



# Knox Over 55s Zest4Life

July

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

## What a Life!

Join Knox Volunteer of the Year, Maggie Hawkes, as she shares her story and the role volunteering has played in enriching her life! Then following a Q & A she'll launch the new 'Friends of Miller's'.

Date: July 6 2022

Time: 4:00 pm

Location: Miller's Homestead, 30 Dorrigo Drive, Boronia

Bookings are essential: call 0438 284 989 or email [events.yourlibrary.com.au](mailto:events.yourlibrary.com.au)



## Circling Time

Come hear a mesmerising and enriching performance by renowned Aboriginal singer, songwriter and proud Mutti Mutti, Yorta Yorta & Nari Nari man, Kutcha Edwards - as he explores the themes of his life.

Date: July 7 2022  
Time: 7:00 pm - 8:15 pm  
Location: Knox Community Arts Centre, 790 Mountain Hwy, Bayswater

Cost: Adult - \$30 Concession - \$28 Group of 4+ (per person) - \$26  
To book email [arts@knox.vic.gov.au](mailto:arts@knox.vic.gov.au) or call 9729 7287

## National Diabetes Week – Every little bit helps

EACH are celebrating Diabetes week with two separate events for people with Type 1 & Type 2 diabetes

Date: July 13 2022  
Type 2 Event: 1.15 pm – 3.15 pm  
Type 1 Event: 6.30 pm - 8.00 pm  
Location: Shire Hall, EACH, 1063 Burwood Highway Ferntree Gully  
Bookings Essential: Contact Julie on 9757 6260 or at [hwadmin@each.com.au](mailto:hwadmin@each.com.au)

## Wiser Walker, Wiser Traveller

This Vic Roads Course of three 2-hour sessions provides information on a wide range of transport options and support services to promote seniors remaining mobile, travelling confidently and staying safely connected to the community. *NB: All dates **MUST** be attended for course completion*

Dates: July 13, 20, & 27, 2022  
Time: 1:00 pm to 3:00 pm  
Location: Orana Neighbourhood House, 62 Coleman Rd, Wantirna South  
To book this free course call: 9801 1985

## Fever – The Songs of Peggy Lee

Fever, featuring Anne Wood, is a tribute to the queen of sassy, sophisticated swing – Peggy Lee – featuring her chart topping songs from the '50s & '60s.

Date: August 2 2022  
Time: 11:00 am - 12:15 pm  
Location: Knox Community Arts Centre, 790 Mountain Hwy, Bayswater

Cost: Adult - \$20 Concession - \$18 Group of 6+ (per person) - \$16  
To book email [arts@knox.vic.gov.au](mailto:arts@knox.vic.gov.au) or call 9729 7287