10.30am Active Ageing (SSAC) 11.30am U3A Lunch Ararat RSL 11.45am FIT 4 LIFE Chair based exercise (SEN CIT) 12pm U3A Lunch at New Hong Kong 1pm Indoor Carpet Bowls (SEN CIT) 2pm Fridays Boredom Busting Boardgames (SNH) 8pm Old Time Dance (SEN CIT)</p>

Thrive 50+

OCTOBER 2025



Healthy Active Connected Empowered

SATURDAY

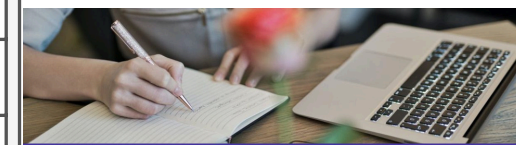
SUNDAY

9.30am -11.30am 12pm 12pm	Rock up to Pickleball (SSAC) Meditation at Stawell Library Open Golf Competition (SGC) Music Festival Halls Gap (Halls Gap Centenary Hall)	4	2pm 2.30pm	Grampians Writers Group (Great Western Community Space) Conversational English (SNH) Social Writers (LIB)	7
9.30am -11.30am 12pm	Rock up to Pickleball (SSAC) Meditation at Stawell Library Open Golf Competition (SGC)	11	2pm 2.30pm	Conversational English (SNH) Social Writers (LIB)	12
9.30am -11.30am 12pm	Rock up to Pickleball (SSAC) Meditation at Stawell Library Open Golf Competition (SGC)	18	2pm 2.30pm	Conversational English (SNH) Social Writers (LIB)	19
9.30am -11.30am 12pm	Rock up to Pickleball (SSAC) Meditation at Stawell Library Open Golf Competition (SGC)	25	2pm 2.30pm	Conversational English (SNH) Social Writers (LIB)	26

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

SPECIAL EVENTS



Planning Ahead

21

October 2025
1.00 pm

Where Stawell Library
7-9 Sloane Street, Stawell
RSVP Lisa Gillard on 5358 0510 or
healthy.ageing.hub@ngshire.vic.gov.au

This **free session** teaches the importance of formalising your wishes and protecting your rights, covering:

- Enduring Powers of Attorney
- Medical treatment decision making
- Advance care directive



If you or someone you know in Victoria is experiencing elder abuse, call our confidential helpline: **1300 368 821**

Coming up in October,
learn how to plan ahead for your
own wishes and rights to be
followed at any stage of life
RSVP 53580510

CP@clinic

Grampians
Community Health

Visiting
MARNOO



GCH
COMMUNITY
PARAMEDIC

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.

Free Community Event
Thursday, October 30, 2025
11am to 2pm
The Marnoo Hub
Park Street, Marnoo



For more information,
scan or call:
(03) 5358 7400.

LA TROBE
UNIVERSITY

McMaster
University

Family Medicine

RSVP

Contact Lisa Gillard or Kim Birthisel via:
healthy.ageing.hub@ngshire.vic.gov.au
Stawell: (03) 5358 0510 or St Arnaud: (03) 5358 8760

phn
VIC
Western Victoria
In Australian Government
www.phn.vic.gov.au

FUNDRAISER FASHION EVENT!

STAWELL
HOSPITAL
AUXILIARY



MAJOR
RAFFLE
DRAW

FASHION
PARADE

FRIDAY 10TH OCTOBER, 2025 | AT 7PM
ENTRY \$20 | INCLUDES SUPPER
POWERHOUSE | 42 SLOANE STREET, STAWELL

SPOTLIGHT

Stawell Gold Reef Ladies Probus are open to new members.
Ladies looking for something to do in retirement this
could be it!!!! Contact Elizabeth 0419 548 937

PROBUS
1 - 31 October 2025
Month



Probus is excited to be celebrating Probus Month this October!

This year's theme is **Reinvent your Retirement** and it's the perfect opportunity to connect, celebrate, and do something a little extra with your Club.



We invite anyone that is retired or semi-retired to find their local Probus Club today and make new friends, learn a new skill, and explore new interests and hobbies!

Visit www.probusouthpacific.org or call 1300 630 488.

Probus Month is proudly supported by:



Jacinta Read, Grampians
Community Health,
Community Paramedic is
holding two clinics in October,
Marnoo and Navarre. There
will be guest speakers at both
clinics. Come along to one or
both!



Visiting
NAVARRE

COMMUNITY
PARAMEDIC CLINIC

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, no appointments necessary.

and Guest Speakers
from Ambulance Victoria

Everyone is welcome to come along for the guest speakers and clinic

Friday, October 10, 2025
11am to 2pm
Navarre Public Hall, High Street, Navarre

