

June, July, August 2023

Knox Over 55s Zest4Life



- 50+ events inside
- Free photography exhibition

knox



Welcome

Welcome to Knox Over 55s Zest4Life.

Knox Over 55s Zest4Life aims to support people to remain active and socially connected within the Knox municipality by offering a mix of activities, training and events.

What you need to know

This guide includes a range of activities organised by community groups and community houses, local libraries and Knox City Council. Participants are encouraged to:

- Read through the brochure and choose the events and activities that you would like to participate in
- Take note of whether bookings are required and the booking information – whether registration online or by phone
- Book early to avoid disappointment (please note most events have restrictions on numbers)
- Turn up, meet new people, learn new things and have fun!

Note: each venue listed in this booklet is responsible for its own COVID safe plan. If you have any concerns or queries regarding this, please contact the organiser directly. Due to current COVID circumstances, some in-person events may be subject to change at short notice.



Program of Events

Further details and booking information for each event can be found in the pages that follow

Bookings

Please remember that bookings are essential for most activities, so to avoid any disappointment, please contact the event organiser listed under each activity to secure your place. We recommend you book in 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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Wednesday 7 June		
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Wednesday 7 June		
'Words Aloud' Poetry And Spoken Word Session	6pm - 8pm	12
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Program of Events

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

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Program of Events

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

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Bright Ideas Network

Purpose

We are the voice of Over 55's in Knox. We work on events, projects and issues that are important.

Background

The Bright Ideas Network was established in 2016 and is a collaboration between Knox City Council, residents, community groups and local businesses.

We have delivered a number of projects for the community including the 2018 Knox Active Ageing Expo, a photographic exhibition titled Voices of over 55s: Challenging Ageist Stereotypes in 2019 and the Showcase of Living Options in 2022.

How to subscribe

Our newsletter is produced monthly and includes articles of interest, information about community grants, research and details about What's On in Knox. To subscribe, scan the QR code or contact the Program Lead Social Connections on 9298 8828.



Meetings

Meetings are held monthly and alternate between in person or via Zoom. Come to one, or come to all. Invitations are emailed out a few days prior to the meeting.

Our next meeting dates:

Wednesday 7 June 2023

2pm – 3:30pm
CityLife Community Care
1248 High Street Road
Wantirna South

Thursday 13 July 2023

2pm – 3:30pm
online via Zoom

Tuesday 1 August 2023

2pm – 3:30pm
Miller's Homestead
Dorrigo Drive & Melrose Court
Boronia

To book

Call Program Lead Social Connections on 9298 8828





Soup and Singing - with Entertainer: Brendan Scott

Thursday 1 June

Our Saviours Lutheran Church

Come and enjoy a warm cup of soup, cake and coffee, listen to a variety of talented musicians, experience and share the fellowship and company of other members of our community.

Time: 11:30am - 1pm

Venue: 646 Burwood Highway, Knoxfield

Cost: Gold coin donation appreciated

Bookings: Judy Bowman
0409 097 294 or email:
soupandsinging@gmail.com

About Brendan Scott

Experienced entertainer brings his one-man show that has toured around Australia and America to us. Not only does he sing many well-known songs, he also plays piano, guitar, saxophone, banjo, and violin.



Street Orienteering Walkers

Friday 2 & 16 June

Carrington Park

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? Enjoy a cuppa and chat with the group afterwards at Knox Gateway Cafe.

Time: 10.15am - 11.30am

Venue: Carrington Park,
20 O'Connor Street, Knoxfield

Cost: \$1

Bookings: Contact David Mallen
0419 337 311 or
david@knoxsow.fun

Knox SOW



New Food & Garden Bin Service Information Session

FREE EVENT

Monday 5 June
Boronia Library

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: 6pm - 6:45pm

Venue: Boronia Library, Park Crescent, Boronia

Bookings: Call 9800 6488 or online.events.yourlibrary.com.au



Miller's Monthly Plant, Produce, Seed & Recipe Swap

FREE EVENT

Monday 5 June
Miller's Homestead

Join like-minded gardening enthusiasts in the tranquil, historic surrounds of Miller's Homestead, to share seedlings, cuttings, plants, seeds, recipes and gardening knowledge with each other. We will start each session with a Q&A, an opportunity to ask advice and share garden tips. The Seed Library will be open for donations/borrowing and the kettle will be on for tea and coffee.

Time: 1:30pm - 3:30pm

Venue: Dorrigo Dr & Melrose Ct, Boronia

Bookings: Call 0438 284 989 or online.events.yourlibrary.com.au



MDLC Social Friendship Group - Soup Day

Wednesday 7 June
Mountain District Learning Centre

Do you enjoy making new friends & having some fun? Or maybe just an informal cuppa & chat? If this sounds like something you or someone you know might enjoy, contact us today to join this group. Bring your own mug for a cuppa. Afternoon tea is provided.

Time: 1pm - 3pm

Venue: 13-15 The Avenue, Ferntree Gully

Cost: Gold coin donation

Bookings: Call 9758 7859 or office@mdlc.com.au



Mountain District
LEARNING CENTRE

'Words Aloud' Poetry And Spoken Word Session

Wednesday 7 June
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. These sessions are a place for you to connect and be inspired by other wordsmiths and have a chance to perform your works to a respectful and inclusive audience. Not a writer but would love to hear the writing of others? Please join us, as an audience member. Each session will begin with a guest performer and will be followed by an open mic session.

Time: 6pm - 8pm

Venue: Dorrigo Dr & Melrose Ct, Boronia

Bookings: Call 0438 284 989 or online.events.yourlibrary.com.au



New Food & Garden Bin Service Information Session - Online

Thursday 8 June
Via Zoom

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: 7pm - 7:45pm

Venue: Zoom link provided on registration, closer to the date

Bookings: www.stickytickets.com.au/BAUD1



FREE
EVENT

Chair Yoga With Ramki - Free Taster Class

Friday 9 & 16 June
Miller's Homestead

Join Ramki Subramaniam, qualified yoga instructor from the reputed Svyasa University of Yoga in Bangalore in these free Chair Yoga sessions in the parlour at Miller's. Chair Yoga promotes relaxation, reduces stress, is a safe way of exercising for those with mobility challenges and has all the benefits of regular Yoga, making it accessible for all to include this life - improving practice to their daily schedule.

Time: 10:30am - 11:15am

Venue: Dorrigo Dr & Melrose Ct, Boronia

Bookings: Call 0438 284 989 or online.events.yourlibrary.com.au



FREE
EVENT

Miller's Matinee

Friday 9 June
Miller's Homestead

FREE
EVENT

Enjoy an afternoon movie in the cosy Parlour at the beautiful Miller's Homestead. We'll be showing everything from classics to the latest flicks!

Time: 1pm

Venue: Dorrigo Dr & Melrose Ct, Boronia

Bookings: Call 0438 284 989 or online events.yourlibrary.com.au



Beginners Art

Friday 9 June
Boronia Library

FREE
EVENT

Join Angie from the Basin Community House for this beginners Acrylic Art taster workshop!

Time: 2pm - 3pm

Venue: Park Crescent, Boronia

Bookings: Call 9800 6488 or online events.yourlibrary.com.au



MDLC Social Friendship Group - Happy 8th Birthday, Friendship Group!! Cake and Coffee Celebration

Wednesday 14 June
Mountain District Learning Centre

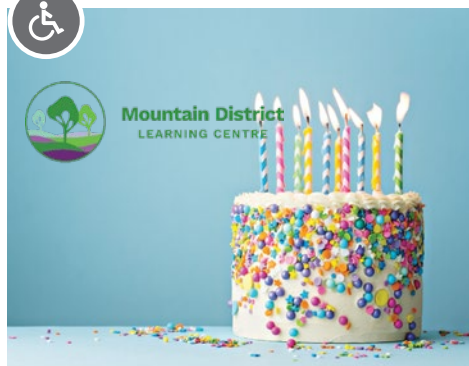
Do you enjoy making new friends & having some fun? Or maybe just an informal cuppa & chat? If this sounds like something you or someone you know might enjoy, contact us today to join this group. Bring your own mug for a cuppa. Afternoon tea is provided.

Time: 1pm - 3pm

Venue: 13-15 The Avenue,
Ferntree Gully

Cost: Gold coin donation

Bookings: Call 9758 7859 or
office@mdlc.com.au



Film Society - French Film “Happening”

Monday 19 June
Metro Cinema Boronia

If you love movies, including arthouse, mainstream, independent, English-speaking and foreign language then this might be perfect for you. The Croydon Film Society (CFS) has been screening films for over 60 years and from May we moved to Boronia. Many members are over 60 and come on their own and are keen to meet a new circle of friends. After the screenings we have a friendly post film chat over coffee at ‘Crave Cafe’ Boronia.

Time: 7:10pm & 7:20pm

Venue: Boronia Square, Boronia

Cost: Membership from now to December is \$100 or \$85 Concession to see 15 films.

Bookings: Call 0490 663 159 or
membership@croydonfilms.org.au
www.croydonfilms.org.au



Waste Education Talk

Tuesday 20 June
Orana Neighbourhood House

FREE
EVENT

Want to understand what can/cannot go into your kerbside waste? Want to know where it all ends up? Want to ask a question about the NEW Food & Garden Waste bin that's being rolled out in Knox? Come and have all your questions and more answered by a Knox Waste Education Officer at this free, informative session and do your bit to help reduce waste and recycle properly

Time: 1pm-2:30pm

Venue: 62 Coleman Rd,
Wantirna South

Bookings: Call 9801 1895



Paint And Sketch Together - At Miller's Homestead

FREE
EVENT

Tuesday 20 June
Miller's Homestead

Bring your own easel, paints and sketching materials to these relaxing, social, monthly sessions in the delightful grounds of Miller's Homestead. Help yourself to tea and coffee while you create and connect with other artists in your community. If the weather is favourable, you can spread out in the garden and paint or sketch 'Plein Air'. On wet days, there are plenty of period details to sketch inside the homestead. While you're here, browse and borrow from our wonderful collection of art books for inspiration and new techniques. Artists are invited to work towards being considered for a group exhibition at Miller's in Summer 2023.

Time: 10am - 12pm

Venue: Dorrigo Dr & Melrose Ct,
Boronia

Bookings: Call 0438 284 989 or
online.events.yourlibrary.com.au



MDLC Social Friendship Group - Games day

Wednesday 21 June
Mountain District Learning Centre

Do you enjoy making new friends & having some fun? Or maybe just an informal cuppa & chat? If this sounds like something you or someone you know might enjoy, contact us today to join this group. Bring your own mug for a cuppa. Afternoon tea is provided.

Time: 1pm - 3pm

Venue: 13-15 The Avenue,
Ferntree Gully

Cost: Gold coin donation

Bookings: Call 9758 7859 or
office@mdlc.com.au



Mountain District
LEARNING CENTRE

“Stitch it Don’t Ditch It”

Wednesday 21 June
Bayswater Library

FREE
EVENT

Stitching is a great life skill which can save you money, save your clothes and reduce your impact on the environment! You will learn hand stitching techniques that offer lots of creative possibilities for repairing and enhancing your clothes and household textiles. We will begin with some mending basics, learn running stitch, along with other stitches and ways to apply patches. We will then discuss options for the clothes you bring along. The workshop is suitable for beginners and experienced stitchers. What to bring: your clothes that have stains, rips or holes that need repairing. Any fabric, thread or embellishments you may like to add!

Time: 10:30am-12:30pm

Venue: Shop 26 Mountain High Shopping Centre, 7-13 High St, Bayswater

Bookings: Call 9800 6498 or
online events.yourlibrary.com.au



Financial Fitness with Andea Jenkins

FREE
EVENT

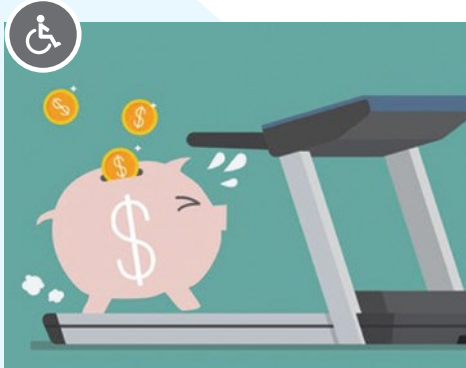
Friday 23 June
Boronia Library

Are you living pay check to pay check? Do you worry about money or argue with your partner about Money. You are not alone learning how to manage your personal finances is just as important as keeping physically fit.

Time: 2pm - 3pm

Venue: Park Crescent, Boronia

Bookings: Call 9800 6488 or
online events.yourlibrary.com.au



“Repair Café Sewing Session”

FREE
EVENT

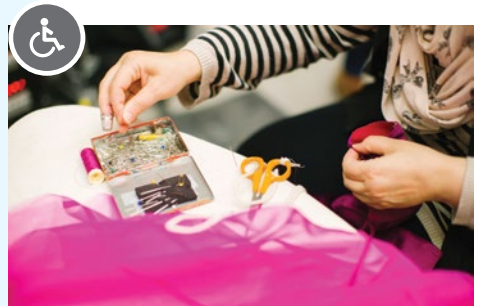
Saturday 24 June
Ferntree Gully Library

Come to Ferntree Gully Library to learn fundamental hand-sewing skills and stitches, invisible seam repairs (ladder stitch), visible patch repairs and sewing on buttons. This is a great opportunity to repair your soft toy or favourite piece of clothing. Assistance provided to complete repair. Anouk from the Knox Waste Education Team will have a display with helpful recycling tips, and will be available to answer any recycling or circular economy questions.

Time: 10am - 1pm

Venue: 1010 Burwood Highway,
Ferntree Gully

Bookings: Call 9800 6455 or
online events.yourlibrary.com.au



MDLC Social Friendship Group - Hangman

Wednesday 28 June
Mountain District Learning Centre

Do you enjoy making new friends & having some fun? Or maybe just an informal cuppa & chat? If this sounds like something you or someone you know might enjoy, contact us today to join this group. Bring your own mug for a cuppa. Afternoon tea is provided.

Time: 1pm - 3pm

Venue: 13-15 The Avenue,
Ferntree Gully

Cost: Gold coin donation

Bookings: Call 9758 7859 or
office@mdlc.com.au



Mountain District
LEARNING CENTRE



Winter Book Folding

FREE
EVENT

Monday 3 July
Ferntree Gully Library

Join Nerys at the Ferntree Gully library for a relaxing book folding session where you will learn to upcycle one of our old books into your own piece of artwork. This is a beginner friendly activity. Bookings essential.

Time: 10am - 12pm

Venue: 1010 Burwood Highway,
Ferntree Gully

Bookings: Call 9800 6455 or
online events.yourlibrary.com.au



Voices Of Over 55s - Stories Behind The Exhibition

FREE
EVENT

Tuesday 4 July
Wednesday 12 July
Monday 24 July
Monday 31 July
Miller's Homestead

Hear from Knox residents, and participant in Voices of Over 55s, Linda Black and Lynda Carroll, as they discuss the impact of ageism and how we can address it by recognising the skills and talents of Knox residents who are aged over 55.

Time: 2pm - 3pm

Venue: Dorrigo Dr & Melrose Ct,
Boronia

Bookings: Call 0438 284 989 or
online events.yourlibrary.com.au



Photography Exhibition - Voices Of Over 55s - Challenging Ageist Stereotypes

FREE
EVENT

Tuesday 4 July - Friday 4 August, weekdays at Miller's Homestead

Stunning photographic portraits of vibrant, Knox seniors will grace the walls of Miller's Homestead for the month of July. In 2019, the Bright Ideas Network in conjunction with Knox City Council, took part in an art-based photography project, at the centre of which is this portrait exhibition, showcasing Knox residents who are aged over 55 portraying how they utilise their various skills and talents. The purpose is to challenge ageist stereotypes

by showcasing Knox residents, making a contribution to their community. We hope this exhibition challenges viewers perceived ideas of ageing. Attend an inspiring talk by participants in the project throughout the exhibition, listed separately.

Time: 9:30am - 5pm

Venue: Dorrigo Dr & Melrose Ct, Boronia

Bookings: Call 0438 284 989 or online.events.yourlibrary.com.au



MDLC Social Friendship Group Pot Luck! - Rachel

Wednesday 5 July

Mountain District Learning Centre

Do you enjoy making new friends & having some fun? Or maybe just an informal cuppa & chat? If this sounds like something you or someone you know might enjoy, contact us today to join this group. Bring your own mug for a cuppa. Afternoon tea is provided.

Time: 1pm - 3pm

Venue: 13-15 The Avenue, Ferntree Gully

Cost: Gold coin donation

Bookings: Call 9758 7859 or office@mdlc.com.au



Mountain District
LEARNING CENTRE

Soup and Singing - with Entertainer: Kate Pengelly, Ashlyn Beh

Thursday 6 July

Our Saviours Lutheran Church

Come and enjoy a warm cup of soup, cake and coffee, listen to a variety of talented musicians, experience and share the fellowship and company of other members of our community.

Time: 11:30am-1pm

Venue: 646 Burwood Highway, Knoxfield

Cost: Gold coin donation appreciated

Bookings: Contact Judy Bowman 0409 097 294 or soupandsinging@gmail.com

About the entertainers:

Kate Pengelly is a young mezzo-soprano, studying at The Melbourne Conservatorium of Music accompanied by Ashlynn Beh a third-year piano performance student studying in The Melbourne Conservatorium of Music, University of Melbourne.

Street Orienteering Walkers

Friday 7 & 21 July

Chandler Park

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? Enjoy a cuppa and chat with the group afterwards at Victoria Elixir Coffee Roasters Café.

Time: 10.15am - 11.30am

Venue: Chandler Park, Chandler Road, Boronia

Cost: \$1

Bookings: Contact David Mallen
0419 337 311 or
david@knoxow.fun

Knox SOW



Film Society - Australian film, "Ablaze"

Monday 10 July

Metro Cinema Boronia

If you love movies, including arthouse, mainstream, independent, English-speaking and foreign language then this might be perfect for you. The Croydon Film Society (CFS) has been screening films for over 60 years and from May we moved to Boronia. Many members are over 60 and come on their own and are keen to meet a new circle of friends. After the screenings we have a friendly post film chat over coffee at 'Crave Cafe' Boronia.

Time: 7:10pm & 7:20pm

Venue: Boronia Square, Boronia

Cost: Membership from now to December is \$100 or \$85 Concession to see 15 films.

Bookings: Call 0490 663 159 or
membership@croydonfilms.org.au
www.croydonfilms.org.au



“Stitch it Don’t Ditch It”

Tuesday 11 July
Knox Express

Stitching is a great life skill which can save you money, save your clothes and reduce your impact on the environment! You will learn some hand stitching techniques that offer lots of creative possibilities for repairing & enhancing your clothes and household textiles. Suitable for both skill levels. Bring: clothes that have stains, rips or holes that need repairing!

Time: 1pm - 3pm

Venue: Shop 1001, 509 Burwood Highway, Wantirna South

Bookings: Call 9800 6470 or online.events.yourlibrary.com.au

FREE
EVENT

MDLC Social Friendship Group - Bingo

Wednesday 12 July
Mountain District Learning Centre

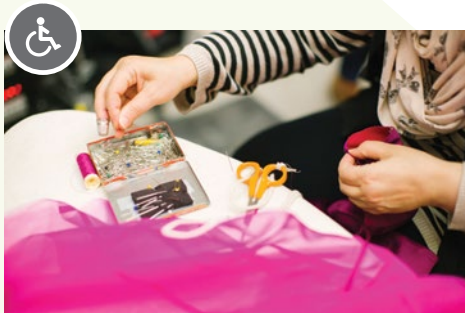
Do you enjoy making new friends & having some fun? Or maybe just an informal cuppa & chat? If this sounds like something you or someone you know might enjoy, contact us today to join this group. Bring your own mug for a cuppa. Afternoon tea is provided.

Time: 1pm - 3pm

Venue: 13-15 The Avenue, Ferntree Gully

Cost: Gold coin donation

Bookings: Call 9758 7859 or office@mdlc.com.au



Waste Education Talk

Thursday 13 July
Bayswater Library

FREE
EVENT

Want to understand what can/cannot go into your kerbside waste? Want to know where it all ends up? Want to ask a question about the NEW Food & Garden Waste bin that's being rolled out in Knox? Come and have all your questions and more answered by a Knox Waste Education Officer at this free, informative session and do your bit to help reduce waste and recycle properly.

Time: 1pm - 3pm

Venue: Shop 26 Mountain High Shopping Centre, 7-13 High St, Bayswater

Bookings: Call 9800 6498 or online events.yourlibrary.com.au



What's For Tea with Tracey - Mini Quiches

FREE
EVENT

Friday 14 July
Boronia Library

Join Tracey and learn how to make easy bacon and cheese mini quiches - tastings on the day!

Time: 2pm - 3pm

Venue: Park Crescent, Boronia

Bookings:

tracey.martin@erl.vic.gov.au,
9800 6488 or online via
events.yourlibrary.com.au



New Food & Garden Bin Service Information Session - Online

Saturday 15 July
Via Zoom

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: 4pm-4:45pm

Venue: Zoom link provided on registration, closer to the date

Bookings: www.stickytickets.com.au/Q5FJ5

FREE
EVENT

Gully Gardeners: A gardening guide for beginners with author Sarah Jackson

Saturday 15 July
Ferntree Gully Library

Come along to Ferntree Gully Library to meet Sarah Jackson a novelist specialising in cosy mysteries, rural romance, gardening and cookbooks. She is the author of "Gardening for Beginners: Hints and tips for Melbourne, Australia". Sarah will talk about her gardening experiences, many, many failures and false starts and what she found works for her. Bookings Essential.

Time: 10am - 12pm

Venue: 1010 Burwood Highway, Ferntree Gully

Bookings: Call 9800 6455 or online.events.yourlibrary.com.au



Soap Making with Heather

Monday 17 July
Boronia Library

Join Heather and learn how to make your own soaps

Time: 6pm - 7:30pm

Venue: Park Crescent, Boronia

Bookings: Call 9800 6488 or online events.yourlibrary.com.au

FREE
EVENT



New Food & Garden Bin Service Information Session

Tuesday 18 July
Ferntree Gully Library

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: 2pm - 2:45pm

Venue: 1010 Burwood Highway, Ferntree Gully

Bookings: Call 9800 6455 or online events.yourlibrary.com.au

FREE
EVENT



MDLC Social Friendship Group – Board Games

Wednesday 19 July
Mountain District Learning Centre

Do you enjoy making new friends & having some fun? Or maybe just an informal cuppa & chat? If this sounds like something you or someone you know might enjoy, contact us today to join this group. Bring your own mug for a cuppa. Afternoon tea is provided.

Time: 1pm - 3pm

Venue: 13-15 The Avenue,
Ferntree Gully

Cost: Gold coin donation

Bookings: Call 9758 7859 or
office@mdlc.com.au



Mountain District
LEARNING CENTRE

Foster Care information session

FREE
EVENT

Thursday 20 July
Ferntree Gully Library

Have you ever considered being a foster carer? Do you have some questions to ask? Join Hannah Broomfield from Life Without Barriers to learn more about foster care in Victoria. Together we will explore the answers to some questions we regularly hear from people keen to find out if fostering is right for them. Bookings Essential.

Time: 2pm - 3pm

Venue: 1010 Burwood Highway,
Ferntree Gully

Bookings: Call 9800 6455 or
online events.yourlibrary.com.au



Film Society - the classic "Some Like it Hot"

Monday 24 July
Metro Cinema Boronia

If you love movies, including arthouse, mainstream, independent, English-speaking and foreign language then this might be perfect for you. The Croydon Film Society (CFS) has been screening films for over 60 years and from May we moved to Boronia. Many members are over 60 and come on their own and are keen to meet a new circle of friends. After the screenings we have a friendly post film chat over coffee at 'Crave Cafe' Boronia.

Time: 7:10pm & 7:20pm

Venue: Boronia Square, Boronia

Cost: Chat to our Membership Officer about a Pro-Rata Annual membership price for the rest of the years films.

Bookings: Call 0490 663 159 or membership@croydonfilms.org.au
www.croydonfilms.org.au



Waste Education Talk

Tuesday 25 July
Knox Express

FREE
EVENT

Want to understand what can/cannot go into your kerbside waste? Want to know where it all ends up? Want to ask a question about the NEW Food & Garden Waste bin that's being rolled out in Knox? Come and have all your questions and more answered by a Knox Waste Education Officer at this free, informative session and do your bit to help reduce waste and recycle properly.

Time: 10am - 12pm

Venue: Shop 1001, 509 Burwood Highway, Wantirna South

Bookings: Call 9800 6470 or online.events.yourlibrary.com.au



MDLC Social Friendship Group - Cards

Wednesday 26 July
Mountain District Learning Centre

Do you enjoy making new friends & having some fun? Or maybe just an informal cuppa & chat? If this sounds like something you or someone you know might enjoy, contact us today to join this group. Bring your own mug for a cuppa. Afternoon tea is provided.

Time: 1pm - 3pm

Venue: 13-15 The Avenue,
Ferntree Gully

Cost: Gold coin donation

Bookings: Call 9758 7859 or
office@mdlc.com.au



Mountain District
LEARNING CENTRE

What is a Circular Economy?

Thursday 27 July
Ferntree Gully Library

What exactly is a 'Circular Economy' - why is it important and how can you apply the principles of it within your own life? A Talk by Waste Education Officer Anouk from Knox Council.

Time: 1pm - 1:45pm

Venue: 1010 Burwood Highway,
Ferntree Gully

Bookings: 9800 6455 to book
your place



REDUCE-REUSE-RECYCLE



August

MDLC Social Friendship Group - Quiz - The Seekers!

Wednesday 2 August
Mountain District Learning Centre

Do you enjoy making new friends & having some fun? Or maybe just an informal cuppa & chat? If this sounds like something you or someone you know might enjoy, contact us today to join this group. Bring your own mug for a cuppa. Afternoon tea is provided.

Time: 1pm - 3pm

Venue: 13-15 The Avenue,
Ferntree Gully

Cost: Gold coin donation

Bookings: Call 9758 7859 or
office@mdlc.com.au



Mountain District
LEARNING CENTRE

Soup and Singing - with Entertainer: Vermont College Stage Band

Thursday 3 August
Our Saviours Lutheran Church

Come and enjoy a warm cup of soup, cake and coffee, listen to a variety of talented musicians, experience and share the fellowship and company of other members of our community.

Time: 11:30am-1pm

Venue: 646 Burwood Highway,
Knoxfield

Cost: Gold coin donation
appreciated

Bookings: Contact Judy
Bowman 0409 097 294 or
soupandsinging@gmail.com

About the entertainers

The Vermont Secondary College Stage Band is made up of sixteen students from Years 9 to 12 who share a love of rock, jazz and funk music. These students rehearse weekly and regularly play at school events. The band is excited to take their music out into the community and is sure to delight - with musical numbers both new and old!

August

Film Society - Bosnian film 'Quo Vadis, Aida?'

Monday 7 August
Metro Cinema Boronia

If you love movies, including arthouse, mainstream, independent, English-speaking and foreign language then this might be perfect for you. The Croydon Film Society (CFS) has been screening films for over 60 years and from May we moved to Boronia. Many members are over 60 and come on their own and are keen to meet a new circle of friends. After the screenings we have a friendly post film chat over coffee at 'Crave Cafe' Boronia.

Time: 7:10pm & 7:20pm

Venue: Boronia Square, Boronia

Cost: Chat to our Membership Officer about a Pro-Rata Annual membership price for the rest of the years films.

Bookings: Call 0490 663 159 or membership@croydonfilms.org.au or www.croydonfilms.org.au



MDLC Social Friendship Group - Trivia Quiz

Wednesday 9 August
Mountain District Learning Centre

Do you enjoy making new friends & having some fun? Or maybe just an informal cuppa & chat? If this sounds like something you or someone you know might enjoy, contact us today to join this group. Bring your own mug for a cuppa. Afternoon tea is provided.

Time: 1pm - 3pm

Venue: 13-15 The Avenue,
Ferntree Gully

Cost: Gold coin donation

Bookings: Call 9758 7859 or
office@mdlc.com.au



Mountain District
LEARNING CENTRE

Red Nose Day Morning Tea

**Friday 11 August
Boronia Library**

Join us at Boronia for morning tea to raise money for SIDS

Time: 10am - 1pm

Venue: Park Crescent, Boronia

Bookings: Call 9800 6488 or online events.yourlibrary.com.au



FREE
EVENT

New Food & Garden Bin Service Information Session

FREE
EVENT

**Saturday 12 August
Knox Express**

Want to understand what can/cannot go into your kerbside waste? Want to know where it all ends up? Want to ask a question about the NEW Food & Garden Waste bin that's being rolled out in Knox? Come and have all your questions and more answered by a Knox Waste Education Officer at this free, informative session and do your bit to help reduce waste and recycle properly.

Time: 10am - 10:45am

Venue: Shop 1001, 509 Burwood Highway, Wantirna South

Bookings: Call 9800 6470 or online events.yourlibrary.com.au



August

MDLC Social Friendship Group – Word Games

Wednesday 16 August
Mountain District Learning Centre

Do you enjoy making new friends & having some fun? Or maybe just an informal cuppa & chat? If this sounds like something you or someone you know might enjoy, contact us today to join this group. Bring your own mug for a cuppa. Afternoon tea is provided.

Time: 1pm - 3pm

Venue: 13-15 The Avenue,
Ferntree Gully

Cost: Gold coin donation

Bookings: Call 9758 7859 or
office@mdlc.com.au



Meet the author Sandi Wallace

FREE
EVENT

Wednesday 16 August
Ferntree Gully Library

Come along for a very special book chat, where you will have a chance to meet Mount Dandenong crime writer Sandi Wallace. Sandi is a life-long crime-fiction addict and the author of rural crime thrillers and gripping short crime stories. She has four novels and two collections of short stories published to date and has won a host of prizes for her long and short crime fiction. Sandi's latest release is BLACK CLOUD in which a routine police welfare check at a farm in central Victoria has a shattering outcome. Copies of Sandi's book will be on sale.

Time: 2pm - 3:30pm

Venue: 1010 Burwood Highway,
Ferntree Gully

Bookings: Call 9800 6455 or
online.events.yourlibrary.com.au



Film Society - UK film 'After Love'

Monday 21 August
Metro Cinema Boronia

If you love movies, including arthouse, mainstream, independent, English-speaking and foreign language then this might be perfect for you. The Croydon Film Society (CFS) has been screening films for over 60 years and from May we moved to Boronia. Many members are over 60 and come on their own and are keen to meet a new circle of friends. After the screenings we have a friendly post film chat over coffee at 'Crave Cafe' Boronia.

Time: 7:10pm & 7:20pm

Venue: Boronia Square, Boronia

Cost: Chat to our Membership Officer about a Pro-Rata Annual membership price for the rest of the years films.

Bookings: Call 0490 663 159 or membership@croydonfilms.org.au
www.croydonfilms.org.au

metro CINEMAS
BORONIA



MDLC Social Friendship Group - Cards

Wednesday 23 August
Mountain District Learning Centre

Do you enjoy making new friends & having some fun? Or maybe just an informal cuppa & chat? If this sounds like something you or someone you know might enjoy, contact us today to join this group. Bring your own mug for a cuppa. Afternoon tea is provided.

Time: 1pm - 3pm

Venue: 13-15 The Avenue,
Ferntree Gully

Cost: Gold coin donation

Bookings: Call 9758 7859 or
office@mdlc.com.au



August

Waste Education Talk

FREE
EVENT

Wednesday 23 August
Rowville Community Learning Centre

Time: 12pm - 2pm

Venue: 40 Fulham Road
Located inside Rowville Community Centre, Rowville

Bookings: Call 9763 7400

Thursday 31 August
Coonara Neighbourhood House

Time: 10am - 2pm

Venue: 22 Willow Rd, Upper Ferntree Gully

Bookings: Call 9758 7081

Want to understand what can/cannot go into your kerbside waste? Want to know where it all ends up? Want to ask a question about the NEW Food & Garden Waste bin that's being rolled out in Knox? Come and have all your questions and more answered by a Knox Waste Education Officer at this free, informative session and do your bit to help reduce waste and recycle properly.

MDLC Social Friendship Group - Pot Luck! Naomi

Wednesday 30 August
Mountain District Learning Centre

Do you enjoy making new friends & having some fun? Or maybe just an informal cuppa & chat? If this sounds like something you or someone you know might enjoy, contact us today to join this group. Bring your own mug for a cuppa. Afternoon tea is provided.

Time: 1pm - 3pm

Venue: 13-15 The Avenue, Ferntree Gully

Cost: Gold coin donation

Bookings: Call 9758 7859 or office@mdlc.com.au



Mountain District
LEARNING CENTRE



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



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

T 9298 8000

E knoxcc@knox.vic.gov.au

 [knoxccouncil](https://www.facebook.com/knoxccouncil)

 [knoxcc](https://twitter.com/knoxcc)

 [knoxccouncil](https://www.instagram.com/knoxccouncil)

 Interpreter
131 450

National Relay Service
133 677