

KNOX
your city



March
-May
2021

Knox Over 55s Zest4Life

*Due to current COVID 19 circumstances, we may need to cancel events last minute.



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 32 (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 booklet and choose the events and activities that you would like to participate in
- Ensure you register so that you receive your Zoom link
- Face-to-face opportunities are limited due to COVID safe guidelines and could be subject to change. Book early to avoid disappointment
- Meet new people, learn new things and have fun!

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

8 days of free public transport

21 March to 28 March 2021

A message from Victorian Government

- Free public transport throughout Victoria for Seniors Card and Carer Card holders from Sunday 21 to Sunday 28 March 2021
- Includes Melbourne trains, buses, trams, and regional V/Line trains
- Cardholders will need to carry their myki and Seniors card or Carer card and touch on and off as usual
- V-Line bookings for reserved services opens Tuesday 2 March 2021 via PTV Call Centre – [1800 800 007](tel:1800800007) or online at www.ptv.vic.gov.au
- In line with public health advice, everyone on public transport is required to wear a fitted face mask, practise social distancing, good hygiene and follow health directions
- People shouldn't travel if unwell.

To find out more visit Seniors Online at www.seniorsonline.vic.gov.au



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](tel:1300737277) 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.

MS Teams

You don't need an MS Teams account to participate in an MS Teams session. Prior to the event, you will be sent a link. You will need to click on the link and select 'click here to join meeting'. If you have not used this platform previously, then participants are encouraged to log in 15 minutes early, to allow time for MS Teams to download.

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

March 2021			
Event	Format	Time	Page
Tuesday 2 March 2021			
We've Only Just Begun – The Music of the Carpenters	In-person	11am to 12.15 pm	10
Saturday 13 March 2021			
Harmony at Sunset	In-person	6pm to 8pm	11
Monday 15 March 2021			
Chair fit with Lisa Westlake	Zoom	9.30 am to 10.30 am	12
Tuesday 16 March 2021			
Vision, Loss and Falls Prevention with MDFA	Zoom	10.30 am to 11.30 am	12
Wednesdays 17, 24 & 31 March 2021			
Community Breakfast	In-person	9.30 am to 10.30 am	13
Wiser Walker, Wiser Traveller (3 weeks)	In-person	1.30 pm to 3.30 pm	13
Thursday 18 March 2021			
Knox All Ages Trivia	Zoom	11am to 12pm	14
Bright Ideas Network meeting	Zoom	2pm to 3pm	9
Monday 22 March 2021			
Introduction to My Aged Care and Home Care support	Telephone	2pm to 3pm	14
Tuesday 23 March 2021			
Body Connect with Madeleine Power	Zoom	1.30 pm to 2pm	15
Wednesday 24 March 2021			
Introduction to My Aged Care and Home Care support	Zoom	10.30 am to 11.30 am	14
Monday 29 March 2021			
Safe Driver	In-person	1.30 pm to 2.30 pm	15

April 2021			
Tuesday 6 April 2021			
The Songs of Shirley Bassey – featuring Danielle Matthews	In-person	11am to 12.15 pm	16
Wednesday 7 April 2021			
Age Pension with Services Australia	MS Teams	2pm to 3pm	17
Monday 12 April 2021			
Understanding Supermarket Labels	Zoom	2pm to 3pm	17
Tuesday 20 April 2021			
Lady Be Good – The Songs of Ella Fitzgerald	In-person	11am to 12.15 pm	18
Wednesday 21 April 2021			
Preparing for Winter Harvest	Zoom	12.30 pm to 2pm	19
Monday 26 April 2021			
Downsizing Seminar	In-person	1.30 pm to 2.30 pm	20
Thursday 29 April 2021			
Body Connect with Madeleine Power	Zoom	10am to 10.30 am	15
Bright Ideas Network Meeting	Zoom	2pm to 3.30 pm	9
May 2021			
Tuesday 4 May 2021			
The Songs of Eva Cassidy –1st session	In-person	11am to 12.15 pm	21
The Songs of Eva Cassidy – 2nd session	In-person	2pm to 3.15 pm	21
Wednesday 5, 12, 19 & 26 May 2021			
Wiser Driver (4 weeks)	In-person	1.30 pm to 3.30 pm	22
Thursday 6 May 2021			
Magic of a smile with Lisa Westlake	Zoom	11am to 12pm	23
Friday 7 May 2021			
All Ages Trivia	Zoom	2pm to 3pm	14
Wednesday 19 May 2021			
Climate Action through Gardening	Zoom	7pm to 8.30 pm	24
Friday 21 May 2021			
Introduction to Round Dancing	In-person	7pm to 8.30 pm	25
Tuesday 25 May 2021			
MyGov with Services Australia	MS Teams	10.30 am to 11.30 am	26
Wednesday 26 May 2021			
Movie: Still Alice (Dementia Awareness session)	In-person	9am to 12.30 pm	27
Thursday 27 May 2021			
Bright Ideas Network meeting	Zoom	2pm to 3.30 pm	9

Weekly			
Every Monday			
Talking Café at Westfield Knox	In-person	2pm to 3pm	28
Every Tuesday from 13 April to end of winter			
Carpet Bowls	In-person	12pm to 2.30 pm	28
Every Wednesday			
Exercise Classes	In-person	12pm to 1.15 pm	29
Talking Café at Aussie Veterans Café	In-person	10 am to 11 am	28
Every Thursday			
Knox Community Chess Enthusiasts	In-person	10.30 am to 5pm	29



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](tel:92988828).

Meetings

Meetings are currently held monthly via Zoom. Come to one, or come to all.

Dates: Thursday 18 March 2021

Thursday 29 April 2021

Thursday 27 May 2021

Time: 2pm to 3.30 pm (via Zoom)

To book: call Linda on [9298 8828](tel:92988828) or email linda.keenahan@knox.vic.gov.au



March

We've Only Just Begun – The Music of The Carpenters

Hosted by Knox Community Arts Centre

The Carpenters, one of the most successful and cherished bands of their time, are a beacon of hope for one little Italian girl growing up in the confines of her traditional life in Melbourne. Karen and Angela's lives begin to intertwine through their weight struggles, their love life but ultimately through Karen's untimely end Angela finds the strength to be the person she's always wanted to be. And as Karen's life ends, Angela's has only just begun...

Featuring hits such as (They Long to Be) Close to You, Top of the World, Sweet Sweet Smile, I'll Never Fall in Love Again, Superstar, and We've Only Just Begun.

- Date:** Tuesday 2 March 2021
Time: 11am to 12.15pm
Venue: Knox Community Arts Centre
Cost: Adult \$20, Concession \$18, Groups 6+ \$16

Bookings essential: please book by calling [9729 7287](tel:97297287) 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

Harmony at Sunset

Hosted by Knox City Council

The Knox Harmony at Sunset Concert is an evening of entertainment which brings our community together to celebrate, share and embrace our cultural diversity, inclusion and community life in Knox. We invite you to bring your family and friends along to enjoy an evening of culturally diverse performances and activities. The concert program will showcase some of Knox's best local multicultural performance groups and other talented Melbourne based cultural acts.

Date: Saturday 13 March 2021

Time: 6pm to 8pm (gates open from 5.30 pm)

Location: Ferntree Gully Community Arts Centre
1010 Burwood Hwy, Ferntree Gully

Cost: \$10 per table (up to 6 people)

Tickets redeemable from the food and drink vendors on site

Contact: Knox Arts and Events on 9298 8000

To book <https://knoxcc.sales.ticketsearch.com/sales/salesevent/7757>



March

Free
Event

Chair fit

Hosted by Knox City Council with Lisa Westlake

Join Lisa to experience a chair based exercise session that might surprise you! Alongside providing excellent gentler alternatives in other exercise sessions the chair is a fabulous prop for a total body workout enhancing mobility, strength and flexibility.

Explore moves, build strength, endurance and function and learn effective, user friendly exercises you can practice at home. All exercises will be done on or around the chair and whilst some will be stronger than others, lighter choices will be provided.

Date: Monday 15 March 2021

Time: 9.30 am to 10.30 am (Via Zoom)

Contact: Linda on [9298 8828](tel:92988828) or linda.keenahan@knox.vic.gov.au

To book: <https://www.stickytickets.com.au/ZSKOG>

Additional information: BYO stable chair, two cushions and (optional) light hand weights or tins from the pantry.

Free
Event

Vision Loss and Falls Prevention

Hosted by MDFA

In this session you will learn;

- How poor vision can impact risk of falls
- How different eye conditions affect vision
- Diet and lifestyle tips that can be beneficial for eye health
- How to live well with vision loss and minimize slips, trips and falls

Date: Tuesday 16 March 2021

Time: 10.30 am to 11.30 am (via Zoom)

Contact: Linda on [9298 8828](tel:92988828) or linda.keenahan@knox.vic.gov.au

To book: <https://www.stickytickets.com.au/WFSET>

March

Community Breakfast Hosted by Rowville Community Learning Centre

Free
Event

Drop-in, enjoy some morning tea and see what your local community house can offer you in 2021!

- Date:** Wednesday 17 March 2021
Time: 9.30 am to 10.30 am
Location: Community Learning Centre, 40 Fulham Rd, Rowville
Contact: Madison via email on info@communitylc.org.au or 9764 1166
To book: <https://enrol.vetenrol.com.au/?clientid=VT-RNLC&occuID=28690>

Wiser Walker, Wiser Traveller Hosted by Knox City Council

Free
Event

This three week program 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.

- Dates:** Wednesday 17, 24 & 31 March 2021
Time: 1.30 pm to 3.30 pm
Location: Orana Neighbourhood House, 62 Coleman Road, Wantirna South
Contact: email: linda.keenahan@knox.vic.gov.au or call Linda on 9298 8828
To book: <https://www.stickytickets.com.au/x5zh>

March

Free
Event

Knox's All Ages 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 e.g. 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 18 March 2021 from 11am to 12pm (via Zoom)
and/or Friday 7 May 2021 from 11am to 12pm (Via Zoom)

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

To book: <https://www.stickytickets.com.au/5Z824>
more details will be communicated upon registration.

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.

Date: Monday 22 March 2021 from 2pm to 3pm (via Telephone)

Book: <https://www.stickytickets.com.au/20SNC>

Date: Wednesday 24 March 2021 from 10.30 am to 11.30 am (via Zoom)

Book: <https://www.stickytickets.com.au/UXJ80>

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

March

Free
Event

Body Connect

Hosted by Knox City Council with Madeleine Power

You will be guided through body awareness and breathing exercises that will support you to get out of your head and (re)connect with your body. We recommend you sit in a chair during this session. You may like to use a blanket, cushion etc. as required to best support yourself and if possible, ensure you are in a space where you won't be disturbed.

Dates: Tuesday 23 March 2021 from 1.30 pm to 2pm
Thursday 29 April from 10am to 10.30 am

Contact: Linda on [9298 8828](tel:92988828) or linda.keenahan@knox.vic.gov.au

To book: <https://www.stickytickets.com.au/H9NCZ>

Free
Event

Safe Driver

Knox City Council

This is a one hour VicRoads road safety awareness presentation for older road users. This program covers information including how to keep older drivers safe and mobile, road rules, the effects of medication and strategies for safe mobility.

Date: Monday 29 March 2021

Time: 1.30 pm to 2.30 pm

Venue: Orana Neighbourhood House, 62 Coleman Road
Wantirna South

Contact: Linda on [9298 8828](tel:92988828) or linda.keenahan@knox.vic.gov.au

To book: <https://www.stickytickets.com.au/GH55I>

April

The Songs of Shirley Bassey – Featuring Danielle Matthews

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.

Date: Tuesday 6 April 2021

Time: 11am to 12.15pm

Venue: Knox Community Arts Centre

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

Bookings essential: please book by calling [9729 7287](tel:97297287) 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

Free
Event

Age Pension

Hosted by Services Australia

This session is for those who would like to know more about eligibility for the Age Pension. We cover: what is the Financial Information Service (FIS); what is the Income and Assets test; how is deeming calculated; what is gifting and how does this affect your pension; and how does travelling overseas affect your pensions, (portability).

Date: Wednesday 7 April 2021

Time: 2pm to 3pm (via MS Teams)

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

To book: <https://www.stickytickets.com.au/IOUOA>

Free
Event

Understanding Supermarket Labels

Knox City Council and EACH

Join us for an informative and interesting presentation by EACH Dietician, Sheldon Oliver on how to read supermarket food labels. Learn about what the nutritional facts on food labels mean to you and how to make healthy food choices when you shop!

Date: Monday 12 April 2021

Time: 2pm to 3pm (via Zoom)

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

To book: <https://www.stickytickets.com.au/40j3e>

April

Lady Be Good – The Songs of Ella Fitzgerald

Knox Community Arts Centre

Nina Ferro is one of the brightest stars of the international jazz scene. Her powerful, evocative voice, stunning vocal range and extraordinary stage presence have earned her an enviable reputation at home and around the world. Who better to pay tribute to The Queen of Jazz - the great Ella Fitzgerald! Lady Be Good is a joyous, swinging tribute to the First Lady of Song and the legends of The Great American Songbook she most loved to interpret - George Gershwin, Irving Berlin, Rodgers & Hart, Cole Porter and Duke Ellington.

Songs include 'How High The Moon', 'The Lady is a Tramp', 'Blue Skies', 'Love For Sale', 'It Don't Mean a Thing If It Aint Got That Swing', and 'Someone to Watch Over Me'.

Date: Tuesday 20 April 2021

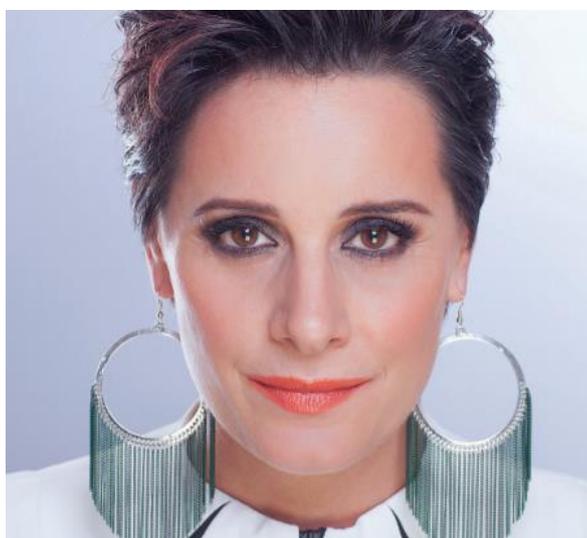
Time: 11am to 12.15pm

Venue: Knox Community Arts Centre

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

Bookings essential: please book by calling [9729 7287](tel:97297287) 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

Free
Event

Preparing for Winter Harvest Knox City Council Gardens for Harvest

Winter is on the way! This workshop presented by Richard Rowe from Sustainable Gardening Australia will guide you through preparing veggie beds and choosing the right crops for the cooler months, as well as other jobs to do in the garden over winter.

Topics covered: garden maintenance; soil preparation; winter veggies in pots; sustainable ways to improve productivity - crop rotation and companion planting; starting with seeds or seedlings; managing pests while avoiding harsh chemicals; and winter vegetable options.

Date: Wednesday 21 April 2021
Time: 12.30 pm to 2pm (via Zoom)
Contact: Gardens for Harvest [9298 8000](tel:92988000)

To book: https://knox-vic-gov-au.zoom.us/webinar/register/WN_hYIDM7lxTZuF_lbtfxEWCg?mc_cid=efb9a85f8c&mc_eid=0d0b849e59



April

Free
Event

Downsizing Seminar Hosted by Abbeys Group

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.

Date: Monday 26 April 2021

Time: 1.30 pm to 2.30 pm

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

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

Bookings essential: <https://www.stickytickets.com.au/AX580>



May

The Songs of Eva Cassidy – featuring Silvie Paladino 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.

Before Eva died at the tender age of 33, she was unknown outside of Washington USA, but within two years of her death, her albums topped the charts in the UK, Europe, Australia and the rest of the World.

The show features her inspired 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.

Date: Tuesday 4 May 2021
Times: 11am to 12.15pm – 1st session
2pm to 3.15pm – 2nd session
Venue: Knox Community Arts Centre
Cost: Adult \$20, Concession \$18, Groups 6+ \$16

Bookings essential: please book by calling [9729 7287](tel:97297287) 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.



May

Wiser Driver Knox City Council

Free
Event

A refresher course designed to encourage older people to become safer drivers in a friendly, informal and thought-provoking program held for two hours per week over a period of four weeks.

Dates: Wednesday 5, 12, 19 & 26 May 2021

Time: 1.30 pm to 3.30 pm

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

Contact: Linda on [9298 8828](tel:92988828) or linda.keenahan@knox.vic.gov.au

Bookings essential: <https://www.stickytickets.com.au/9ZQRU>



May

Free
Event

Magic of a smile

Hosted by Knox City Council with Lisa Westlake

Just as little bad habits can roll together to create a viscous (health compromising) circle, small things like a smile, a ray of sunshine or a glass of water can unite to create a positive (health enhancing) circle.

Join Lisa to explore 10 user friendly, cheerful ways we can boost our mood and physical health to help us feel more energised, empowered and positive.

Date: Thursday 6 May 2021

Time: 11am to 12pm (Via Zoom)

Contact: Linda on [9298 8828](tel:92988828) or linda.keenahan@knox.vic.gov.au

To book: <https://www.stickytickets.com.au/GLJ8U>



May

Free
Event

Climate Action through Gardening

Hosted by Knox City Council's Gardens for Harvest

The garden is more than just an outdoor room. It can be a place of Climate Action where you can connect with the environment and implement changes to reduce your contribution to climate change and help build climate resilience.

This webinar presented by Richard Rowe from Sustainable Gardening Australia will introduce you to simple actions you can take to reduce your personal CO2 emissions at home and help you prepare your garden for the changing climate.

Topics will include: how the Garden can be used to reduce your impact and adapt to a changing climate; Climate 7 framework; organic waste and carbon emissions; creating micro-climates to cool gardens and houses; food gardening and reducing food miles; water smart gardening and impact on emissions; and Reduce, Reuse, Recycle.

Date: Wednesday 19 May 2021

Time: 7pm to 8.30 pm (Via Zoom)

Contact: Gardens for Harvest on [9298 8000](tel:92988000)

To book: https://knox-vic-gov-au.zoom.us/webinar/register/WN_2B8YAqZsRi6nxxnLxq7MzPw?mc_cid=efb9a85f8c&mc_eid=0d0b849e59



May

Introduction to Round Dancing Hosted by Panda Rounds

Free
Event

Round Dancing is cued social ballroom dancing and is the easiest way to learn to dance. You will be taught basic Rumba steps and by the end of the class you will be dancing round the room. In addition to the teachers, experienced round dancers will be present to assist you. Come alone or come with friends for an evening of fun.

Date: Friday 21 May 2021

Time: 7pm to 8.30 pm

Location: Boronia Progress Hall, 134 Boronia Road, Boronia
(near the corner of Dorset Road)

Bookings essential: contact David on [0419 337 311](tel:0419337311) or rdav0168@gmail.com by Friday 14 May 2021

Additional information: Smart casual dress. Smooth soled shoes are recommend. BYO drink bottle. Parking available at the rear of the hall in the library carpark off Park Crescent.



May

MyGov

Hosted by Services Australia

Free
Event

Have you heard of a MyGov account? We will explain how MyGov works and show you some of the services you can access through your MyGov account. We will talk about the benefits of MyGov and linking Apps to your MyGov account. We will demonstrate some of the online clips available and help you set up a MyGov account.

Date: Tuesday 25 May 2021

Time: 10.30 am to 11.30 am (via MS Teams)

Contact: Linda on [9298 8828](tel:92988828) or linda.keenahan@knox.vic.gov.au

To book: <https://www.stickytickets.com.au/6oka6>



May

Free
Event

Movie: Still Alice (Dementia Awareness session)
**Hosted by Knox City Council, Yarra Ranges Men's Health Project
& Caladenia Dementia Care**

Australia is estimated to have 1 million people living with Dementia by 2050. Gain an understanding of what this can mean, while watching an Academy Award-winning movie 'Still Alice' featuring Julianne Moore, Alec Baldwin and Kristen Stewart. Caladenia Dementia Care's CEO, Sarah Yates will also provide a short presentation on Dementia and discuss some of the amazing resources available to support those in our community living with Dementia and their Carers.

Date: Wednesday 26 May 2021
Time: 9am for a 9.30 am start to 12.30 pm (short interval included)
Location: Knox Community Arts Centre
cnr Mountain Hwy and Scoresby Rd, Bayswater
Contact: Linda on [9298 8828](tel:92988828) or linda.keenahan@knox.vic.gov.au

To book: <https://www.stickytickets.com.au/55MQ0>



Weekly

Free
Event

Talking Café

Hosted by Living Our Best Life Project

Drop in and purchase a cuppa and join our community connector volunteers for a chat. Some weeks we will have guest speakers talking about their community group or organization. No booking required. Simply drop in at either or both of the Talking Café groups.

Dates: Mondays - 2pm to 3pm The Community Space, lower level of Westfield Knox Shopping Centre (near Myer)

Wednesdays - 10am to 11am at The Aussie Vets café, Boronia Mall

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

Carpet Bowls

Hosted by Ferntree Gully Bowling Club

Learn to play carpet bowls in a safe, indoor social setting. Carpet bowls is played with small bowls on carpets that are much shorter than the outdoor greens. All equipment is provided and small prizes are awarded each week.

Dates: Tuesdays from 13 April 2021 (until the end of winter)

Time: 12pm for a 12.30 pm start (if you have never played before or need a refresher, please arrive at 11.45 am for a quick lesson)

Location: Ferntree Gully Bowling Club, 2A Glenfern Road, Ferntree Gully (Free parking)

Cost: \$5 per session – pay as you go. Come as often as you like

Contact: Ferntree Gully Bowling Club on [9753 5888](tel:97535888)
(Leave a message for Judy or Gail if you have a query)

To book: Ferntree Gully Bowling Club on [9753 5888](tel:97535888)

Additional Info: Wear flat shoes with a non-slip sole, eg runners, and loose fitting clothing suitable for exercise. BYO water bottle. Free tea / coffee and water available. Other drinks at bar prices.

Weekly

Free
Event

Exercise Classes

Hosted by Ferntree Gully Bowling Club

This is a fun exercise program focussing on balance, coordination, flexibility, strength and memory. All equipment is provided by the instructor from Rise Health. All abilities are welcome to join in with a friendly group to exercise together.

Dates: Wednesdays

Time: 12 noon for a 12.15pm start to 1.15 pm.

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

Cost: \$5 per session – pay as you go. Come as often as you like.

Contact: Ferntree Gully Bowling Club on [9753 5888](tel:97535888)

(Leave a message for Judy if you have a query)

To book: Ferntree Gully Bowling Club on [9753 5888](tel:97535888)

Additional Info: Wear flat shoes with a non-slip sole, eg runners, and loose fitting clothing suitable for exercise. BYO water bottle. Free tea / coffee and water available. Other drinks at bar prices. Reasonably priced bar snacks are available for lunch after the session.

Free
Event

Chess

Hosted by Knox Community Chess Enthusiasts

We encourage you to play or learn the tactical game of chess, from beginners to committed players - all ages and abilities are welcome! Skilled players will be on site to offer assistance.

Dates: Thursdays

Time 10.30 am to 5pm

Venue: Westfield Knox Community Space (Westfield Knox Shopping Centre, lower level near Myer)

Contact: Eddie on eddie.atacador@hotmail.com or [0409 417 719](tel:0409417719)

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: www.knox.vic.gov.au/walking

* Denotes a non-Heart Foundation Walking Group

** Please RSVP – group numbers will depend on current COVID-19 guidelines

	Meeting Point	Day	Time	Walking Organiser
Good for the Sole	UPPER FERNTREE GULLY Brew'd Café, 1226 Burwood Hwy	Tues/Thurs	7.30 am	Kaye: 0437 333 346
Eastern Heart and Sole	BORONIA Zagame's Cnr Dorset/Boronia Rds	Tue	9.30 am	Julie: 0408 129 553 9778 8363
Heritage Walks	Various locations- <i>Contact for details (does not meet in winter)</i>	1 st Sat	9.30 am	Ray: 0488 247 362
Knox Ramblers	WANTIRNA STH Westfield Knox Myer Undercover Car Park	Wed	9.30 am	Nola: 0400 525 119
Knox Street Orienteering Walkers	<i>Contact for meeting point</i>	1 st & 3 rd Fri	10.15 am	David: 0419 337 311 david@knoxow.fun www.knoxow.fun
Lollipop Walkers & Friends	Tim Neville Arboretum – carpark on Dorset Rd, Ferntree Gully	Tues	10am	Karen: 0430 968 890
Westfield Walkers*	Wantirna South, Westfield Knox	Tues/Thurs	7.30 am	Concierge 9814 5001

Eastern Regional Libraries

We are open!

Libraries are now open and our What's On calendar of events is back up and running. Please check the website www.yourlibrary.com or ring your nearest library for more details.

Conditions of entry and entry limits will remain in place:

- Library Users must register their visit by using the QR Code or by registering in the Visitors' Contact Log
- A family group can enter by one registration by using the QR Code or by registering in the Visitors Contact Log
- A Face Mask must be worn at all times, unless the Library User has a lawful reason not to
- The hand sanitiser provided must be used before entry to the library
- Cash payments are no longer accepted. Only credit/debit card payment available
- No Food is permitted in the library
- Drinks are permitted in the library e.g. water bottle, takeaway coffee. Rubbish must be placed in bins provided.
- There is no time limit on a library visit

Please do not enter the library if you are unwell. You may be requested to leave if you display any symptoms of being unwell

Library phone numbers:

Bayswater	Shop 26 Mountain Highway Shopping Centre 7-13 High Street, Bayswater	9800 6498
Boronia	Park Crescent, Boronia	9800 6488
Ferntree Gully	1010 Burwood Highway, Ferntree Gully	9800 6455
Knox	Knox City Shopping Centre 425 Burwood Highway, Wantirna South	9800 6470
Rowville	Stud Park Shopping Centre Stud Road, 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	

