

September, October, November 2023

Knox Seniors Festival

Knox Over 55s Zest4Life



- 60+ events inside
- Victorian Seniors Festival Celebration Day

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, 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!



Victorian Seniors Festival

The major state-wide festival for all Victorians over 60, the Victorian Seniors Festival focuses on providing fun and good times with opportunities to participate in events and activities for free or at low cost throughout October each year.

Victorian
Seniors
Festival
2023



The live events start with Celebration Day on Sunday 1 October at Federation Square, the Festival Hub at the Edge from Monday 2 October to Friday 6 October. To view the full program for the State Wide Victorian Festival, go to seniorsonline.vic.gov.au/victorian-seniors-festival

8 days of free public transport

As a Victorian Seniors Card holder, you can get out and explore metropolitan Melbourne and regional Victoria with free travel from **Sunday 1 October to Sunday 8 October.**

How to travel during the free travel period

Remember to always carry your Seniors myki and Victorian Seniors Card with you on public transport. Touch on and off as usual, you won't be charged. The system is set to automatically recognise Seniors myki cards so you can travel for free across this time.

On regional services that don't use myki, just show your Victorian Seniors Card to the conductor or bus driver.

Where you can go

You'll be able to travel for free on all public transport in Victoria, including:

- Melbourne trains, trams and buses
- Regional trains, coaches and buses (including regional town bus services)

We recommend travelling during off-peak hours. You'll be more likely to find a seat.

Useful information for booking travel in regional Victoria

- You need to reserve a seat on long distance V/Line trains and some coaches. To book a seat on V/Line services requiring reservations, visit your nearest station or agent or call **1800 800 007** from 10:00am on Tuesday 5 September.
- Seats can fill quickly so book early! You'll need to collect your tickets within 48 hours.
- You can only travel free in economy class.
- To make a group booking for up to 19 travelling on a V/Line train service or 12+ travelling on a V/Line coach service, visit your nearest station or agent.
- For larger groups, please visit **vline.com.au/grouptravel** to submit a group booking request from 10:00am on Tuesday 5 September.
- If you book and can't travel, let us know prior as your seats can be relocated to other customers wanting to travel.



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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Program of Events

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September

World of Origami Exhibition by Melbourne Origami Group

FREE
EVENT

**Friday 1 September
Miller's Homestead**

From the 14th August to the 28th September, Miller's Homestead will be showcasing the incredible world of Origami in partnership with the talented Melbourne Origami Group. Join in and make your own Butterfly origami piece to add to a vibrant community display.

Time 9.30am - 5pm

Venue Dorrigo Dr & Melrose Ct, Boronia

Bookings Call 0438 284 989



Miller's monthly plant, produce, seed & recipe swap

FREE
EVENT

**Monday 4 September
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. Each session will start 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



Circular economy

Tuesday 5 September

Knox Express

Come along for a talk by Waste Education Officer Anouk from Knox City Council, where she will teach us about the important concept of a 'circular economy'.

Time 1pm - 1.45pm

Venue Shop 1001, 509 Burwood Highway, Wantirna South

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



FREE
EVENT

Caring for your climbing rose

Tuesday 5 September
Bayswater Library

Join Beth for an informative session on ways to encourage a healthy, flowering climbing rose. Pruning, feeding and lots more.

Time 1.30pm - 2.30pm

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

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



FREE
EVENT

Knox Woodworkers tour and coffee

Wednesday 6 September
Ferntree Gully Library

Come along to the Knox and District Woodworkers club for a tour of their workshop, coffee and chat. If you are interested in toy making, carving, furniture, rocking horses, clocks, platters or woodturning then here is your opportunity to take a look at the club and ask some questions about how a membership can benefit you.

Time 10am - 11.30am

Venue 1010 Burwood Highway, Ferntree Gully

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



FREE
EVENT

New food & garden bin service information session

FREE EVENT

**Thursday 7 September
Bayswater Library**

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 3pm - 3.45pm

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

Bookings Call 98006498 or
online events.yourlibrary.com.au



Life less cluttered Friday 8 September Boronia Library

FREE EVENT

Do you feel you have too much clutter, and don't know what to do? Do you want to help someone else who is in this situation? Join us for an informal talk about clutter and what Knox City Council can do to help.

Time 2pm - 3pm

Venue 7 Park Cres, Boronia

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



Art for wellbeing Monday 11 September Boronia Library

FREE EVENT

Join in the Art for Wellbeing and try some creative activities hosted by Debbie from Mountain District Learning Centre.

Time 6pm - 8pm

Venue 7 Park Cres, Boronia

Bookings No Bookings Required



September

Composting - for apartments & small spaces

FREE
EVENT

Wednesday 13 September
Miller's Homestead

Do you live in an apartment or have a small backyard and would like to start a composting system? Come to this free workshop with Ella from Compost Community, brought to you by Knox City Council, where you will learn about the best systems to suit your small space

Time 11pm - 12.30pm

Venue Dorrigo Dr & Melrose Ct,
Boronia

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



What's for tea with Tracey? Beef and chilli black bean stir fry

FREE
EVENT

Friday 15 September
Boronia Library

Come along to Boronia Library and learn how to make a yummy Beef and Chilli Black Bean Stir Fry with Tracey. Tastings available.

Time 2pm - 3pm

Venue 7 Park Cres, Boronia

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



Supporting you to identify scams

FREE
EVENT

Monday 18 September
Knox Express

Presented by the team from Services Australia, learn more about common scams including money scams, identity theft, phishing scams, malware and ransomware scams, warning signs and what to do.

Time 11am - 12pm

Venue Shop 1001, 509 Burwood highway, Wantirna South

Bookings Call 9800 6471 or online.events.yourlibrary.com.au



A walk down memory lane - Dementia Week

FREE
EVENT

Monday 18 September
Bayswater Library

To increase awareness of Dementia join us at Bayswater Library during Dementia Action Week for our reminiscing afternoon. There will be activities and games. We will also be showcasing items from the libraries dementia collection, including our robotic dog and cat.

Time 1.30pm - 3.30pm

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

Bookings Call 98006498 or online.events.yourlibrary.com.au



September

Knox Dementia Friendly Communities launch

Tuesday 19 September
Knox Community Arts Centre

FREE
EVENT

To coincide with Dementia Action week, the Knox Dementia Advisory Group is hosting a mini expo and information session to raise awareness of dementia and highlight the various services and supports available for people living with dementia and their carers in Knox. The mini expo will focus on the importance of social inclusion and the benefits of music therapy.

Time 11am - 2pm

Venue Cnr Scoresby Road and Mountain Hwy, Bayswater

Bookings

stickytickets.com.au/EZ80E



Seniors chat and coffee -

1st and 3rd

Wednesday each month

Wednesday 20 September
Bayswater Library

FREE
EVENT

We would love for you to come join us for a chat and a cuppa - what a nice way to meet new people! Tea, coffee and biscuits provided. Everyone is welcome.

Time 1.30pm - 3pm

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

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



Dementia - A health education session

FREE
EVENT

Saturday 23 September
Knox Express

Presented by the Water Well Project during Dementia Action Week, this is an important session that allows participants to discuss their experiences with family members/friends with dementia and their fears relating to personal memory loss.

Time 11am - 12pm

Venue Shop 1001,
509 Burwood highway,
Wantirna South

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



Let's talk
about
dementia

Art for wellbeing workshop

FREE
EVENT

Monday 25 September
Miller's Homestead

Connect with others through creativity in the beautiful boardroom at Miller's Homestead, as you join artist, Anudeepa Kadiresan, at these free monthly art workshops to encourage you to be courageous and pursue your passion in art. All materials are provided and you can help yourself to tea or coffee during the session.

Time 9.30am - 10.30am

Venue The Boardroom
Dorrigo Dr & Melrose Ct, Boronia

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



September

Keep your bike travelling well - bicycle maintenance with Blake from Pedal Addiction

FREE EVENT

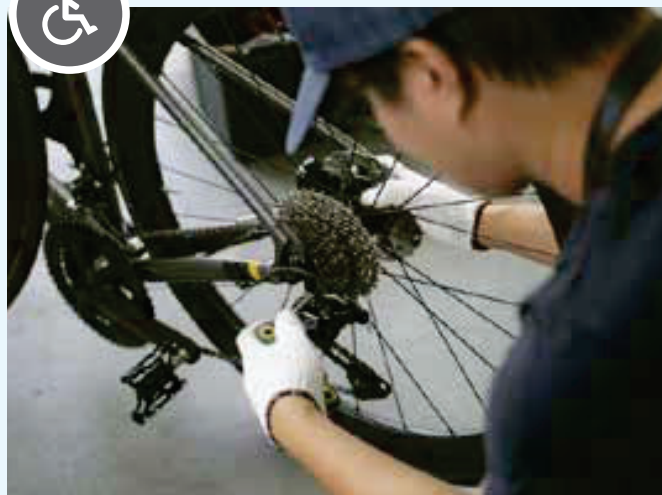
**Tuesday 26 September
Boronia Library**

Do you have a bike but don't know how to maintain it or check for issues? Join Blake from Pedal Addiction to learn about bikes, basic maintenance and signs that it needs servicing or repairs. Come to the undercover loading dock, sheltered from any weather, to enjoy an informative and practical event.

Time 2pm - 3pm

Venue 7 Park Cres, Boronia

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



**Moving screening
“A Plastic Ocean”**

FREE EVENT

**Thursday 28 September
Knox Community
Art's Centre**

Come and watch a free film regarding the issue with waste on our planet and what we can do to help turn the tide. Door entry prizes and free tea and coffee will be served. Express your interest and to be contacted when the film and time has been confirmed.

Time 6.30pm - 9pm

Venue 790 Mountain Hwy, Bayswater

Bookings Call 0419 699 704 or stickytickets.com.au/D995X



Knox Seniors Festival 2023



This year we invite you to **“Learn. Love. Live!”** as you enjoy a month of Knox Seniors Festival programming, designed for you to investigate the many ways to thrive, connect and live your best life.

To launch the festival, Carrington Park Precinct will offer a range of activities, classes, information and a fun day out to **“Come & Try”** on Monday 2 October.

Local service providers and teams from Council will also be on site, at pop up stands to answer any questions you may have. Come down to Carrington Park and join classes, do activities and explore what is on offer in Knox.

To round out a month of fun and learning the band will return for the **“Learn. Love. Live Dance”** on Friday 27 October. Put on your dancing shoes or just come to enjoy the music.

This Seniors Festival is about living your best life and encourages you to Learn! Love! Live! We look forward to seeing you there!

knox.vic.gov.au/whats-happening/events-activities-and-festivals



PRESENTS:

A QUESTION OF AGE: IN CONVERSATION WITH JACINTA PARSONS



Join Jacinta Parsons in a thought-provoking and energising conversation with Claire Halliday, as they delve into the pages of Jacinta's latest book, 'A Question of Age: Women, ageing and the forever self.'

Through candid discussions, Jacinta and Claire invite the audience to question their perceptions of getting older and re-evaluate the meaning of ageing in a society obsessed with youth.



2:00 - 3:30pm
Sunday 1st October 2023
Ageism Awareness Day

The Round Arts Centre
397 Whitehorse Road,
Nunawading, VIC, 3131

THE
ROUND

Tickets \$10
Concession \$5



Scan the QR code, [click here](#)
or call (03) 9262 6555

Victorian Seniors Festival Celebration Day

FREE EVENT

Sunday 1 October Federation Square Precinct

To kick off the festival, come join 'Celebration Day' at Federation Square in the heart of Melbourne on Sunday 1 October 2023. It also marks International Day of Older Persons, so eventgoers can expect a vibrant line-up of live performances from senior performers, active living demonstrations and information sessions.

In keeping with the theme for the 2023 Victorian Seniors Festival, Learn, Love, Live, there will be many opportunities for wonderful new experiences, such as joining a workshop, tour or come-and-try event.

Time 12pm - 7pm

Venue Cnr Swanston & Flinders St, Melbourne

Bookings No bookings required



ACMI Seniors Film Festival Sunday 1 - 8 October Federation Square Precinct

The festival returns to ACMI Cinemas with a program of delightful classic and contemporary films.

Time Various times

Venue Cnr Swanston & Flinders St, Melbourne

Cost Low Cost

Bookings Call 8663 2583 or acmi.net.au



Learn. Love. Live! Knox Seniors Festival launch

FREE
EVENT

Monday 2 October
Carrington Park

Join Seniors from across Knox as Mayor Marcia Timmers-Leitch and Knox City Council CEO Bruce Dobson, declare the Learn. Love. Live Seniors Festival open.

Activities on the day will include: calligraphy, exercise, dancing, singalongs, information sessions and more!

Time 9.30am - 2pm

Venue 20 O'Connor Rd,
Knoxfield

Bookings Bookings may be required for some activities, please go to knox.vic.gov.au/whats-happening/events-activities-and-festivals



Basic orchid care Tuesday 3 October Bayswater Library

FREE
EVENT

Join Beth and learn how to care for your orchid.

Time 1.30pm -2.30pm

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

Bookings Call 98006498 or
[online events.yourlibrary.com.au](http://online.events.yourlibrary.com.au)



Electric vehicles – how they work & how to buy them

FREE
EVENT

Tuesday 3 October
Ferntree Gully Library

Join this informative talk with Bryce Gatton, as he explains the basics of EV technologies and charging needs using examples from his long experience of driving EVs.

Time 6.30pm - 8pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings Call 9800 6455 or
[online events.yourlibrary.com.au](http://online.events.yourlibrary.com.au)



15th Annual Knox Seniors Indoor Bowls Carnival- hosted by Rowville Senior Citizens Club

FREE
EVENT

**Wednesday 4 October
Rowville Community Centre**

Join the 15th Annual Knox Seniors Indoor Bowls Carnival for a this fun round robin event. Register your team of four players and enjoy a day of fun with free lunch and afternoon tea provided.

Time 10.30pm - 3.30pm

Venue 40 Fulham Rd, Rowville

Bookings Call 0402 811 789 or
Please register teams by
4 September with Sandra



Seniors bingo night Friday 6 October Carrington Park Leisure Centre

Knoxfield 55+ Club presents Seniors Bingo Night. 15 games to be played with lucky draw prizes. Supper provided. No alcohol permitted. Bookings essential.

Time 7pm

Venue 20 O'Connor Rd,
Knoxfield

Cost \$2 entry/\$2 per book

Bookings Bookings Essential
Call 9758 3597



Knox street orienteering walkers

Friday 6 October & 20 October
Tormore Reserve

Join the Knox Street Orienteering Walkers group for a one hour orienteering walk to have fun and exercise your brain as well as your body. We have maps and walk in teams of 2 to 5 people around local streets finding answers to 20 clues. Walk as slow or fast as you like. Bring a friend. Cuppa and chat at a nearby café afterwards.

Time 10.15am - 11.30am

Venue Tormore Road, Boronia (Carpark entrance opposite Conway Court)

Cost \$1

Bookings Call 0419 337 311 or david@knoxsof.fun



Planning for retirement - delivered by a Centrelink Financial Advisor

FREE EVENT

Monday 9 October
Knox Express

Presented by a Centrelink Financial Advisor, learn more about planning for retirement, as well as the role of the aged care service officer and how they can help you.

Time 11am - 12pm

Venue Shop 1001, 509 Burwood highway, Wantirna South

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



Apps & games to keep you active

FREE
EVENT

Monday 9 October Ferntree Gully Library

Stay sharp with a wide range of apps and games to keep your brain active! We'll take a look at some traditional brain training apps, educational apps to learn new skills, apps to improve your productivity, and everyday games to increase your digital literacy.

We will provide you with a list of these apps for you to go through and download the ones you want to try.

Time 2pm

Venue 1010 Burwood Hwy,
Ferntree Gully

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



Services Australia - payments and services

FREE
EVENT

Tuesday 10 October Bayswater Library

Come along to Bayswater Library to hear about Centrelink payments, learn about the specialist services that Services Australia offers, and to find out the digital options that are available to you.

Time 1.30pm - 2.30pm

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

Bookings Call 98006498 or
[online events.yourlibrary.com.au](https://online.events.yourlibrary.com.au)



Services
Australia

Ferntree Gully Cemetery tour

Wednesday 11 October
Ferntree Gully Cemetery

Join volunteers from the Knox Historical Society for an interesting look at our local history. On this walk around the Ferntree Gully Cemetery, we will learn about many people who are buried there. This is a walking tour and there may be some rough and uneven walking surfaces including steps and will go ahead if raining.

Time 10am - 12pm

Venue Main Gate, 37-41 Forest Rd, Ferntree Gully

Cost \$10

Bookings Call 1300 737 277 or Bookings open 1st September online.events.yourlibrary.com.au



Budget hacks for tough times

Friday 13 October
Bayswater Library

Martina Eaton, Manager of CHAMPION Emergency food relief service and community hub in Bayswater will be sharing helpful hints on ways to reduce your bills, make your groceries stretch further and answer questions about the different help available throughout Knox for people who might be doing it tough.

Time 2pm - 3pm

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

Bookings Call 98006498 or online.events.yourlibrary.com.au

FREE
EVENT



Stringybark Festival

Sunday 15 October
Rowville Community Centre

FREE
EVENT

Stringybark Festival is a free community event celebrating home-grown creativity, sustainability, education and play in our local community.

Time 10am - 4pm

Venue 40 Fulham Rd, Rowville

Bookings No Bookings Required



Historical Boronia in photos

FREE
EVENT

Monday 16 October **Boronia Library**

What was Boronia like in the past? Come and look at a collection of photos of historical Boronia. It will bring back memories, or teach you something new.

Time 9am - 5pm

Venue Park Crescent, Boronia

Bookings Call 9800 6488, 9800 6488 or No Booking Required



Hearing checks

**Wednesday 18
October**

Bayswater Library

Hearing Australia is providing free 15 minute hearing checks for adults over 18. Join us at Bayswater Library for a seamless hearing care experience. Don't miss this opportunity to take care of your hearing health.

Time 1.30pm - 4.30pm

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

Bookings No Bookings Required



**Hearing
Australia**

FREE
EVENT

Ferntree Gully book chat & poetry reading with Margaret Pearce

FREE
EVENT

**Wednesday 18 October
Ferntree Gully Library**

Join us for a very special poetry themed book chat where local author Margaret Pearce will read poems from her three chapbooks 'On the Soap Box', 'Victorian Weather' and 'More on the Soapbox'. These chapbooks will be on sale for \$5.00 a copy (cash only sales). Margaret will also talk about her publishing journey. You are welcome to bring along and share your favourite poem or just come along and listen.

Time 2pm - 3.30pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings Call 9800 6455 or
[online events.yourlibrary.com.au](https://online.events.yourlibrary.com.au)



Take a walk in virtual reality - session 2

FREE EVENT

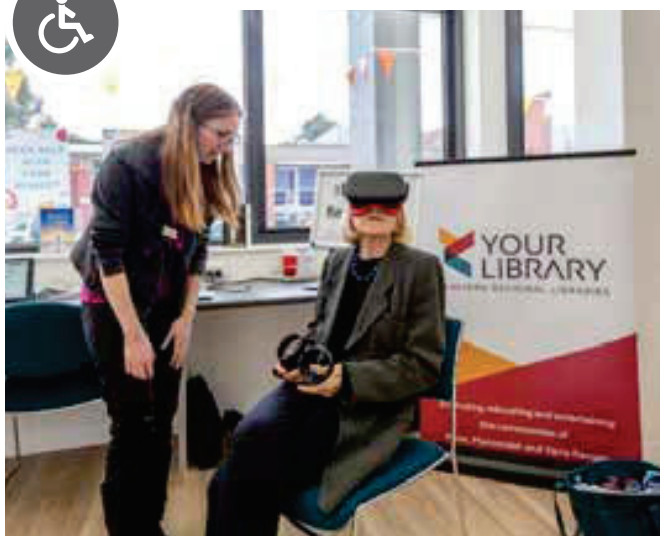
**Thursday 19 October
Ferntree Gully Library**

Immerse yourself in the fascinating world of VR! In this 30 minute session, you'll be able to experience virtual reality and explore interesting new worlds in Nature Treks. Stop by a remote island, listen to birds in a forest, or enjoy a winter wonderland without leaving your seat.

Time 2.30pm - 3pm

Venue 1010 Burwood Hwy,
Ferntree Gully

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



Gully gardner's gardens of England with Michael Hammer

FREE EVENT

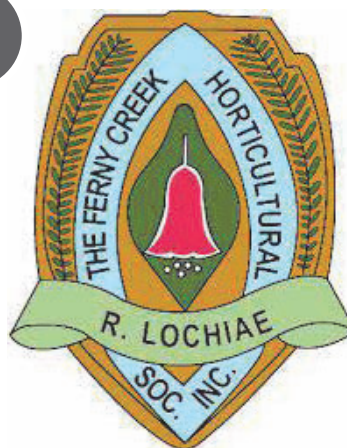
**Friday 20 October
Ferntree Gully Library**

Join Michael from the Ferny Creek Horticultural Society for an armchair travel talk. Michael will show some short films of memorable English gardens that he visited on recent travels, including Sissinghurst, Stourhead, Wisley, and the gardens of the Lake District. Devonshire tea will be served.

Time 2pm

Venue 1010 Burwood Hwy,
Ferntree Gully

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



Bayswater Seniors presents An Afternoon with Glenn Starr

**Monday 23 October
Bayswater Seniors Club**

Come down to a club that gives back to the members and enjoy a wonderful afternoon listening to Glenn Starr sing songs from the 60s & 70s. Glenn will have you tapping your feet and feeling good.

Time 1pm - 3pm

Venue Cnr of Scoresby & Mountain Hwy, Bayswater

Cost Non-members \$10 & Members Free

Bookings Call 0448 399 181



Knox Community Arts Centre presents Glenn Starr Hit Parade Show

**Tuesday 24 October, Knox
Community Arts Centre**

Recreating the stunning sounds & timeless songs from the unforgettable golden age of music, Glenn Starr's Hit Parade brings the magic & melodies of the 50's & 60's back into the spotlight for all to enjoy. With an entire show designed to be highly interactive & full of great tunes, Glenn Starr's Hit Parade is an experience in complete & total musical-entertainment that brings the good-times & joy of live music straight to the people...and the people straight to the show to join in the fun!

Time 11am - 12.15pm

Venue 790 Mountain Hwy, Bayswater

Cost \$15



Slow flow yoga for beginners

Wednesday 25 October
Miller's Homestead

The gentle nature of Slow Flow Yoga means it is great for beginners, as well as more experienced students who feel like slowing it down and sinking deeper into their practice.

Time 11am - 11.45am

Venue Dorrigo Dr & Melrose Crt, Boronia

Cost \$10

Bookings Call 0438 284 989 or [online events.yourlibrary.com.au](http://online.events.yourlibrary.com.au)



Navigating the aged care system information session

Wednesday 25 October
Rowville Community Centre

Estia Health will be presenting a free information session to help seniors in the community understand and access the support they need. The session will cover navigating the system, accessing funding, benefits or respite care and becoming a volunteer.

Time 1.30pm

Venue 40 Fulham Rd, Rowville

Cost Optional gold coin donation

Bookings Call 9764 1166



 Estia Health

Cold War Games: History with Harry Blutstein

**Thursday 26 October
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.

Time 2pm - 3pm

Venue Stud Park Shopping Centre, Stud Road, Rowville

Bookings Call 9800 6443 or [online events.yourlibrary.com.au](https://events.yourlibrary.com.au)

FREE
EVENT

Learn, Love, Live Knox Seniors Dance

**Friday 27 October
Rowville Community Centre**

Join us for the closing event of the Knox Seniors Festival 2023, the 'Learn, Love, Live Dance'. Get your dancing shoes on and enjoy an afternoon as the live band provides the soundtrack for you to have fun and enjoy your favourite tunes from the 50's and 60's.

Time 1.30pm - 4pm

Venue 40 Fulham Rd, Rowville

Bookings Call 9763 7400 or in person at Rowville Community Centre. Cash and Eftpos available.

Cost \$10



Aged care and elder rights

Monday 30 October
Knox Express

Presented by Rose Vince, our Elder Rights Advocacy (ERA) community educator, this session will help you better understand and navigate the aged care system.

FREE
EVENT

Time 11 - 12pm

Venue Shop 1001,
509 Burwood highway,
Wantirna South

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



November

Knox & District Woodworkers Club display

FREE
EVENT

Wednesday 1 November
Rowville Library

If you've ever been tempted to pick up the timeless craft of woodworking, let this exhibition inspire you! During this week you'll be able to see some of the wonderful creations handmade by members of the Knox Woodies. Everyone is welcome!

Time 9am - 6pm

Venue Stud Park Shopping Centre, Stud Road, Rowville

Bookings No Bookings Required



Running rabbits military history talk

FREE
EVENT

Wednesday
1 November
Ferntree Gully Library

Join presenters Lieutenant Rowen Smith (retired) ex Australian Army Reserve and Graham Hutchings, military history enthusiast, from the Running Rabbits History Museum for a talk on the First World War Armistice on the 11/11/1918 with the follow up of the peace talks in 1919. The talk will cover how the Red Poppy became a symbol and why the Running Rabbits Military Museum started, its collections and why local history is important. Questions will be welcomed.

Time 2pm - 3pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings Call 9800 6455 or
[online events.yourlibrary.com.au](http://events.yourlibrary.com.au)



Mahjong

Thursday

2 November

Bayswater Library

Come along to Bayswater Library to learn and play mahjong!

Time 1.30pm - 3.30pm

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

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

FREE
EVENT

Crochet poppies workshop

Friday 3 November

Ferntree Gully Library

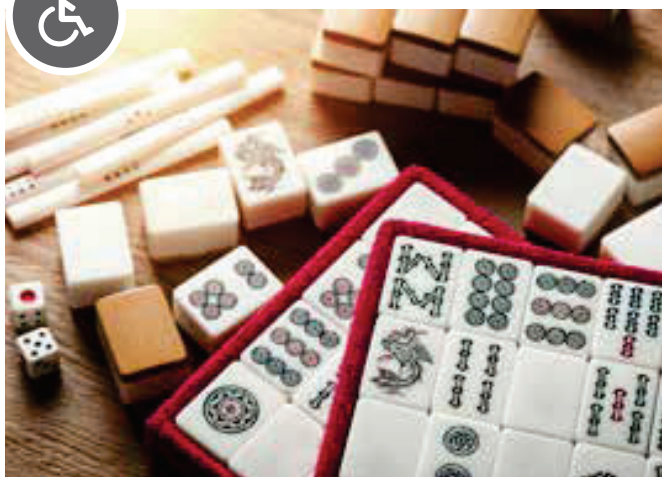
Have you ever wanted to learn to crochet poppies? Please come along for this easy workshop on how to make crochet poppies, and make your very own poppy for Remembrance Day. Two simple patterns will be provided for two different outcomes.

Time 9.30am - 12pm

Venue 1010 burwood hwy,
Ferntree Gully

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

FREE
EVENT



November

Reiki with Sally

Monday 6 November
Bayswater Library

FREE
EVENT

Join Sally Carmichael - Reiki and Meditation teacher and experience how you can transform pain, anxiety, emotional difficulty and find purpose with this potent Japanese energetic-spiritual practice.

Time 3pm - 4pm

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

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



Knox Community Chess Enthusiasts

Friday 10 November
Rowville Library

FREE
EVENT

Gather with fellow chess enthusiasts every week at our friendly and competitive chess group meet up. Whether you're a beginner or a pro, you'll enjoy the chance to play against a variety of opponents, learn new skills, and make new friends. Join us for a fun and engaging evening of chess!

Time 12.30pm - 5.30pm

Venue Community Room,
Stud Park Shopping Centre,
Stud Road, Rowville

Bookings No Bookings Required
for more information call
9800 6443



Author Talk - Vikki Petraitis

Monday 13 November Bayswater Library

FREE
EVENT

This year, author and podcaster Vikki Petraitis celebrates 30 years of writing true crime. She will talk about her experiences writing books on the Frankston serial killer Paul Denyer, Lawyer X, and police dogs.

Vikki will also discuss her work in the podcast space. Her three true crime podcast series with Casefile Presents have been downloaded over six million times and topped chart around the world. In 2022,

Vikki won the inaugural Allen & Unwin Crime Fiction prize for her highly acclaimed debut work of fiction, *The Unbelieved*. She will discuss how three decades of true crime informed her fiction.

Time 1.30am - 2.30pm

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

Bookings Bookings open 14
September - Call 98006498 or
[online events.yourlibrary.com.au](https://online.events.yourlibrary.com.au)



November

Bridge social group

Monday 13 November
Knox Express

FREE
EVENT

Join in games with other bridge players and enjoy a fun time together. We'll teach you if you don't know how to play!

Time 11.30am - 1.30pm

Venue Shop 1001,
509 Burwood highway,
Wantirna South

Bookings No Bookings Required



Begonias

Tuesday 14
November

FREE
EVENT

Basywater Library

Join Marilyn and Ro (from the Begonia Society) for an informative session on begonias. Everything you have ever wanted to know about begonias (different varieties, success with growing and taking cuttings).

Time 1.30pm - 2.30pm

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

Bookings Call 9800 6498 or
Bookings open 15 October -
[online events.yourlibrary.com.au](https://online.events.yourlibrary.com.au)



Seniors morning tea
Friday 17 November
Boronia Library

FREE
EVENT

Chat with friendly senior citizens while enjoying a cuppa and a biscuit at Boronia Library. Please bring a gold coin to cover the costs of refreshments.

Time 11am - 12pm

Venue Park Crescent, Boronia

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



**Services Australia -
payments for carers**
Tuesday 21
November
Bayswater Library

FREE
EVENT

A representative from Services Australia will join us to discuss the various payments available for carers.

Topics covered will include: allowances and supplements available to carers, how to apply for payments, and other assistance available to carers.

Time 1.30am - 2.30pm

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

Bookings Bookings open 22
September - Call 98006498 or
online events.yourlibrary.com.au



**Services
Australia**

November

Armchair Travel - Malta and Maltese food

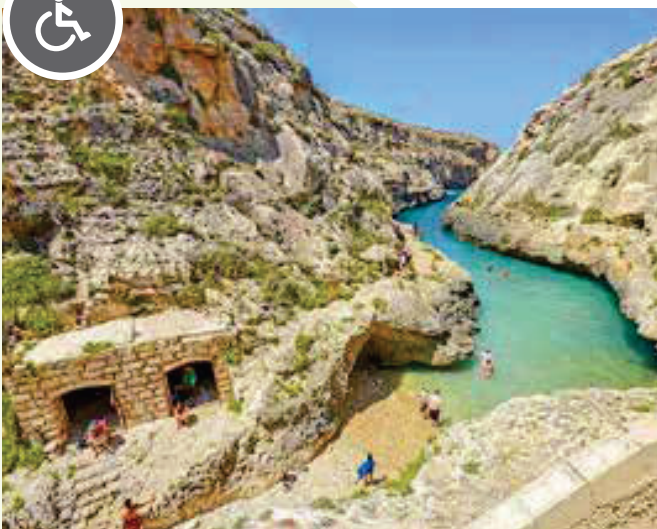
Friday 24 November
Boronia Library

Do you love to travel but are unable to, or do you like to imagine travelling? Join Tracey for a talk about her travels in Malta, pick up information and tips, and sample some Maltese food.

Time 2pm - 3pm

Venue 7 Park Cres, Boronia

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



FREE
EVENT

Vintage-Style handmade necklaces

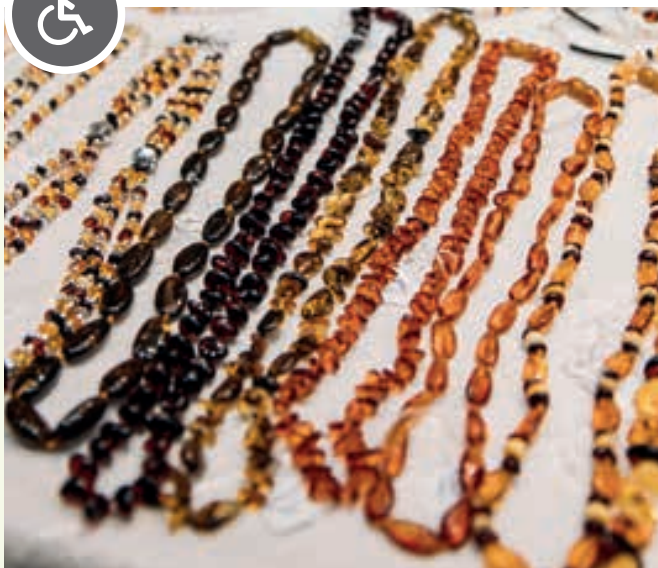
Tuesday
28 November
Bayswater Library

Let your creativity flow and make these stunning necklaces using cotton, paper, cardboard, bead and buttons. Lots of fun to make and they are also a great way of recycling your sewing supplies. Materials supplied. Bring your own beads if you wish.

Time 1.30pm - 3.30pm

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

Bookings Bookings open 29
September, call 9800 6498 or
online events.yourlibrary.com.au



FREE
EVENT

Slow flow yoga for beginners

Wednesday 29 November
Miller's Homestead

Join Charmain for Slow Flow Yoga, it is great for beginners, as well as more experienced students who feel like slowing it down and sinking deeper into their practice.

Time 11am - 11.45am

Venue Dorrigo Dr &
Melrose Ct, Boronia

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

Cost \$10



Less-waste Christmas wrapping ideas & card making workshop

FREE
EVENT

Thursday 30 November
Miller's Homestead

Come along to this free and fun, hands-on workshop where you'll learn how to wrap presents in a way that makes use of what you might have at home and reduces waste and then go on to create your own low-waste, up-cycled Xmas cards and gift tags. No previous craft experience required. For ages 15yrs+. Enjoy a free cuppa from the Miller's kitchen while you're there. You'll never buy Christmas cards again!

Time 10am - 12.30pm

Venue Dorrigo Dr &
Melrose Ct, Boronia

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



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



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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