

**KNOX**  
your city



Nov  
2020 –  
Feb  
2021

# Over 55s Zest4Life

# Welcome

Welcome to the 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, MS Teams, Facebook Live and Telephone.

For those of you who are looking for a useful list of emergency and support contact numbers in Knox, refer to page 32 (back page).

## 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 (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
<b>Monday 2 November 2020</b>				
Live Streaming Concert with Brendan Scott	Facebook	11am to 12pm		8
<b>Wednesday 4 November 2020</b>				
Talking Café – Eddie Atacador of Knox Community Chess Enthusiasts	Zoom	10am to 11am		10
Talking Café – Reach and Connect	Phone	2pm to 3pm		10
<b>Friday 6 November 2020</b>				
Live in Your Lounge Room	Facebook	8pm		9
<b>Monday 9 November 2020</b>				
Hair Loss & Scalp Conditions – everything you need to know	Zoom	2.30 pm to 3.30 pm		11
<b>Tuesday 10 November 2020</b>				
Bike Maintenance Course for Older Adults – Beginner	Zoom	10am to 11am		12
Innovative Treatments for Memory Problems	Zoom	10.30 am to 12pm		11
<b>Wednesday 11 November 2020</b>				
Talking Café – Dr Harry Blutstein	Zoom	10am to 11am		10
Guest speaker: Christy Collier-Hill, General Manager of the Boomers	Zoom	11.30 am to 12.30 pm		13
Talking Café – Darren Arnott author	Phone	2pm to 3pm		10
<b>Friday 13 November 2020</b>				
Live in Your Lounge Room	Facebook	8pm		9
<b>Monday 16 November 2020</b>				
Use Your Noodle (every Monday, with a break over Christmas/New Year)	Zoom	1.30 pm to 2.15 pm		12
<b>Tuesday 17 November 2020</b>				
Introduction to My Aged Care	Zoom	11am to 12pm		14
Bush Food Gardens	Zoom	12pm to 1.30 pm		14
Introduction to My Aged Care	Phone	2pm to 3pm		14

<b>Event</b>	<b>Format</b>	<b>Time</b>	<b>Page</b>
<b>Wednesday 18 November 2020</b>			
Talking Café – Reach out and Connect	Zoom	10am to 11am	10
Talking Café	Zoom	2pm to 3pm	10
<b>Thursday 19 November 2020</b>			
Reach for the Rainbow	Zoom	11am to 12pm	15
Emergency Planning and Fire Safety Essentials	Zoom	2pm to 3.30 pm	15
<b>Friday 20 November 2020</b>			
Live in Your Lounge Room	Facebook	8pm	9
<b>Monday 23 November 2020</b>			
Knox Antiques Roadshow	Zoom	10.30 am to 12pm	16
<b>Tuesday 24 November 2020</b>			
Author Talk – Emma Viskic	Zoom	10.30 am to 11.30 am	17
Festive Finger Food with Oddie	Zoom	1.30 pm to 3pm	16
Celebrate Rainbow Literature	Zoom	7pm to 8pm	18
<b>Wednesday 25 November 2020</b>			
Talking Café	Zoom	10am to 11am	10
Talking Café	Zoom	2pm to 3pm	10
<b>Friday 27 November 2020</b>			
Bike Maintenance Course for Older Adults – Intermediate	Zoom	2.30 pm to 3.30 pm	18
Live in Your Lounge Room	Facebook	8pm	9
<b>Tuesday 1 December 2020</b>			
A morning with Karen Knowles	Zoom	10.30 am to 11.30 am	19
<b>Wednesday 2 December 2020</b>			
Talking Café	Zoom	10am to 11am	10
Talking Café	Zoom	2pm to 3pm	10
Bright Ideas Network meeting	Zoom	2pm to 3.30 pm	21
<b>Friday 4 December 2020</b>			
Bike Maintenance Course for Older Adults – Beginner	Zoom	2.30 pm to 3.30 pm	12
<b>Monday 7 December 2020</b>			
Let’s talk about the impact of gambling on our community	Zoom	2pm to 3.30 pm	22
<b>Tuesday 8 December 2020</b>			
All Ages Trivia event	Zoom	7pm to 8pm	23
<b>Wednesday 9 December 2020</b>			
Talking Café	Zoom	10am to 11am	10
Talking Café	Zoom	2pm to 3pm	10

<b>Event</b>	<b>Format</b>	<b>Time</b>	<b>Page</b>
<b>Thursday 10 December 2020</b>			
Bike Maintenance Course for Older Adults – Intermediate	Zoom	2pm to 3pm	18
<b>Saturday 12 December 2020</b>			
Carols by Candlelight – save the date	Facebook	TBC	21
<b>Wednesday 16 December 2020</b>			
Talking Café	Zoom	10am to 11am	10
Talking Café	Zoom	2pm to 3pm	10
<b>Tuesday 12 January 2021</b>			
Bike Maintenance Course for Older Adults – Beginner	Zoom	10am to 11am	12
<b>Tuesday 19 January 2021</b>			
Nutrition Talk with Dietitian, Sheldon Oliver	Zoom	10.30 am to 11.30 am	24
<b>Thursday 21 January 2021</b>			
Retro Aerobics with Lisa Westlake	Zoom	10.30 am to 11.30 am	24
<b>Friday 29 January 2021</b>			
Bike Maintenance Course for Older Adults – Intermediate	Zoom	1.30 pm to 2.30 pm	18
<b>Tuesday 2 February 2021</b>			
Bench Barre with Lisa Westlake	Zoom	10.30 am to 11.30 am	25
<b>Thursday 4 February 2021</b>			
MDFA’s Age-Related Macular Degeneration	Zoom	10.30 am to 11.30 am	25
<b>Tuesday 9 February 2021</b>			
Caring/Bereavement – financial support	MS Teams	10.30 am to 11.30 am	26
<b>Wednesday 10 February 2021</b>			
Preparing for retirement	MS Teams	7pm to 8pm	26
<b>Thursday 11 February 2021</b>			
Armchair Travel Stories	Zoom	10.30 am to 11.30 am	27
<b>Wednesday 17 February 2021</b>			
Bright Ideas Network meeting	Zoom	2pm to 3.30 pm	21
<b>Thursday 18 February 2021</b>			
Antiques Roadshow	Zoom	2pm to 3.30 pm	16
<b>Tuesday 23 February 2021</b>			
Stay Calm and Carry On!	Zoom	10.30 am to 11.30 am	27
<b>Thursday 25 February 2021</b>			
All Ages Trivia event	Zoom	7pm to 8pm	23

# November

Free  
Event

## Live Streaming Concert with Brendan Scott

### Hosted by Brendan Scott Entertainment

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.

**Date:** Monday 2 November 2020  
**Time:** 11am to 12pm (via Facebook)  
**Contact:** call Brendan on [0419 231 199](tel:0419231199)  
or [brendanscottentertainment@gmail.com](mailto: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, if you don't have a Facebook account, go to Google and search for [www.facebook.com/brendan.scott.73345](https://www.facebook.com/brendan.scott.73345)





# November

**Live in Your Lounge Room**

**Hosted by Knox City Council**



If you can't get to great live performances, they will come to you "live in your lounge room"! Knox Arts and Events have arranged for you to hang out with some talented local artists and performers on Facebook Live. Streaming every Friday night, they will bring you unique sessions featuring some of Knox's best local singer-songwriters, performing artists and much more! Head to the Knox Arts and Events facebook page for more information.

- Date:** Friday 6, 13, 20 & 27 November 2020
- Time:** 8pm (via Facebook)
- Contact:** Knox Arts and Events on [9298 8000](tel:92988000)
- To book:** Not required. Go to:  
<https://www.facebook.com/knoxartsandevents>



# November



## 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.

**Zoom dates:** Wednesdays 4, 11, 18, 25 Nov and 2, 9, 16 Dec

**Time:** 10 am to 11 am (via Zoom)

**Guests:** The confirmed guests for November Zoom sessions are as follows:

Wed 4 Nov	Eddie Atacador of Knox Community Chess Enthusiasts
Wed 11 Nov	Dr Harry Blutstein, journalist, writer and historian
Wed 18 Nov	Reach and Connect Project
Wed 25 Nov to Wed 16 Dec	Speakers will include a Bunnings gardening expert and local people talking about their travel experiences
Mid Jan to Feb	TBC

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

**Phone dates:** Wednesdays 4, 11, 18, 25 Nov and 2, 9, 16 Dec

**Time:** 2pm to 3pm (via Phone)

**Guests:** The confirmed guests for November Phone sessions are as follows:

Wed 4 Nov	Reach out and Connect Project
Wed 11 Nov	Darren Arnott to talk about the Italian prisoner of war camp in Rowville during WWII
Wed 18 Nov to Wed 16 Dec	Speakers will include a Bunnings gardening expert and local people talking about their travel experiences
Mid Jan to Feb	TBC

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

# November

Free  
Event

## Hair Loss & Scalp Conditions – everything you need to know

Hosted by Megan Wright, IAT from National Hair Tech Solutions

Have you ever wondered how you can improve your hair health? Are you or your loved one losing hair and not sure who to turn to or what to do? This session will answer some of your hairiest questions including the difference between genetic and other types of hair loss. We also chat about Psoriasis and stress related hair loss and what you can do to get the best results.

**Dates:** Monday 9 November 2020

**Time:** 2.30 pm to 3.30 pm (via Zoom)

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

**To book:** <https://www.stickytickets.com.au/02LFC>

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Free  
Event

## Innovative Treatments for Memory Problems

Hosted by Freya Stockman, Research Officer, Therapeutic Brain Stimulation Team

Researchers from the Epworth Centre for Innovation in Mental Health (ECIMH) will provide an overview of novel treatments for people who experience problems with their memory. Their studies investigate whether non-invasive brain stimulation can improve cognitive symptoms, such as thinking and memory problems, of Alzheimer's disease and in people who meet criteria for Mild Cognitive Impairment (MCI). The treatment methods, study details and how to get involved in the research will be discussed.

**Dates:** Tuesday 10 November 2020

**Time:** 10.30 am to 11.30 am (via Zoom)

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

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

# November

## Bike Maintenance Course for Older Adults - Beginner

Hosted by Knox City Council

Join this interactive webinar on beginner bike maintenance. Suitable for beginners. Learn the basics such as performing a safety check, tightening loose bolts or fixing squeaks in your bike. Limited places available.

**Dates:** Tuesday 10 November 2020 from 10 am to 11am (via Zoom)  
or Friday 4 December 2020 from 2.30 pm to 3.30 pm (via Zoom)  
or Tuesday 12 January 2021 from 10 am to 11am (via Zoom)

**Contact:** Call Damien on [9298 8772](tel:92988772)  
or email [Z-SustainableTransport@knox.vic.gov.au](mailto:Z-SustainableTransport@knox.vic.gov.au)

**Cost:** \$6.00

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

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## Use Your Noodle

Hosted by VMCH

Free  
Event

A gentle exercise program for people aged over 65. This class focusses on easy movements to reinforce good posture, balance and flexibility. If you have not been moving because of pain, stiffness or weakness then this class is for you!

**Date:** Every Monday from 16 November 2020 to 22 February 2021  
(with break for Christmas/New Year)

**Time:** 1.30 pm to 2.15pm (via Zoom)

**To book:** Register your interest by calling VMCH [1300 919 850](tel:1300919850). All applicants will be directed to May Aged Care for a referral.

**Other:** You will need a sturdy chair and one swimming pool noodle (cut in half). Noodles are low cost, available from Clark Rubber or Kmart.

# November

Free  
Event

**Guest speaker – Christy Collier, General Manager of The Boomers**

**Hosted by Knox City Council**

Christy Collier is a professional sports administrator with over 20-years experience in a variety of roles, and an advocate for the development and improvement of professional women's sport.

Currently the General Manager of the Deakin Melbourne Boomers, her previous role was as the Chief Operating Officer at Fitness Australia. Christy has also had roles with Golf NSW and Les Mills Asia Pacific.

Christy is also a passionate servant of her community, demonstrated by the sterling work she did as a director at Dragons Abreast Australia and founder of The Pink Movement, two organisations dedicated to improving the health and wellbeing of breast cancer survivors.

**Dates:** Wednesday 11 November 2020

**Time:** 11.30 am to 12.30 pm (via Zoom)

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

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



# November

## Introduction to My Aged Care and home support

Free  
Event

### Hosted by Knox City Council

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:** Tuesday 17 November 2020 – 11am to 12pm - via Zoom

**To book:** <https://www.stickytickets.com.au/Z4UER>

**Date:** Tuesday 17 November 2020 – 2pm to 3pm – via Teleconference

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

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

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## Bush Food Gardens

Free  
Event

### Hosted by Gardens4Harvest

In this class, presented by Karen Sutherland from Edible Eden Design, you will explore the world of edible native Australian plants that are easy to grow, attractive to look at and can easily add flavour and interest to your home-cooked dishes. All plants covered are suitable for Melbourne's climate, and will be discussed in terms of how best to use and grow them in your garden.

**Date:** Tuesday 17 November 2020 (via Zoom)

**Time:** 12pm to 1.30 pm

**Contact:** Gardens4Harvest on [9298 8000](tel:92988000)

**To book:**

[https://us02web.zoom.us/webinar/register/WN\\_51XvHziQRZWRsZkGn1HWCw?mc\\_cid=12ac4e8756&mc\\_eid=0d0b849e59](https://us02web.zoom.us/webinar/register/WN_51XvHziQRZWRsZkGn1HWCw?mc_cid=12ac4e8756&mc_eid=0d0b849e59)

# November

## Reach for the Rainbow

Free  
Event

Hosted by Knox City Council and Lisa Westlake

Rainbows are light and bright and they remind us that with the rain there is sunshine. Join Lisa to discover seven simple rainbow inspired steps to living our life a little lighter and brighter. A vibrant look at how we can reach for our goals, small or big, and enhance our health and wellbeing. Finishing with a simple, but beautiful rainbow relaxation.

**Date:** Thursday 19 November 2020

**Time:** 11am to 12pm

**Contact:** email: [linda.keenahan@knox.vic.gov.au](mailto:linda.keenahan@knox.vic.gov.au) or call Linda on 9298 8828

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

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## Emergency Planning & Fire Safety Essentials

Free  
Event

Hosted by Knox City Council, CFA and Ambulance Victoria

This session will help you understand risks of heat exhaustion from extreme heat events, fire risks and ratings and direct you on where you can find emergency management information. The session will also highlight the importance of developing an emergency plan BEFORE incidents happen.

**Date:** Thursday 19 November 2020

**Time:** 2pm to 3.30 pm

**Contact:** email: [linda.keenahan@knox.vic.gov.au](mailto:linda.keenahan@knox.vic.gov.au) or call Linda on 9298 8828

**To book:** <https://www.stickytickets.com.au/6PCB8>

# November

## Knox Antiques Roadshow

### Abbeys Group

Free  
Event

Have you ever wondered what your antiques are worth? Then tell us about your favourite item and representatives from Abbeys Group will give you a valuation based on what is likely to be achieved if the item is sold at auction.

**Date:** Monday 23 November 2020 from 10.30 am to 12pm (via Zoom)

**To book:** <https://www.stickytickets.com.au/ON2KB>

RSVP by Friday 13 November 2020

or

**Date:** Thursday 18 February 2021 from 10.30 am to 12pm (via Zoom)

**To book:** <https://www.stickytickets.com.au/ON2KB>

RSVP by Friday 5 February 2021

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

**Additional information:** There is a limit of two items per person. Upon confirmation of your registration, we will contact you to request photos and information about your item/s in advance of the session. Places are limited, so book early.

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## Festive Finger Food

### Hosted by Orana Neighbourhood House

Free  
Event

Your Christmas may be more low key this year but there are still plenty of ways to wow your guests with Oddie's great ideas for finger food. Delicious food that is easy to handle and low on mess. Join us in this fun online cooking demonstration.

**Date:** Tuesday 24 November 2020

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

**To book:** email [onh@netspace.net.au](mailto:onh@netspace.net.au) or call Reception on 9801 1895



# November

Free  
Event

## Author Talk – Emma Viskic

### Hosted by Knox City Council and Eastern Regional Libraries

Emma Viskic's critically acclaimed Caleb Zelic series has been published worldwide and won numerous awards, including an unprecedented five Davitt Awards. Superior writing, pacy plot, depth of character and compelling engagement with social issues. For fans of Peter Temple, Jane Harper and James Ellroy.

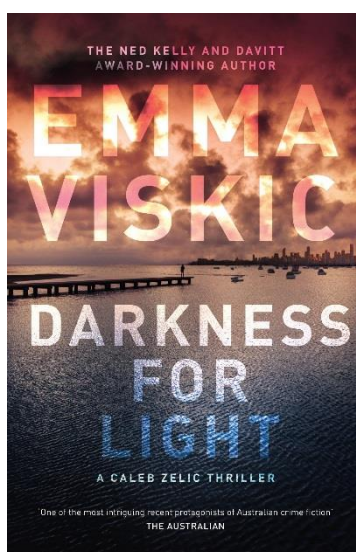
Formerly a classical musician, Emma studied clarinet at the Victorian College of the Arts and the Rotterdam Conservatorium in The Netherlands. Her musical career ranged from performing with José Carreras, to playing at an engagement party that ended in a brawl. She learned Australian sign language (Auslan) in order to write the character of Caleb, who is profoundly deaf. She lives in Melbourne and is currently working on the fourth Caleb Zelic novel, 'Those Who Perish'.

**Date:** Tuesday 24 November 2020

**Time:** 10.30 am to 11.30 am

**Contact:** email: [linda.keenahan@knox.vic.gov.au](mailto:linda.keenahan@knox.vic.gov.au) or call Linda on 9298 8828

**To book:** <https://www.stickytickets.com.au/XWE3W>



# November

Free  
Event

## Celebrate Rainbow Literature

Hosted by Knox City Council and iconic bookshop 'Hares & Hyenas'

Come and celebrate literature featuring or written by people in the lesbian, gay, bisexual, trans and intersex communities.

Founded in 1991 the bookshop has seen nearly three decades of change. During this time they have developed one of the strongest book collections on gender and sexuality in the world. Things have really changed since 1991, especially in literature. Come and find out what!

**Dates:** Tuesday 24 November 2020

**Time:** 7pm to 8pm (via Zoom)

**Contact:** Jacqui on [9298 8032](tel:92988032) or [jacqueline.storey@knox.vic.gov.au](mailto:jacqueline.storey@knox.vic.gov.au)

**To book:** <https://www.stickytickets.com.au/BAPG4>



# November

## Bike Maintenance Course for Older Adults - Intermediate

### Hosted by Knox City Council

Join this interactive webinar on bike maintenance. Suitable for intermediate riders. Learn to adjust and repair problems you may be having on your bike. Limited places available.

**Dates:** Friday 27 November 2020 from 2.30 pm to 3.30 pm (via Zoom)  
or Thursday 10 December 2020 from 2pm to 3pm (via Zoom)  
or Friday 29 January 2021 from 1.30 pm to 2.30 pm (via Zoom)

**Contact:** Call Damien on [9298 8772](tel:92988772)  
or email [Z-SustainableTransport@knox.vic.gov.au](mailto:Z-SustainableTransport@knox.vic.gov.au)

**Cost:** \$6.00

**To book:** <https://www.stickytickets.com.au/2MYCK>



# December

**A morning with Karen Knowles**

**Hosted by Knox City Council**

**Free  
Event**

Karen Knowles is an Australian born singer and performer, a lawyer, inventor, entrepreneur, humanitarian and has been involved in the reconciliation movement in Australia since 1995. She records and performs regularly throughout Australia and offers workshops and wellness retreats here and internationally. Come and hear about Karen's interesting life, while enjoying a couple of your favourite songs.

**Date:** Tuesday 1 December 2020

**Time:** 10.30 am to 11.30 am

**Contact:** email: [linda.keenahan@knox.vic.gov.au](mailto:linda.keenahan@knox.vic.gov.au) or call Linda on 9298 8828

**To book:** <https://www.stickytickets.com.au/CGN8V>



# December

## 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.

**Dates:** Wednesday 2 December 2020 from 2pm to 3.30 pm (via Zoom) and/or Wednesday 17 February 2021 from 2pm to 3.30 pm (Via Zoom)

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

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## Knox Carols by Candlelight 2020 – save the date

### Hosted by Knox City Council

Free  
Event

Our annual Carols by Candlelight event will be a virtual event this year. Please save the date. The full program will be launched on 9 November 2020, so please check our website for details.

**Date:** Saturday 12 December 2020

**Time:** TBC

**Contact:** <https://www.knox.vic.gov.au/carols>  
or Customer Service on 9298 8000

**To book:** Not required, go to our Facebook page:  
<https://www.facebook.com/knoxartsandevents/>

# December

Free  
Event

Let's talk about the impact of gambling on our community

Hosted by 3 Sides of the Coin and EACH

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

- 1 in 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%.

Gambling affects us all! Gambling is a public health issue.

Hear real life stories – one woman's journey into and recovery from gambling addiction; another woman harmed by her husband's gambling. Followed by a Q&A with the two women.

This session will include information about gambling harm in Knox and the help services available.

**Dates:** Monday 7 December 2020

**Time:** 2pm to 3.30 pm (via Zoom)

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

**To book:** <https://www.stickytickets.com.au/t2smp>



# December

## Knox's All Ages Trivia Event

### Hosted by Knox City Council

Free  
Event

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:** Tuesday 8 December 2020 from 7pm to 8pm (via Zoom)  
and/or Thursday 25 February 2021 from 7pm to 8pm (Via Zoom)

**Contact:** email: [linda.keenahan@knox.vic.gov.au](mailto: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.



# January

Free  
Event

## Nutrition Talk with Dietitian, Sheldon Oliver

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:** Tuesday 19 January 2020

**Time:** 10.30 am to 11.30 am (via Zoom)

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

**To book:** <https://www.stickytickets.com.au/B5OUQ>

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## Retro Aerobics

Free  
Event

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 21 January 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](mailto:linda.keenahan@knox.vic.gov.au)

**To book:** <https://www.stickytickets.com.au/JKI5J>



# February

Free  
Event

## Bench Barre

Hosted by Knox City Council with Lisa Westlake

This home friendly barre class is a strength, balance and mobility program that embraces the principles of pilates and a touch of ballet. Join Lisa for a standing toning class with extra focus on thighs, butt, core and posture. All you need is your kitchen bench or a chair. Plenty of fun, fitness and results with no getting up and down off the floor and seated options provided. 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:** Tuesday 2 February 2021

**Time:** 10.30 am to 11.30 am (via Zoom)

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

**To book:** <https://www.stickytickets.com.au/EO6GQ>

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## MDFA's Age-Related Macular Degeneration

Free  
Event

Hosted by Macular Disease Foundation Australia

Age-related macular degeneration is Australia's leading cause of legal blindness. In this webinar, you will learn: What is AMD? Who is at risk? What you can do to reduce your risk and improve outcomes? The work of the Macular Disease Foundation Australia in supporting the Macular disease community.

**Dates:** Thursday 4 February 2020

**Time:** 10.30 am to 11.30 am (via Zoom)

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

**To book:** <https://www.stickytickets.com.au/99C9G>

# February

Free  
Event

## Caring/Bereavement – financial support Hosted by Services Australia

This session is for those dealing with bereavement of a close family member and other changes in circumstances like illness or disability, divorce or becoming a carer. Learn what is the eligibility for Carer Allowance and Carer Payment and what is the difference between these two payments. What payments and support is available when someone dies.

**Date:** Tuesday 9 February 2020

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

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

**To book:** <https://www.stickytickets.com.au/DG7ZB>

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## Preparing for Retirement Hosted by Services Australia

Free  
Event

Planning your retirement? Find out what support and information is available for you to better understand your superannuation and how to manage money going into retirement. How the Financial Information Services can assist you in your planning.

**Dates:** Wednesday 10 February 2020

**Time:** 7pm to 8pm (via Zoom)

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

**To book:** <https://www.stickytickets.com.au/4FDHI>

# February

Free  
Event

## Armchair Travel Stories

### Hosted by Knox City Council with Karl

Keen to explore Victoria? Come along to meet like-minded people and get ideas for your next road trip or reminisce about past adventures. During the session we will watch a short (90 second) film that local resident Karl, put together of some hidden treasures around Victoria. There will be an opportunity to hear Karl's tips and share some of your favourite destinations.

**Date:** Thursday 11 February 2021

**Time:** 10.30 am to 11.30 am (via Zoom)

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

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

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## Stay Calm and Carry On!

Free  
Event

### Hosted by Knox City Council and Linda Black

We can't always control the situations that arise in our lives, but we can control how we respond to them. Victor Frankl, a Viennese psychiatrist and Holocaust survivor wrote in his iconic book, Man's Search for Meaning:

"Everything can be taken from a man but one thing: the last of the human freedoms—to choose one's attitude in any given set of circumstances, to choose one's own way." But that can seem impossible – "How can you expect me to change how I feel in this situation!"

The problem is that the alternative simply adds prolonged suffering to the setbacks and disappointments in our lives. But HOW can we control our responses in these situations?

This webinar will cover some of the innate inner resources you have that you can use effectively in challenging situations and a few simple methods that will help you to calm down.

**Date:** Tuesday 23 February 2021

**Time:** 10.30 am to 11.30 am

**Contact:** email: [linda.keenahan@knox.vic.gov.au](mailto:linda.keenahan@knox.vic.gov.au) or call Linda on 9298 8828

**To book:** <https://www.stickytickets.com.au/X2FVM>

# 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](mailto:linda.keenahan@knox.vic.gov.au) or 9298 8828.



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

# Eastern Regional Libraries

## We are re-opening

From 9 November 2020, when Stage 4 restrictions ease, Libraries will be open for a limit of 20 people at a time. All visitors will need to sign in with their library card. Please check the website [www.yourlibrary.com](http://www.yourlibrary.com)

Or ring your nearest library for more details.

## 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

# 2021 Knox Local Australia Day Awards

The Knox Local Australia Day Awards are a great opportunity for you to recognise a friend, family member, community leader or colleague who has made a beneficial contribution to the Knox Community.

Nomination will open shortly for the following categories of awards:

- Citizen of the Year - For community members of Knox who could be described as role models in the community, who have given selflessly of themselves to others.
- Young Citizen of the Year - For community members of Knox who are under 25 years of age on 26 January in the year the award is being presented and who have made an outstanding contribution to their community or school.
- Volunteer of the Year - For community members of Knox who have given of themselves in a voluntary role.
- Local Hero - For a community member who performed a heroic act or made a singular outstanding achievement in the Knox community.
- Elder Citizen of the Year - For community members of Knox aged 65 and over who have made a significant contribution to the community or are an inspirational role model.
- Environmentalist of the Year - For community members of Knox whose actions and ideas have had a significant positive impact on the natural environment.

Awards will be announced at an Australia Day Ceremony to be held on Tuesday 26 January 2021. The format of the ceremony will be determined closer to the date as it will be dependent on any COVID-19 restrictions that may be in place.

For details contact Customer Service on 9298 8000.

# Important Contact Numbers

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

