

KNOX
your city



September -
October
2020

Knox Seniors Festival

Knox Over 55s Zest4Life

Victorian
Seniors
Festival
Reimagined
2020



Welcome

Welcome to the Knox Seniors Festival and Knox Over 55s Zest4Life program guide. Knox City Council aims to support people to remain active and socially connected within the Knox municipality by offering a mix of activities, workshops 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 36 (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!

Celebrating Seniors Connecting Goody Bags

The Knox Seniors Festival is an opportunity to celebrate and value our older residents. This year's Festival has been 'reimagined' and activities are being offered online. We acknowledge this has been a tough year for our community and in particular, our seniors. Therefore, we have created some goody bags to spread some joy during the Festival.

Do you know someone who may like a 'Celebrating Seniors' goody bag? We have 200 bags to give away to seniors who identify as socially isolated or have been helping others in the community during COVID-19 and meet criteria.

If you know a senior within Knox who has been feeling lonely, or has been struggling and needs a little cheering up or someone you know who has stood out with the way they have been helping others in the community during these times, please submit a nomination (self-nominations are welcome). **Note applications must be received either via online, phone or post by 5pm on Friday 18 September 2020.**

All bags will be delivered to the recipient's front door with care and completely contactless from w/c 5 October 2020.

For details on how to apply – see overleaf.



Nomination Form

Celebrating Seniors Connecting - Goody Bag

Details of Goody Bag recipient

Name: _____

Full address: _____

Phone: _____

Email: _____

Are they a Seniors Card holder? Yes No

Why do you think they should receive a goody bag?

(please use separate piece of paper if you run out of room)

Details of person writing this nomination

(or put 'as above' if this is a self-nomination)

Name: _____

Phone: _____

**Please answer the above questions and return to Linda Keenahan
via online (Survey monkey), phone or post. Entries must be received
by 5pm on Friday 18 September 2020**

Enter online via: <http://bit.ly/GoodyBagsNomination>

or phone Linda on **9298 8828**

or post this form to Linda Keenahan, 511 Burwood Hwy, Wantirna South 3152

2020 Victorian Seniors Festival

A message from the Victorian Seniors Festival organisers:

This year we are bringing the Victorian Seniors Festival direct to your home through online performances, zoom interviews and storytelling, with three new broadcasts a week from now until October 2020.

We invite you to get in the groove - with performances from many of your favourites and some new performers for you to enjoy.

Working to social distancing rules, Tristan and Bec meet and host our performers from the comfort of their own homes using technology in ways we never knew were possible.

We've had a lot of fun creating and reimagining the Festival for you, and we hope you enjoy it - and sing along! And get in the groove!

Here is the link to watch the broadcasts: seniorsonline.vic.gov.au/festivalsandawards

Reimagined radio is here too! The radio programs include:

- Music and entertainment features from nostalgia to contemporary artists
- Radio Plays from Agatha Christie to specially commissioned plays
- Spoken word, poetry and prose

If you are unable to obtain program schedules in the ways listed above, you can ring the Victorian Seniors Card on [1300 797 210](tel:1300797210) to have your name and address details listed for a monthly mail out of the schedules.



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 (ERL) 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 meeting or event.

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.

Do I need a Facebook account to view Facebook Live events?

The answer is no, you do not need to create a Facebook account in order to view public events on Facebook Live. You can simply open Google and type in the Facebook Live link in your URL (internet search) and this will take you to the relevant Facebook Live event page.

For example, if you wanted to participate in the 'Live Streaming Concert with Brendan Scott', then you would need to open Google and type in the Facebook Live link which is: [brendan.scott.73345](#) this will bring you to Brendan Scott's Facebook page and you could then find the live event

Your local Library staff are available to answer any of your IT enquiries, so feel free to contact [1300 737 277](#) between 9am-5pm Mon-Fri. Alternatively, you can contact the Mountain District Learning Centre who has an IT person available between 12pm to 1.30 pm on [9758 7859](#).

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 | | | |
|---|------------|----------------------|------|
| Event | Format | Time | Page |
| Thursday 3, 10 & 17 September 2020 | | | |
| Photo Editing with Photoshop Elements | Zoom | 11am to 12.30 pm | 11 |
| Monday 7 September 2020 | | | |
| Live Streaming Concert with Brendan Scott | Facebook | 11am to 12pm | 11 |
| Tuesday 8 September 2020 | | | |
| Real Life Organising with Veronica | Zoom | 10.30 am to 11.30 am | 12 |
| Thursday 10 September 2020 | | | |
| Nutrition Talk with Sheldon | Zoom | 10.30 am to 11.30 am | 12 |
| Friday 11 September 2020 | | | |
| Research Your Family History | Zoom | 10am to 12pm | 15 |
| Friday 11 September 2020 | | | |
| Author Talk – Simon Fenech, Breaking Good | Zoom | 11 am to 12pm | 13 |
| Monday 14 September 2020 | | | |
| Explore Google Earth | Zoom | 10am to 12pm | 15 |
| Monday 14 September 2020 | | | |
| Use Your Noodle (8 weeks) | Zoom | 1.30 pm to 2.15 pm | 16 |
| Tuesday 15 September 2020 | | | |
| Bush Rummy with Dee | Smartphone | 11am to 12.30 pm | 16 |
| Thursday 17 September 2020 | | | |
| Knox's All Ages Trivia | Zoom | 2.30 pm to 3.30 pm | 17 |
| Monday 21 September 2020 | | | |
| Money Matters during COVID-19 | Zoom | 2.30 pm to 3.30 pm | 17 |
| Tuesday 22 September 2020 | | | |
| Armchair Travel Stories | Zoom | 10.30 am to 11.30 am | 18 |
| Wednesday 23 September 2020 | | | |
| Knox Art Club (4 weeks) | Zoom | 2pm to 3.30 pm | 18 |
| Thursday 24 September 2020 | | | |
| Bright Ideas Network meeting | Zoom/Phone | 2pm to 3.30 pm | 19 |
| Tuesday 29 September 2020 | | | |
| Living with Adult Children | Zoom | 2pm to 3pm | 19 |

2020 Knox Seniors Festival

| Event | Format | Time | Page |
|--|-------------|----------------------|------|
| Monday 5 to 16 October 2020 | | | |
| U3A Knox Arts & Crafts Showcase | U3A website | All day | 20 |
| Monday 5 October 2020 | | | |
| Live Streaming Concert with Brendan Scott | Facebook | 11am to 12pm | 11 |
| Author Talk – Harry Blutstein, Cold War Games | Zoom | 2pm to 3pm | 22 |
| Tuesday 6 October 2020 | | | |
| Chinese Cooking with Oddie | Zoom | 10am to 12pm | 23 |
| Wednesday 7 October 2020 | | | |
| Getting Started with Phone Photography | Zoom | 10am to 11am | 23 |
| Soup & Singing – by request! | Zoom | 1pm to 2pm | 24 |
| Thursday 8 October 2020 | | | |
| Breath Space Yoga | Zoom | 11am to 12pm | 24 |
| Friday 9 October 2020 | | | |
| A morning with Athol Guy | Zoom | 10.30 am 11.30 am | 21 |
| Tuesday 13 October 2020 | | | |
| Thriving at Any Age | Zoom | 2pm to 3pm | 25 |
| Wednesday 14 October 2020 | | | |
| Getting Creative with Phone Photography | Zoom | 10am to 11am | 25 |
| Thursday 15 October 2020 | | | |
| Retro Aerobics | Zoom | 10.30 am to 11.30 am | 26 |
| Friday 16 October 2020 | | | |
| Explore Knox – A Walker’s Guide | Zoom | 11am to 12pm | 26 |
| Knox Over 55s Zest4Life | | | |
| Monday 12 October 2020 | | | |
| Diabetes Wellness Program (3 weeks) | Zoom | 1.30 pm to 3pm | 28 |
| Tuesday 13 October 2020 | | | |
| COGs Brain Training (6 weeks) | Zoom | 11am to 12.30 pm | 28 |
| Saturday 17 to Monday 19 October 2020 | | | |
| U3A Knox Arts & Crafts Showcase | U3A website | All day | 20 |
| Sunday 18 October 2020 | | | |
| Stringybark Festival – Live in your Backyard! | Facebook | 9am to 9pm | 27 |
| Tuesday 20 October 2020 | | | |
| Help available - Gambling Harm | Zoom | 10.30 am to 12pm | 29 |
| Wednesday 21 October 2020 | | | |
| The Wellness Hub (4 weeks) | Zoom | 1.30 pm to 3pm | 29 |
| Tuesday 27 October 2020 | | | |
| Navigating everyday life during (and after) COVID-19 – an OT perspective | Zoom | 10.30 am to 11.30 am | 30 |
| Wednesday 28 October 2020 | | | |
| Bright Ideas Network meeting | Zoom | 2pm to 3.30 pm | 19 |

Weekly - September to October 2020**Every Monday**

| | | | |
|-----------------------------------|------|---|----|
| Strength4Life | Zoom | 10.30 am to 11.10 am or 11.15 am to 12pm | 31 |
| Active Chair Based Exercise Group | Zoom | 1.30 pm to 2.10 pm | 31 |

Every Tuesday

| | | | |
|-----------------------------------|------|----------------|----|
| Active Chair Based Exercise Group | Zoom | 2pm to 2.40 pm | 31 |
|-----------------------------------|------|----------------|----|

Every Wednesday

| | | | |
|--|-----------|----------------------|----|
| Talking Café – guest speaker each week | Zoom | 10am to 11am | 33 |
| Talking Café | Telephone | 2pm to 3pm | 33 |
| Qigong Shibashi | Zoom | 11.15 am to 11.55 am | 32 |
| Tai Chi | Zoom | 2pm to 2.40 pm | 32 |

Every Thursday

| | | | |
|-----------------------------------|------|------------------|----|
| Active Chair Based Exercise Group | Zoom | 11am to 11.40 am | 31 |
| Qigong Shibashi | Zoom | 11am to 11.40 am | 32 |

Every Friday

| | | | |
|---------------|------|--------------|----|
| Strength4Life | Zoom | 11am to 12pm | 31 |
|---------------|------|--------------|----|



September

Photo Editing with Photoshop Elements

Hosted by Rowville Neighbourhood Learning Centre

Have you always wanted to learn how to modify your photos? Learn how to edit images, improve visual effects, correct faults and remove or modify unwanted inclusions. Prerequisite: Basic computer skills.

Dates: Thursday 3, 10 & 17 September 2020 (3 sessions)

Time: 7pm to 9pm (via Zoom)

Cost: \$76

To book: email: inquiries@rowvillenc.org.au

Live Streaming Concert with Brendan Scott

Hosted by Brendan Scott Entertainment

Free
Event

Join Brendan's live variety concert on Facebook for some live singing and entertainment. Brendan is an accomplished and experienced performer who has been part of the Australian entertainment industry for most of his life. Brendan was a regular on Melbourne radio station 3AW for over 20 years, contributing to the Overnight program hosted by Keith McGowan. Brendan was often heard on 3AW singing some great old songs, as well as sharing much banter and laughs with Keith.

Dates: Monday 7 September 2020

Monday 5 October 2020

Time: 11am to 12pm (via Facebook)

Contact: call Brendan on 0419 231 199
or brendanscottentertainment@gmail.com

To book: Not required. On the day go straight to Facebook and type in the following link: [brendan.scott.73345](https://www.facebook.com/brendan.scott.73345)
or, you don't have a Facebook account, go to Google and search for [brendan.scott.73345](https://www.facebook.com/brendan.scott.73345)

September

Real Life Organising session with Veronica

Free
Event

Hosted by A Hand to Help

Feel like your home may need a little declutter? Come along to bust some organising myths with us and learn how to be organised without the pressure of being perfect. Veronica Kennedy is the down-to-earth Professional Organiser at A Hand to Help. Veronica helps people make organising easy. Real Life Organising is a practical and realistic approach to be, and most importantly, to stay organised.

Date: Tuesday 8 September 2020

Time: 10.30 am to 11.30 am (via Zoom)

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

To book: <https://www.stickytickets.com.au/0ZWVP>

Nutrition Talk with Dietitian, Sheldon Oliver

Free
Event

Hosted by Knox City Council

Join Sheldon Oliver who is a Dietitian at EACH for a Q&A style session. Learn about the five core food groups, what constitutes a serve and how many of these serves are recommended for your age and sex. You can also ask him how many calories you need to get through the day and how to make healthy choices when at the supermarket.

Date: Thursday 10 September 2020

Time: 10.30 am to 11.30 am (via Zoom)

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

To book: <https://www.stickytickets.com.au/7TISL>

September

Free
Event

Author Talk – Simon Fenech, *Breaking Good*

Hosted by Eastern Regional Libraries and Knox City Council

Breaking Good is a gripping true crime memoir that shares the harrowing story of drug addiction, gangland crime, hitting rock bottom and the power of second chances.

Simon Fenech was a champion kickboxer who turned to ice following a work accident that left him with severe chronic pain. Once hooked, he was soon dealing to support his \$1,000-a-day addiction. Melbourne's drug lords wanted a slice of the action and when he refused, he was hunted by the underworld and specialist police units - at the same time! But his story didn't end there.

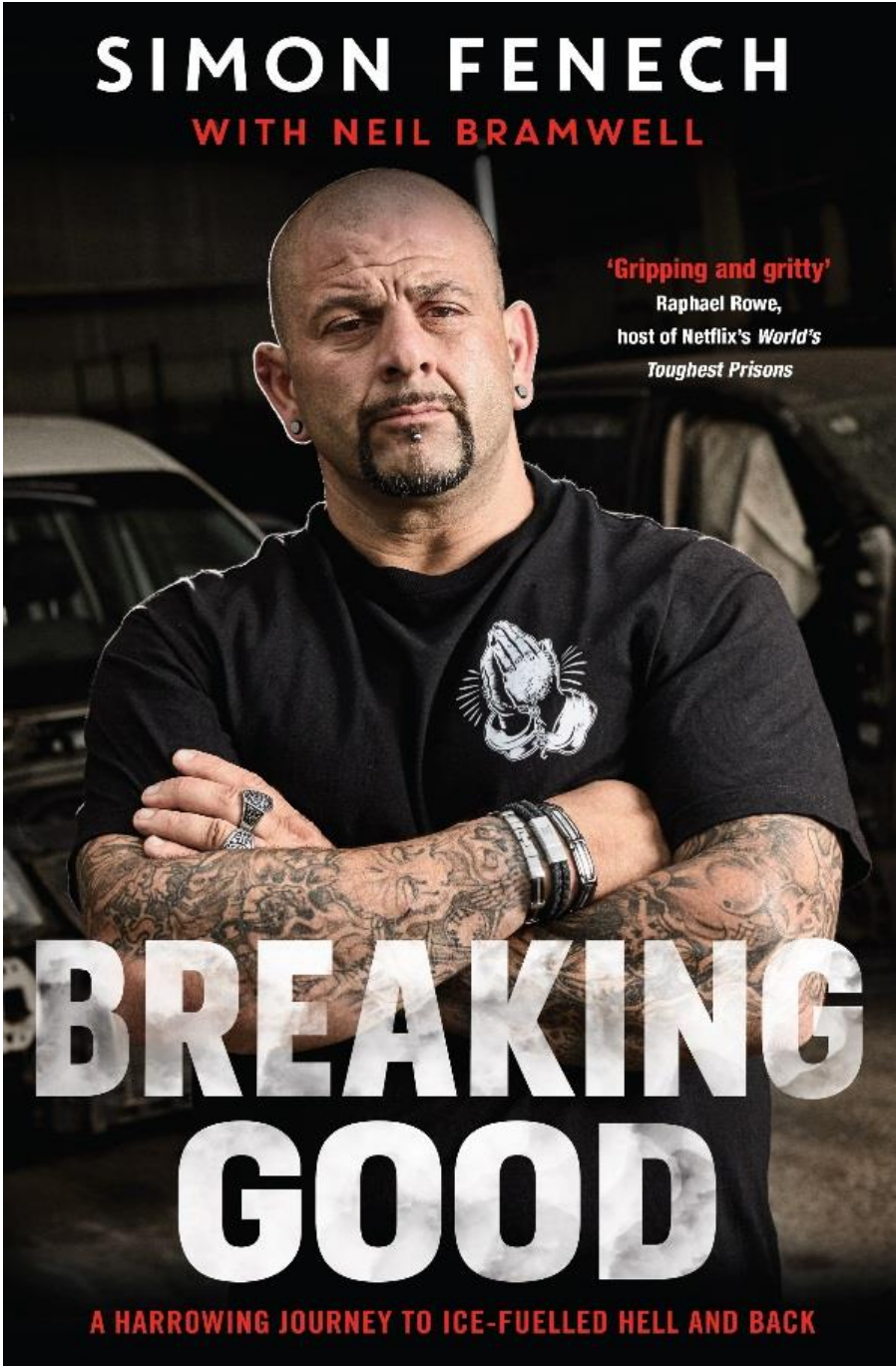
Simon is now the Operations Manager at social enterprise 'fruit2work'. His transformation from a drug addict buried deep in Australia's criminal underworld to an inspirational figure intent on changing the lives of others is remarkable.

Date: Friday 11 September 2020

Time: 11 am to 12pm (via Zoom)

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

To book: <https://www.sticktickets.com.au/1G69J>



September

Free
Event

Research Your Family History

Hosted by Orana Neighbourhood House

Learn how to research your family history online. With tips and tricks on how to get the most out of the internet, step-by-step guides on starting to build your own family tree and much more, you will be your family's ancestry champion in next to no time!

Date: Friday 11 September 2020

Time: 10am to 12pm (via Zoom)

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

Free
Event

Explore Google Earth

Hosted by Orana Neighbourhood House

Have you ever wanted to see the Sphinx of Giza, visit the Taj Mahal or look at the Colosseum in Rome, but have never had the opportunity? Well, you can do all this and more using the amazing, free Google Earth website. We will show you how to set yourself up, how to use the controls and how to navigate the wonders of the world. Keep your travel dreams alive and start planning for your next amazing destination.

Date: Monday 14 September 2020

Time: 10am to 12pm (via Zoom)

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

September

Free
Event

Use Your Noodle

Hosted by VMCH

Use your Noodle is a group exercise program for people aged over 65, which focuses on easy movements to gently mobilise the joints and strengthen the muscles. The weekly program takes place each Monday for eight weeks and will help with your posture and balance and is perfect for those who are suffering from COVID- hibernation and increased inactivity.

Dates: Monday 14 September to Monday 2 November 2020

Time: 1.30 pm to 2.15pm (via Zoom)

To book: Call My Aged Care on 1800 200 422 and request a referral to VMCH for physiotherapy assessment and group exercise.

Then, contact VMCH via email myhealth@vmch.com.au or phone 1300 919 850 to register your interest.

Other: You will need one swimming pool noodle cut in half (available Kmart or Clark Rubber) and a sturdy chair.

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.

Join Dee for a fun game of Bush Rummy. Game rules will be communicated upon registration.

Date: Tuesday 15 September 2020

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

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

September

Free
Event

Knox's All Ages Trivia Event

Hosted by Knox City Council

Back by popular demand, 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 17 September 2020
Time: 2.30 pm to 3.30 pm (via Zoom)
Contact: email: linda.keenahan@knox.vic.gov.au or call Linda on 9298 8828

To book: <https://www.stickytickets.com.au/7VX92>
more details will be communicated upon registration.

Money Matters during COVID-19

Free
Event

Hosted by Knox City Council with Janette Dyall of EACH

An event covering

- How to make a budget
- Ways to reduce expenses
- Negotiating with utility providers, insurance companies & banks
- What financial counselling can do for you
- An opportunity to ask questions.

Janette has a Diploma in Financial Counselling, Advanced Diploma in Accounting and is a Member of Financial Counselling Victoria.

Date: Monday 21 September 2020
Time: 2.30 pm to 3.30 pm (via Zoom)
Contact: Linda on 9298 8828 or linda.keenahan@knox.vic.gov.au

To book: <https://www.stickytickets.com.au/DY1QY>

September

Free
Event

Armchair Travel Stories

Hosted by Knox City Council with Karl

Dreaming of your next holiday? Come along to meet like-minded people and get ideas for your next trip or reminisce about past adventures. During the session we will watch a short (90 second) film that local resident Karl, put together of his recent trip to New Zealand. There will be an opportunity to hear about Karl's travel experiences and share some of your favourite travel stories.

Date: Tuesday 22 September 2020

Time: 10.30 am to 11.30 am (via Zoom)

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

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

Free
Event

Knox Art Club

Hosted by Knox City Council

Knox Arts and Events invite you to join local artist and qualified art therapist Bronwyn Napiorkowski for our new weekly art club. The Knox Art Club is a chance to chat, create and meet art minded friends. Across 4 sessions, we will explore a different theme to spark your creativity.

Dates: Wednesdays: 23 & 30 September and 7 & 14 October 2020

Time: 2.00 pm to 3.00 pm (via Zoom)

Contact: Jeannie on 04 3931 7978 or jeannie.mueller@knox.vic.gov.au

To book: https://zoom.us/meeting/register/tJ0ud-iuqT8qGdyArio9EIktV5ac1DxM_n0s

September

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 24 September 2020

Time: 2pm to 3.30 pm (via Zoom and Teleconference)
and

Date: Wednesday 28 October 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

Living with Adult Children

Hosted by Knox City Council

Free
Event

Has your adult child returned to live in your home? It is becoming more common for adult children to return home to live with their parent/s. Living as an extended family can be a joyful experience, however there is the potential that the new living arrangements can become difficult for the older person.

This session will provide you with practical tips on how to communicate your expectations with your son/daughter, learning how to draw healthy boundaries and the importance of protecting your financial and social independence. The session will also cover options of what to do if things go wrong.

Date: Tuesday 29 September 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/YQUFZ>

October

U3A Knox Online Arts & Crafts Showcase & Sale Hosted by U3A Knox

U3A Knox is delighted to announce an Arts & Crafts Showcase of artworks and crafted items created exclusively by our members. During this time of COVID-19 restrictions, we want to share with you and celebrate the many creative talents of U3A members.

We invite you to browse our website during October to enjoy and potentially purchase items that are on offer. Our showcase will feature many categories, including abstracts, landscapes and seascapes, still life and nature, drawing and calligraphy, photography, textiles and needlework, 3D works and papercraft. So, mark your calendars and join us in celebrating what it's possible to achieve in our "third age".

Dates: Monday 5 October to Monday 19 October 2020

Time: All day

Location: <https://www.u3aknox.org.au>

Contact: Email the U3A Knox events committee at artshow@u3aknox.org.au
or call 0432 123 529

More details will be published on our <https://www.u3aknox.org.au> and <https://www.facebook.com/U3AKnox> pages as we near the event.



October

Free
Event

A morning with Athol Guy Hosted by Knox City Council

Come along and enjoy a morning with Athol Guy. Hear him talk about his interesting life and listen to some of your favourite tunes. Athol is a familiar face in the Australian entertainment scene via his foundation and International success of the legendary “Seekers” with his lifelong friends Judith Durham, Keith Potger and Bruce Woodley.

As individual Australians of the Year, with the keys to the City of Melbourne and the only group inducted into Variety’s Australian 100 Entertainers of the Century, they remain unique in the country's affections. He also has the Queen's Silver Jubilee Medal, and Australia's Centenary Medal.

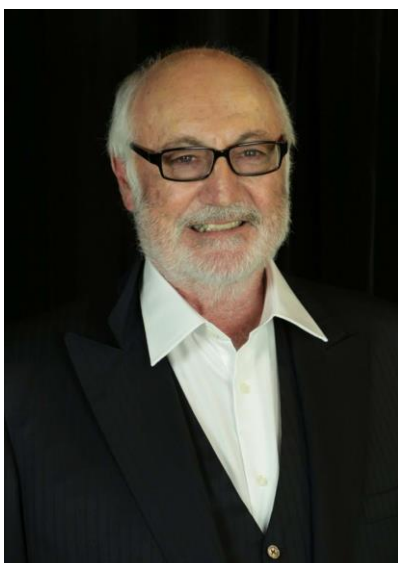
Not as familiar is his success and activity in the worlds of television, politics, business and community. Still fully active musically – his trademark double bass always stays remarkably in tune and ready to party!

Date: Friday 9 October 2020

Time: 10.30 am to 11.30 am (via Zoom)

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

To book: <https://www.stickytickets.com.au/7HC2N>



October

Free
Event

Author Talk – Harry Blutstein, *Cold War Games*

Hosted by Eastern Regional Libraries and Knox City Council

Spies, Subterfuge and Secret Operations. The 1956 Melbourne Olympic Games have become known as the 'friendly games', but East-West rivalry ensured that they were anything but friendly. *Cold War Games* is a lively, landmark book, with fresh information from ASIO files and newly discovered documents from archives in the USSR, US and Hungary, revealing secret operations in Melbourne and showing just how pivotal the 1956 Olympic Games were for the great powers of the Cold War.

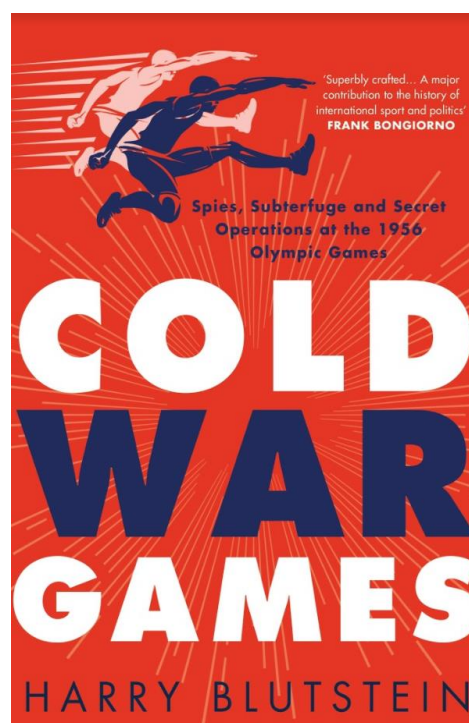
Harry Blutstein is an Adjunct Professor at RMIT University. Since 1972, he has been a freelance journalist and has published feature articles in a variety of major newspapers across Australia. He has released several books including *An Insider's Guide to Australia*, *Ascent Globalisation* and *Cold War Games*.

Date: Monday 5 October 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/T5FA9>



October

Free
Event

Chinese Cooking with Oddie

Hosted by Orana Neighbourhood House

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

Date: Tuesday 6 October 2020

Time: 10am to 12pm (via Zoom)

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

Getting Started with Phone Photography

Hosted by Knox City Council with Michaels Media School

Free
Event

Begin your journey to photographic maestro with this webinar on the basics of phone photography. During this session we'll cover the techniques to getting the most out of your smartphone's camera with both default and free-to-use apps, and talk about some of the important technical attributes of photography, including focus and exposure.

Date: Wednesday 7 October 2020

Time: 10.00 am to 11.00 am (via Zoom)

Contact: Jeannie on 04 3931 7978 or jeannie.mueller@knox.vic.gov.au

To book: https://zoom.us/webinar/register/WN_wauM-NPrRaqtsN4xFXBRxw

October

Free
Event

Soup and Singing – by request!

Hosted by Our Saviour's Lutheran Church

Do you have a favourite song or hymn? As a special treat, Brendan Scott and Jenny Dawson will be performing your 'favourites' by request, so you can sing along at home.

Date: Wednesday 7 October 2020

Time: 1pm to 2pm (via Zoom)

Other: Please send your song requests to Judy Bowman via email:
judy.bowman@lca.org.au by Wednesday 30 September 2020

To book: email judy.bowman@lca.org.au (RSVP by Tuesday 6 October 2020)

Breath Space Yoga

Free
Event

Hosted by Knox City Council with Alechia Megarry

This class will use breath guided movements inviting blood flow into the body before moving into breath practices and a mindfully guided relaxation to complete the practice. You can choose to do this on a yoga mat or carpet, or in a comfortable seated position. Making this class accessible to most. No experience required to join this restorative and relaxing class. Our trainer Alechia is a yoga, movement and mindfulness teacher, with over 20 years teaching experience. Working in yoga studios, aged care facilities and with children.

Date: Thursday 8 October 2020

Time: 11am to 12pm (via Zoom)

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

Other: Please wear comfortable clothes. Chair, blanket, cushion, yoga mat are optional.

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

October

Free
Event

Thriving at Any Age

Hosted by Knox City Council with Linda Black

Discover the secrets to thriving emotionally and mentally as we get older, and defy the negative ageing stereotypes in common use and in the media. Linda has a Psychology Degree, a Diploma in Applied Clinical Hypnotherapy and Certificate in Psychotherapy. She believes the more well-informed we are about ageing well, including the need to maintain emotional wellbeing and positive mindset, the more we can really thrive in the later years of our lives.

Date: Tuesday 13 October 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/3H5FJ>

Free
Event

Getting Creative with Phone Photography

Hosted by Knox City Council with Michaels Media School

In this webinar we'll explore ways to get creative with phone photography and capture truly unique images. Using both in-app and DIY techniques, we'll cover some of the classic rules of aesthetics, such as colour and composition, as well as ways to think out of the box and transform ordinary images into works of art.

Date: Wednesday 14 October 2020

Time: 10.00 am to 11.00 am (via Zoom)

Contact: Jeannie on 0439 317 978 or jeannie.mueller@knox.vic.gov.au

To book: https://zoom.us/webinar/register/WN_dKwYKCsESmONJoLAVKupDg

October

Free
Event

Retro Aerobics

Hosted by Knox City Council with Lisa Westlake

Dance and laugh your way to feeling great with low impact moves and music from the 60s, 70s and 80s. Fun filled, low impact fitness, top to toe!

Lisa Westlake is a physiotherapist, fitness instructor, author and presenter who's passionate that fitness is for every body and most importantly it should be fun!

Date: Thursday 15 October 2020

Time: 10.30 am to 11.30 am (via Zoom)

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

To book: <https://www.stickytickets.com.au/6KL83>

Explore Knox – A Walker's Guide

Free
Event

Hosted by Knox City Council with Robyn Pascoe

This is an ideal session for anyone who enjoys walking. Come along and hear about some hidden trails within Knox that are likely to be in your 5km radius. No matter your fitness and ability, Knox is full of options to keep you engaged and interested in your local area. Robyn belongs to a local walking group and will share some of her favourite places to explore around Knox.

Date: Friday 16 October 2020

Time: 11am to 12pm (via Zoom)

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

To book: <https://www.stickytickets.com.au/65OYW>

October

Free
Event

Stringybark Festival 2020 – Coming Live to your Backyard!

Hosted by Knox City Council

Stringybark Festival 2020 will be coming to you live, celebrating home grown creativity, sustainability stories, backyard projects and the local Knox community. The Festival will take a slightly different spin this year in line with Covid19 restrictions, offering patrons a unique mix of virtual programs including workshops, presentations and performances. Full program to be announced late September.

- Tune in from 9am on the Knox Arts & Events Facebook page as the Stringybark Festival takes you on a fun filled virtual journey including cooking demonstrations, kid's arts and craft activities, sustainability presentations and more.
- Free online bookable workshops will be available for adults and kids with a focus on DIY projects and active play.
- From 5pm – 9pm enjoy a series of live streamed Stringybark Stage performances featuring some of Knox's best local performers.

Date: Sunday 18 October 2020
Time: 9am to 9pm (via Facebook Live)
Contact: Customer Service on 9298 8000

To book: Workshops will be booked in late September at:
www.knox.vic.gov.au/stringybark

All other programs do not require a booking, just go to:
Facebook.com/KnoxArtsandEvents



October

Diabetes Wellness Program

Hosted by EACH

Three-week online group for people living with Type 2 Diabetes. You'll be updated on the latest recommendations for medications, diabetes care and food trends to manage your diabetes well. Suited to anyone with Type 2 diabetes; newly diagnosed and those who have lived with diabetes for many years.

Date: Monday 12, 19 & 26 October 2020

Time: 1.30 pm to 3pm (via Zoom)

Cost: \$9.00 per session

To book: Call Service Access on [1300 003 224](tel:1300003224)
or email: intake.ph@each.com.au

COGs Brain Training

Hosted by EACH

Want to keep your brain on its toes? Join our six week course to learn about some fun ways to keep your brain active and healthy.

Date: Tuesday 13 October to Tuesday 24 November 2020

Time: 11am to 12.30 pm (via Zoom)

Cost: Free – additional costs for resource materials may apply

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](tel:1800200422) and request a referral to EACH for Occupational Therapy assessment and OT group.

October

Help available - Gambling Harm

Hosted by Knox City Council and EACH

Free
Event

Problem gambling is now recognised as an addiction like any other and gamblers need support to regain control. Did you know:

- 1:5 Victorians who gamble may be experiencing harm from gambling
- Betting has become so normal that an 8 year old child watching AFL footy today will have never seen a game without gambling odds!
- During the first month of COVID-19 restrictions, online gambling increased by 67%.

This session will feature a talk from someone who has beaten their gambling addiction and help people recognise when gambling may be becoming a concern for themselves or someone they know and be aware of the help services available.

Date: Tuesday 20 October 2020

Time: 10.30 am to 12pm (via Zoom)

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

To book: <https://www.stickytickets.com.au/T2SMP>

The Wellness Hub

Hosted by EACH

Free
Event

This group supports people to manage health issues and reduce the risk of developing future health concerns. The 4-week program is run by health professionals including nurses, exercise physiologist, health psychologist and dietitian. The group will consist of 90 minutes of combined online education and exercise per week.

Date: Wednesdays - 21, 28 October and 4, 11 November 2020

Time: 1.30 pm to 3pm pm (via Zoom)

To book: Call Service Access on [1300 003 224](tel:1300003224)
or email: intake.ph@each.com.au

October

Free
Event

Navigating everyday life during (and after) COVID-19 – an OT perspective

Hosted by Knox City Council

This session is being offered as part of Occupational Therapy (OT) Week. There is no doubt our normal daily life has changed as a result of COVID-19. We now participate in strict hand hygiene, wearing masks, staying at home, physical distancing, being tested if we have symptoms, following guidelines and remaining flexible to changes in directives.

Many, if not all, of us have experienced loss as well as anxiety in the face of so many unknowns during this time. However, it is also possible that some unexpected good may have emerged amongst this difficult and ongoing experience.

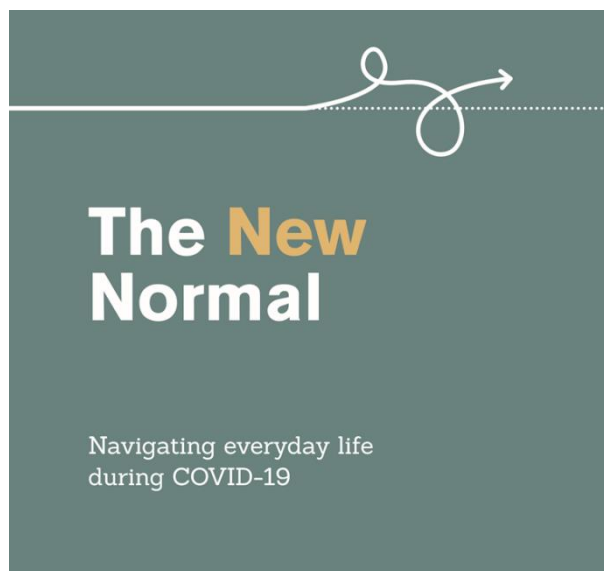
This talk by Knox City Council's OT will explore ideas and provide prompts for reflection to help each of us tailor a new normal for ourselves, hold onto any hidden treasures we may have discovered along the way and attempt to live our best lives during and after this pandemic.

Date: Tuesday 27 October 2020

Time: 10.30 am to 11.30 am (via Zoom)

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

To book: <https://www.stickytickets.com.au/A1YFO>



Weekly

Free
Event

Strength4Life

Hosted by EACH

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 11.10 am or 11.15 am to 12pm (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](tel:1800200422) and request a referral to EACH for Physiotherapy assessment **and** group exercise

Active Chair Based Exercise Group

Free
Event

Hosted by EACH

Exercises are chair based and designed for beginners, or people with limited mobility, are frail or have chronic conditions. These weekly programs involve a combination of gentle exercise and low-level strength training to promote physical mobility and independence.

Dates: Mondays 1.30 pm to 2.10 pm (via Zoom)
Tuesdays 2pm to 2.40 pm (via Zoom)
Thursdays 11am to 11.40 am

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](tel:1800200422) and request a referral to EACH for Physiotherapy assessment **and** group exercise

Weekly

Free
Event

Tai Chi

Hosted by EACH

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

Dates: Wednesdays 2pm to 2.40 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](tel:1800200422) and request a referral to EACH for Physiotherapy assessment **and** group exercise

Free
Event

Qigong Shibashi

Hosted by EACH

Take time to re-energise, refresh and relax in our Qigong Shibashi class. This breathing exercise together with its gentle flowing movement is both meditative and energy enhancing. It is beneficial for health and mental relaxation.

Dates: Wednesdays 11.15 am to 11.55 am (via Zoom)
Thursdays 11am to 11.40 am

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](tel:1800200422) and request a referral to EACH for Physiotherapy assessment **and** group exercise

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. Meeting interesting people and enjoy our weekly guest presenters. Share your passion or interest with like-minded people. Find out what's happening in Knox.

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

Guests: The confirmed guests for September are as follows:
Wed 2 Sept - Darren Arnott - Author of 'No Regard for the Truth'
Wed 9 Sept - Gary Cantwell - Resilience and Living in the Now
Wed 16 Sept - Cathy Fyffe – 10 Keys to Happiness

To book: email Leanne at livingourbestlifeproject@gmail.com
or call [0457 646 384](tel:0457646384)

The Talking Café is also offering sessions via Telephone in the afternoon.

Dates: Wednesdays 2pm to 3pm (Telephone)



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 | |

