



August

## Knox Over 55s Zest4Life

Welcome to the Knox Over 55s Zest4Life program which aims to support people to remain active and socially connected within Knox through a mix of activities, training and events. The activities in this guide are organized by community groups, community houses, local libraries and Knox City Council.

Things to note:

- Face-to-face opportunities are limited due to COVID safe guidelines and could be subject to change. Register early to avoid disappointment.
- Each venue is responsible for its own COVID safe plan, if you have any concerns or queries about this, please contact the organiser directly.

If you need any further information then please contact 9298 8828.

### StrokeSafe Information Session

A StrokeSafe presenter from the StrokeSafe Foundation will cover a range of issues that will help you better understand stroke and how it can be prevented. There are two sessions available.

Date: Friday 5 August, 2022 @ 1:00 pm  
Where: Boronia Library, Park Crescent, Boronia

Date: Tuesday 9 August, 2022 @ 2:00 pm  
Where: Knox Express Library, Shop 1001, 509 Burwood Highway, Wantirna South

Contact Knox Express Library on 9800 6470 to find out more or book on <https://www.yourlibrary.com.au/>



## A Patterned World – the art of Shirley Dougan

Visit Miller’s Homestead anytime until August 10, and be immersed in painter and artist, Shirley Dougan’s world of colour and pattern at her vibrant solo exhibition – ‘A Patterned World’.

Date: Until August 10, 2022  
Time: 9:30 am - 5:30 pm  
Where: Miller’s Homestead, Dorrigo Drive & Melrose Court, Boronia

Or, if you would like to discover more about this prolific local artist why not attend Miller’s ‘What a Life’ event as she shares her creative journey on: Wednesday 3 August, 2022 @ 4:00 pm

To book a place or find out more call: 0438 284 989

## Tablets – more to know

Do you have a tablet? Would you like to know how to use it to take photos, search the internet or find out more about scams and how to identify them? Then join these two lessons to find out how.

Beginner Tablet Week 1: Tuesday 23 August, 1:00 pm – 3:00 pm  
Beginner Tablet Week 2: Tuesday 30 August, 1:00 pm – 3:00 pm

To find out more call Bridges Connecting Communities on 9753 4577 or email [digitalliteracy@bridgescc.com.au](mailto:digitalliteracy@bridgescc.com.au)

## Bayswater Maker’s Market

A monthly indoor market with free entry that features a variety of high-quality goods from local makers.

Date: Saturday August 27, 2022  
Time: 10:00 am – 2:00 pm  
Location: Bayswater Senior Citizens Centre, 790 Mountain Highway, Bayswater

If you have an enquiry contact Julia on 9890 2546

## It Might As Well Be Spring

Australia’s finest opera and musical theatre stars take on the lush and unforgettable music of Richard Rogers and Oscar Hammerstein.

Date: Tuesday September 6, 2022  
Time: 11:00 am - 12:15 pm  
Where: Knox Community Arts Centre, 790 Mountain Hwy, Bayswater  
Cost: Adult - \$20 Concession - \$18 Group of 6 or more - \$16

Email [arts@knox.vic.gov.au](mailto:arts@knox.vic.gov.au) or call the Knox Community Arts Centre team on 9729 7287