



# Knox Over 55s Zest4Life

May

Welcome to the Knox Over 55s Zest4Life program which aims to support people to remain active and socially connected within Knox through a mix of activities, training and events.

The activities in this guide are organized by community groups, community houses, local libraries and Knox City Council.

Things to note:

- Face-to-face opportunities are limited due to COVID safe guidelines and could be subject to change. Register early to avoid disappointment.
- Each venue is responsible for its own COVID safe plan, if you have any concerns or queries about this, please contact the organiser directly.

If you need any further information, then please contact 9298 8828.

## Movie Day – Senior Moment

Join us for a free screening of the movie, *Senior Moment* – an easy going opposites-attract romantic comedy starring William Shatner, Jean Smart and Christopher Lloyd.

Date: Thursday 19 May, 2022

Time: 1:00 pm check-in/finish 4:00 pm

Location: Knox Community Arts Centre, Cnr Mountain Hwy & Scoresby Rd, Bayswater

To book, please visit <https://www.stickytickets.com.au/xape6>

For more information, contact Sally Clark on 9298 8828 or [sally.clark@knox.vic.gov.au](mailto:sally.clark@knox.vic.gov.au)



## The Piano Men – the songs of Elton John and Billy Joel

The Piano Men is a celebration of the greatest songs of all time.

Featuring out of this world production and a full 7 - piece live showband, the show covers 2 sets of non-stop hits, starting with 60 minutes of Elton John, followed by 60 minutes of Billy Joel.

Date: Friday May 20, 2022

Time: 7:00 pm to 9:30 pm

Location: Knox Community Arts Centre, Cnr Mountain Hwy & Scoresby Rd, Bayswater

Cost: Adult - \$30 Concession - \$28 Group of 8 or more - \$26

For more information contact the events team on [knoxarts@knox.vic.gov.au](mailto:knoxarts@knox.vic.gov.au) or call 9729 7287

## Soup and Singing

Our Saviour's Lutheran Church invite you to come and enjoy a warm cup of soup, cake and coffee.

You can expect a day of great food, fellowship and singing – with guest artist, Geoff Walker, who'll share his passion for playing the didgeridoo and reciting the poetry of Banjo Paterson.

Date: Thursday 2 June

Time: 11.30 am to 2.30 pm

Location: Our Saviour's Lutheran Church, 646 Burwood Hwy, Knoxfield

While this is a free event, donations are welcome.

Bookings essential: places are limited so please RSVP two days before event to Judy on 0409 097 294 or [soupandsinging@gmail.com](mailto:soupandsinging@gmail.com)

## Come and play Pickleball

Pickleball is a paddle sport – with similarities to tennis, badminton and ping pong - that is easy to learn and enjoyed by many all over the world. It is a fun way to get fit and stay social and is suitable for either friendly games or competitions. An average session takes around 10 - 25 minutes, and can be played as both doubles or singles.

Date: Thursdays 10.00am – 2.00pm, from 28 April

Location: Rowville Community Centre, 40 Fulham Road, Rowville

Cost: \$5.50 per session

Contact: Reception on 9763 7400 or email: [rcc@knox.vic.gov.au](mailto:rcc@knox.vic.gov.au)

## Safe Driver

The VicRoads-funded safety awareness presentation for older road users covers how to keep older drivers safe and mobile; road rules; the effects of medication; strategies for safe mobility.

This free event is on: Friday 17<sup>th</sup> June from 1:30 pm – 2:30 pm

Location: Orana Neighbourhood House, 62 Coleman Road, Wantirna South

Bookings are essential: 9801 1895