

knox your city
Over 55s
Zest4Life

May
& June
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 20 (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 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 Center.

Participants can choose to participate with video (camera), audio (microphone) or text chat. You can turn video and audio 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 when you dial in.

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

May 2020			
Event	Format	Time	Page
Sunday 17 May			
Finding Rainbows during Dark Times: LGBTIQ+ Self-Care and Tips for Allies	Zoom	11am to 12.30 pm	7
Monday 18 May			
Understanding Dementia	Zoom	10.30 am to 11.30 am	7
Tuesday 19 May			
Bush Rummy with Dee	House Party	11am to 12.30 pm	8
Wednesday 20 May			
Rowville's Italian prisoners of war	Zoom	11am to 11.45 am	8
Thursday 21 May			
How to Grow African Violets	Zoom	1.30 pm to 2.30 pm	9
Bright Ideas Network meeting	Zoom & Teleconference	2pm to 3.30 pm	12
Monday 25 May			
Tap into emotional balance	Zoom	11am to 12pm	9
Tap into emotional balance	Teleconference	2pm to 3pm	9
Tuesday 26 May			
Beginners Oracle Cards	Zoom	7.30 pm to 8.30 pm	10
Wednesday 27 May			
Talking Café	Zoom	10am to 11am	12
How to save energy (and money) while safe at home	Zoom	12.30 pm to 1.30 pm	10
Talking Café	Teleconference	2pm to 3pm	12
Thursday 28 May 2020			
Australia's Biggest Virtual Morning Tea	Zoom	TBC – check ERL Facebook page	11

June 2020

Event	Format	Time	Page
Tuesday 2 June			
Men's Mental Health session	Zoom	11am to 12pm	13
Men's Mental Health session	Teleconference	2pm to 3pm	13
Wednesday 3, 10, 17 & 24 June			
Talking Café	Zoom	10am to 11am	9
Talking Café	Teleconference	2pm to 3pm	9
Wednesday 3 June			
Crop Rotation in the Veggie Patch	Zoom	12.30 pm to 1.30 pm	13
Thursday 4 June			
Soup and Singing	Zoom	1pm to 1.45 pm	14
Wednesday 10 June			
Winning government business	Zoom	9.30 am to 1pm	14
Making fast compost; Growing Asparagus	Zoom	12.30 pm to 1.30 pm	15
Thursday 11 June			
Resilience and living in the 'now' - encore	Zoom	11am to 12pm	15
Resilience and living in the 'now' - encore	Teleconference	2pm to 3pm	15
Tuesday 16 June			
Women's Health - understanding addiction	Zoom	10.30 am to 11.30 am	16
Orana Cooking Class with Oddie – One Pot Wonder	Zoom	1.30 pm to 2.30 pm	16
Wednesday 17 June			
Winter Pruning; Sharpening your Secateurs; Growing and Dividing Rhubarb	Zoom	12.30 pm to 1.30 pm	17
Thursday 18 June			
Bright Ideas Network meeting	Zoom & Teleconference	2pm to 3.30 pm	10
Tuesday 23 June 2020			
How to make a Simple Sock Puppet	Zoom	2pm to 3pm	17

May

Finding Rainbows during Dark Times – IDAHOBIT Day event

Free
Event

Hosted by Knox City Council

To mark IDAHOBIT 2020, Knox City Council is hosting a webinar on self-care for LGBTIQ+ communities and how to be a supportive ally during coronavirus. Discussions will cover the impact of coronavirus on LGBTIQ+ communities, tips and strategies for maintaining mental wellbeing and how to be an effective ally and support LGBTIQ+ loved ones during these challenging times.

Date: Sunday 17 May 2020

Time: 11am to 12.30pm (via Zoom)

Contact: email: felicity.smith@knox.vic.gov.au or call Felicity on 9298 8000

To book: https://us02web.zoom.us/webinar/register/WN_jcxNb-0-SNSsNRyts6tK-w

Understanding Dementia

Free
Event

Hosted by Knox City Council and Dementia Australia

Dementia Australia will provide an insight into Dementia by exploring how a healthy brain works. The session will address the causes, risk factors, misconceptions, signs and symptoms of Dementia and explain why behaviour can change with Dementia. An overview of Alzheimer's Australia Awareness support services will conclude the session.

Date: Monday 18 May 2020

Time: 10.30 am to 11.30 am (via Zoom)

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

To book: online: <https://www.stickytickets.com.au/pjo3g>

May

Bush Rummy with Dee

Free
Event

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, e.g. 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 19 May 2020

Time: 11am to 12.30 pm

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

Rowville's Italian prisoners of war

Free
Event

Hosted by Knox City Council with Darren Arnott

Did you know that Rowville was the site of an Italian Prisoner of War Camp during World War II? Knox resident and author of *No Regard for the Truth*, Darren Arnott, explored the history of the camp and the stories of some of the men interned in the camp. During his research he uncovered the story of a blossoming romance between a farmer's daughter and an Italian prisoner of war who was shot and killed during an alleged escape attempt.

Date: Wednesday 20 May 2020

Time: 11am to 11.45 am (via Zoom)

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

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

May

Free
Event

How to Grow African Violets

Hosted by Mountain District Learning Centre

African violets are making a comeback! As the popularity for indoor plants soars, join Kerri and find out how she grows the not-so-humble African violet. They're perfect plants for growing indoors, taking up very little room and provide delightful flowers over many months.

Date: Thursday 21 May 2020

Time: 1.30 pm to 2.30 pm (via Zoom)

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

Tap into emotional balance

Free
Event

Hosted by Knox City Council with Linda Black

The Emotional Freedom Techniques (EFT) is a simple method for relieving distressing feelings and restoring emotional calm.

Join us for this health and wellbeing session and find out how this technique can help you, especially during the COVID-19 crisis.

Date: Monday 25 May 2020

Time: 11am to 12pm (via Zoom)

2pm to 3pm (via Teleconference)

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

To book: <https://www.stickytickets.com.au/2muf2> - via Zoom

<https://www.stickytickets.com.au/7v0uj> - via Teleconference

May

Beginners Oracle Cards

Free
Event

Hosted by Mountain District Learning Centre

Kerri is a clairvoyant who has trained with international spiritual teachers, and has attained years of experience in helping people find their answers through using Oracle, Tarot and messages from the spirit realm.

Kerri has a deep passion for guiding people in finding their purpose in life by assisting them to recognise the signs and messages that are coming through to them from their own guides.

Join Kerri for a beginners guide to Oracle card reading.

Date: Tuesday 26 May 2020

Time: 7.30 pm to 8.30 pm (via Zoom)

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

How to save energy (and money) while safe at home

Free
Event

Hosted by Australian Energy Foundation and Knox City Council

The Australian Energy Foundation shares easy and practical tips on how to save energy while keeping you and your family connected, comfortable, and entertained at home. Discover how to heat your home cost-effectively this winter, and use less energy when working or cooking.

Date: Wednesday 27 May 2020

Time: 12.30pm to 1.30 pm (via Zoom)

To book: <https://www.eventbrite.com.au/e/how-to-save-energy-and-money-while-safe-at-home-knox-city-council-tickets-102960134534>

May

Australia's Biggest Virtual Morning Tea

Free
Event

Hosted by Eastern Regional Libraries

Australia's Biggest Morning Tea is a community event to raise funds that will make a big difference to those impacted by cancer, especially as COVID-19 continues. This year the Eastern Regional Libraries will host a 'virtual' morning tea. It's an opportunity to socialize with your community, while raising money for a good cause.

Date: Thursday 28 May 2020

Time: TBC – details not available at time of print (via Zoom)

Cost: Free event – donations welcomed

To book: Please call 1300 737 277 for further details or visit:
<https://www.facebook.com/EasternRegional/>



May

Bright Ideas Network meeting

Free
Event

Hosted by Knox City Council

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

Date: Thursday 21 May 2020
Time: 2pm to 3.30 pm (via Zoom)
and
Date: Thursday 18 June 2020
Time: 2pm to 3.30 pm (via Zoom)

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

Talking café

Free
Event

Hosted by Living Our Best Life Project

A regular weekly chat session with community connector volunteers for people aged 65+ in the Knox area. We'll talk you through how it all works.

- Find out what's happening in Knox
- Meet interesting people
- Share a passion or interest with like-minded people

Date: every Wednesday (27 May and 3, 10, 17, 24 June 2020)
Times: 10am to 11am (via Zoom)
2pm to 3pm (via Teleconference)

To book: email: livingourbestlifeproject@gmail.com
or text us on 0457 646 384

June

Men's Mental Health session

Free
Event

Hosted by Knox City Council with Brian Mier

Mental health conditions don't discriminate - they affect people of every age, at every stage of life. We all need to start talking about mental health and checking in with people we are concerned about. Men's and women's experiences may not be the same. Hear Brian's personal journey of how he overcame Depression to go on to lead a happy and engaging life. It includes a range of practical and personal tips. This session aims to:

- Raise awareness about depression and anxiety
- Reduce associated stigma
- Reduce suicide intent and action
- Encourage people to seek help early
- Ensure you realise you are not alone

Date: Tuesday 2 June 2020

Times: 11am to 12pm (via Zoom)
2pm to 3pm (via Teleconference)

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

To book: <https://www.stickytickets.com.au/gn946> - via Zoom
<https://www.stickytickets.com.au/ylco4> - via Teleconference

Crop Rotation in the Veggie Patch

Free
Event

Hosted by Gardens4Harvest

Crop rotation is done for several reasons but can get confusing if you've only got a small garden. Here we will look at one way of keeping on top of it all for healthier and more productive patches, which will mean that you need to keep a Garden Diary. And while we're still planting, we'll look at growing garlic and the conditions needed to get a great crop.

Date: Wednesday 3 June 2020

Time: 12.30 pm to 1.30 pm (via Zoom)

To book: call Barb on 9298 8000 or barbara.jordan@knox.vic.gov.au

June

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 4 June 2020

Time: 1pm to 1.45pm (via Zoom)

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

Winning government business

Free
Event

Hosted by Knox City Council

The Australian government sector spends billions annually procuring products and services. If you're not putting your business forward, you're missing out. This workshop will show you, step by step, how to maximise your chances of success.

Date: Wednesday 10 June 2020

Time: 9.30am to 1pm (via Zoom)

To book: Go to knoxbiz.com.au

June

Making fast compost; Growing Asparagus

Hosted by Gardens4Harvest

Free
Event

As a gardener, you'd appreciate the value of compost for healthy soil. Making compost can take up to 6 months if you do it the usual way but can be sped up appreciably if you follow these tips. Now is a great time to be putting this in action. And if you're a lover of asparagus (and who isn't?), we'll go into the growing of this crop so that you can have asparagus year after year after only planting it once.

Date: Wednesday 10 June 2020
Time: 12.30 pm to 1.30 pm (via Zoom)

To book: Call Barb on 9298 8000 or barbara.jordan@knox.vic.gov.au
RSVP by Monday 8 June 2020

Encore – Resilience and living in the ‘now’

Hosted by Knox City Council with Gary Cantwell

Free
Event

Back by popular demand. The social distancing restrictions have changed the way we live and engage with our community and are testing our resilience. Listen to Knox resident, Gary Cantwell, our 2020 Citizen of the Year recipient, present a talk on resilience and the importance of living in the now.

Date: Thursday 11 June 2020
Times: 11am to 12pm (via Zoom)
2pm to 3pm (via Teleconference)

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

To book: <https://www.stickytickets.com.au/5pnzl> - via Zoom
<https://www.stickytickets.com.au/6nn1s> - via Teleconference

June

Free
Event

Women's Health understanding addiction

Hosted by Knox City Council with Lesley Thomas, BBRS Registered Practitioner, Dip Clinical Hypnotherapy, Adv Dip Mindenergetix, Dip CS (AOD & Mental Health)

Addiction comes in many forms: alcohol, drugs, cleaning, worry, shopping etc. Join this zoom session and hear how addiction can take many forms. Demystify stigma and learn how you may be able to support a friend or family member in need.

Date: Tuesday 16 June 2020

Time: 10.30 am to 11.30 am (via Zoom)

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

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

Free
Event

Orana Cooking Class with Oddie – One Pot Wonder

Hosted by Orana Neighbourhood House

Oddie will show you how to create a delicious meal in one pot and then turn into 5 different meals that can be put in the freezer for quick meals.

Date: Tuesday 16 June 2020

Time: 1.30 pm to 2.30 pm (via Zoom)

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

June

Winter Pruning; Sharpening your Secateurs; Growing and Dividing Rhubarb



Hosted by [Gardens4Harvest](#)

It's coming to that time of the year when you're thinking that you need to go out and give your fruit trees a good haircut. Wait though until you've come to this session as you might find you're doing more harm than good for your trees.

It might instead be a better time to do some tool maintenance, especially of your good secateurs. Our growing tips for this week include how to divide up your rhubarb patch and then replant (or gift) the root divisions for more rhubarb plants.

Date: Wednesday 17 June 2020
Time: 12.30 pm to 1.30 pm (via Zoom)

To book: call Barb on 9298 8000 or barbara.jordan@knox.vic.gov.au
RSVP by Monday 15 June 2020

How to make a Simple Sock Puppet



Hosted by [Marilyn Crossley](#)

For those of you who like to get your craft on, join us for a fun afternoon where we will be making a simple sock puppet, which you can then share with your friends, family and grandchildren. You will need the following items:

- Sock (must be long or under trouser length)
- Buttons or ping pong balls for eyes
- Wool or string for hair
- Marking pen to draw "pupils" on eyes or stick on dots
- Glue or needle and thread
- Pom pom for nose (optional)

Date: Tuesday 23 June 2020
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/6DRT0>

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

While the libraries are closed and the advice that ‘if you can stay at home – you must stay at home’ is in place, Eastern Regional Libraries will deliver a box of book, DVDs or magazines to your door each month. We call it Click for Home Delivery and here's how it works:

1. A box of library items will be delivered to your address by Australia Post. There are three sizes of box and each member can have one delivery per month.
2. You can place holds on items that you want, or ask the library to make a selection for you, by phoning local branch or ringing 1300 737 277

You will need your library card number and PIN to place holds through the online catalogue.

3. Library staff will try to fill a box with your holds or requests. The boxes hold approximately these amounts:
Small – 2-3 small paperbacks or DVDs
Medium – 3-4 large format fiction paperbacks
Large – 3-4 large format non-fiction or 10-15 children’s books

It may not be possible to include all your requests in one box, we will do our best. Each member can have one delivery each month.

More information is on our website at:

<https://www.yourlibrary.com.au/2020/04/clickpost/>

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	

