

knox your city
Over 55s
Zest4Life



July &
August
2020



Welcome

Welcome to the Knox Over 55s Zest4Life program guide which aims to support people to remain active and socially connected within the Knox municipality by offering a mix of activities, training and events. We have modified our program to support COVID-19 restrictions by offering this via Zoom and Teleconference.

For those of you who are looking for a useful list of emergency and support contact numbers in Knox, refer to page 24 (back cover).

What you need to know

This guide includes a range of activities organized 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
- Ensure you register so that you receive your Zoom or teleconference link
- Meet new people, learn new things and have fun!

What is Zoom?

Have you seen events and talks advertised as being held on Zoom? Would you like to attend them? Zoom is a program that lets multiple people talk to each other in real time. It is free and you don't need an account to participate; but you do need a computer, tablet or smart phone. The staff at Eastern Regional Libraries have put together a short video to explain Zoom and a sheet of instructions and information to help you get started.

- The video on how to use Zoom a 'tips and tricks' instruction sheet are available from the ERL at:

<https://www.yourlibrary.com.au/2020/05/zoom-tips-tricks/>

or Click on 'Library News' from the website.

- If you have further questions about using Zoom please call your local Library branch or 1300 737 277 between 9am-5pm Mon-Fri.

How to use Zoom

To participate in the events listed, you do not need to have a Zoom account. Just prior to the start time for the session, you simply click on a link sent to you by email by the organizer. That will open a screen where you will be asked to provide your name or nickname for the online training.

For anyone using Zoom for the first time, we suggest you pre-load Zoom onto your computer as this may take you a bit longer. The first time you attend an online meeting, the system will check if you have the Zoom app installed. If you don't have Zoom installed, you will see instructions to install it. You can save time by pre-installing the app, as below.

For Apple or Android device (iPad, tablet or phone):

Install the Zoom Cloud Meetings app from either the Apple App Store or Android Google Play Store.

For a Windows, Mac or Linux desktop or laptop:

Install the Zoom Client for Meetings from the Zoom Download Centre.

Participants can choose to participate with video (camera), audio (microphone) or text chat. You can turn your camera and/or microphone on and off at any time. The meeting host can enable or disable your audio in order to manage discussion.

NOTE:

- Everyone in the meeting will see whatever your camera is pointing at. Ideally your face in full, without anything too distracting in the background. Adjust your position and the position of the camera to suit.
- Sign in five minutes before the advertised start time, so the session can commence on time.
- The first Zoom session will probably take some time before everyone is connected. We appreciate your patience while people connect.
- Please ensure there is no background noise or distractions.
- Some Zoom sessions will be recorded, so check with the organizer if you would prefer to remain anonymous.

How to use Teleconferencing

A teleconference is a telephone meeting among two or more participants.

Anyone who has access to a phone (landline or mobile) can participate.

Upon registration of your teleconference event, the event organiser will issue you with a Dial in phone number and a Participant pin number.

Please dial in five minutes before the start time, as the session will commence on time. Please ensure there is no background noise or distractions during the conference.

Program of Events

Refer to full program for further event details and bookings.

Bookings

Please remember that **bookings are essential**, so please contact the event organiser listed under each activity to secure your place or register directly online.

Knox Over 55s Zest4Life

July 2020			
Event	Format	Time	Page
Thursday 2 July			
Soup & Singing	Zoom	1pm to 2pm	7
Saturday 4 July			
All things Google workshop	In person or Zoom	10am to 12pm	7
Friday 10 July			
OMNI – Men’s Chat Group	In person	9.30 am to 11.30 am	8
Tuesday 14 July			
What are you bingeing on?	Zoom	10.30 am to 11.30 am	8
Thursday 16 July			
Knox Online Trivia Event	Zoom	2pm to 3pm	9
Friday 17 July			
Author talk – Laura Simpson	Zoom	10am to 11am	10
Tuesday 21 July			
My Aged Care information session	Zoom	11am to 12pm	11
My Aged Care information session	Telephone	2pm to 3pm	11
Wednesday 22 July			
Bright Ideas Network meeting	Zoom	2pm to 3.30 pm	11
Friday 24 July			
OMNI – Men’s Chat Group	In person	9.30 am to 11.30 am	8
Tuesday 28 July			
Bush Rummy with Dee	Houseparty	11am to 12.30 pm	12

August 2020				
Tuesday 4 August				
Author Talk – Heather Morris – Tattooist of Auschwitz	Zoom	11am to 12pm		13
Wednesday 5 August				
Online Supermarket Tour	Zoom	1.30 pm to 2.30 pm		14
Wednesday 12 August				
Bright Ideas Network meeting	Zoom	2pm to 3.30 pm		11
Friday 14 August				
OMNI – Men’s Chat Group	In person	9.30 am to 11.30 am		8
Tuesday 18 August				
What are you bingeing on?	Zoom	10.30 am to 11.30 am		8
Tuesday 25 August				
Chinese Cooking with Oddie	Zoom	1.30pm to 3pm		14
Friday 28 August 2020				
OMNI – Men’s Chat Group	In person	9.30 am to 11.30 am		8
Weekly				
Every Monday				
BeConnected: Getting online for the Over 50s	In person	10am to 12pm		15
Strength4Life	Zoom	10.30 am to 11.15 am		15
Every Tuesday				
Cooking with Oddie (from 14 July)	Zoom	10.30 am to 11.30 am		16
Every Wednesday				
Tai Chi and Qigong (Advanced)	Zoom	10am to 11am		16
Talking Café	Zoom	10am to 11am		20
Tai Chi and Qigong (Shibashi)	Zoom	11.15 am to 11.55 am		16
New Life for Me – Women’s Support Group (from 15 July)	In person	1pm to 3pm		17
SAFEmoves (Falls Prevention)	Zoom	1.30 pm to 2.10 pm		17
Telehealth Relaxation and Guided Meditation	Telephone	1.30 pm to 2.10 pm		18
Tai Chi and Qigong (Beginners)	Zoom	2pm to 2.40 pm		16
Talking Café	Telephone	2pm to 3pm		19
Conversation Café	Zoom	6pm to 7pm		18
Movie Chat Club	Zoom	7.30 pm to 9pm		19
Every Thursday				
BeConnected: Getting online for the Over 50s	Zoom	12.30 pm to 2.30 pm		15
Refresh Your Mind	Zoom	1.30 pm to 2.10 pm		20
Every Friday				
Strength4Life	Zoom	11am to 12pm		15
Live in Your Lounge Room	Facebook	8pm		21

July

Soup and Singing

Free
Event

Hosted by Our Saviour's Lutheran Church

Make yourself a warm cup of soup and join us for a singalong via videoconference. Local musician Brendan Scott will be our entertainer for the day.

Date: Thursday 2 July 2020

Time: 1pm to 2pm (via Zoom)

To book: email judy.bowman@lca.org.au or call 0409 097 294

All things Google workshop - free

Free
Event

Hosted by Mountain District Learning Centre

Whether you are looking for information, images, news, videos, books or to check your email. There are all sorts of components to Google. Join us and find out about all things Google.

Date: Saturday 4 July 2020

Time: 10am to 12pm (either in-person or via Zoom)

Location: Mountain District Learning Centre, 13-15 The Avenue, Ferntree Gully

To book: email office@mdlc.com.au or call 9758 7859

July

OMNI – Men’s Chat Group

Hosted by Orana Neighbourhood House

Older Men New Ideas (OMNI) is designed for local men over 50. Developed and run by male volunteers from Council on the Ageing (COTA), OMNI provides opportunities to: Meet, talk and enjoy time with other local men your age; “Chew the fat” about the challenges that face you and other men; Enjoy a morning tea and refreshments during the morning’s discussion. Meets on the 2nd and 4th Friday of each month.

Dates: Friday 10 & 24 July 2020

Friday 14 & 28 August 2020

Time: 9.30 am to 11.30 am (in-person)

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

Cost: Gold coin donation

To book: call John on 9763 5411 or Orana Reception on 9801 1895

What are you bingeing on?

Hosted by Knox City Council

Free
Event

Have you run out of ideas on what to watch on Netflix, Stan, i-View or SBS On Demand? Or perhaps you’ve just watched a season of something amazing and want to talk to someone about it. This is an opportunity to meet new people and hear what shows are binge worthy, while sharing your recommendations.

Dates: Tuesday 14 July 2020

and Tuesday 18 August 2020

Time: 10.30 am to 11.30 am (via Zoom)

Contact: email: linda.keenahan@knox.vic.gov.au or call Linda on 9298 8828

To book: online: www.stickytickets.com.au/x0rld

July

Knox Online Trivia Event

Hosted by Knox City Council



Join us for an all ages, fun filled quiz afternoon. There are 30 multiple choice questions. You can play as an individual or, if you are with your family/household, you can play as a team. To play the quiz, you'll need to join via Zoom where our awesome MC will be dropping the questions, banter and laughs. We recommend you use two devices to play eg a laptop and smartphone (if you only have access to one device, that is ok):

1. Access zoom on your laptop/tablet/ipad and watch the live stream a bit like TV
2. Access the game up on your smart phone, and lock in your answers a bit like a buzzer.

Date: Thursday 16 July 2020

Time: 2pm to 3pm (via Zoom)

Contact: email: linda.keenahan@knox.vic.gov.au or call Linda on 9298 8828

To book: online: stickytickets.com.au/MGOOQ more details will be communicated upon registration.



July

Free
Event

Author talk – Laura Simpson

Hosted by Knox City Council

Laura Simpson is an author who writes seductive, contemporary romance novels. Having grown up in the Dandenong Ranges, she published her first story at age 11, about the bushfires that ravaged her hometown. During high school, she played volleyball and represented Australia, before gaining a scholarship at the University of Iowa. Returning from the States, she commenced work at the Red Cross and completed a Masters of Law in Human Rights and now advocates against poverty and homelessness. Laura is married with two children, two dogs and seven chooks and lives in the Alpine Valley. Join us to hear more of Laura's achievements, some of her challenges and how she has launched herself as a successful author.

Date: Friday 17 July 2020

Time: 10am to 11am (via Zoom)

Contact: email: linda.keenahan@knox.vic.gov.au or call Linda on 9298 8828

To book: online www.stickytickets.com.au/NHNMN



July

Introduction to My Aged Care and home care support

Hosted by Knox City Council

Free
Event

Do you or someone you know need help to understand and navigate My Aged Care, so that you can remain living independently in your own home? Find out more about: What home care services are available; What you are eligible for and how to apply; The process of registering with My Aged Care; Assessments and eligibility; Home Care Packages; and Commonwealth Home Support Program.

When: Tuesday 21 July 2020 – 11am to 12pm - via Zoom
Tuesday 21 July 2020 – 2pm to 3pm – via Teleconference

Contact: email: linda.keenahan@knox.vic.gov.au or call Linda on 9298 8828

To book: online www.stickytickets.com.au/HUTLM

Bright Ideas Network meeting

Hosted by Knox City Council

Free
Event

The Knox Bright Ideas Network aims to be the voice of people aged 55 and over 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.

Date: Thursday 22 July 2020
Time: 2pm to 3.30 pm (via Zoom and Teleconference)

and

Date: Wednesday 12 August 2020
Time: 2pm to 3.30 pm (via Zoom and Teleconference)

To book: call Linda on 9298 8828 or email linda.keenahan@knox.vic.gov.au

July

Free
Event

Bush Rummy with Dee

Hosted by Ferntree Gully Senior Citizens Centre

Dee Denton, President of Ferntree Gully Senior Citizens has found a way to play Bush Rummy while in isolation. All you need is two packs of cards that are completely different, eg a red pack and blue pack and a smart phone with the 'House Party' app.

Join Dee for a fun game of Bush Rummy. Full instructions on how to download House Party, as well as game rules will be communicated upon registration.

Note: Dee is looking for volunteers to be trained as 'card game hosts', so please let us know if you are interested in being trained as a host upon registration.

Date: Tuesday 28 July 2020

Time: 11am to 12.30 pm (via Houseparty app on your smart phone)

Contact: Linda on 9298 8828 or linda.keenahan@knox.vic.gov.au



August

Author Talk – Heather Morris, *The Tattooist of Auschwitz* Hosted by Knox City Council

Free
Event

This story, full of beauty and hope, is based on years of interviews author Heather Morris conducted with real-life Holocaust survivor and Auschwitz-Birkenau tattooist Ludwig (Lale) Sokolov. Heather was born in New Zealand and now lives in Melbourne. For several years, she studied and wrote screenplays. When she met Holocaust survivor Lale Sokolov, both their lives changed forever. Heather's book *Cilka's Journey* is also available.

Date: Tuesday 4 August 2020

Time: 11am to 12pm (via Zoom)

Contact: call Linda on 9298 8828 or linda.keenahan@knox.vic.gov.au

To book: online www.stickytickets.com.au/GBXLQ



August

Online Supermarket Tour

Hosted by EACH

Free
Event

Want to learn more about label reading and to be able to confidently choose healthier products from the supermarket shelf? In this session, EACH dietitians will teach you the essentials of choosing healthy food products. This is a 'virtual online tour', no walking involved; great for those with limited mobility.

Date: Wednesday 5 August 2020

Time: 1.30 pm to 2.30 pm (via Zoom)

To book: call Service Access on 1300 003 224 or email Intake.PH@each.com.au

Chinese Cooking with Oddie

Hosted by Orana Neighbourhood House

Free
Event

Learn how to make Chinese restaurant favourites at home, in this entertaining cooking demonstration. On the menu will be dumplings, wontons and chicken & corn soup.

Date: Tuesday 25 August 2020

Time: 1.30 pm to 3pm (via Zoom)

To book: call Reception on 9801 1895 or email onh@netspace.net.au

Weekly

Be Connected: Getting online for Over 50s
Hosted by Orana Neighbourhood House
or Mountain District Learning Centre

Free
Event

Learn how to get online and thrive in the digital world. In these free weekly workshops, you will learn the absolute basics of using your device and getting started online. Other topics include safety online, all about data, wifi and mobile networks.

Orana Neighbourhood House

Dates: Mondays (from 20 July 2020 to 7 September 2020)

Time: 10am to 12pm (in-person)

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

Contact: call Lisa or Margaret on 9801 1895

Additional Information: BYO device or please advise us in advance if you need to use an Orana device.

Mountain District Learning Centre

Dates: Thursdays

Time: 12.30 pm to 2.30 pm (via Zoom)

Contact: email office@mdlc.com.au or call 9758 7859

Strength4Life

Hosted by EACH

Free
Event

This is a group exercise program which focusses on strength training. The exercises will help strengthen your muscles and bones, improve your balance, coordination, flexibility and increase your overall health and fitness.

Dates: Mondays 10.30 am to 11.15 am (via Zoom)
Fridays 11am to 12pm (via Zoom)

To book: call 9757 6215 or email: Intake.PH@each.com.au
If over the age of 65, please call My Aged Care on 1800 200 422 and request a referral to EACH for Physiotherapy assessment and group exercise.

Weekly

Weekly cooking session with Oddie

Hosted by Orana Neighbourhood House

Free
Event

Look out Curtis Stone, Orana Neighbourhood House has its very own celebrity chef, Oddie! You can tune in each Tuesday and enjoy his online cooking class. These classes are held via Zoom and given they are not pre-recorded, sessions are interactive, engaging and fun! You can even ask Oddie cooking tips and find out where he sources his produce.

Dates: Tuesdays (from 14 July 2020 onwards)

Time: 10.30 am to 11.30 am (via Zoom)

To book: call Reception on 9801 1895 or email onh@netspace.net.au

Tai Chi and Qigong

Hosted by EACH

Free
Event

A gentle and slow exercise of the body, mind and spirit that improves overall health, fitness & promotes relaxation.

Tai Chi (SUN41) involves progressive building of skill & depth in the exercise movements. Main benefits are clarity & focus of mind, reduced pain, improved balance & prevention of falls

Shibashi involves breathing exercise, joyful expression of movement & flow of life energy. Main benefits are lung health, improved circulation & digestion.

Dates: **Beginners** Wednesdays 2.00pm to 2.40 pm (via Zoom)

Advanced Wednesdays 10am to 11am (via Zoom)

Shibashi Wednesdays 11.15 am to 11.55 am (via Zoom)

To book: call 9757 6215 or email Intake.PH@each.com.au

If over the age of 65, please call My Aged Care on 1800 200 422 and request a referral to EACH for Physiotherapy assessment and group exercise.

Weekly

New Life For Me – Women’s Support Group

Hosted by Orana Neighbourhood House

New Life For Me provides a support in a safe, non-judgmental and affordable setting where you receive professional guidance and chance to share your experiences with others going through similar struggles.

Date: Wednesdays (from 15 July 2020)
Time: 1pm to 3pm (in-person)
Location: Orana Neighbourhood House, 62 Coleman Road, Wantirna South
Cost: \$50 (10 weeks)
Contact: call Lisa or Margaret on 9801 1895

SAFEmoves (Falls Prevention Program)

Hosted by EACH



Free
Event

An exercise and education program to keep you safe on your feet. Suitable for those who have had a fall as well as those who wish to prevent having one. Learn exercises to improve your balance and maintain your independence.

Dates: Wednesdays
Time: 1.30 pm to 2.10 pm (via Zoom)
To book: call 9757 6215 or email Intake.PH@each.com.au

If over the age of 65, please call My Aged Care on 1800 200 422 and request a referral to EACH for Physiotherapy assessment and group exercise.

Weekly

Free
Event

Telehealth Relaxation and Guided Meditation Hosted by EACH

Relaxation slows our heart rate, reduces our blood pressure and relieves tension. It also helps digestion as we absorb essential nutrients more efficiently when relaxed, which helps to fight off disease and infection. Join us to learn simple inexpensive ways to have a little calm in your life.

Dates: Wednesdays

Time: 1.30 pm to 2.10 pm (via Teleconference)

To book: call 9757 6215 or email Intake.PH@each.com.au

If over the age of 65, please call My Aged Care on 1800 200 422 and request a referral to EACH for Physiotherapy assessment and group exercise.

Free
Event

Conversation Café Hosted by Mountain District Learning Centre

Is English your second language? Join Henk and practice your English skills from the comfort of your home. Meet new people and enjoy time together remotely.

Dates: Wednesdays

Time: 6pm to 7pm (via Zoom)

Contact: email office@mdlc.com.au or call 9758 7859

Weekly

Movie Chat Club

Hosted by Mountain District Learning Centre

Free
Event

Enjoyed a good movie recently?

Join our Movie Chat Club and share about any movies you've watched and may like to recommend to others

Dates: Wednesdays

Time: 7.30 pm to 9pm (via Zoom)

Contact: email office@mdlc.com.au or call 9758 7859



Weekly

Free
Event

Talking Café

Hosted by Living Our Best Life Project

Make yourself a cuppa, grab a snack and join us for a regular weekly chat session. Meet interesting people from community groups. Share a passion or interest with like-minded people. Find out what's happening in Knox.

Dates: Wednesdays – 10am to 11 am (via Zoom)

Wednesdays – 2pm to 3pm (via Teleconference)

Contact: email livingourbestlifeproject@gmail.com or call 0457 646 384

Free
Event

Refresh Your Mind

Hosted by EACH

Come and have fun exercising not only your body but also your brain. Participate in a range of activities designed to improve your body's range of motion as well as stimulate the two hemispheres of your brain

Dates: Thursdays

Time: 1.30 pm to 2.10 pm (via Zoom)

To book: call 9757 6215 or email Intake.PH@each.com.au

If over the age of 65, please call My Aged Care on 1800 200 422 and request a referral to EACH for Physiotherapy assessment and group exercise.

Weekly

Free
Event

Live in Your Lounge Room Hosted by Knox Community Arts Centre

If you can't come to them, they will come to you "live in your lounge room"! Every Friday night, Knox Arts and Events have arranged for you to hang out with some talented local artists and performers on Facebook Live. Streaming LIVE from the Knox Community Arts Centre, they will bring you unique sessions featuring some of Knox's best local singer-songwriters, performing artists and much more!

Dates: Fridays

Time: 8pm (via Facebook)

Additional information: You will need an internet connection. Follow 'Knox Arts and Events' on Facebook and Instagram for updates.



Live in your lounge room



The Bright Ideas Network

Purpose

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

Background

The Bright Ideas Network was established in 2016 and is a collaboration between Knox City Council, residents, community groups and local businesses. We have delivered a number of projects for the community including the 2018 Knox Active Ageing Expo and in 2019, created an ageism photographic exhibition titled Voices of Over 55s: Challenging Ageist Stereotypes.

How to subscribe

Our newsletter is produced monthly and includes articles of interest, information about community grants, research and details about What's On in Knox. To subscribe contact Linda Keenahan, Program Lead Inclusive Communities on linda.keenahan@knox.vic.gov.au or 9298 8828.

On Demand Bus Service

We have recently amended our On Demand bus service to provide a temporary transport option during the COVID-19 pandemic for Knox residents who have very limited access to any means of connecting to services and community.

This service is for older residents who can be picked up from home and transported to destinations in Knox to do shopping and attend medical centre or outpatient appointments.

A single trip costs \$3 and buses run 9am - 4pm on weekdays.

If you are over 65 years old, frail, mobility impaired or transport disadvantaged, or know of someone who may benefit from this service, call us on 9298 8000 for more information or to book.

Eastern Regional Libraries

Library Books delivered to your home

Libraries reopened for limited services on 15 June 2020. Opening hours are from 9am to 12.30 pm and 1.30 pm to 5pm Monday to Friday.

There will be a limit of 20 people (not including staff) at any one time for Bayswater, Boronia and Ferntree Gully Libraries and 40 for Knox and Rowville Libraries.

However, this could change. To keep up to date, please monitor our website: <https://www.yourlibrary.com.au>

Library phone numbers:

Bayswater	9800 6498
Boronia	9800 6488
Ferntree Gully	9800 6455
Knox	9800 6470
Rowville	9800 6443



Important Contact Numbers

Emergency (Police, Fire, Ambulance) 000	Outer East Phone Chat 1800 984 825
Police (non-emergency) 131 444	Knox Infolink (food relief and aid) 9761 1325
Nurse On Call 1300 60 60 24	Bridges 'phone a friend' and 'Knox seniors safety register' 9763 9700
Poison Info Line 13 11 26	Electricity Emergency United Energy (parts of Rowville, Scoresby and Wantirna South) 132 099
State Emergency Service (SES) 132 500	Ausnet (all other Knox suburbs) 13 17 99
Scams and Identity Theft 1800 941 126	Gas Emergency Multinet - 132 691
Beyond Blue 1300 224 636	Water Emergency South East Water - 13 28 12 (24hrs)
Lifeline Crisis Support 13 11 14	Telstra Faults 13 22 03
Centrelink – Older Australians Line 13 23 00	My Aged Care 1800 200 422
Seniors Rights Victoria - Elder Abuse 1300 368 821	Knox City Council 9298 8000
Carers Victoria - Caregiving Advisory Line - 1800 514 845	
Older Person's COVID-19 Support Line 1800 171 866	

