

Warrnambool – A Healthy City

Active Ageing

Being Active is Important!

As we get older, actively participating in the things that interest us is important for our wellbeing. It ensures we enjoy life as much as possible and also assists in maintaining independence and happiness.

Active Ageing means being engaged in 'life' and participating in social, economic, cultural, spiritual and civic activities, as well as being physically active.

Get Active in Warrnambool!

Warrnambool City Council supports initiatives that encourage people to be active, social and learn new things. Here are some that you might like to try:

Be Healthy, Be Physical

Social Cycling
Heart Foundation
Walking Groups
Strength Training
Heart Moves
Cooking Sessions
AquaLITE
AquaZumba

Be Social

Morning Coffee
Out to Lunch!
Social Mah-jong
and Scrabble
Movie afternoons
Volunteering
Billiards
Music/Concerts

Learn new things

Using technology
Computer &
iPad Classes
Knitting Group
CPR & First Aid
Gardening Club
Retirement
Planning

What's on at Archie?

"What's on at Archie" is a program of activities, ranging from social trips out and about, 'come and try' opportunities, arts & crafts groups, gardening, cooking, movies and a wide variety of information sessions. To make a booking phone 5559 4920. For more information or to sign up for monthly updates go to www.warrnambool.vic.gov.au/whats-archie

'Celebrate' Festival

Each October the Warrnambool community celebrates being young at heart through the Celebrate Festival. The week-long program gives people the opportunity to try free and affordable activities that encourage positive ageing.

What is Active Ageing

Learn new things

Be involved

Be physically active

Be social

Participate

Where to go to get active:

Archie Graham Community Centre
5559 4920

A community space equipped with a hydrotherapy pool, computer centre and community meeting rooms and a full program of activities each month.



Aquazone
559 4500

A community aquatic and leisure facility with indoor and outdoor heated pools, large gymnasium, spin bike studio and fitness programs.



ARC/Warrnambool Stadium
5559 4555

A fully equipped sports stadium with offering facilities for a range of sport and leisure activities.



Lighthouse Theatre
555 94 999

South west Victoria's premier cultural and entertainment venue. A beacon for drama, music, dance and comedy.



Volunteering Warrnambool
555 94 919

We can help find the right role for you to get involved.

For more information go to

www.warrnambool.vic.gov.au/thinking-about-volunteering

Walking & Cycling Maps
1800 637 725

The Rail trail is a 37km accessible walking/riding trail extending from Port Fairy to Warrnambool. The Foreshore Promenade is a 5.7km track stretching from the Breakwater to the Whale Nursery at Logan's Beach.

For more walking and cycling maps go to

www.eatwellbeactive.org.au/cycling-and-walking-maps

Planning for Active Ageing

Council is planning for the future to ensure Warrnambool people have many opportunities to participate in life – to be involved, learn new things and stay physically active- as they get older.

We are keen to hear from residents 55 years of age & older about the activities/ events they currently enjoy, gauge the community awareness of the opportunities to be active in the community and the things you would like to do that are currently not available.

Please take a few moments to answer these questions:

- a) What groups/ activities that encourage you to be active and connected do you currently participate in?
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- b) If you don't participate in any at the moment why not?
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- c) What do you think stops you or others you know to taking part in the opportunities that are available?
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- d) What other activities would you like to see available in Warrnambool for older residents?
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- e) What are should we keep in mind to make sure that new programs/activities are something you would like to and could be part of?
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A little about yourself:

1. **Gender:** Male **Age group:** 55 to 69 years
 Female 70- 79 years
 80 years or more

2. **Which response best applies to you? Please tick**

- I don't really get involved in community/group activities or events (ie rarely)
 I sometimes get involved in community /group activities or events (ie monthly)
 I regularly get involved in community/group activities or events (ie weekly)
 I am often involved in community/group activities or events (ie 3-5 times per week)