

Grampians Pyrenees Primary Care Partnership

“Community Based Activities”



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

ARARAT



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Activity:	Details:	
Badminton	Time: Day: Place: Cost: Contact:	1.30pm - 3.00pm Monday Alexandra Hall \$2.50 per week + \$2.00 membership and \$1.00 racquet hire. 03)5352 1812
Singing (With Sing Australia)	Time: Day: Place: Cost: Contact:	7.30pm—9.30pm Monday Ararat West Uniting Church \$5.00 03)5352 2673 (work) 03)5352 3794 (home)
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.	Coming Soon-Watch this space	For more information: 03)5352 6224
Morning Melodies Once a month anyone can come and join others for a sing along at the RSL. There are song books available with over 500 song books.	Time: Day: Place: Cost: Contact:	10.30am Last Tuesday of month Ararat RSL (High Street) \$2.50 03)5334 2652
Low Impact Aerobics Activate is a low impact aerobic workout.	Time: Day: Place: Cost: Contact:	9.00am Wednesday Ararat YMCA \$4.50 03)5352 1064

“Other useful resources”

Activity:	Details:
Walking Groups A variety of walking groups and walks are listed in the “Walk the Walk and Talk the Talk”	This resource is available from the GPPCP website www.grampianspyreneespcp.org.au or in hard copy by contacting PCP staff on 03)5352 6200.
Dancing Groups A variety of dancing groups are listed in the resource called “Dancing in the Northern Grampians and Ararat”	This resource is available from the GPPCP website www.grampianspyreneespcp.org.au or in hard copy by contacting PCP staff on 03)5352 6200.
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.	This resource is available from the GPPCP website www.grampianspyreneespcp.org.au or in hard copy by contacting PCP staff on 03)5352 6200.

Activity:	Details:	
<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. These classes vary in the level of experience.</p>	<p>Day:</p> <p>Cost:</p> <p>Contact:</p> <p>Time:</p> <p>Place:</p> <p>Time:</p> <p>Place:</p> <p>Time:</p> <p>Place:</p>	<p>Tuesday</p> <p>\$75.00 per term</p> <p>03)5356 4325 satyak@netconnect.com.au</p> <p>1.30pm—2.45pm</p> <p>Ararat West Uniting Church (Banfield Street)</p> <p>Or</p> <p>6.00pm—7.15pm</p> <p>Ararat Primary School (Moore Street)</p> <p>Or</p> <p>7.30pm—9.00pm</p> <p>Ararat Primary School (Moore Street)</p>
<p>Tai Chi</p> <p>Tai Chi classes are provided in a safe, easy to learn and enjoyable program for people without prior knowledge of Tai Chi. The aim of the program is to improve health in general. Bookings are essential as there is currently a waiting list.</p>	<p>Time:</p> <p>Day:</p> <p>Place:</p> <p>Cost:</p> <p>Time:</p> <p>Day:</p> <p>Place:</p> <p>Cost:</p> <p>Contact:</p>	<p>10.30am</p> <p>Wednesday</p> <p>Senior Citizens</p> <p>\$2.50</p> <p>5.30pm</p> <p>Wednesday</p> <p>Ararat Day Centre</p> <p>\$8.00</p> <p>03)5352 9327 Anne Bookings essential</p>

Activity:	Details:	
<p>Living Longer, Living Stronger</p> <p>A resistance and cardio training program.</p>	<p>Time:</p> <p>Day:</p> <p>Place:</p> <p>Cost:</p> <p>Contact:</p>	<p>9.00am-12.00noon</p> <p>Fridays</p> <p>Ararat YMCA</p> <p>\$5.00</p> <p>03)5352 1064</p>
<p>Water Aerobics</p> <p>Aqua Groovers is water exercise for older participants. This class uses buoyancy equipment such as noodles and dumbbells.</p>	<p>Time:</p> <p>Day:</p> <p>Place:</p> <p>Cost:</p> <p>Contact:</p>	<p>9.30am-10.15am</p> <p>Tuesday & Thursday</p> <p>Ararat YMCA</p> <p>\$5.00</p> <p>03)5352 1064</p>
<p>Twilight Bowls</p> <p>A social group that meet once a week during daylight savings only. Due to start again in November.</p>	<p>Time:</p> <p>Day:</p> <p>Place:</p> <p>Cost:</p> <p>Contact:</p>	<p>6.00pm-8.30pm</p> <p>Wednesday</p> <p>Alexandra VRI Bowls Club (66 Girdlestone Street.)</p> <p>\$5.00 Includes sausage sizzle</p> <p>03)5352 3125</p>
<p>Indoor Bowls</p> <p>A social group that meet each week. Not necessary to have a high level of skill.</p>	<p>Time:</p> <p>Day:</p> <p>Place:</p> <p>Cost:</p> <p>Contact:</p>	<p>1.00pm—4.30pm</p> <p>Saturday</p> <p>St Andrews Uniting Church Hall, Barkly Street Ararat.</p> <p>\$2.00 + \$5.00 for membership</p> <p>03)5352 3726</p>
<p>Ladies Social Bike Group—Ararat</p> <p>This group meet each week for a moderate level bike ride followed by morning tea.</p>	<p>Time:</p> <p>Day:</p> <p>Place:</p> <p>Cost:</p> <p>Contact:</p>	<p>9.30am-12.00noon</p> <p>Monday</p> <p>Meet at rear of Town Hall</p> <p>\$3.00 per term</p> <p>03)5352 3842</p>

Activity:	Details:	
Ararat & District Woodies Club Monthly meetings are held on the last Thursday of every month at 7.30pm, No previous experience is required, but instruction would be given before any machinery is used. Visitors and new members most welcome.	Time: 2.00pm—4.00pm Day: Wednesday Place: Ararat Bowls Club (High Street) Cost: Membership \$10 Joining fee + \$35 annual fee, Juniors \$8.00 Contact: 03)5352 2034	
Ararat 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.	Time: 1.00pm—4.00pm Day: Tuesday and Thursday Place: Richardson Oval (old junior footy club rooms) Cost: Gold coin donation Contact: 03)5352 1206—Charlie	
Ararat Landcare Major projects are extending the walking track on Cemetery Creek, protecting remnant vegetation around Ararat, weed control on Crown Land and promoting education and awareness of local environmental issues, and some tree planting. New members of any age are always welcome.	Time: 7.30pm Day: First Monday of month Place: Shire Hall, Barkly Street (meetings only) Cost: Nil Contact: 03)5352 4160—Keith Activities happen at various times, please contact Keith for more information on how you can be involved.	

Activity:	Details:	
Taikwondo	Time: 6.30pm—8.30pm Day: Wednesday Place: Ararat Community College (Barkly Street) Cost: \$8 per session and \$45 Insurance Contact: 03)5352 4124	
Ararat Darts Association This A & B grade competition is a team sport and welcomes new teams, or individual interest.	Time: 7.30pm til late Day: Wednesday Place: Various pubs in Ararat Cost: \$3.00 Contact: 03)5352 4461	
Croquet	Time: 1.00pm—5.00pm Day: Tuesday & Saturday Place: Alexandra Croquet Club Cost: Free Contact: 03)5352 1235	
Ararat Musical Comedy Group An opportunity to be involved in different aspects of the musical comedy group including: onstage, backstage, set design, kitchen and costumes.	Time: Varies Day: Varies Place: Varies Cost: Varies Contact: 03)5352 1066—Dave 03)5352 2639—Leanne	