



Welcome

The Knox Over 55s Zest4Life program includes free and low-cost events and activities in Knox for people over the age of 55.

Activities are organised by community groups and community houses, local libraries and Knox City Council.

Remain active, meet new people, learn new things and have fun!



Program of Events

Details and booking information for each event can be found in the pages that follow.

Bookings are essential for most activities. Book early to avoid missing out.



Access guide available online to help you plan your visit, via the venue's website or www.accessabilityaustralia.com/access-keys-2/

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Monday 6 March		
Active Adults Cycle	8:00am - 8:45am	8
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Tuesday 7 March		
Worms are Wonderful	1:30pm - 2:30pm	9
Wednesday 8 March		
International Women's Day: Embracing Equity	10:00am - 11:00am	9
Thursday 9 March		
Tai Chi	11:45am - 12:45pm	10
Meet the Authors: 'Undefeated'	6:30pm - 7:30pm	10
Friday 10 March		
Barefoot Bowls	4:00pm - 6:00pm	11
Monday 20 March		
Plant Propagation Information Talk	10:30am - 11:30am	11
Tuesday 21 March		
Cultural Sensitivity Training	6:30pm - 9:00pm	12
Friday 24 March		
Cooking the Perfect Scone	2:00pm - 3:00pm	12

Program of Events

Refer to full program for further event details, bookings and admission prices.

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Saturday 22 April		
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Wednesday 10 May		
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Friday 12 May		
Knox Street Orienteering Walkers	10:15am - 12:00pm	24
Movie Matinee @ Miller's	1:00pm - 2:00pm	25
Always A Work In Progress	2:00pm - 3:00pm	26

Program of Events

Refer to full program for further event details, bookings and admission prices.

MAY 2023		Pg
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Saturday 27 May		
Bayswater Maker's Market	10:00am - 2:00pm	30

Join the Bright Ideas Network

The Bright Ideas Network is the voice of Over 55s in Knox and is a collaboration between Knox City Council, residents, community groups and local businesses.

Since 2016, we have delivered community projects including:

- 2018 Knox Active Ageing Expo
- a photographic exhibition titled Voices of over 55s: Challenging Ageist Stereotypes in 2019
- Showcase of Living Options in 2022

Meetings:

If you are interested in being part of events, projects and addressing issues that are important to over 55s, you can join our monthly meetings.

Upcoming meeting dates:

- Thursday 6 April In person, Rowville Library
- Tuesday 2 May Online via Zoom

To book: Call Program Lead Social Connections on 9298 8828

Subscribe:

Subscribe to our monthly e-newsletter to stay up to date on matters relating to residents over 55 in Knox. To subscribe, scan the QR code below or contact the Program Lead Social Connections on 9298 8828.





March

Active Adults Cycle

Monday 6 March Knox Leisureworks

A cycle workout that will build endurance and provide great cardiovascular training.

FREE

EVEN'

Time: 8:00am to 8:45am

Venue: Knox Leisureworks,
35 Tormore Rd.

Boronia

Bookings:

Contact 9298 8000 or http://shorturl.at/agnvy



Monday 6 March Ferntree Gully Tennis Club



Social tennis is perfect for those ready to pick up a racquet again or try tennis for the first time. This is a relaxed way to keep moving and enjoy a hit with friends.

Time: 9:00am to 11:00am

Venue: Ferntree Gully Tennis
Club, 2A Glenfern Road,

Ferntree Gully

Bookings:

Contact 9298 8000 or book on http://tix.yt/move-your-way-



Worms are Wonderful



Tuesday 7 March Bayswater Library

Come along and find out just why "Worms are wonderful!" Learn how to benefit from worms, manage a worm farm, encourage worms in your garden and benefit from the organic products they create. Hosted by Wormologist Consultant, Sue Davis, from locally based Suez Worms.

Time: 1:30pm to 2:30pm

Venue: Bayswater Library,

Shop 26 Mountain High Shopping Centre, 7-13 High Street, Bayswater

Bookings:

Contact 9800 6498 or book online at events.yourlibrary.com.au



International Women's Day: Embracing Equity



Wednesday 8 March Knox City Council

Hear from two renowned guest speakers - Author, Lisa Ireland, and Journalist and Feminist, Jane Gilmore. Guest speakers will provide insight and advice on tackling financial gender inequities.

Time: 10:00am to 11:00am

Venue: Room 4,

Knox Civic Centre, 511 Burwood Hwy, Wantirna South

Bookings:

Call Rhiannon Bennett on 9298 8000 or email rhiannon.bennett@knox.vic.gov.au





March

Tai Chi

Thursday 9 March Community Learning Centre



Try out a class with our experienced Tai Chi trainer and discover the benefits that this ancient art and exercise has on the body and mind.

Enjoy Tai Chi movements, breathing and relaxation techniques, and learn strategies to improve your balance and posture.

Time: 11:45am - 12:45pm

Venue: Rowville

Community Centre, 40 Fulham Road,

Rowville

Bookings:

Call Rhiannon Bennett on 9298 8000 or email rhiannon.bennett@knox.vic.gov.au



Meet the Authors: 'Undefeated'



Thursday 9 March Knox Express Library

Meet Christine Pow and Pilar Oyarzun - co-authors of 'Undefeated', a collection of 118 stories from 90 migrant women who, against all odds, overcame the challenges and barriers of living in a foreign land, speaking a different language and being singled out for the wrong reason.

Time: 6:30pm - 7:30pm

Venue: Knox Express Library,

1001/509 Burwood

Highway,

Wantirna South

Bookings essential:

Call 9800 6470 or book at events.yourlibrary.com.au





Barefoot Bowls

Friday 10 March Bayswater Bowls Club



Friday Barefoot bowls, either come and try the game or challenge your friends.

Ages 18+ years old - suitable for all skill levels and abilities.

Sausage sizzle and refreshments available.

Time: 4:00pm - 6:30pm Venue: Bayswater Bowls

Club, 43 Phyllis Street,

Bayswater

Bookings:

Call Rhiannon Bennett on 9298 8000 or email rhiannon.bennett@knox.vic.gov.au Bring drink bottle, sunscreen & hat. You can bowl in either bare feet or flat shoes.

Plant Propagation Information Talk



Monday 20 March Orana Neighbourhood House

Join a free informative talk about plant propagation by John Faulkner from the Knox Community Gardens. Learn how to propagate different varieties of seeds and cuttings.

Time: 10:30am to 11:30am

Venue: Orana Neighbourhood

House,

62 Coleman Road, Wantirna South

Bookings:

Call 9801 1895 or email onh@netspace.net.au





March

Cultural Sensitivity Training



Tuesday 21 March Knox City Council

Knox is a diverse community and understanding the values and cultures of other people is key to an inclusive, safe and healthy municipality. Increasing our awareness of what other people value allows us to develop clubs, services and groups that are responsive to everyone's needs and ultimately increase participation and membership!

Time: 6:30pm - 9:00pm Venue: Online via Zoom

Bookings essential:

Call Community Partnerships on 9298 8000

Cooking the **Perfect Scone**



Friday 24 March **Boronia Library**

Join Tracey, from 'What's for Tea', to find out how to make that perfect scone! Tastings available.

Time: 2:00pm to 3:00pm Venue: Boronia Library, 7 Park Crescent.

Boronia

Bookings essential:

Contact 9800 6488 or email tracey.martin@erl.vic.gov.au





Bayswater Maker's Market



Saturday 25 March Bayswater Senior Citizens Centre

Come check out Bayswater's monthly indoor market with a variety of high-quality goods from local makers.

Time: 10:00am to 2:00pm

Venue: Bayswater Senior
Citizens Centre,

790 Mountain Highway,

Bayswater

If you have an enquiry contact, Julia on 9890 2546



Waste Education Pop-Up



Sunday 26 March Liverpool Road Retarding Basin

Let one of our waste education officers answer your tricky waste and recycling questions when you visit one of our dropin sessions in your local park.

Time: 3:00pm to 5:00pm Venue: Liverpool Road Retarding Basin,

Boronia near the carpark entrance

Find out more:

Email Anouk.Hengeveld@knox. vic.gov.au or call 9837 9659

 Please note, event will be cancelled if it is raining



March

Open Spaces: Curbside Landscaping Workshop

Wednesday 29 March Rowville Library



Knox Council has made changes to the Green Streets Policy to provide a free permit to residents to plant out their nature strips! Irene, from the Knox Environment Society will discuss how to apply for the permit, why we should use indigenous plants and what resources are available to help you on your regreening journey.

You'll be able to see the whole thing in action in our courtyard so you can visualise your nature strip.

Time: 2:00pm - 3:00pm Venue: Rowville Library,

Stud Park Shopping Centre, Stud Road,

Rowville

Bookings essential:

Contact 9800 6443 or book online at events.yourlibrary.com.au





Singalong at Miller's

Friday 31 March Miller's Homestead



Do you know that singing with others can release a massive rush of the brain's feel-good chemicals, endorphins?

So, let's get happy together and be led in song by qualified music therapist and multi instrumentalist, Rachel Nendick, as she works her way through a heartwarming repertoire of songs through the ages.

No singing experience required. Lyrics will be projected on a screen so there's no need to worry about singing the wrong words! You can join in or just sit back and enjoy hearing others sing. Tea and coffee provided.

Time: 2:00pm - 3:00pm

Venue: Miller's Homestead, Dorrigo Drive &

Melrose Court, Boronia

Bookings:

Contact 0438 284 989

or book online at

events.yourlibrary.com.au





April

Downsizing Seminar

Wednesday 5 April Bayswater Library

FREE

Helpful information to assist people planning to downsize to retirement living or smaller apartments. Dealing with a lifetime of accumulated personal possessions is often a barrier for people who would like to move. Join Rajiv from the Department of Justice and Community Safety, where he will give you practical tips about how to declutter and prepare the family home for sale.

Time: 1:30pm to 3:00pm Venue: Bayswater Library,

Shop 26 Mountain High

Shopping

Centre, 7-13 High Street,

Bayswater

Bookings:

Contact 9800 6498 or book online at events.yourlibrary.com.au



Cold War Games: History with Harry Blutstein



Wednesday 5 April Rowville Library

Harry Blutstein is an Adjunct Professor at RMIT University and his book, Cold War Games, examines the underlying tensions between global superpowers during the 1956 Melbourne Olympic Games in the midst of the Cold War. From blood in the polo pool to romance between warring athletes, the Games had it all.

Time: 2:00pm - 3:00pm

Venue: Rowville Library, Stud

Park Shopping Centre, Stud Road. Rowville

Bookings:

Contact 9800 6443 or book online at events.yourlibrary.com.au



Social Circle

Thursday 6 April Scoresby Social Circle 55+

Do you need to get out and socialise with people of similar interests and age groups? Why not join this social group on a Thursday for a morning of social chat and peer support - and also enjoy a tasty morning tea.

Time: 10:00am - 12:00pm

Venue: Exner Reserve Pavilion,

Scoresby Recreation Reserve, 752 Stud Rd,

Scoresby

Cost: \$4 per week

Bookings:

Contact Jeanette on 0407 308 671 or John on 0405 698 554

Card Making

Friday 14 April Boronia Library



Join the talented, Sue, from the Basin Community House for this card making workshop.

Time: 2:00pm to 4:00pm Venue: Boronia Library.

Park Crescent, Boronia

Bookings:

Contact - tracey.martin@erl.vic. gov.au or call 9800 6488







April

New Food & Garden Bin Service Information Session



Monday 17 April Knox City Council

Your garden waste service is changing. Soon you will be able to add food scraps into your green garden bin, and from July it will be collected weekly instead of fortnightly.

Come along to one of our free information sessions to find out more about the new Food & Garden bin service and how you can help reduce your household waste going into landfill.

Time: 2:00pm to 2:45pm Venue: Online via Zoom

Bookings:

Contact Victoria Gerrard on 0476 298 870

Simple Fritatta Cooking Class



Thursday 20 April Orana Neighbourhood House

Come and find out how to save waste and reinvent your leftovers as a simple frittata.

Time: 10.30am to 12.00pm

Venue: Orana Neighbourhood
House, 62 Coleman

Road. Wantirna South

Bookings essential: Call 9801 1895 or email onh@netspace.net.au





Soap Making Demonstration

Thursday 20 April Knox Express Library

Come find out how to make your own soap and take home some home-made product.

Time: 2:00pm - 3:00pm

Venue: Knox Express Library,

1001/509 Burwood

Highway,

Wantirna South

Cost: \$5

Bookings essential:

Call 9800 6470 or book at events.yourlibrary.com.au

Tai Chi

Friday 21 April Boronia Library

Tai Chi is a gentle mind-body exercise which improves your strength, flexibility, aerobic conditioning and balance. It has been called 'moving meditation' as it has emotional and mental benefits.

Time: 2:00pm - 4:00pm Venue: Boronia Library,

Park Crescent, Boronia

Bookings essential:

Call 9800 6488 or book at events.yourlibrary.com.au



FREE

EVEN'

Board & Card Games Fun

Friday 21 April Ferntree Gully Library

Come along for an afternoon of board and card games for adults and children. Children aged 12 and under must be accompanied by an adult.

Time: 3:30pm - 5:00pm

Venue: Ferntree Gully Library,

1010 Burwood Highway,

Ferntree Gully

Bookings essential:

Contact 9800 6455 or book online at events.yourlibrary.com.au





April

Bayswater Maker's Market



Saturday 22 April **Bayswater Senior Citizens Centre**

Come check out Bayswater's monthly indoor market with a variety of high-quality goods from local makers.

Time: 10:00am to 2:00pm **Venue:** Bayswater Senior Citizens Centre.

790 Mountain Highway,

Bayswater

If you have an enquiry contact,

Julia on 9890 2546



Safe Food Handling





Whether sizzling sausages or making jams for sale or consumption, safe food handling knowledge is essential. Don't jeopardise your fundraising activities, or your customer's health!

Be prepared. Come along and learn more about safe food preparation and your legal obligations.

Time: 6:30pm - 9:00pm

Venue: Knox Council Civic Centre, 511 Burwood

Highway,

Wantirna South

Bookings essential:

Call Community Partnerships

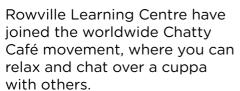
on 9298 8000





Chatty Cafe

Friday 28 April Community Learning Centre Rowville



FREE

Time: 11:00am to 12:00pm

Venue: Community Learning Centre Rowville, 40 Fulham Road,

Rowville

Bookings essential:

Contact 9764 1166 or email info@communitylc.org.au

Classic Movie Day - 'Dial M for Murder'



Friday 28 April Boronia Library

Join us at the Boronia Library for a special screening of Alfred Hitchcock's classic thriller – 'Dial M for Murder'.

Time: 2:00pm to 4:30pm

Venue: Boronia Library,

7 Park Crescent,

Boronia

Bookings essential:

Contact 9800 6488 or email tracey.martin@erl.vic.gov.au





April

City Nature Challenge

Friday 28 April - Monday 1 May iNaturalist



Do you like walking in nature and taking photos of flora and fauna?

Each year Knox joins forces with several neighbouring Councils to represent Melbourne on the global stage. During the City Nature Challenge community venture to local reserves, capture photos of wildlife and upload them to the iNaturalist app. At the end of the four days we tally the observations and see how Melbourne compares with international cities. Last year community from over 450 cities across the world participated!

To get involved:

- Download the free iNaturalist app from Apple store or Google Play
- 2: Look out for wild plants and animals to photograph in your local bushland reserves and parks during the observation period
- 3: Upload your photos to the app

For more information contact biodiversity@knox.vic.gov.au or on 9298 8000



May

'Words Aloud' -Poetry & Spoken Word



Wednesday 3 May Miller's Homestead

Calling all wordsmiths, poets, spoken word artists, short story, letter, speech and song lyric writers! Share your words, stories and art with others in the intimate, cosy setting of The Parlour at Miller's Homestead.

Not a writer but would love to hear the writing of others? Please join us, as an audience member.

Time: 6:00pm - 8:00pm Venue: Miller's Homestead, Dorrigo Drive &

Melrose Court, Boronia

Bookings essential:

Contact 0438 284 989 or book online at ...

events.yourlibrary.com.au

Online Safety: Recognising Scams



Thursday 4 May Rowville Library

Would you like to become more aware of your online surroundings? In this informative presentation, we will give you some basic tips on how to remain safe online, recognise a scam and phishing techniques.

Time: 2:00pm - 3:00pm

Venue: Rowville Library, Stud

Park Shopping Centre, Stud Road. Rowville

Bookings essential:

Contact 9800 6443 or book online at events.yourlibrary.com.au





May

Knox Street Orienteering Walkers

Friday 5 & 12 May Knox SOW

Are you bored with walking or running the same old block? Tired of trudging on the treadmill? Looking for a new way to give your brain and body a boost? Why not give Street Orienteering a go?

Time: 10:15am - *11:30am

Venue: Sasses Reserve (enter carpark opp 45 Terama),

Terama Cres, Bayswater

Cost: \$1

Bookings: Contact David to find out more: david@knoxsow.fun or call 0419 337 311

*Then enjoy a coffee with the group afterwards @ Victoria Elixir Café, Erica Ave, Boronia

Knitting Group

Wednesday 10 May Community Learning Centre Rowville

Join this group for a casual knit & chat. A great way to connect with others build friendships and knit for charities. (The group knits clothing, toys and blankets and more - for charities)

Time: 11:00am to 1:00pm

Venue: Community Learning

Centre Rowville, 40 Fulham Road,

Rowville

Cost: \$2 gold coin donation

Bookings essential:

Contact 9764 1166 or email info@communitylc.org.au





Kyeema Airline Crash



Wednesday 10 May Bayswater Library

The KYEEMA airline crash took place at 1.45pm on Tuesday 25th October, 1938. Australian National Airways Douglas DC-2 KYEEMA, tail number VH-UYC, flying from Adelaide to Melbourne, commenced final approach to Essendon airport through heavy fog and crashed into the western slopes of Mount Dandenong/Mount Corhanwarrabul, killing all 18 on board.

Join Montrose resident and local historian Eddie Tichelaar along with Max Lamb as they take you back on a visual journey of that fateful day, and what we have learnt from this tragic event.

Time: 11:00am to 12:00pm

Venue: Bayswater Library,

Shop 26 Mountain High Shopping Centre,

7-13 High Street,

Bayswater

Bookings essential:

Contact 9800 6498 or book online at events.yourlibrary.com.au



Movie Matinee

Friday 12 May Miller's Homestead



Enjoy an afternoon movie in the cozy Parlour at the beautiful Miller's Homestead.

We'll be showing everything from classics to the latest flicks!

Time: 1:00pm - 2:00pm Venue: Miller's Homestead, Dorrigo Drive &

Melrose Court, Boronia

Bookings essential:

Contact 0438 284 989 or book online at events.yourlibrary.com.au





May

Always a Work in Progress

FREE

Friday 12 May Bayswater Library

Does it feel like you have things to do, places to go, people to meet... but something's missing? Does it seem like your life has lost a sense of meaning? It doesn't need to be like that!

Join Linda Black to explore that missing bit and find out why you've never stopped being a work in progress. Reconnect with that sense of yourself.

Venue: Bayswater Library, Shop 26 Mountain High

Shopping Centre, 7-13 High Street,

Bayswater

Bookings essential:

Contact 9800 6498 or book online at events.yourlibrary.com.au



Volunteer 4 Knox Expo

Saturday 13 May Coonara Community House

Find a volunteering opportunity that's right for you at the Volunteer for Knox 2023 Volunteer Expo/Family Fun Day. Meet with community organisations from across the municipality and find out how contributing your time, skills and experience can help make a valuable difference in our community.

There will be activities to entertain the kids including Myuna farm and a magical giant bubble blower as well as music, food, free goodie bags, coffee and tea – all to enjoy while you wander around the beautiful gardens at Coonara.

Time: 12:00pm to 4:00pm

Venue: Coonara Community
House. 22 Willow Road.

Upper Ferntree Gully

Cost: \$2 per adult, children free

Bookings essential:

office@volunteerforknox.com.au or call - 0429 968 822





Video Streaming

Thursday 18 May Rowville Library



Watch movies, TV shows, and documentaries on any device at any time. Join us in this session to learn how to access video streaming services on your devices, and how to use them. This will include searching for movies, playing, pausing, creating a watch list, watching offline, subscription types, and more.

Time: 2:00pm - 3:30pm Venue: Rowville Library,

> Stud Park Shopping Centre, Stud Road,

Rowville

Bookings:

Contact 9800 6443 or book online at events.yourlibrary.com.au



Biggest Morning Tea and Book Sale Friday 19 May

Rowville Library



Get together for Australia's Biggest Morning Tea and fundraising Book Sale in the sunny courtyard!

Bring a plate of food to share and donate either online through the Cancer Council website or with a gold coin on the day. All proceeds go to Cancer Council research.

Time: 10:00am - 12:00pm Venue: Rowville Library, Stud

> Park Shopping Centre, Stud Road, Rowville

Bookings essential:

Contact 9800 6443 or book online at events.yourlibrary.com.au





May

What's for Tea with Tracey



Friday 19 May Boronia Library

Join Tracey, from 'What's for Tea', to find out how to create her yummy vegan friendly lentil Spaghetti Bolognaise – which we know is a classic, in all forms. Tastings available on the day.

Time: 2:00pm to 3:00pm

Venue: Boronia Library, 7 Park Crescent, Boronia

Bookings essential:

Contact 9800 6488 or email tracey.martin@erl.vic.gov.au



Food & Garden Bin Information Session



Saturday 20 May Knox Council

Your garden waste service is changing. Soon you will be able to add food scraps into your green garden bin, and from July it will be collected weekly instead of fortnightly.

Come along to one of our free information sessions to find out more about the new food and garden bin service and how you can help reduce your household waste going into landfill.

Time: 10:30am to 11:15am

Venue: Boronia Library, 7 Park Crescent,

Boronia



Bookings essential:

Contact 9800 6488 or email tracey.martin@erl.vic.gov.au



Wine Tasting Night

Monday 22 May Boronia Library

Join Marco and Portia from MT Wines, a local winery in Ferntree Gully, to hear about their journey together owning and producing their own wine. Cheese and crackers provided. Wine available for purchase.

FREE

EVEN

Time: 6:30pm - 7:30pm Venue: Boronia Library,

7 Park Crescent,

Bookings:

Contact 9800 6488 or email tracey.martin@erl.vic.gov.au

Rose Pruning Made Easy Friday 26 May

Friday 26 May Knox Express Library

Join us to discover some easy tips on the best way to prune your roses and prepare them for a wonderful season of flowering.

Time: 10:30am - 11:30am

Venue: Knox Express Library,

1001/509 Burwood

Highway,

Wantirna South

Bookings essential:

Call 9800 6470 or book at events.yourlibrary.com.au/event?id=38354



May

Bayswater Maker's Market

Saturday 27 May Bayswater Senior Citizens Centre

Come check out Bayswater's monthly indoor market with a variety of high-quality goods from local makers.

Time: 10:00am to 2:00pm

Venue: Bayswater Senior Citizens Centre,

790 Mountain Highway, Bayswater

If you have an enquiry contact, Julia on 9890 2546





Community Events

Many of the events listed in this program are run by community groups and/or organisations other than Knox City Council. Knox City Council does not take responsibility for the management of these community events. We try to make sure that all event details are correct at the time of printing. However, details are subject to change without notice.

If you would like to run a community event as part of our 2023 Knox Over 55s Zest4Life program, please contact the Program Lead Social Connections on 9298 8828.

Feedback

The program aims to provide a diverse selection of events and activities that are relevant, enjoyable and interesting to our older Knox residents.

Your feedback, ideas and suggestions are welcomed to ensure the program is continuously evolving. If you have any feedback, please contact the Program Lead Social Connections on 9298 8828.









Knox City Council 511 Burwood Highway, Wantirna South, VIC 3152 knox.vic.gov.au

T 9298 8000

E knoxcc@knox.vic.gov.au

f knoxcouncil

knoxcc

@ knoxcouncil

Interpreter 131 450

> National Relay Service 133 677