

Knox Bright Ideas Network

Tuesday, 12 December 2023 - 2.00 pm - 3.30pm
Carrington Park Leisure Centre

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

We acknowledge that we are on the traditional land of the Wurundjeri and Bunurong people of the Kulin Nation and pay our respects to elders past and present.

Attendees- Names withheld

Apologies- Names withheld

1. Welcome and introductions – Acknowledgment and introductions

2. Knox Trivia – Trivia questions and well done everyone on knowing so many without using google.

#	QUESTION	ANSWER
1	What year was Knox established?	1963
2	Before establishing Knox what shire was it a part of?	Shire of Ferntree Gully
3	What famous cricketer was born at Angliss Hospital	Shane Warne
4	Name 4 suburbs of Knox?	Bayswater, Boronia, Ferntree Gully, Upper Ferntree Gully, Knoxfield, Wantirna, Wantirna South, Rowville, Scoresby, Lysterfield, The Basin.
5	What bird appears on the Knox corporate logo?	Little Brown Falcon
6	Scoresby was once the what capital of Victoria?	Brussel sprout capital of Victoria
7	Miller's homestead in Boronia was built in what year?	1888
8	What famous wild life warrior was also born at Angliss Hospital?	Croc Hunter Steve Irwin
9	Who is Knox named after	Sir George Knox
10	What year did Knox City Shopping Centre, now Westfield Knox open?	1977
11	What is the motto on the Knox coat of arms?	I Move and Prosper
12	What historical property does the Knox Historical Society use as their headquarters?	Ambleside Park Homestead
13	What was Ferntree Gully formally known as?	Fern Tree Gully
14	Who is the famous artist buried at Ferntree Gully cemetery?	Sir Arthur Streeton
15	What flower was Boronia known for growing?	Chandler Daffodils
16	What family is Rowville named after?	The Row family
17	What month is the Stringybark festival held?	October
18	What is the name of the park are we currently at?	Carrington Park

3. Council business – What’s happening at Knox City Council

Distribution of “Are you prepared for an emergency?” has started and will provide members of the community with information and contacts.

Reporting issues- Knox Customer Service 9298 8000

Online follow link to Pay/Report/ Apply - [Contact Knox/Report an issue](#)

contacts. Bus trips are unable to commence in January due to staffing but are anticipated to commence in March 2024 with more information to be provided closer to the date.

4. Guest Speaker – Anna Lawton and Senior Champions

Thank you to the Anna and the Senior Champions for assisting with the use of the equipment. Although it was very hot the area has a shade cloth and has a water fountain.

Update on the Seniors Exercise Park

The Seniors Exercise park is a wonderful space for seniors to work on balance, coordination, strength and functional movement, not to mention the social fun you can have when exercising with friends or your local club members. All valuable skills to maintain as we age. Don’t forget you can come down here any time you like, there is no cost to use the equipment. We have a big banner that highlights the space – don’t be concerned about the temporary fencing and works happening behind the park (squash courts are being built). We have introduced instructional signage for each exercise station that we are currently trialling. We will be seeking user feedback on these instructions early next year so that we can create useful, permanent instructional signs for each of the exercise stations. You can send through any feedback to anna.lawton@knox.vic.gov.au.

Three of our five wonderful senior champions were able to be at the meeting to share their stories and passion for the park, Anne Ryan, Gary Cantwell, Carol Simpson. They are hosting one final Come and Try event next Tuesday 19th December from 10 until 11 and we hope to see lots of people there. Additional come and try dates for 2024 will be forthcoming.

For more information please see link - [Senior Exercise Park](#)

2024 Proposed Meetings

Date	Format
Wed 7 February	@ Ambleside Homestead
Thur 21 March	@ FTG library
Tues 30 April	@ Knox City Council – Eastgate North
Wed 19 June	@ new Knox Library
Thur 15 August	@ U3A Fair Park
Tues 17 September	TBA
Wed 6 November	TBA
Thur 12 December	TBA