



December

Knox Over 55s Zest4Life

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 flyer are organized by community groups, community houses, local libraries and Knox City Council.

- 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.

For more information on any of the following events, please contact 9298 8828.

Move Your Way – Art competition

It's time to get creative and show us your favourite way to move! Next year, we're starting Move Your Way - a 4 week program involving fun ways to get moving outdoors.

If you live, work, study or play in Knox, we are looking for you to create artwork to represent this great new program. Winning artworks will be used to promote the program and be displayed across Knox!

Prizes include a double pass to a Basketball Australia Boomers game and a disc golf starter kit, so don't miss out! Entries close December 12.

For more information and to download the template, visit www.knox.vic.gov.au/myw-art-comp



A Very Aussie Christmas

Australian Musical theatre's much-loved funny ladies, Sally Bourne and Susan Ann Walker, join forces to fire up the BBQ, pour the custard on the plum pudding and lead some Yuletide singalongs around the old 'goanna'.

Date: Tuesday 7 December 2021
Time: 11:00 am – 12:15 pm
Location: Knox Community Arts Centre, cnr Scoresby Rd and Mountain Hwy, Bayswater
Cost: Adult - \$20:00; Concession - \$18:00; Group of 6+: \$16 each
Bookings Phone: 9729 7287 or Online: knox.vic.gov.au/kcac

Movie Day – Jersey Boys

The story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960s rock group, *The Four Seasons*. A FREE event provided by the Knox Zest4Life Program.

Date: Friday 10 December 2021
Time: 1:30 pm start/finish 4:05 pm (Doors open @ 1:00 pm)
Location: Knox Community Arts Centre, cnr Scoresby Rd and Mountain Hwy, Bayswater
Book: <https://www.stickytickets.com.au/io9p6>

Christmas Card Workshop

Grab the opportunity to create some truly memorable Christmas cards at Coonara Community House, on Monday 13 Dec – 2:00 pm to 4:00 pm. This FREE event includes afternoon tea, all materials and lots of inspiration supplied!

To register email: livingourbestlifeproject@gmail.com or call 0457 646 384.

Virtual Carols by Candlelight

Our own beloved Carols by Candlelight will be livestreamed on Facebook this year! Tune up your vocal chords then join us on the [Knox Arts and Events page](#) for a fun evening of family entertainment, amazing musical talent and a chance to kick off the festive season with your favourite traditional carols.

Date: Saturday 11 December
Time: 7.15 pm – 10.00 pm
Watch here: <https://www.facebook.com/knoxartsandevents/>
Closed Captions will be available throughout the program, along with large print versions of the Carols Songbook.

Bus trip – Martha Cove (Cancelled)

Unfortunately, due to COVID-19 restrictions we are unable to run our outings for the remainder of the year. The Martha Cove bus trips have been cancelled. We do look forward to rescheduling this event in 2022.