



“Community Based Activities”

Staying active and looking after your health is important to maintain wellbeing and independence

STAWELL





Activity:	Details:	
<p>Aqua Aerobics Gentle Aqua Aerobics for all levels of fitness.</p>	<p>Time: Day: Place: Cost: Contact:</p>	<p>10.00am - 11.00am Tuesday & Thursdays Stawell Leisure Complex \$3.65 03)5358 2430</p>
<p>Active for Life Perfect for women and men over 50 to exercise in a variety of non-threatening ways that promote fitness, friendship and fun.</p>	<p>Time: Day: Place: Cost: Contact:</p>	<p>10.00am -11.00am Monday Stawell Leisure Complex Gold Coin Donation 03)5358 7400</p>
<p>Tai Chi It helps to calm the mind, improve balance, increase bodily awareness, settle the nerves, increase self awareness and improve energy levels and general well being.</p>	<p>Time: Day: Place: Cost: Contact:</p>	<p>10.00am -11.00am Tuesday Stawell Neighbourhood House \$4.50 03)5358 3500</p>
<p>Table Tennis For all level of skills (no experience necessary and no obligation to play every week)</p>	<p>Time: Day: Place: Cost: Contact:</p>	<p>2.00pm-3.00pm Wednesday Stawell Neighbourhood House Free 03)5358 3500</p>
<p>Community Choir A community Choir is a gathering of people facilitated by a singing leader who sing!! They are a safe place to sing, without criticism, no solos; no training required just an opportunity to get with others for some fun.</p>	<p>Coming Soon-Watch this space</p>	<p><i>For more information:</i> 03)5352 6224</p>

Activity:	Details:	
<p>Healthy Weigh Program</p> <p>A program to improve your overall health and well-being providing you with tools to improve your quality of life, make you feel healthier, less tired and stressed have more energy as well as lose weight.</p>	<p>Time: Day: Place: Cost: Contact:</p>	<p>10.30am-11.30am Wednesday Stawell Neighbourhood House \$2.00 + \$10.00 start up fee 03)5358 3500</p>
<p>Tai Chi with U3A</p> <p>As above with Tai Chi, this group is specifically for older people and by being a member of U3A you will be entitled to be a part of all U3A activities.</p>	<p>Time: Day: Place: Cost: Contact:</p>	<p>10.00am -12.00noon Monday Stawell Salvation Army \$20.00 Annual Membership 03)5358 1231 (Val)</p>
<p>Yoga</p> <p>Yoga techniques release excessive build up of muscular, mental and emotional tensions, allowing you to become more relaxed, aware and dynamic.</p>	<p>Time: Day: Place:</p> <p>Time: Day: Place:</p> <p>Time: Day: Place:</p> <p>Time: Day: Place:</p> <p>Cost: Contact:</p>	<p>1.00pm—2.30pm Thursday Grampians Community Health Centre Or 7.00pm—8.30pm Monday Stawell West Primary School (Cooper Street) Or 7.00pm-8.30pm Wednesday Boroka Yoga Centre, Halls Gap Or 7.00pm-8.30pm Thursday Boroka Yoga Centre, Halls Gap</p> <p>\$75.00 per term 03)5358 7400</p>



Activity:	Details:	
<p>Stawell Senior Citizens Singing Group Join others in a sing along. No need to perform, can just come along and participate.</p>	<p>Time: Day: Place: Cost: Contact:</p>	<p>1.30pm—4.00pm Monday Stawell Senior Citizens, Victoria Street (next to Cato Park) Free 03)5358 1332—Edna 0428 300348—Jeanette</p>
<p>Indoor Bowls A social group that meet each week. Not necessary to have a high level of skill.</p>	<p>Time: Day: Place: Cost: Contact:</p>	<p>7.30pm Wednesday Or 1.30pm—4.30pm Friday Stawell Senior Citizens, Victoria Street (next to Cato Park) Free 03)5358 1332—Edna 0428 300348—Jeanette</p>
<p>Stawell Men's Shed An equipped workshop for men to go and either work on individual projects or group projects that benefit the community. An opportunity to learn new skills, share skills and socialise with others. Fully equipped and supervised workshops for men to tackle a number of Projects. Once a month special activities also available.</p>	<p>Time: Day: Place: Cost: Contact:</p>	<p>9.00am—4.00pm Tuesday, Wednesday, and Thursday Shed 8, 11 Smith Street (Rear of Dunn's Furniture) \$5.00 weekly or part thereof. Yearly memberships available. 03)5358 2793—Terry</p>



Activity:	Details:	
<p>Community Garden</p> <p>Community Gardens are places where people come together to grow fresh food, to learn, relax and make new friends. Have your own garden bed or share one with others and utilise shared</p>	<p>Time: Day: Place: Cost: Contact</p>	<p>TBA TBA O'Reagan Street (Behind Eventide Homes)</p>
<p>Taiko Drums</p> <p>Youth and other interested people are asked to join the Thursday night get togethers where you will learn how to make the Taiko drums. Once made participants will be trained in how to play them.</p>	<p>Time: Day: Place: Cost: Contact</p>	<p>6.00pm—7.00pm Thursday Stawell Neighbourhood House (Sloane Street) Free 03)53587400—Craig or Christine</p>
<p>Stawell Brass Band</p> <p>Interested people are invited to contact members or come along and be involved.</p>	<p>Time: Day: Place: Cost: Contact:</p>	<p>7.00pm—9.00pm Thursday Band Hall, Corner of Sloane and Wakeham Street, Stawell Free 03)5356 6352—John</p>
<p>Stride to Survive</p> <p>Strength based session that helps you understand correct weight lifting techniques. Suitable for all abilities.</p>	<p>Time: Day: Place: Cost: Contact:</p>	<p>10.30am Tuesday Planet Feelgood—London Rd, Stawell approx \$6 per session 03)5358 3930</p>



Activity:	Details:	
<p>Angling Club, Stawell & District</p> <p>This family orientated group meet each fortnight for an informal fishing competition on the week-end, with 4 trips a year to Portland as an option. Weigh in places advertised in the local paper.</p>	<p>Day:</p> <p>Place:</p> <p>Cost:</p> <p>Contact:</p>	<p>Saturday and Sunday September to June</p> <p>Varies</p> <p>Annual memberships:</p> <ul style="list-style-type: none"> • Family—\$30 • Individuals—\$15 <p>Concession prices available</p> <p>03)5358 4863 - Charlie or Helen</p>
<p>Friends of Grampians Gariwerd (FOGG)</p> <p>This group of volunteers work on a number of joint projects with Parks Victoria which promote the conservation, protection, and restoration of the Grampians National Park.</p>	<p>Day:</p> <p>Place:</p> <p>Cost:</p> <p>Contact:</p>	<p>Varies</p> <p>Varies</p> <p>\$10 Annual Membership</p> <p>03)5356 4679— Kathy McDonald</p>
<p>Cycling Club-Grampians Veterans Association</p> <p>If you enjoy road cycling, this club race each Sunday somewhere between Stawell and Ararat. Women must be aged over 30, while men must be over 35. A moderate level of fitness is required as the race is usually between 44—65 km. The races are handicapped and new members are welcome.</p>	<p>Time:</p> <p>Day:</p> <p>Place:</p> <p>Cost:</p> <p>Contact:</p>	<p>9.30am</p> <p>Sunday</p> <p>Vary contact Peter or check website. www.grampiansvets.com.au</p> <p>\$5 per race</p> <p>\$110 per year covers membership and insurance for racing and training.</p> <p>03)5358 4835 Peter info@grampiansvets.com.au</p>

“Other useful resources”

Activity:	Details:
<p>Walking Groups A variety of walking groups and walks are listed in the “Walk the Walk and Talk the Talk”</p>	<p>This resource is available from the GPPCP website www.grampianspyreneespcp.org.au or in hard copy by contacting PCP staff on 03)5352 6200.</p>
<p>Dancing Groups A variety of dancing groups are listed in the resource called “Dancing in the Northern Grampians and Ararat”</p>	<p>This resource is available from the GPPCP website www.grampianspyreneespcp.org.au or in hard copy by contacting PCP staff on 03)5352 6200.</p>
<p>Food for thought A guide to healthy eating in the Northern Grampians, Ararat Rural City and Pyrenees Shire. The guide was designed to make it easier for people to make a healthy choice when eating out.</p>	<p>This resource is available from the GPPCP website www.grampianspyreneespcp.org.au or in hard copy by contacting PCP staff on 03)5352 6200.</p>

A variety of walking groups and dancing options are also available. All the details of these groups are listed in the attached booklets "Walk the Walk and Talk the Talk" and "Dancing in the Northern Grampians and Ararat". These can also be downloaded or viewed from the Grampians Pyrenees Primary Care Partnership website www.grampianspyreneespcp.org.au



grampians pyrenees
pcp primary care partnership

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