

your city
knOX
Over 55s
Zest4Life



January -
April
2020



Welcome

Welcome to the Knox Over 55s Zest4Life and Knox Community Seniors Guide.

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.

For those of you who are looking to join a social group or senior citizens club, or who are interested in doing a short course, the Knox Community Seniors Guide included in this booklet is a great reference tool.

What you need to know

This guide includes a range of community group and Council activities. 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 phone number
- Book early to avoid disappointment (please note that some events have restrictions on numbers and our bus tours are for Knox residents only)
- Turn up, meet new people, learn new things and have fun!

Program of Events

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

Bookings

Please remember that **bookings are essential** for most activities, so please contact the event organiser listed under each activity to secure your place. We recommend you book early, to avoid missing out!

Knox Over 55s Zest4Life

JANUARY 2020		Pg
Sunday 12 January		
Ferntree Gully Laughter Club Session	10.30 am to 11.15 am	9
Tuesday 14 January		
Bus tour to Flowerdale Estate	9.15 am to 4.30 pm	31
Wednesday 15 January		
Bus tour to Flowerdale Estate	9.15 am to 4.30 pm	31
Thursday 16 January		
Bus tour to Flowerdale Estate	9.15 am to 4.30 pm	31
Friday 17 January		
Bus tour to Flowerdale Estate	9.15 am to 4.30 pm	31
Saturday 18 January		
Knoxfield Laughter Club Session	10.30 am to 11.15 am	9
Sunday 19 January		
Novice Bike Course	10.00 am to 12.00 pm	10
Wednesday 29 January		
Walking Football	12.15 pm to 1.45 pm	11
Thursday 30 January		
Confident Living Presentation by Victoria Police	10.00 am to 12.00 pm	12

FEBRUARY 2020		Pg
Saturday 1 February		
Bike Maintenance Course	9.30 am to 11.30 am	13
Monday 3 February		
Body GROOVE (six sessions over six weeks)	7.00 pm to 8.00 pm	13
Wednesday 5 February		
Diabetes Wellness Program (four sessions over four weeks)	9.00 am to 12.00 pm	14
Invigor8 (eight sessions over eight weeks)	10.00 am to 11.30 am	14
Low Calorie Finger Food for Entertaining	6.30 pm to 8.00 pm	15
Thursday 6 February		
Independent Living Group (six sessions over six weeks)	10.00 am to 12.00 pm	15
Bright Ideas Network Meeting	2.00 pm to 3.30 pm	16
Friday 7 February		
Bio Gro – Bus Tour	9.45 am to 12.00 pm	32
Monday 10 February		
Rock n Roll with Doug	1.00 pm to 3.00 pm	16
Tuesday 11 February		
Bio Gro – Bus Tour	9.45 am to 12.00 pm	32
Saturday 15 February		
Riding in Traffic – Defensive Cycling	9.00 am to 1.30 pm	17
Monday 17 February		
Powers of Attorney and Advance Care Planning	10.00 am to 11.30 am	17
Wednesday 19 February		
The Wellness Hub (six sessions over six weeks)	1.30 pm to 3.30 pm	18

Program of Events

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

Knox Over 55s Zest4Life

FEBRUARY 2020		Pg
Wednesday 26 February		
A Day on the Green	10.00 am to 2.00 pm	18
Thursday 27 February		
Save money on your energy bills with Solar Savers	9.30 am to 11.00 am	19
Friday 28 February		
Replas Environmental Centre - bus tour	9.00 am to 1.00 pm	33
Saturday 29 February		
Knox Festival	10.00 am to 5.00 pm	19
MARCH 2020		Pg
Sunday 1 March		
Knox Festival	10.00 am to 5.00 pm	19
Monday 2 March		
Wiser Walker, Wiser Traveller (three sessions over three weeks)	10.30 am to 12.30 pm	20
Tuesday 3 March		
Replas Environmental Centre - bus tour	9.00 am to 1.00 pm	33
The Songs of Shirley Bassey	11.00 am to 12.15 pm	20
Wednesday 11 March		
Little Bumble Beeswax Wraps workshop	2.00 pm to 3.30 pm	22

MARCH 2020		Pg
Friday 13 March		
Edible Forest Guided Garden Tour and Morning Tea - bus tour	8.15 am to 1.00 pm	34
Tuesday 17 March		
Celtic Reflections Through the Ages	11.00 am to 1.00 pm	23
Mature Yoga Class - Improve Your Balance	7.30 pm to 8.00 pm	24
Friday 20 March		
Melbourne Street Art Tour	8.45 am to 3.00 pm	35
Saturday 21 March		
Make Your Travel Writing Sing	2.00 pm to 3.00 pm	24
Tuesday 24 March		
Flavours of the World - Tastes of Greece	10.30 am to 1.00 pm	25
Wednesday 25 March		
Edible Forest Guided Garden Tour and Morning Tea - bus tour	8.15 am to 1.00 pm	34
Downsizing seminar	1.00 pm to 3.00 pm	25
Friday 27 March		
Melbourne Street Art Tour	8.45 am to 3.00 pm	35
Sunday 29 March		
Ringwood Highland Games	9.00 am to 5.00 pm	26

Program of Events

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

Knox Over 55s Zest4Life

APRIL 2020		Pg
Wednesday 1 April		
Retirement Villages - make an informed decision	10.00 am to 12.00 pm	27
Tuesday 7 April		
Silvie Paladino - The Songs of Eva Cassidy	11.00 am to 12.15 pm	27
Friday 17 April		
Tour, Entertainment and Lunch at the Australian Jazz Museum	10.30 am to 1.30 pm	28
Monday 20 April		
Safer Scooter, Wiser Wheelchair	10.00 am to 3.00 pm	29
Wednesday 22 April		
Bright Ideas Network Meeting	2.00 pm to 3.30 pm	29
Thursday 23 April		
The Joy of Salvias	1.30 pm to 2.30 pm	30
Wednesday 29 April		
Wiggle and Giggle Belly Dancing with Helen Patrice	1.30 pm to 2.30 pm	30

For information on social groups and learning centres within Knox, please refer to the Knox Community Seniors Guide on page 34.

January

Laughter Club

Sunday 12 January
Ferntree Gully
Laughter Club

FREE
EVENT

Laughter has many physical, emotional and social benefits. It's the best medicine and is life changing when you attend on a regular basis, which will renew your sense of humour and provide you with feelings of joy. All welcome! Simply arrive with an open heart and willingness to get out of your comfort zone, to stretch yourself and try something new, which is so beneficial.

Time: 10.30 am to 11.15 am

Venue: Behind the Ferntree Gully Library, 1010 Burwood Highway, Ferntree Gully

Bookings essential:

Lynette Mitchell
on 0425 799 258 or
lynette@laughterforliving.com.au



Laughter Club

Saturday 18 January
Knoxfield
Laughter Club

FREE
EVENT

Laughing has many physical, emotional and social benefits. It's the best medicine and is life changing when you attend on a regular basis, which will renew your sense of humour and feelings of joy. All welcome! Simply arrive with an open heart and willingness to get out of your comfort zone, to stretch yourself and try something new, which is so beneficial.

Time: 10.30 am to 11.15 am

Venue: Carrington Park
Leisure Centre,
20 O'Connor Road,
Knoxfield

Bookings essential:

Lynette Mitchell
on 0425 799 258 or
lynette@laughterforliving.com.au



January

Novice Cycling Course

Sunday 19 January

Knox City Council

This is a basic course aimed at people who can balance on a bike but need to brush up on basic bike handling skills. You will learn proper techniques and better control of your bike in a traffic free area. Skills taught include: starting/stopping; riding in a straight line and using gears.

Time: 10.00 am to 12.00 pm

Venue: Basketball Courts at Fairpark Reserve
Manuka Drive cnr Scoresby Road, Boronia

Cost: \$5

Bookings essential:

Contact 9298 8000 or visit knox.vic.gov.au/cycling

Additional information:

Participants must be able to ride and must bring a bike and helmet



Walking Football

Wednesday 29 January

Knox City Council, Melbourne City Football and U3A Knox

Walking Football is a modified version of football (soccer) that involves no running, no kicking the ball above shoulder height and no tackling. It provides the opportunity to support and maintain mobility skills through walking, stopping and transferring of weight, all of which assist to improve balance and reduce the risk of falls. This is suitable for both men and women over the age of 50. We play every Wednesday (excluding school holidays).

Time: 12.15 pm to 1.45 pm

Venue: Knoxfield 5 Plus Club, Carrington Park Gym,
20 O'Connor Road, Knoxfield

Cost: \$2 per session (free for U3A members)

Bookings essential:

Contact Helen Oakley on 9298 8235 or helen.oakley@knox.vic.gov.au



January

Confident Living Presentation

Thursday 30 January

Victoria Police



A member from Victoria Police will offer tips on how to feel more confident within the community. This will include forming safety networks, burglary and theft prevention, vehicle safety, scams and door to door sales, safety at home, personal safety, banking and ATMs and public transport. Morning tea provided.

Time: 10.00 am to 12.00 pm

Venue: Room 4, Knox Civic Centre,
511 Burwood Hwy, Wantirna South

Bookings essential:

Contact Linda on 9298 8828 or linda.keenahan@knox.vic.gov.au or online stickytickets.com.au/7YJRN



February

Bike Maintenance Course

Saturday 1 February
Knox City Council



Keeping your bike in good mechanical condition is important to rider safety, makes for a more pleasant ride and saves you money as well. In this workshop, you will learn how to:

- Clean a bike
- Make basic adjustments
- Repair a puncture
- Replace an inner tube
- Service and check brakes
- Set up a home workshop

Time: 9.30 am to 11.30 am

Venue: Coonara Community House, 22 Willow Road, Upper Ferntree Gully

Bookings essential:

Contact 9298 8000 or visit knox.vic.gov.au/cycling

Body GROOVE

Monday 3, 10, 17, 24 February
and 2 & 16 March
Body GROOVE - Boronia

This is a six week introduction to Body GROOVE - a very simple and fun dance class that is totally different to any workout you have tried. Designed for all abilities and you get to move your body in your own way to various types of music.

Time: 7.00 pm to 8.00 pm

Venue: Boronia Progress Hall, 134 Boronia Road, Boronia

Cost: \$10 per week

Bookings essential:

Contact Rebecca on 0419 899 867 or rebecca_kate_jones@hotmail.com

February

Diabetes Wellness Program

**Wednesday 5, 12, 19 & 26
February
EACH**

This is a four week group session for people living with Type 2 Diabetes. Providing education and support for healthy eating, blood glucose monitoring, physical activity, foot care and more. Suitable for anyone with Type 2 Diabetes; newly diagnosed and those who have lived with Diabetes for many years.

Time: 9.00 am to 12.00 pm

Venue: EACH Shire Hall, 1063 Burwood Highway, Ferntree Gully

Cost: \$9 per week

Bookings essential:

Contact Service Access on 1300 003 224 or Intake.PH@each.com.au



Invigor8

**Wednesday 5, 12, 19 & 26
February, 4, 11, 18 & 25 March
EACH**

Invigor8 takes place each Wednesday for eight weeks and is an exercise and education program designed for people living with Type 2 Diabetes. Elizabeth can guide you through the referral process, so please call or email to express your interest.

Time: 10.00 am to 11.30 am

Venue: EACH Courthouse, cnr Spring and Station Streets, Ferntree Gully

Cost: Bulk billed with Medicare referral

Bookings essential:

Contact Elizabeth Maxwell on 9757 6283 or Elizabeth.maxwell@each.com.au



Low Calorie Finger Food for Entertaining

**Wednesday 5
February**

Learn how to prepare low calorie finger food when entertaining and enjoy tastings of all the recipes.

Time: 6.30 pm to 8.00 pm

Venue: Ferntree Gully Senior Citizens Hall, 160 Underwood Road, Ferntree Gully

Bookings essential:

Helen Ford on 0419 376 821
or ftgtownleader@gmail.com

FREE
EVENT

Independent Living Group

**Thursday 6, 13, 20 & 27
February,
5 & 12 March EACH**

This six week interactive group run by Occupational Therapists will provide you with tips to make your everyday activities easier and safer! Each session will include an educational talk, practical circuit and tea/coffee. Talk topics: joint protection, energy conservation, back care, vision, falls prevention and home modifications and future planning.

Time: 10.00 am to 12.00 pm

Venue: EACH Courthouse, cnr Spring and Station Streets, Ferntree Gully

Cost: \$50 or \$75 for couples/friends attending together

Bookings essential:

Contact Joanne Ciardullo on 9757 6264 or
joanne.ciardullo@each.com.au



February

Bright Ideas Network Meeting

FREE
EVENT

Thursday 6 February
Knox City Council

The Bright Ideas Network aims to be the voice of people aged over 55 in Knox. We work on events, projects and issues that are important. The Network is a collaboration between Knox City Council, residents, community groups and local businesses. Network members enjoy information sharing, networking and having the opportunity to contribute their ideas, knowledge and skills. All welcome.

Time: 2.00 pm to 3.30 pm

Venue: Veteran's Advocacy
Centre, 83a Boronia
Road, Boronia

Bookings essential:

Contact Linda Keenahan
on 9298 8828 or
linda.keenahan@knox.vic.gov.au
(RSVP by 3 February 2020)



Rock n Roll with Doug

Monday 10 February
Bayswater Senior Citizens Inc

Rock n Roll songs to sing or dance along to until your heart's content. Clap along with Doug as he takes you back in time, enjoy afternoon tea, then more songs from Doug. What more can you ask for, with a day's entertainment with an endless cuppa to keep you going?

Time: 1.00 pm to 3.00 pm

Venue: Bayswater Senior
Citizens Hall, 790
Mountain Hwy,
Bayswater

Cost: \$10

Bookings essential:

Val on 0400 581 750
(tickets available up until
29 January 2020)



Riding in Traffic - Defensive Cycling

Saturday 15 February
Knox City Council

With an emphasis on on-road practical experience, this course is for those wishing to learn how to ride in traffic so they can use their bike to get around their neighbourhood.

Time: 9.00 am to 1.30 pm

Venue: Basketball Courts at
Fairpark Reserve,
Manuka Drive
Cnr Scoresby Road,
Boronia

Cost: \$10

Bookings essential:

Contact 9298 8000 or visit
knox.vic.gov.au/cycling

Additional information:

Participants must have a bike in good mechanical condition and a helmet.

Powers of Attorney and Advanced Care Planning

**FREE
EVENT**

Monday 17 February
Office of the Public Advocate

We want to enable you to make the best choices for your life and health care, based on your personal values and beliefs. This information will cover both planning for the future: Powers of Attorney and medical treatment decision making as well as Advance Care Planning. Morning tea included.

Time: 10.00 am to 12.00 pm

Venue: Room 4, Knox Civic
Centre, 511 Burwood
Hwy, Wantirna South
(Mel Ref: 64 A12)

Buses: 732, 737, 755

Bookings essential:

Contact Linda Keenahan on
9298 8828 or
linda.keenahan@knox.vic.gov.au
or online
stickytickets.com.au/2LHSZ



February

The Wellness Hub

Wednesday
19 & 26 February,
4, 11, 18 & 25 March
EACH

This six week program supports people to manage current health issues and reduce the risk of developing future health concerns. The group is facilitated by health professionals including nurses, an exercise physiologist, a health psychologist and a dietitian. Each session includes one hour of education and one hour of gentle tailored exercise.

Time: 1.30 pm to 3.30 pm

Venue: EACH Shire Hall, 1063 Burwood Highway, Ferntree Gully

Cost: \$9 per week

Bookings essential:

Contact Service Access on 1300 003 224 or Intake.PH@each.com.au



A Day on the Green

Wednesday
26 February
Ferntree Gully
Bowling Club

FREE
EVENT

Want to try your hand at Lawn Bowls? Come along to a day of fun and friendship. Short practice followed by two games. All equipment provided. Morning tea and light lunch provided.

Time: 10.00 am to 2.00 pm

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

Bookings essential:

call Rhonda on 9753 5888 or manager@ftgbowls.com.au (RSVP by 19 February)

Special Instructions:

Wear flat shoes and bring a hat



Save money on your energy bills with Solar Savers

FREE EVENT

Thursday 27 February
Knox City Council

Discover how the Solar Savers Program can help you reduce your energy bills, future-proof your household against increasing energy costs and reduce your carbon footprint. Knox Council has joined with Solar Savers, a local government initiative, to make solar easy for residents. The Solar Savers team and eko energy (solar installer) will be available to answer all your questions about solar (Is my home suitable? What is a micro inverter?), and determine if you'll benefit from solar. They can also help you register for the program - to do this, please bring along a copy of a recent electricity bill.

Time: 9:30am to 11:00am

Venue: Knox Civic Centre,
Room 3, 511 Burwood
Hwy, Wantirna South

Bookings essential:

stickytickets.com.au/OKFU7 or
call Justin Schreuder on
9298 8000 or
Justin.Schreuder@knox.vic.gov.au

Knox Festival

FREE EVENT

Saturday 29 February
Sunday 1 March
Knox City Council

The 2020 Knox Festival program is jam packed and includes free activities for the whole family. Features food court treats, Global Kitchen, Kids Hub, market stalls, kids cooking and composting, multicultural performances, big bands, energetic dance troupes and more.

Time: 10.00 am to 5.00 pm

Venue: Wally Tew Reserve,
Brenock Park Drive,
Ferntree Gully

Contact:

For queries contact Customer Service on 9298 8000 or go to knox.vic.gov.au/knoxfestival



March

Wiser Walker, Wiser Traveller

FREE
EVENT

Monday 2, 16
& 23 March

Knox City Council

This program runs over three sessions (not Labour Day) and will help you learn how to get around without using a car. Topics include: safe use of public transport and using Myki with confidence, tips for taxi use, community transport and support services available, travel planning and discounted travel passes and being a safe pedestrian. Morning tea provided.

Time: 10.30 am to 12.30 pm

Venue: Orana Neighbourhood House, 62 Coleman Road, Wantirna South

Bookings essential:

please book by calling Linda on 9298 8828 or linda.keenahan@knox.vic.gov.au



The Songs of Shirley Bassey – Featuring Danielle Matthews

Tuesday 3 March

Knox Community Arts Centre

Award-winning songstress Danielle Matthews sings the hit songs of the legendary Shirley Bassey. Iconic songs that have made her one of the most famous performers of our time, including Goldfinger, This is My Life, Big Spender, Diamonds Are Forever and Where Do I Begin.

Join Danielle for this wonderfully powerful celebration of the music and life of the one and only Dame Shirley Bassey.

Time: 11.00 am to 12.15 pm

Venue: Knox Community Arts Centre

Cost: Adult \$20, Concession \$18, Groups 6+ \$16

Bookings essential:

please book by calling 9729 7287 or online knox.vic.gov.au/kcac.

Tickets will be available at the door, unless sold out prior. Please contact us in advance if you have mobility issues or need further assistance.





March

Little Bumble Beeswax wraps workshop

Wednesday 11 March

Knox Library

FREE
EVENT

Laura is back by popular demand. Learn how to make edible food wraps, a great skill for a more sustainable household, avoiding plastics and wastage and keeping food fresh for longer.

Products will also be available for purchase on the day.

Time: 1.30 pm to 2.30 pm

Bookings essential:

Venue: Knox Library, Westfield Shopping Centre, 425 Burwood Hwy, Wantirna South

please book by calling Knox Library on 9800 6470



Celtic Reflections Through the Ages – A Special St Patrick’s Day Performance by Liminality Celtic Trio

Tuesday 17 March

Knox Community Arts Centre

Tales of Irish, Scottish and Welsh musical heritage performed with passion and sensitivity, showcasing classical-style arrangements and tempestuous tunes with pulsating dance rhythms. Liminality Celtic Trio have partnered with Scottish Highland Reel Tartan Dancers and the Victorian Irish Dance Academy to bring you an exquisite production of warmth and beauty. An unforgettable show, which explores the essence of the spirit in music and cultural heritage from the ancient past through to modern times.

Time: 11.00am to 1.00pm

Venue: Knox Community Arts Centre

Cost: Adult \$20, Concession \$18, Groups 6+ \$16

Bookings essential:

please book by calling 9729 7287 or

online knox.vic.gov.au/kcac.

Tickets will be available at the door, unless sold out prior.

Please contact us in advance if you have mobility issues or need further assistance.



March

Mature Yoga Class - Improve Your Balance

Tuesday 17 March
Knox Chiropractic & Wellness

A yoga class for older adults designed to improve your strength and balance.

Time: 7.30 pm to 8.00 pm

Venue: Knox Chiropractic & Wellness

Cost: Gold coin donation

Bookings essential:

please book by calling Gerry Simeone 9800 5350 or admin@knoxchiropractic.com.au (RSVP by 10 March)

Special instructions:

Please wear loose and comfy clothes, no tight clothing.



Make Your Travel Writing Sing

Saturday 21 March
Knox Library

It doesn't matter if you've travelled to all seven continents and the Moon, or to the end of your street. You can make any destination interesting with your own thorough vibrant detail and winning words. In this workshop, try out a few exercises and learn how to pull unique detail out of your memories.

Time: 2.00 pm to 3.00 pm

Venue: Knox Library, Westfield Shopping Centre, 425 Burwood Hwy, Wantirna South

Bookings essential:

please book by calling Knox Library on 9800 6470



Flavours of the World - Tastes of Greece

Tuesday 24 March
Orana Neighbourhood House

Come along and immerse yourself in this wonderful cooking experience. Our entertaining chef will teach you the tips and techniques in preparing some delicious Greek food to impress your family and friends. Morning tea and tastings included.

Time: 10.30 am to 1.00 pm

Venue: Orana Neighbourhood House, 62 Coleman Road, Wantirna South

Cost: \$10

Bookings essential:

Call Lisa on 9801 1895 or email onh@netspace.net.au (RSVP by 15 March 2020)



Downsizing Seminar

Wednesday 25 March
Abbeys Group

**FREE
EVENT**

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. We will give you practical tips about how to declutter and prepare the family home for sale. Afternoon tea provided.

Time: 1.00 pm to 3.00 pm

Venue: Orana Neighbourhood House, 62 Coleman Road, Wantirna South

Bookings essential:

Contact Lisa on 9801 1895



March

Ringwood Highland Games

Sunday 29 March

Ringwood Highland Games Inc

Ringwood Highland Games Inc is a Traditional Highland Games with Pipe bands, highland dancers, Folk Singers, Story Telling, Clan History Talks and representation of people and groups from the wider Celtic world. At the opening there will be massed bands, Clan March and an opening address by the President and dignitaries.

Time: 9.00 am to 5.00 pm

Venue: JW Manson Reserve,
Selkirk Ave, Wantirna

Cost: Adults \$15, Concession
\$10, Children U16 Free

Bookings essential:

For bookings contact
0418 370 051 or email
ringwoodhighlandgames@
gmail.com



Retirement Villages - Make an informed decision

Wednesday 1 April
Consumer Affairs Victoria

FREE
EVENT

There are many great reasons for living in a retirement village, but with any major life decision, it's important to do your research and know your facts. Consumer Affairs Victoria will give tips on what to consider when selecting a retirement village. Morning tea provided.

Time: 10.00 am to 12.00 pm

Venue: Room 4, Knox Civic
Centre, 511 Burwood
Hwy, Wantirna South

Bookings essential:

Contact Linda on 9298 8828 or
linda.keenahan@knox.vic.gov.au
or stickytickets.com.au/TXT9U



Silvie Paladino - The Songs of Eva Cassidy

Tuesday 7 April
Knox Community Arts Centre

The Songs of Eva Cassidy is a celebration of one of the great voices of the 20th Century, and who better to pay tribute to this genius, than Australia's own Silvie Paladino. The show features re-imaginings of such classic tunes as Over the Rainbow, Fields of Gold, Autumn Leaves, Time After Time, Ain't No Sunshine, Bridge Over Troubled Water, What a Wonderful World and, of course, Songbird.



Time: 11.00am to 12.15pm

Venue: Knox Community Arts
Centre, cnr Mountain
Hwy and Scoresby Rd,
Bayswater

Cost: Adult \$20, Concession
\$18, Groups 6+ \$16

Bookings essential:

please book by calling
9729 7287 or online
knox.vic.gov.au/kcac.
Tickets will be available at the
door, unless sold out prior.
Please contact us in advance
if you have mobility issues or
need further assistance.



April

Tour, Entertainment and Lunch at the Australian Jazz Museum

Friday 17 April
Australian Jazz Museum

AJM is a fully accredited Museum run completely by volunteers. The Museum houses an impressive, fascinating and diverse collection of Australian jazz related material. Enjoy a uniquely different tour of the Museum, followed by a live jazz performance. Light lunch and tea and coffee included. We need a minimum of 20 to proceed – group bookings encouraged.

Time: 10.30 am to 1.30 pm

Venue: Australian Jazz Museum, Wantirna Reserve,
15 Mountain Hwy,
Wantirna

Cost: \$25 includes light lunch

Bookings essential: please book by calling Joy on 9800 5535 or jfarnan@ajm.org.au. Please advise any specific dietary requirements.



Safer Scooter, Wiser Wheelchair

FREE
EVENT

Monday 20 April
Knox City Council

Designed to educate those who own/intend purchasing a Motorised Mobility Device (Motorised Scooter or Wheelchair) to minimise the risks associated with using these devices. Includes lunch.

Time: 10.00 am to 3.00 pm

Venue: Rowville Neighbourhood Learning Centre, Rowville Community Centre, 40 Fulham Road, Rowville

Bookings essential:

please book by calling Linda on 9298 8828 or linda.keenahan@knox.vic.gov.au



Bright Ideas Network Meeting

FREE
EVENT

Wednesday 22 April
Knox City Council

The Bright Ideas Network aims to be the voice of people aged over 55 in Knox. We work on events, projects and issues that are important. The Network is a collaboration between Knox City Council, residents, community groups and local businesses. Network members enjoy information sharing, networking and having the opportunity to contribute their ideas, knowledge and skills. All welcome.

Time: 2.00 pm to 3.30 pm

Venue: Bayswater Senior Citizens Centre, 790 Mountain Hwy, Bayswater

Bookings essential:

please book by calling Linda Keenahan on 9298 8828 or email linda.keenahan@knox.vic.gov.au (RSVP by 20 April 2020)



April

The Joy of Salvias

Thursday 23 April
Knox Library

**FREE
EVENT**

Join Lyndi from The Victorian Salvia Study group and learn all about these wonderful hardy plants. Plants will be available for sale on the day.

Time: 1.30 pm to 2.30 pm

Venue: Knox Library,
425 Burwood Hwy,
Wantirna South

Bookings essential:

please book by calling Knox Library on 9800 6470



Wiggle and Giggle Belly Dancing with Helen Patrice

**FREE
EVENT**

Wednesday 29 April
Knox Library

A fun belly dancing session.

Time: 1.30 pm to 2.30 pm

Venue: Knox Library,
Westfield Knox
425 Burwood Hwy,
Wantirna South

Bookings essential:

please book by calling Knox Library on 9800 6470



Bus tours

Our bus tours are very popular and a great opportunity to enjoy a drive in the country and meet new friends. Due to the overwhelming response we have received for previous tours, we are now offering the tours to Knox residents only.

Please note, some of the tours listed below involve a moderate amount of walking. In order for us to provide you with the best possible experience, please advise us of any mobility limitations or support you may need when making your booking.

Bus Tour to Flowerdale Estate

**Tuesday 14 January or Wednesday 15 January
or Thursday 16 January or Friday 17 January**
Knox City Council

Time: 9.15 am for 9.30 am departure to 4.30 pm

Venue: Meet in Foyer of Knox Civic Centre, 511 Burwood Hwy, Wantirna South

Cost: \$25 includes lunch, plus optional morning/afternoon tea at own expense (we estimate \$10-\$15).

Additional information: Open to Knox residents only. Please bring exact change of \$25 payable upon arrival at Civic Centre.

Bookings essential:

Contact Linda on 9298 8828 or linda.keenahan@knox.vic.gov.au or visit stickytickets.com.au/rdwd7

Please advise us of any dietary requirements



Bus tours

Bio Gro - Bus Tour

**Friday 7 February
or Tuesday 11 February**
Knox City Council



Did you know in Australia, 13 million tonnes of organic material is disposed to landfill each year?

Join us as we tour Van Schaik's Bio Gro facility that recovers organic material from landfill and professionally processes the material into a variety of high quality consumer products. Unique to the resource recovery industry, Bio Gro has created the "Organics Circular Economy". Using a sustainable practice of processing and composting, the kerbside recovered waste is converted into valuable materials used for growing food and fibre.

Time: 9.45 am for 10.00 am departure to 12.00 pm

Venue: Meet in Foyer of Knox Civic Centre,
511 Burwood Hwy, Wantirna South

Additional information:

Open to Knox residents only.

Walking involved. Wear flat-soled enclosed shoes.

Bookings essential:

Contact Barb Jordan on 9298 8000 or visit stickytickets.com.au/92659



Replas Environmental Centre – Bus Tour

**Friday 28 February
or Tuesday 3 March
Knox City Council**



Are you passionate about the environment? Travel by bus to the Replas Environmental Centre to discover some of the answers to the problems faced by our planet. The facility is one of the largest plastic recycling centres in the southern hemisphere. It is home to a range of products from Replas that help build a more sustainable future. The REC encourages a more sustainable future through the use of recycled goods and aims to support and inform councils, businesses and schools through the products offered, excursions and tours that encourage a more eco-friendly environment.

Time: 9.00 am for 9.15 am departure to 1.00 pm

Venue: Meet in Foyer of Knox Civic Centre,
511 Burwood Hwy,
Wantirna South

Additional information:

Open to Knox residents only.
Walking involved.
Wear flat-soled enclosed shoes.

Bookings essential:

Contact Barb Jordan on 9298 8000 or visit stickytickets.com.au/92661



Bus tours

Edible Forest Guided Garden Tour & Morning Tea - bus tour

FREE
EVENT

**Friday 13 March
or Wednesday 25 March
Knox City Council**

Imagine walking through a forest where everything around you is edible or medicinal. Once you step inside the Edible Forest, you will be guided through six specifically designed areas which naturally flow into one another. Be guided by one of the team of Yarra Valley Estate who lovingly created the space: taste the edible plants; learn the health benefits of each and learn the reasons why individual plants were selected as you meander through the lush and abundant 'forest'.

Time: 8.15 am for 8.30 am departure to 1.00 pm

Venue: Meet in Foyer of Knox Civic Centre,
511 Burwood Hwy, Wantirna South

Additional information:

Open to Knox residents only. Walking involved. Wear flat-soled enclosed shoes. Please advise dietary requirements.

Bookings essential:

Contact Barb Jordan on 9298 8000 or visit stks.be/edibleforest



Melbourne Street Art Tour

**Friday 20 March
or Friday 27 March
Knox City Council**

Melbourne has fast become the envy of the world's street art scene. As the fresh paint drips down the laneways of Melbourne, dedicated artists work into the night to create the world's largest public gallery. On the tour, you will be led by one of Melbourne's famous street artists and you will see a Melbourne that you never knew existed. Enjoy a complimentary cuppa along the way. We will stop for lunch (at own expense) on our way back to Knox.

Time: 8.45 am for 9.00 am departure to 3.00 pm

Venue: Meet in Foyer of Knox Civic Centre,
511 Burwood Hwy, Wantirna South

Cost: \$38.50 includes tour guide and tea/coffee,
plus lunch at own expense (we estimate \$15-\$25)

Additional information:

Open to Knox residents only. Walking involved. Please bring exact change of \$38.50 payable upon arrival at Civic Centre.

Bookings essential:

Contact Linda on 9298 8828 or linda.keenahan@knox.vic.gov.au or visit stickytickets.com.au/N2QMP





Knox Community Seniors Guide

The Knox Community Seniors Guide has been developed to provide older residents with information to access local services and social activities within the municipality.

The guide aims to provide information on a range of groups and programs available to help older adults to lead and manage an active, healthy and positive lifestyle.

The guide helps to support older residents to remain independent by providing them with the knowledge and skills to make the most out of the Knox community.

All attempts have been made to ensure the accuracy of the information provided within this guide at the time of printing.

To update information or to submit a seniors group for inclusion in the next Knox Community Seniors Guide, please phone 9298 8828 and ask for Linda or email details to linda.keenahan@knox.vic.gov.au

Symbols used in this booklet:

 Telephone number

 Email Address

 Website

 Hours of Operation

 Address

 Hall hire available

 Facebook

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Senior Citizen Centres


Senior Citizen Centres across Knox and other social and community groups offer opportunities to engage with your local community in a fun and accepting way


Bayswater Senior Citizens Centre

The Centre provides activities including carpet bowls, cards, bingo, snooker, live shows, day trips and entertainment. Games days and movie days are also held on Tuesdays.

 9720 7232 or 0400 581 750 - Val Cadman, Secretary

 790 Mountain Highway, Bayswater 3153

 Tuesday, 12.30pm - 3.30pm - Cards
Thursday, 12pm - 3pm - Bingo
Friday, 1pm - 3.30pm - Bowls

 Hall hire is available



Senior Citizen Centres

Boronia Bellbird Senior Citizens Centre

The Centre provides activities including bingo, excursions, entertainment.



9762 2624 or 9762 8985 - John Lumsden, Secretary



Cnr Erica and Genista Avenues, Boronia 3155
PO Box 327, Boronia 3155



Every 2nd Thursday, 11am - 3.30pm



Hall hire is available

Ferntree Gully Senior Citizens Centre

The Centre provides activities including bingo, outings, billiards, carpet bowls, crafts, fete, raffles and concerts. Main Club meetings are held Thursdays from 11:00am - 3:00pm.



9758 2990

0412 192 910 - Dee Denton, President



160 Underwood Road, Ferntree Gully 3156



Tuesday, 10am - 2.30pm, Craft


Thursday, 11am - 3.pm, Bingo





Hall hire is available

Fijian Seniors Association Inc

The Centre provides activities including bingo, excursions, entertainment.


 Suraj Dip, President - surajdip@bigpond.net.au


 Bayswater Primary School, Cnr Mountain Highway and Birch Street, Bayswater 3153


 1st Sunday of the month from 2pm - 5pm


Knox Chinese Elderly Citizens Club


The Club provides activities including Tai Chi, badminton, table-tennis, karaoke, travel and tours, fan and sword dancing, and Chinese festivals are celebrated.

 0411 138 448 - William Wai, President
9763 7400 - Leisure Centre


 williamwai88@hotmail.com

 Knox Chinese Elderly Club

 Rowville Community Centre, 40 Fulham Road, Rowville 3178

 Thursday, 10am - 3pm

Knox Hungarian Senior Citizens Club

 Michelle Welsby, Secretary - knoxhungarianseniorcc@yahoo.com

 Hungarian Community Centre, 760 Boronia Road, Wantirna South 3152

Senior Citizen Centres

Knox Italian Senior Citizens Club Inc

Activities including cards, bingo, outings, bocce, shows and dinner dances. A luncheon is served once a month.



9764 2868 – club room
9758 5883 – Silvana Parolin, Secretary
0419 330 977 – Michael Migliaccio



gsparolin@hotmail.com or migliaccio@netspace.net.au



99 Karoo Road, Rowville 3178`



Thursday, 1.00 pm – 5.00 pm



Hall hire is available

Knoxfield 55 Plus Club

The Club provides activities including indoor carpet bowls, bingo, entertainers, ballroom dancing, outings and living longer – living stronger exercises.



9763 7944 BH, 9758 3927 AH – Bill Rule, President
9762 6997 AH – Helen Fowler, Vice President
9560 8043 AH – Sybil Storey, Social Secretary



Carrington Park Activity Centre, 20 O'Connor Road,
Knoxfield 3180



Monday, Wednesday and Thursday, 1pm – 4pm
Friday, 11am – 2.30pm
Exercise Sessions: Monday and Thursday, 9am – 10.15am



Hall hire is available

Latvian Senior Citizens Club

The Centre provides social support to Latvian senior citizens, as well as day trips and outings.



9800 2977 - Ivars Stubis, Activity & Lifestyle Co-ordinator



administration@latvianfs.org.au



Latvian Retirement Village Hall, 60 Fraser Crescent,
Wantirna South 3152



Every 2nd Tuesday of month from 11am for 3-4 hours

The Palesviaki Enosis Senior Citizens Group

The Senior Citizens Group encourages friendly relationships and promotes and maintains basic Greek characteristics, national traditions, customs and habits.



9729 1101



lesvoscultureclub.com/club



26 Waldheim Road, Bayswater 3153



Wednesdays, 10am - 3pm

1st Sunday of each month, 1pm - 5pm

Senior Citizen Centres

Polish Senior Citizens Club

The Club provides social meetings for seniors over 50 years.



9795 0522, 9700 1364



polishseniorclubrowville@gmail.com



“Syrena”, 1325 Stud Road, Rowville 3178



Thursday every two weeks, 11am – 4pm

Rowville Senior Citizens

Activities include carpet bowls, bingo, cards, rummicub, outings and lunches. For fun and friendship.



9763 7400 – Rowville Community Centre
0421 281 196 – Elizabeth Kuek, President
0430 446 317 – Jeff, Secretary



Rowville Community Centre, 20 Fulham Road, Rowville 3178



Wednesday and Friday, 1.00 pm – 3.30 pm



Hall hire is available

Social Groups

Angliss Hospital FTG Auxiliary

The Auxiliary group hosts special meeting fundraisers, raffles, stalls and annual fashion parades. The Opportunity Shop is available and is staffed by volunteers.



9763 4803 or 0414 683 796 - Denise Gravatt, Secretary



Opportunity Shop, 4/101 Station Street, Ferntree Gully 3156
General Meetings
Peace and Loyalty Masonic Lodge, Station Street,
Ferntree Gully 3156



Opportunity Shop Hours:
Monday to Friday, 9am - 4.30pm
Saturday, 9am - 12.30pm

The Bayswater Klaverjas Club

Also known as the Dutch Society Bayswater, this social club meets to play cards during the day on Tuesdays and on Friday evenings.



9762 3473 - Connie Daalmeyer (Tue)
9752 8426 - Henny Lourens (Fri)



HV Jones Reserve, Kingston Street, Ferntree Gully



Tuesdays, 10.30am to 3pm
Fridays, 7.30pm to 11pm

Social Groups

Bayswater Legacy Widows Club

The Club provides support to Widows and Widowers of deceased ex-service personnel. It conducts monthly meetings, social outings and luncheons.



9779 3428 (Club Room) on meeting days



Bayswater RSL, 626 Mountain Highway, Bayswater 3153



1st Friday of month, 11.45am - 2pm

Boronia Legacy Widows Club

The Club activities include speakers, entertainment, outings, luncheons and theatre. Advice on help available to widows.



9801 1321 - Joyce Gough, Secretary




Boronia RSL, 198 Dorset Road, Boronia




Meetings held 3rd Friday each month, 1pm - 3pm
Luncheon every 3rd month


Bridges Connecting Communities


For people with disability, elderly and pensioners who are residents of Knox and South West Yarra Ranges. Offering community transport, planned activity group, pet companion, phone a friend and friendly visiting.

 9763 9700

 info@bridgescc.com.au


 bridgescc.com.au

 6 Griffith Street, Knoxfield Vic 3180


 Monday – Friday, 9am – 5pm


Chinese Community Social Services Centre Inc

The Social Support Day Centre is for the frail and elderly of Chinese origin aged 65 or above in the Eastern Metro Region. Structured programs and activities include singing, information sessions, Tai Chi/gentle exercises, handicraft lessons, language classes, cooking and excursions. A Day Centre located in Wantirna is available for residents of City of Knox.

 9898 1965

 hacc@ccssci.com.au


 Knox Garden, Community Hall, Argyle Way, Wantirna Sth

 Thursdays, 9am – 3pm


Social Groups


Eastern Ranges Retirees Inc

The aim of Eastern Ranges is to further friendship and common interests between retirees. Programs include monthly meetings, interest groups, travel, computer group, cards and table games, monthly guest speakers and more.

 9723 3103, Secretary


 b.wuste@iinet.net.au

 197 Greeves Drive, Kilsyth 3137


 4th Thursday each month at Federation Estate, Greenwood Avenue, Ringwood, 9.30am – 12pm


Ferntree Gully Laughter Club

Is a free community club, that practices ‘laughing for no reason’, which is the best medicine. With regular laughter comes the ability to renew one’s sense of humour and increase feelings of joy.

 Lynette Mitchell 0425 799 258 or 9763 5475


 lynette@laughterforliving.com.au

 1010 Burwood Highway, Ferntree Gully (behind Ferntree Gully Library)


 2nd, 4th and 5th Sunday of each month at 10.30am


Ferntree Gully TOWN Weight Loss Club Inc

We will give you support and knowledge to help you achieve your weight loss goals. No gimmicks, nothing extra to buy. Just the discipline of stepping on to the scales each week and the information to help you achieve your weight loss goal. Talk to us about our Weigh and Go option, available for the time poor. Joining fee is \$60 and \$7.00 per week thereafter.

 Helen on 0419 376 821


 ftgtownleader@hotmail.com


 Senior Citizens Hall in Underwood Road, Ferntree Gully
(park in railway carpark)


 Every Wednesday evening - 6.30 pm to 7.45 pm
Weigh in times are 5.30 pm to 5.45 pm and 6.15 pm to 6.30 pm

Heartbeat Vic Inc Knox Branch

Offers support to patients and their family and friends following a cardiac event such as a heart attack, heart surgery, stents, angina etc or related illness. Provides visiting services for members who are hospitalised or housebound. Supports families and members. Provides social opportunities for patients and their carers.

 Lynda Andrews, Secretary on 0409 167 449


 Orana Neighbourhood House, 62 Coleman Road,
Wantirna South


 3rd Tuesday of the month


Social Groups

Knox Community Chess Enthusiasts

Chess Open. No matter your skill level, this game is played in a social and fun space. It is a great opportunity to use your brain and meet new friends.

 Eddie Atacador 0409 417 719


 eddie.atacador@hotmail.com

 Westfield Knox Community Space,
Westfield Knox Shopping Centre
(near fruit & vegetable market)


 Thursdays from 10.30am to 3pm


Knox and District Over 50s Inc

A social and friendship organisation, the group meets monthly from January to November and provides guest speakers, a book club, luncheons and day and overnight trips.

 Chris Towers - 0417 326 842
Delia Francis, Secretary - 0438 631 303
Jill Gowland, Membership Enquiries - 9801 4363

 bigjim@bigpond.net.au

 Boronia Progress Hall, 134 Boronia Road, Boronia 3155

 4th Tuesday of each month (except December) at 10.30am

Knox Exercise and Social Group

Is a self help, not for profit exercise group (both male and female) who meet on a Wednesday and Friday to undertake gentle exercise to maintain and improve heart health and general fitness as well as social connection.



0400 602 925 – Ronald Woodrow
Brian Wright – 9752 2536



St Stephen's Anglican Church Hall, 2 Warruga Avenue,
West Bayswater 3153



Wednesday and Friday, 8.15am – 10.15am

Knoxfield Laughter Club

Is a free community club, that practices 'laughing for no reason', which is the best medicine. With regular laughter comes the ability to renew one's sense of humour and increase feelings of joy.



Lynette Mitchell 0425 799 258 or 9763 5475



lynette@laughterforliving.com.au



Carrington Park, 20 O'Connor Road, Knoxfield



1st, 3rd & 5th Saturday of each month at 10.30 am

Social Groups

Knox Stroke Survivors Support Group

Provides support within a friendly environment to people who have had a stroke, their families and carers.



9758 9109 - Lister Sabin
9758 8582 - Robert Morgan
9753 9878 - Helen Fisher



robandleemorgan@optusnet.com.au



Kings Park Football/Cricket Pavilion, Willow Road,
Upper Ferntree Gully



1st & 3rd Wednesday of every month, 10.30am - 1pm

Life Activities Club Knox

Social activities for pre-retired 45+ or retired people. Day and night activities include walking, dining out, film, holidays, craft, garden visits, cards, theatre, badminton, water aerobics, painting, board games, caravanning, social outings and street orienteering.



9727 2726 - Carol Underhill, Membership Secretary



knox@life.org.au



life.org.au/knox




PO Box 19, Boronia VIC 3155


National Seniors Australia, Knox Branch

The association aims to further the well-being of persons over 50 years of age in the Knox area. The Knox branch provides a social environment to members and organises outings, meetings and speakers. They also provide services to the community and policy work for senior issues, both locally and nationally through NSA.

 9778 6784 – John Giles, President


 johngiles@aapt.net.au

 Knox Club, Boronia Road, Wantirna South 3152


 4th Wednesday each month, 10.30am

Older Men New Ideas (OMNI)

OMNI is a Men's discussion group that provides an opportunity for men over the age of 50 to interact with other local men. Discussions are wide-ranging and conducted in a friendly, respectful and confidential environment. A light morning tea is provided.

 0431 844 833 – John Douch


 Orana Neighbourhood House,
62 Coleman Road, Wantirna South


 2nd and 4th Friday of each month, 9.30am to 11.30am


Social Groups

Pancretan Association of Melbourne

The Pancretan Association provides tennis club memberships, Greek dancing and music classes to the Hellenic community.

 9800 0148, 0419 856 736 – Tony Tsourdalakis, President


 info@pancretan.com.au


 pancretan.com.au


 PO Box 4512, Knox City Centre, Wantirna South 3152

Probus Club (Ladies) Bayswater

The Club provides friendship and fellowship for retired women. Activities include outings, lunches, guest speakers, day trips, also with other clubs.

 9762 5006 – The Secretary

 Knox Community Arts Centre,
Cnr Mountain Hwy and Scoresby Road, Bayswater 3153
PO Box 108, Bayswater 3153


 4th Monday every month, 10am – 12pm
(except April & December)

Probus Club (Ladies) Boronia

Social club providing regular monthly meetings, fellowship and activities for retired or semi-retired ladies who have retired from their workplace.

 9764 5233 - Zita Ragg, Secretary

 The Knox Club, Cnr Stud & Boronia Road, Wantirna South
PO Box 379, Boronia 3155


 3rd Wednesday of each month, 10.00 am, sign in at 9.30 am

Probus Club Ferntree Gully Combined

The Club provides monthly meetings for social contact and fellowship, and outings are organised.

 9887 2338 - Lyn Doyle, Secretary


 Carrington Park Activity Centre, 20 OConnor Road, Knoxfield
PO Box 4037, Knox City Centre 3152

 4th Wednesday of each month (except December),
10am - 12pm


Social Groups


Probus Club Knox Combined

The Club is a social group for active retirees that provides friendship and fellowship. Monthly meetings with interesting speakers, plus organised activities, day trips and short tours.

 0418 583 631 - Jan Bates, Secretary


 janbates@netcall.com.au

 Stamford Hotel, Cnr Wellington and Stud Rds,
Rowville 3178
PO Box 2006, Rowville 3178


 Meets 1st Tuesday of each month except November
(2nd Tuesday in November)


Probus Club (Ladies) Knoxfield

The Club provides monthly meetings for social contact and guest speakers, outings and other activities are organised.

 9753 3224 - Beverley Bishop, Secretary


 jeddaben@bigpond.com


 Wantirna Club, 350 Stud Rd Wantirna.


 3rd Wednesday of each month Jan to Nov, 9.45am - 12pm

Probus Club Rowville Lysterfield Inc


Social group for over 50's. Guest speakers, companionship, tours, trips. Suitable for retired or semi-retired men and women.

 0401 033 116 - Paul Lucas

 64plucas64@gmail.com


 Stamford Hotel, Cnr Wellington and Stud Roads,
Rowville 3178

Postal: 64 Timbertop Dve, Rowville Vic 3178


 1st Friday of each month (except Jan),
10am to 12pm


Probus Club Studfield - Wantirna Combined

A social club for active retired and semi-retired people, the Club hosts monthly meetings with morning tea and interesting guest speakers. Other activities include various interest groups and regular outings and day trips.

 9758 6338 - Helen Bone, Membership Officer

 studfieldwantirna@probusclubs.com.au


 Knox Fishing Club, Schultz Reserve, Kingloch Avenue,
Wantirna 3152

 2nd Tuesday of each month (except January),
9.45am - 12pm


Social Groups

Probus Club Wantirna Heights Combined

The Club is a social group for over 50s and activities organised include trips and guest speakers.


 9887 2338 or 0434 116 268 – Kevin Doyle, Secretary

 probusclubofwantirnaheights@gmail.com


 Knox Fishing Club, Schultz Reserve, Kingloch Avenue, Wantirna 3152


Probus Club Wantirna South Combined

This is a brand new club which held its first meeting in February 2018. They are looking for members.

 0418 333 022


 oes54@hotmail.com

 Wantirna Club, 350 Stud Road, Wantirna

 2nd Wednesday of every month from 10am


Rowville Library Chinese Friendship Group

A friendship group for Chinese communities in the Rowville area, the group meets to discuss various issues, celebrate Chinese festivals and events and organise special outings.

 9801 1422 or 0405 421 706 – Chuentat Kang

 chuentat@hotmail.com

 Rowville Library


 Thursday, 10.30am – 12pm

Rowville Senior Sports (Badminton)

We play badminton every Monday and Friday throughout the year. New members are welcome regardless of fitness level or ability. It is great exercise and a lot of fun!


 9763 7400 (Rowville Community Centre) or
0417 316 022 (Margaret)


 Rowville Community Centre, 20 Fulham Road, Rowville


 Mondays and Fridays, 10.00 am to 12.00 pm


Scoresby 55+ Social Circle

A social group for over 55s, all are welcome to join in the fun and friendship of the social circle. Informal and relaxed atmosphere, come when it suits you. \$2 annual membership fee. General entry: \$3 (includes fabulous morning tea).

 9764 1166 (Rowville Neighbourhood Learning Centre during
business hours)

 scoresby55plus@gmail.com


 Thursdays, 10am – 12pm


 Scoresby Football Clubrooms, Scoresby Recreation Reserve,
752 Stud Road, Scoresby 3179


Social Groups

St Joseph's Friendship Group

A friendship group for over 55's and open to all surrounding parishes (non-denominational). Group activities include cards, board games, pizza days, BBQs, film days, luncheons and bus trips.


 9801 4435 - Rosemary, Secretary

 St Joseph's Church, 212 Boronia Road, Boronia 3155
(hall at the back)


 Tuesdays, 1pm - 4pm

Victorian Association of Radio Model Soaring Inc (VARMS)

We get together aero-modellers who are interested in building and flying radio controlled gliders. Classes with dual controlled gliders are held every second Sunday.

 9561 9097 - Colin, President or 9801 3899 Max, Vice President


 president@varms.org.au or vp@varms.org.au


 VARMS Glider Field, 291 George St, Wantirna South
(behind State Basketball Centre)

 Every second Sunday from 10am to 1pm


Villa Maria Rehabilitation Program

A Commonwealth funded Day Therapy Centre for seniors living in Knox over the age of 65 years who require Allied Health intervention. We offer Physiotherapy, Occupational Therapy, Speech Therapy, Dietician, Podiatry and Group exercise sessions.

 9800 7255


 alliedhealth&nursing@vmch.com.au

 VMCH Wellbeing Centre, Bldg A - 355 Stud Road, Wantirna South 3152


 Monday - Friday, 8.30am - 5.00 pm

Wantirna Friendship Group

The programs are very varied - community singing old-time favourites, sharing jokes and stories, visiting entertainers, musical programs, travel programs, games, etc. Morning tea and lunch is included. The cost is \$3.

 Marlene 9877 1174, Julie 9878 0206

 wantirna.adventist.org.au

 Thursdays, 9.30am - 1pm (except school holidays)

Walking Groups

Join a Walking Group for **FREE** and enjoy the benefits of improved health, new friends and rewards for achieving walking milestones!

Can't find a walking group in your area?

Why not start one yourself? Please contact your **Local Coordinator** on **9298 8828** today!

For more information visit: knox.vic.gov.au/walking

* Denotes a non-Heart Foundation Walking Group

Boronia Walking Group*



Dee 9762 7604



Wednesdays - various times



Salvo Thrift Shop, 2 Liverpool Road, Boronia

Eastern Heart and Sole*



David 0422 195 507



Tuesdays, 9.30am



Zagame's, cnr Dorset Rd/Boronia Rd, Boronia

Good for the Sole



Kaye 0437 333 346





Tuesdays / Thursdays 8am




Brew'd Café, 1226 Burwood Hwy, Upper Ferntree Gully

Knox Ramblers


 Nola 0400 525 119


 Wednesdays, 9.30am

 Westfield Knox, Myer Undercover Car Park, Wantirna South


Westfield Walkers*


 Concierge 9814 5001

 Tuesdays/Thursdays, 7.30am


 Westfield Knox, Wantirna South

Lollipop Walkers & Friends


 Jeanette 0488 536 169 (contact for meeting point)


 Tuesdays, 10am

Knox Street Orienteering Walkers

 David 0419 337 311 or david@knoxow.org.au

 knoxow.org.au

 1st & 3rd Friday of the month, 10.15am

 Contact for meeting point

Community Learning Centres

Lifelong learning can be in the form of structured training such as adult education courses, volunteering with a local organisation or maintaining employment into your later years.


All of these contribute to improved physical and mental fitness, helping you maintain your independence and remain engaged with your community.


Knox has a number of Adult Learning Centres, Neighbourhood Houses and Community Houses - whatever the name; these places are the heart of the Knox community.


Refer to each of the Centre's websites for current course brochures and enrolment details.

The Basin Community House


The Basin Community House provides adult education, classes for people with disabilities and community development programs for the residents of Knox. Many of the programs are assisted by volunteers.


 9761 0209

 info@basincommunityhouse.org

 thebasincommunityhouse.org.au


 1221 Mountain Highway, The Basin 3154

 Monday - Friday, 9.15am - 3pm


 Room hire is available at both The Basin Community House and The Basin Progress Hall

Coonara Community House


Coonara Community House provides a wide range of educational, career planning, recreational, support groups, parenting resources, personal development, computer training and health and wellbeing programs for adults. Occasional Childcare for 0-5 year olds.

 9758 7081

 enquiries@coonarahouse.org.au


 coonarahouse.org.au

 22 Willow Road, Upper Ferntree Gully 3156

 Monday - Friday, 9am - 4pm during school terms


Glen Park Community Centre


The Centre provides a friendly, supportive and welcoming environment for all Knox residents. It promotes personal growth through social, vocational and learning opportunities that are accessible to all.

 9720 5097

 office@glenparkcc.com.au

 glenparkcc.com.au

 30 Glen Park Road, Bayswater North 3153


 Monday - Friday, 9am - 4pm

Community Learning Centres

Mountain District Learning Centre


Mountain District Learning Centre aims to further the wellbeing of all persons in the Knox area. The Social Friendship Group provides a social environment to participants and organises outings, lunches, speakers and a different activity each week. The group meets each Wednesday between 1pm to 3pm.


Mountain District Learning provides HACC/CHSP Planned Activity Groups for eligible residents aged over 65 (CHSP), their carers and people with a disability aged under 65 years (HACC). Group members can participate in craft, gardening, art, computers and gentle exercise activities that provide mental, social and physical stimulation in a friendly and safe environment.

 9758 7859

 office@mdlc.com.au


 mdlc.com.au


 13 - 15 The Avenue, Ferntree Gully 3156


 Monday - Friday, 9am - 4pm


Orana Neighbourhood House


The Neighbourhood House offers various support groups, arts and crafts groups, self esteem and personal development courses, health and wellbeing information, computer courses and other general adult education.

 9801 1895

 onh@netspace.net.au

 orananh.org.au

 62 Coleman Road, Wantirna South 3152
PO Box 5047, Wantirna South 3152

 Monday - Friday, 9am - 3.30pm



Community Learning Centres

Rowville Neighbourhood Learning Centre Inc

Rowville Neighbourhood Learning Centre welcomes community members of all ages and provides a broad range of programs and activities.

It offers Adult Education short courses, music, dance, art, language and a number of creative hobbies, social group celebrations and is a place to grow and belong.



9764 1166



inquiries@rowvillenc.org.au



rowvillenc.org.au



40 Fulham Road, Rowville 3178





Monday - Friday, 9am - 4pm (School terms only)




U3A Knox


U3A Knox is specifically for those over 45 years of age and retired from full-time employment. The provision of low cost educational and recreational activities in a non-competitive environment.

 9752 2737


 office@u3aknox.org.au

 u3aknox.org.au


 Parkhills Campus, 1 Park Boulevard, Ferntree Gully 3156

 Monday – Friday, 9.30am – 3.30pm (School terms only)

Eastern Regional Library – Bayswater

 9800 6498 or
1300 737 277


 erl.vic.gov.au


 Shop 26, Ground Floor, Mountain High Shopping Centre
7-13 High Street, Bayswater, 3153


 Monday, 1pm – 5.30pm
Tuesday – Wednesday, 10am – 5.30pm
Thursday, 1pm – 7pm
Friday, 10am – 5.30pm
Saturday, 10am – 1pm

Community Learning Centres


Eastern Regional Library - Boronia

 9800 6488 or 1300 737 277


 Park Crescent, Boronia 3155


 Monday - Wednesday, 10am - 8pm
Thursday - Friday, 10am - 5.30pm
Saturday, 10am - 1pm

Eastern Regional Library - Ferntree Gully


 9800 6455 or 1300 737 277

 erl.vic.gov.au


 1010 Burwood Highway, Ferntree Gully 3156

 Monday - Wednesday, 9am - 8pm
Thursday - Friday, 9am - 5.30pm
Saturday, 10am - 1pm

Eastern Regional Library - Knox Westfield


 9800 6470 or 1300 737 277

 erl.vic.gov.au


 425 Burwood Highway, Wantirna South 3152


 Monday - Friday, 9am - 8pm
Saturday, 9am - 4pm
Sunday, 1pm - 4pm

Eastern Regional Library - Rowville


 9800 6443 or 1300 737 277

 erl.vic.gov.au


 Stud Park Shopping Centre, Stud Road, Rowville 3178


 Monday - Friday, 8am-8pm; Saturday, 10am-2pm

MyAgedCare

 1800 200 422

 myagedcare@dss.gov.au

 myagedcare.gov.au

 Monday - Friday, 8am-8pm;
Saturday, 10am-2pm

Provides information on aged care, whether for yourself, a family member, friend or someone you're caring for. The My Aged Care website was established by the Australian Government to help you navigate the aged care system. There are a large range of services that you can access through my aged care such as:

- Assistance with household duties such as vacuuming and cleaning
- Assistance with basic home maintenance eg. gutter cleaning,
- Allied Health services including physio therapy and other services, and many more services.

To register contact My Aged Care on 1800 200 422 and request a Home Support Assessment so that you can access services to assist you to maintain independent living.

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 Knox Over 55s Zest4Life program, contact our Seniors Support Officer on 9298 8000.

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. If you have any feedback, contact the Seniors Support Officer at Knox City Council on 9298 8000.



Download the
**2020
Knox Over 55s
Zest4Life guide**
at
[knox.vic.gov.au/
zest4life](http://knox.vic.gov.au/zest4life)

KNOX
your city



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/knoxcc)

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

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

 Interpreter
131 450

National Relay Service
133 677