

knox
your city



September -
November
2022

Knox Seniors Festival

Knox Over 55s Zest4Life

Victorian
Seniors
Festival
40 Years
2022



Welcome

Welcome to the Knox Seniors Festival and Knox Over 55s Zest4Life program guide 2022.

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.

Our theme for this year's festival is 'Grow Old Gloriously', so why not join us to discover some new ways to help you do so.

What you need to know

This guide includes a range of activities organised by community groups and 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
- Take note of whether bookings are required and the booking information – whether registration online or by phone
- Book early to avoid disappointment (please note most events have restrictions on numbers)
- Meet new people, learn new things and have fun!

Note: each venue listed in this booklet is responsible for its own COVID safe plan. If you have any concerns or queries regarding this, please contact the organiser directly. Due to current COVID circumstances, some in-person events may be subject to change at short notice.

Victorian Seniors Festival

The major state-wide festival for all Victorians over 60, the Victorian Seniors Festival focuses on providing fun and good times with opportunities to participate in events and activities for free or at low cost throughout October each year.

Victorian
Seniors
Festival
40 Years
2022



In 2022, the Festival is turning 40 and once again we are presenting a hybrid festival with our popular online performance published online. Tune in to radio plays, interviews and unique music performances.

Our live events start with Celebration Day on Sunday 2 October at Federation Square, the Festival Hub at the Edge from Monday 3 October to Friday 7 October. To view the full program for the State Wide Victorian Festival, go to **seniorsonline.vic.gov.au/Victorian-seniors-festival**

8 days of free public transport

As a Victorian Seniors card holder, you can get out and explore metropolitan Melbourne and regional Victoria with free travel from **Sunday 2 October to Sunday 9 October 2022.**

Using your myki

During the festival you won't be charged when you touch on and off. Throughout the rest of the year, top up with myki Money if you travel occasionally, or myki Pass if you travel often. Your card isn't locked to myki Money or myki Pass – choose each time you top up.



To plan your
journey or for more
information,
call 1800 800 007
or visit ptv.vic.gov.au

Program of Events

Further details and booking information for each event can be found in the pages that follow.

Bookings

Please remember that **bookings are essential** for most activities, so to avoid any disappointment, please contact the event organiser listed under each activity to secure your place. We recommend you book in early, to avoid missing out!

Knox Over 55s Zest4Life

| September 2022 | | Pg |
|--|---------------------|----|
| Wednesday 14 September 2022 | | |
| Reducing your household waste workshop | 1.30 pm to 3.00 pm | 10 |
| Friday 16 September 2022 | | |
| Living Our Best Life – Connecting to Community for Seniors | 1:00 pm to 2:00 pm | 11 |
| Wednesday 21 September 2022 | | |
| Reducing your household waste workshop | 2:00 pm to 3:00 pm | 10 |
| Saturday 24 September 2022 | | |
| Bayswater Maker's Market | 10:00 am to 2:00 pm | 11 |
| Tuesday 27 September 2022 | | |
| Reducing your household waste workshop | 2:00 pm to 3:30 pm | 10 |
| Native Orchids & Wildflowers with Tim Dredge | 4:00 pm to 5:00 pm | 12 |
| Thursday 29 September 2022 | | |
| Knox Italian Community Club Seniors Lunch | 12:00 pm to 4:30 pm | 12 |

Knox Seniors Festival Sunday 2 – Saturday 29 October 2022

| October 2022 | | Pg |
|---|--|----|
| Sunday 2 October 2022 | | |
| Boronia Bowls Club – Open Day | 2:00 pm to 4:00 pm | 13 |
| Monday 3 October 2022 | | |
| Launch Day: Grow Old Gloriously – Knox Seniors Festival 2022 – Come & Try Fiesta | Carrington Park Precinct 9:30 am to 3:00 pm | |
| Official Opening of the Knox Seniors Festival | 9:30 am to 10:00 am | 15 |
| Seniors Exercise Park tryouts with the Senior Champions | 10:00 am to 2:45 pm | 15 |
| Scams | 10:00 am to 10:50 am | 16 |
| Qigong Shibashi (Stationary Tai Chi) | 10:00 am to 10:50 am | 16 |
| Improve your short-term memory | 10:00 am to 10:50 am | 17 |
| Woodworking – Come chat with us | 10:00 am to 12:00 pm | 17 |
| Seniors Exercise | 10:15 am to 11:15 am | 18 |
| ‘Knox Box’: Build-a-Street Library | 10:30 pm to 2:30 pm | 18 |
| Singalong with Ukulele and Guitar Strummers | 11:00 am to 11:50 am | 19 |
| Card Making Workshop | 11:00 am to 12:00 pm | 19 |
| Improve your short-term memory #2 | 11:00 am to 11:50 am | 20 |
| Chi Kung for Elders | 11:30 am to 12:30 pm | 20 |
| Tap Dance (Seated or Standing) | 12:00 pm to 12:30 pm | 21 |
| Yoga | 12:00 pm to 12:50 pm | 21 |
| Positive thinking – A New You | 12:30 pm to 2:00 pm | 22 |
| Pickle Ball #1 | 1:00 pm to 2:00 pm | 22 |
| Indoor Bowls | 1:15 pm to 2:30 pm | 23 |
| Talking Cafe | 2:00 pm to 3:00 pm | 23 |
| Pickle Ball #2 | 2:00 pm to 3:00 pm | 24 |

Program of Events

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Bookings

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Knox Over 55s Zest4Life

| October 2022 | | Pg |
|---|----------------------|----|
| Monday 3 October 2022 | Other locations | |
| Afternoon with Glenn Starr | 1.30 pm to 3:30 pm | 24 |
| Tuesday 4 October 2022 | | |
| Writing Short Fiction for Fun & Profit | 9:30 am to 12:30 pm | 25 |
| Volunteering | 12:00 pm to 1:30 pm | 25 |
| Basic Backyard Veggie Growing (ERL) | 1:30 pm to 2:30 pm | 26 |
| Digital Drawing for the iPad | 2:00 pm to 3:00 pm | 26 |
| Wednesday 5 October 2022 | | |
| Indoor Bowls Tournament | 10:30 am to 3:30 am | 27 |
| Skylarkers - Singing & BBQ | 11:30 am to 2:00 pm | 27 |
| Thursday 6 October 2022 | | |
| Hearing Bus - free hearing checks | 9:00 am to 2:00 pm | 28 |
| Open House - Knox Chinese Elderly Citizens Club | 9.00 am to 12.00 pm | 28 |
| Living Longer Living Stronger | 10:45 am to 11:45 am | 29 |
| Reducing your Household Waste | 1:30 pm to 3:00 pm | 10 |
| Meet the Author: Christy Grace | 6:00 pm to 7:00 pm | 30 |

| October 2022 | | Pg |
|---|----------------------|-----------|
| Friday 7 October 2022 | | |
| Senior Sports Badminton | 10:00 am to 12:00 pm | 30 |
| Senior Sports Table Tennis | 10:00 am to 12:00 pm | 31 |
| Tastes of Asia | 10:30 am to 1:30 pm | 31 |
| Games Day | 11:00 am to 2:00 pm | 32 |
| Seniors Bingo Night | 7:15 pm to 9:00 pm | 32 |
| Saturday 8 October 2022 | | |
| Knox Chess Enthusiasts - Open Day | 10:00 am to 4:00 pm | 33 |
| Monday 10 October 2022 | | |
| Experience Virtual Reality! | 10:00 am to 12:00 pm | 34 |
| Scams - what you need to know | 1:30 pm to 2:30 pm | 34 |
| Decluttering Your Phone: Photos, Files & Apps | 2:00 pm to 3:00 pm | 35 |
| Wednesday 12 October 2022 | | |
| A Day on the Green | 10:00 am to 2:00 pm | 35 |
| Dying to Know | 1:00 pm to 2:00 pm | 36 |
| Thursday 13 October 2022 | | |
| Open House - Knox Chinese Elderly Citizens Club | 9.00 am to 12.00 pm | 28 |
| Sunday 16 October 2022 | | |
| Knox Stringy Bark Festival | 10:00 am to 4:00 pm | 37 |
| Monday 17-Sunday 23 October 2022 | | |
| Aussie Backyard Bird Blitz | All days | 38 |
| Tuesday 18 October 2022 | | |
| My Health Records | 10:00 am to 12:00 pm | 38 |
| Wednesday 19 October 2022 | | |
| Taking Charge of Your Life | 11:00 am to 1:00 pm | 39 |
| Always a Work in Progress | 1:30 pm to 2:30 pm | 39 |

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Knox Over 55s Zest4Life

| October 2022 | | Pg |
|--|----------------------|----|
| Thursday 20 October 2022 | | |
| Get Buzzy in the Garden | 2:00 pm to 3:30 pm | 40 |
| Saturday 22 October 2022 | | |
| Bayswater Maker's Market | 10:00 am to 2:00 pm | 11 |
| Tuesday 25 October 2022 | | |
| Creating a Home that Enables you to remain Independent | 12:00 pm to 1:00 pm | 40 |
| Nature Photography - capture on your mobile phone | 1:00 pm to 2:30 pm | 41 |
| Wednesday 26 October 2022 | | |
| Life Hacks - tips from an OT | 10:30 am to 11:30 am | 41 |
| Friday 28 - Monday 31 | | |
| Great Southern Bio Blitz | All days | 42 |
| Saturday 29 October 2022 | | |
| 'Grow Old Gloriously' Dance - Festival Finale Event | 2.00 pm to 4.30 pm | 42 |

| November 2022 | | | Pg |
|---|----------------------|----|----|
| Thursday 3 November 2022 | | | |
| Cultural Sensitivity Training (via Zoom) | 6:30 pm to 9:00 pm | 43 | |
| Monday 7 November 2022 | | | |
| Online Safety & Scams | 11:00 am to 12:00 pm | 43 | |
| Money, Ageing & Family | 12:30 pm to 1.30 pm | 44 | |
| Tuesday 8 November 2022 | | | |
| 'Swinging on a Star' – Kane Alexander | 11:00 am to 12:15 pm | 44 | |
| Friday 11 November 2022 | | | |
| Keep Calm & Get Creative | 10:30 am to 12:00 pm | 45 | |
| Monday 14 November 2022 | | | |
| Beekeeping with the Yarra Valley Bee Group | 4:00 pm to 5:00 pm | 45 | |
| Wednesday 16 November 2022 | | | |
| Building Aboriginal Cultural Competency (online via Zoom) | 6:30 pm to 9:00 pm | 46 | |
| Thursday 17 November 2022 | | | |
| Podcast and Music Streaming | 2:00 pm to 3:00 pm | 46 | |
| Thursday 17 & 24 November 2022 | | | |
| Love your clothes. Mend your clothes | 1:00 pm to 2:30 pm | 47 | |
| Friday 18 November 2022 | | | |
| Beautiful Book Folding with Kay | 10:00 am to 11:00 am | 47 | |
| Tuesday 22 November 2022 | | | |
| Must-have Apps | 2:00 pm to 3:00 pm | 48 | |
| Saturday 26 November 2022 | | | |
| Bayswater Maker's Market | 10:00 am to 2:00 pm | 11 | |
| Wednesday 30 November 2022 | | | |
| Meet the Author – Andrea Goldsmith | 2:00 pm to 3:00 pm | 48 | |

For information on social groups and learning centres within Knox, please refer to the Knox Community Seniors Guide on page 51.

September

Reducing Household Waste

Wednesday 14 September, Wednesday 21 September,
Tuesday 27 September, Thursday 6 October
Knox City Council

FREE
EVENT

Want to understand what can and can't go into your rubbish bins? And where all that waste ends up? You will also learn more about the changes to your bin services. Join us for this free and informative session for Knox residents. All events are free.

14 September

1:30 pm to 3:00 pm

Ferntree Gully Library,
1010 Burwood Highway,
Ferntree Gully

Bookings are essential:
1300 737 277

21 September

1:00 pm to 2:30 pm

Bayswater Library,
Shop 26 Mountain High
Shopping Centre,
7-13 High Street, Bayswater

Bookings are essential:
9800 6498

27 September

1:00 pm to 2:30 pm

Boronia Library, Park Crescent,
Boronia

Bookings are essential:
1300 737 277

6 October

1:30 pm to 3:00 pm

Rowville Library, Stud Park
Shopping Centre, Stud Road,
Rowville

Bookings are essential:
9800 6439



Living our Best Life - Connecting to Community

FREE
EVENT

Monday 16 September
Boronia Library

Do you wonder if there are more opportunities in your community than you know about? Would you like to meet new people who share your interests? The 'Living our Best Life' project aims to connect people to other people and organisations in their neighbourhood.

Presented by CHAOS (Community Houses Association of the Outer Eastern Suburbs) this project will unveil a world of opportunities that can be found close by.

Time: 1.00 pm to 2.00 pm

Venue: Boronia Library, Park Crescent, Boronia

Bookings essential:

Contact 9800 6488 or
book online at
events.yourlibrary.com.au



Bayswater Maker's Market

FREE
EVENT

Saturday 24
September, October 22
& November 26

Come check out Bayswater's monthly indoor market with a variety of high-quality goods from local makers.

Time: 10:00 am to 2:00 pm

Venue: Bayswater Senior
Citizens Centre,
790 Mountain Highway,
Bayswater

If you have an enquiry contact,
Julia on 9890 2546



Native Orchids & Wildflowers with Tim Dredge

**FREE
EVENT**

**Tuesday 27 September
Miller's Homestead**

To celebrate Sustainability month, Botanist & Biologist, Tim Dredge will be sharing his extensive knowledge and passion for Orchids and Wildflowers. Learn about their habitat and what we can do to protect it.

Time: 4:00 pm – 5:00 pm

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

Bookings essential:

Contact 0438 284 989 or
book online at
events.yourlibrary.com.au

Knox Italian Community Club – Seniors Lunch

**Thursday 29 September
Miller's Homestead**

Treat yourself to a sumptuous 3 course meal as the Knox Italian Community Club celebrates seniors this September. The day will even feature some live entertainment.

Time: 12:00 pm – 4:30 pm

Venue: Knox Italian Community
Club, 99 Karoo Road,
Rowville

Cost: \$30

Bookings essential:

Zina - 0415 276 132 or
Angela - 0422 917 228



Boronia Bowls - Come & Try Day

Sunday 2 October 2022

Boronia Bowls Club

**FREE
EVENT**

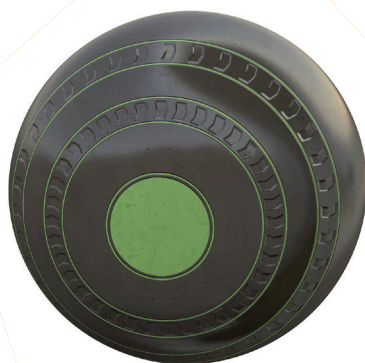
Ever tried Lawn Bowls before? Come join the friendly club members at the Boronia Bowls Club for a 'Come & Try Day'. All equipment is provided and club members will even be on hand to help you learn the basics of the game.

Time: 2:00 pm - 4:00 pm

Venue: Boronia Bowls Club,
5 Marie St, Boronia

Find out more:

Contact Val Gage on 0490 841 065



October

Knox Seniors Festival 2022



This year we invite you to 'Grow Old Gloriously!' as you enjoy a month of Knox Seniors Festival programming, specifically designed so you can investigate a myriad of ways to grow into your most glorious self.

To launch the festival, we've created a full day of 'Come & Try' activities at the Carrington Park Precinct on Monday October 3 - so you can join us for one or stay for the day and get your festival off to a busy start. And, if you're staying why not coordinate to bring a picnic lunch to enjoy, or share with friends whilst there.

Local service providers like Living our Best Life; Eastern Community Legal Service; along with teams from Council will also be on site, at Pop Up stands, to answer all your questions - so the day promises much to experience and learn.

And, because we know you won't want the festival fun to end we have created a sensational finale event on October 29 guaranteed to leave you feeling totally reinvigorated. So come join our, 'Grow Old Gloriously! Dance', at the Rowville Community Centre, dressed up in your finest, to dance the afternoon away in celebration of you.

Launch of the 2022 Knox Seniors Festival

FREE
EVENT

Monday 3 October
Knox City Council

Join seniors from across Knox as Mayor Susan Laukens, and Knox Council CEO Bruce Dobson, declare the “Grow Old Gloriously!” – Knox Senior’s Festival 2022 open.

Time: 9:30 am

Venue: Carrington Park
Precinct,
20 O’Connor Road,
Knoxfield



Seniors Exercise Park – tryouts with the Senior Champions

FREE
EVENT

Monday 3 October 2022
Knox City Council

Whilst you are at our ‘Grow Old Gloriously!’ Launch Day why not venture onto the equipment of the Seniors Exercise Park. Come join the Senior Champions who’ll show you how it all works and the best way to utilize it for your ability.

Time: 10:00 am to 2:45 pm

Venue: Seniors Exercise Park,
Carrington Park,
20 O’Connor Road,
Knoxfield



*Seniors Exercise Park with
a Senior Champion*



October

Understanding and Identifying Scams

FREE
EVENT

Monday 3 October
Bridges Connecting Communities

Join Bridges Connecting Communities to learn how to identify the tell-tale signs of a scam and understand how scammers use elaborate and convincing stories to trick us – either online, on the phone, via text message or even face to face. Improving your knowledge and enhancing your awareness of scams can reduce your risk of being targeted.

Time: 10:00 am to 10:50 am

Venue: Carrington Park
Leisure Centre,
20 O'Connor Road,
Knoxfield

Bookings essential:

Call 9753 4577 or email -
digitalliteracy@bridgescc.com.au



Qigong Shibashi (stationary Tai Chi)

FREE
EVENT

Monday 3 October
U3A

The Far East has practiced a self-healing method that requires no strength, no effort, and very little time. It is so safe that the elderly use it even to this day. Qigong Shibashi has been called 'stationary' Tai Chi. That doesn't mean there is no movement, but rather refers to the fact that the movement takes very little space to practice. The tutor will guide the class through these exercises which are gentle, beautiful and flowing. They are deeply relaxing and a joy to do.

Time: 10:00 am to 10:50 am

Venue: Carrington Park
Leisure Centre,
20 O'Connor Road,
Knoxfield

Bookings essential:

<https://www.stickytickets.com.au/5of92> or call 9763 8455



Improve your Short-term Memory

Monday 3 October
U3A

Enjoy a free barbecue lunch (including fruit, cake and coffee), followed by live musical performance and community singing.

Time: 10:00 am to 10:50 am

Venue: Carrington Park
Leisure Centre,
20 O'Connor Road,
Knoxfield

Bookings essential:

<https://www.stickytickets.com.au/nh2xz> or call 9763 8455

**FREE
EVENT**

Woodworking - Come chat with us

Monday 3 October
**Bridges Connecting
Communities**

A well-kept secret is that the Carrington Park Multi-Purpose Facility is home to a fully-equipped Woodworking workshop. Come join the team who run this space to have a chat and see the great craft they create.

Time: 10:00 am to 12:00 pm

Venue: Carrington Park
Leisure Centre,
20 O'Connor Road,
Knoxfield

**FREE
EVENT**



Drop in on the day

Or call 9763 8455 for more information



October

Seniors Exercise

Monday 3 October
Knoxfield 55 Plus Club

Come and join the Knoxfield 55 Plus Club and try some fun exercises designed to keep senior bodies feeling fit and mobile.

Time: 10:15 am to 11:15 am

Venue: Carrington Park
Multipurpose Facility,
20 O'Connor Road,
Knoxfield

Bookings essential:

<https://www.stickytickets.com.au/rkk6t> or call 9298 8828

FREE
EVENT



'Knox Box' - create a street library

Monday 3 October
Bridges Connecting Communities

Do you enjoy being crafty? Would you like to come together with the team at Bridges Connecting Communities to help create the "Knox Box" - a portable street library, for the Carrington Park Precinct? You'd be creating a community asset that fosters a love for reading and the sharing of good tales? Or, if being artistic isn't your thing maybe YOU could contribute by *donating a favourite tome that could don the shelves once it is built. Every little bit counts!

Time: 10.30 am to 2.30 pm

Venue: Carrington Park
Multipurpose Facility,
20 O'Connor Road,
Knoxfield

Bookings essential:

<https://www.stickytickets.com.au/1kczk> or call 9763 8455

*Bring your book donation on the day - and leave with Carrington Park staff

FREE
EVENT



Singalong with Ukulele and Guitar Strummers

FREE
EVENT

Monday 3 October
U3A

Join the U3A Knox Ukulele and Guitar Strummer group who'll play music of the 50s, 60s, and 70s era. So, you can enjoy the tunes or singalong.

Time: 11:00 am to 11:50 am

Venue: Carrington Park
Leisure Centre,
20 O'Connor Road,
Knoxfield

Cost: \$15 all inclusive

Bookings essential:

<https://www.stickytickets.com.au/bkrkz> or call 9763 8455



Card Making Workshop

FREE
EVENT

Monday 3 October
Living Our Best Life

Join local artist Jo Horswill to make a cards using collage and zentangle techniques. Lots of fun for the beginner or for those with more experience.

Time: 11:00 am to 12:00 pm

Venue: Carrington Park
Leisure Centre,
20 O'Connor Road,
Knoxfield

Bookings essential:

<https://www.stickytickets.com.au/z00bw> or call 9298 8828



October

Improve your Short-term Memory

Monday 3 October
U3A

As we age, we all have issues with our short-term memory. This session's tutor will make available a broad range of puzzles which require that you draw upon aspects of your short-term memory.

Time: 11:00 am – 11:50 am

Venue: Carrington Park
Leisure Centre,
20 O'Connor Road,
Knoxfield

Bookings essential:

<https://www.stickytickets.com.au/gvn2b> or call 9763 8455

**FREE
EVENT**

Chi Kung for Elders

Monday 3 October
Trevor Lim

Chi Kung is an ancient method of breathing techniques used in Asian countries for many years. It teaches you how to breath properly to improve your lung capacity – so your body gains energy. This session also includes soft and gentle stretching methods to improve your flexibility and balance. Suitable for everyone regardless of your current fitness level.

Time: 11:30 am – 12:30 pm

Venue: Carrington Park
Leisure Centre,
20 O'Connor Road,
Knoxfield

Bookings essential:

<https://www.stickytickets.com.au/yfahb> or call 9298 8828

**FREE
EVENT**



Yoga

Monday 3 October
U3A

Yoga cultivates health and wellbeing through the regular practice of a range of many different techniques, including postures and movement, breath awareness and breathing exercises, relaxation and concentration, self-inquiry and meditation. It is an approach to life that values appropriate effort, based on balance and harmony, within each person and with each other.

For this session the tutor will demonstrate beginner/basic movements and positions – as an introduction to this technique.

Note: BYO Yoga mat

Time: 12:00 pm – 12:50 pm

Venue: Carrington Park
Leisure Centre,
20 O'Connor Road,
Knoxfield

Bookings essential:

<https://www.stickytickets.com.au/sxsmn> or call 9763 8455

**FREE
EVENT**

Tap Dance (Seated or Standing)

Monday 3 October
Tanya James School of Dance

Have you always wanted to try Tap Dance but never had the opportunity? Join us for this trial session to learn some basic moves to start your tap dance journey. And, because all the movement happens from your ankles down, you can learn just as much if you prefer to do the class seated.

Time: 12:00 pm to 12:30 pm

Venue: Carrington Park
Multipurpose Facility,
20 O'Connor Road,
Knoxfield

Bookings essential:

<https://www.stickytickets.com.au/0cd3k> or call 9298 8828

What to wear:

Tap shoes with plates can be worn but for this lesson hard soled shoes are best.

**FREE
EVENT**



October

Positive Thinking - A new You

Monday 3 October
U3A

Join Steve Damm as he shares all the benefits you can achieve simply by looking at the world through a different lens, and focussing on Positive Thinking. Why? You might ask. Well, it is scientifically proven that you're more likely to lead a longer and happier life if you decide to view the world that way. Find out why.

Time: 12:30 pm – 2:00 pm

Venue: Carrington Park
Leisure Centre,
20 O'Connor Road,
Knoxfield

Bookings essential:

<https://www.stickytickets.com.au/m1luq> or call 9763 8455

**FREE
EVENT**

Pickle Ball - session 1

Monday 3 October
U3A

Pickleball is a fun paddle sport that originated in Washington state in the USA in the 1965. You can learn it in minutes and play for a lifetime. It brings together elements of tennis, badminton, and ping pong to create a sport that's fun for all ages and skill levels.

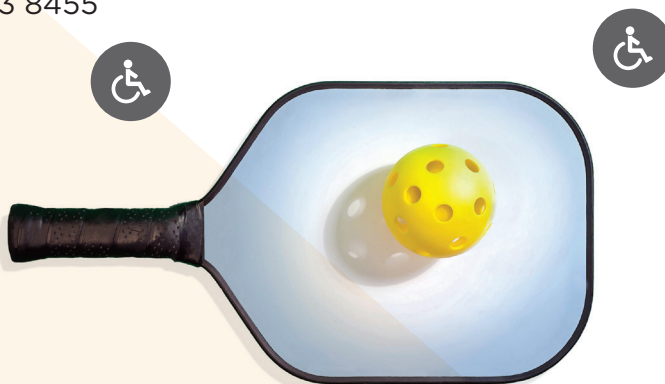
Time: 1:00 pm – 2:00 pm

Venue: Carrington Park
Leisure Centre,
20 O'Connor Road,
Knoxfield

Bookings essential:

<https://www.stickytickets.com.au/5g0av> or call 9763 8455

**FREE
EVENT**



Indoor Bowls

Monday 3 October
Knoxfield 55 Plus Club

Knoxfield 55 Plus Club invite you to join a fun and friendly game of Indoor Bowls. And, if you've never played don't be concerned - there will be members available to give you a few pointers, should you need them.

Time: 1:15 pm – 2:45 pm

Venue: Carrington Park
Multipurpose Facility,
20 O'Connor Road,
Knoxfield

Bookings essential:

<https://www.stickytickets.com.au/1n6ek> or call 9298 8828

**FREE
EVENT**



Talking Cafe

Monday 3 October
Living Our Best Life

The Living our Best Life team will run an on-site Talking Café at Carrington Park on our festival launch day to provide seniors with the opportunity to meet up for a cuppa, a chat and to find out what social and recreational activities are available in the community. Talking Cafes are hosted by trained volunteers who can provide you with additional individual support to find the right group/activity for you.

Time: 2:00 pm – 3:00 pm

Venue: Carrington Park
Leisure Centre,
20 O'Connor Road,
Knoxfield

Bookings essential:

<https://www.stickytickets.com.au/0x2fh> or call 9298 8828

**FREE
EVENT**



October

Pickle Ball - session 2

Monday 3 October
U3A

Pickleball is a fun paddle sport that originated in Washington state in the USA in the 1965. You can learn it in minutes and play for a lifetime. It brings together elements of tennis, badminton, and ping pong to create a sport that's fun for all ages and skill levels.

Time: 2:00 pm - 3:00 pm

Venue: Carrington Park
Leisure Centre,
20 O'Connor Road,
Knoxfield

Bookings essential:

<https://www.stickytickets.com.au/9wbyo> or call 9763 8455

**FREE
EVENT**

Afternoon with Glen Starr

Monday 3 October
Bayswater Senior Citizens Club

Entertainer Glenn Starr recreates the stunning sounds and timeless songs from the unforgettable golden age of music - including the magic and melodies of the 50s and 60s.

Time: 1.30 pm to 3.30 pm

Venue: Bayswater Senior
Citizens Hall,
790 Mountain Hwy,
Bayswater

Cost: \$10

Bookings

Finalise your booking before 22 September by calling Val on 0400 581 750 or email valchrisc@optusnet.com.au



An afternoon with Glen Starr



Writing Short Fiction for Fun & Profit

Tuesday 4 October
Miller's Homestead

Join Liz Filleul in this practical workshop to find out how to sell your short fiction to overseas magazines. The session will cover: How to find out which magazines publish short stories; what they pay; developing ideas most suited to this market and writing a story focussed on the needs of this market.

Time: 9:30 am to 12:30 pm

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

Cost: \$15

Bookings essential:

Contact 0438 284 989 or
book online at
events.yourlibrary.com.au



Volunteering

Tuesday 4 October
Living our Best Life

**FREE
EVENT**

Volunteering has changed, so if you've thought it's too big a commitment you can think again! Join us for a scrumptious afternoon tea and the opportunity to learn about the amazing and interesting ways you can now make a difference through volunteering in Knox.

Time: 12:00 pm to 1:30 pm

Venue: Coonara
Neighbourhood House,
22 Willow Road, Upper
Ferntree Gully

Bookings

Call Coonara on 9758 7081
or email
enquiries@coonarahouse.org.au



October

Basic Backyard Veggie Growing with Olywn Smiley

FREE
EVENT

Tuesday 4 October
Bayswater Library

Join us at Bayswater Library, for another great gardening talk with Olwyn Smiley. In this session for beginner gardeners we will look at some of the basics of growing your own vegetables, including: Seeds or seedlings? What to grow? Keeping plants healthy and free of pests and disease. Growing food in small spaces.

Time: 1:30 pm to 2:30 pm

Venue: Bayswater Library, Shop
26 Mountain High
Shopping Centre,
7-13 High Street,
Bayswater

Bookings

Contact 9800 6498 or
book online at
events.yourlibrary.com.au



Digital Drawing for iPad

FREE
EVENT

Tuesday 4 October
Miller's Homestead

Learn how to turn your iPad into a canvas using the Procreate App. This event is designed for people who have not used iPad drawings apps before. We will walk you through how to download the app, it's basic functionality and an overview of the features it offers you that regular paper doesn't.

Time: 2:00 pm to 3:00 pm

Venue: Miller's Homestead,
30 Dorrig Drive,
Boronia

Bookings essential:

Contact 0438 284 989 or
book online at
events.yourlibrary.com.au



Indoor Bowls Tournament

Wednesday 5 October
Rowville Senior
Citizens Club

**FREE
EVENT**

Put a team together and participate in this annual round robin of indoor bowls. Light lunch and afternoon tea provided for teams.

Time: 10.30 am to 3.30 pm

Venue: Rowville Community Centre, 40 Fulham Road, Rowville

Bookings

Call Sandra on 0402 811 789 or email
roxygoodwin69@outlook.com



'Skylarkers' - Singing & BBQ lunch

Wednesday 5 October
Our Saviour's Lutheran Church

Join vocal group Skylarkers for their 'We Just Love to Sing' show, featuring songs from popular musicals - then enjoy a BBQ lunch.

Time: 11.30 am to 2.00 pm

Venue: Our Saviour's Lutheran Church, 646 Burwood Hwy, Knoxfield

Cost: Free, but a gold coin donation is appreciated

Bookings essential:

Call 0409 097 294 or email:
soupandsinging@gmail.com



Skylarkers Singing Group

October

Mobile Hearing Bus

Thursday 6 October
Hearing Australia

**FREE
EVENT**

Hearing Australia offers free* 15-minute hearing checks for adults on-board the hearing bus – conducted by their friendly community teams.

**Only 15-minute hearing checks are free. Other services may attract charges/fees or may be subsidized for those eligible under the Australian Government Hearing Services Program, to which conditions apply.*

Time: 9:00 am to 2:00 pm

Venue: Rowville Community Centre Car Park, 40 Fulham Road, Rowville

Bookings

No appointment necessary



Open House - Come & Try

**Thursday 6 & 13
October**

**FREE
EVENT**

**Knox Chinese Elderly
Citizens Club**

Come along to one of two open days (October 6 or 13) to participate in activities run by the Knox Chinese Elderly Citizens Club. Try Tai Chi, Qigong Shibashi, Tai Chi Fan Dance, Line Dancing or many other wonderful options that help you stay healthy and active whilst affording the chance to meet new people.

Time: 9:00 am to 12:00

Venue: Rowville Community Centre Car Park, 40 Fulham Road, Rowville

Bookings

Call William Wai on 0411 138 448 for more information



Living Longer, Living Stronger

Thursday 6 October
Rowville Community Centre

**FREE
EVENT**

Improve your health and well-being. Increase your social interaction and community connection. Strength training has been shown to improve mobility, minimize the risk of falls, increase flexibility, maintain bone density, and reduce cholesterol, blood pressure and heart disease onset.

Time: 10:45 am to 11:45 am & 7:00 pm to 8:00 pm

Venue: Rowville Community Centre Car Park, 40 Fulham Road, Rowville

Bookings essential:

Contact reception on 9763 7400 or email: rcc@knox.vic.gov.au



Bright Ideas Network Meeting

Thursday 6 October
Bright Ideas Network

**FREE
EVENT**

If you're a member of the Bright Ideas Network why not join us for this in-person meeting to share your time and ideas with a group dedicated to making Knox a great place for its seniors.

Time: 2:00 pm to 3:30 pm

Venue: Rowville Community Centre Car Park, 40 Fulham Road, Rowville

Bookings

Email Sally to confirm attendance:
sally.clark@knox.vic.gov.au



October

Meet the Author: Christy Grace

Thursday 6 October

Christy is the author of Christian suspense thriller 'Kidnapped entanglement'. She will talk about publishing her book during the pandemic, what she learned along the journey to producing her first book and why she decided to partner with A21 – Anti Human Slavery Charity.

Time: 6:00 pm to 7:00 pm

Venue: Rowville Library, Stud Park Shopping Centre, Stud Road, Rowville

Bookings:

Contact 9800 6443

FREE
EVENT

Senior Sports Badminton

**Friday 7 October
Rowville Community
Centre**

Come and try Badminton! Usually played as doubles, this fast paced game is a great way to enhance your hand eye coordination, and enjoy the social aspects a team sport has to offer.

Time: 10:00 am to 12:00 pm

Venue: Rowville Community Centre, 40 Fulham Road, Rowville

Bookings:

<https://www.stickytickets.com.au/139w9> or call 9763 7400

FREE
EVENT



Senior Sports Table Tennis

Friday 7 October
**Rowville Community
Centre**

Table Tennis? Come try it!
It's a fast paced game and
demands quick reactions. It is
also a great way to keep your
fitness levels up whilst enjoying
the company of like-minded
people.

Time: 10:00 am to 12:00 pm

Venue: Rowville Community
Centre, 40 Fulham
Road, Rowville

Bookings:

[https://www.stickytickets.com.
au/phrwh](https://www.stickytickets.com.au/phrwh) or call 9763 7400

**FREE
EVENT**



Tastes of Asia

Friday 7 October
Orana Neighbourhood House

Come along and immerse
yourself in this entertaining
cooking experience. Our chef
will teach you the tips and
techniques in preparing some
delicious Asian finger food to
impress your family and friends.
Morning tea and tastings
included. Door prizes and
giveaways too!

Time: 10.30 am to 1.30 pm

Venue: Orana Neighbourhood
House, 62 Coleman
Road, Wantirna South

Cost: \$5

Bookings essential:

Call 9801 1895 or email
onh@netspace.net.au



October

Games Day

Friday 7 October 2019
Life Activities Club Knox

Have you missed opportunities to socialise and play games? Come play a variety of board games, card games or even indoor bowls – all whilst enjoying a chat in a friendly environment.

Time: 11:00 am to 2:00 pm

Venue: Wattle Club Hall, 160 Underwood Road, Ferntree Gully

Cost: \$1 for tea or coffee

Bookings

Contact Di Arnett 9874 6571



Games Day!



Bingo Night

Friday 7 October
Knoxfield 55 Plus Club

A great night out with bingo and company!

A raffle will also be conducted with proceeds going to charity.

Supper will be provided and you are welcome to BYO nibbles.

NB: This is an alcohol-free event

Time: 7.15 pm (eyes down 7:30 pm) to 10.00 pm

Venue: Carrington Park Multipurpose Facility, 20 O'Connor Road, Knoxfield

Cost: Entry \$3/
Bingo Books \$2 each

Bookings essential:

Call Bob or Helen on 9762 6997 or 0429 361 641



Special Chess Day

Saturday 8 October

Knox Community Chess Enthusiasts

**FREE
EVENT**

The passionate players from Knox Community Chess Enthusiasts (KCCE) are excited to invite you to participate in their special Seniors Festival Chess Day. Everyone is welcome regardless of skill levels, gender, age or abilities. All chessboards and accessories will be provided.

Time: 10.00 am to 4.00 pm

Venue: Rowville Community Centre, 40 Fulham Road, Rowville

Contact:

Call Eddie on 0409 417 719 or eddie.atacador@hotmail.com



Knox Chess Enthusiasts



October

Experience Virtual Reality!

FREE
EVENT

Monday 10 October
Knox Express Library

Have you heard of VR? Curious about what it all means? Come on down to the library and explore with our very own Virtual Reality headsets. Our VR reality headset will whisk you away to visit Uluru, Dinosaurs and Whales and other experiences in immersive 3D worlds. Even bring your own smartphone and try our cardboard VR!

NB: Sessions will run in small groups curated in 20-minute slots for maximum experience.

Time: 10.00 am to 12.00 pm

Venue: Knox Express Library,
1001/509 Burwood Hwy,
Wantirna South

Bookings essential:

Call 9298 8828 to book or email sally.clark@knox.vic.gov.au



Experience VR

Scams - what you need to know!

FREE
EVENT

Monday 10 October
Eastern Community
Legal Centre for
Community LC

What is a scam? What is a Scammer's goal? There are many types of scams and the types keep growing. Come along to this information session to find out more.

Time: 1:30 pm to 2:30 pm

Venue: Rowville Community
Centre, 40 Fulham
Road, Rowville

Bookings essential:

Call 9764 1166 or book at
<https://bit.ly/3OEbKEP>



Decluttering your Phone: Photos, Files and Apps

Monday 10 October
Knox Express Library

Is your device storage filling up? Is it running slowly, preventing you from downloading a new app or not saving photos? Join us at the library to learn how you can increase the available storage on your mobile phone, tablet or iPad.

Notes & Requirements - Bring your phone along so you can get some practical experience in this workshop

Time: 2:00 pm to 3:00 pm

Venue: Knox Express Library,
1001/509 Burwood Hwy,
Wantirna SouthSouth

Bookings essential:

Contact 9800 6470 or
book online at
events.yourlibrary.com.au

**FREE
EVENT**

A Day On the Green

Wednesday 12 October
**Ferntree Gully
Bowls Club**

**FREE
EVENT**

Want to try your hand at Lawn Bowls? Come along to a day of fun and friendship. Short practice followed by 2 lawn bowl games.

All equipment provided along with some friendly coaching. Light lunch provided.

Additional Detail: Wear flat shoes and bring a hat

Time: 10:00 am to 2:00 pm

Venue: Ferntree Gully Bowls Club, Glenfern Park,
2A Glenfern Road,
Ferntree Gully

Bookings essential:

Call Rhonda on 9753 5888
or email
manager@ftgbowls.com.au



October

Dying to Know

Wednesday 12 October

**Eastern Palliative Care hosted by
Orana Neighbourhood House**

**FREE
EVENT**

The community speakers from Eastern Palliative Care will help bring awareness of home-based community palliative care and all that is involved in being taken care of at home. The focus of care is on improving the quality of life of clients by assisting with their symptoms and helping them to make changes that will make their lives easier and more comfortable. Palliative care aims to make the client feel in control of their treatment options and offers support for their carer, family and friends.

Time: 1:00 pm to 2:00 pm

Venue: Orana Neighbourhood
House, 62 Coleman
Road, Wantirna South

Bookings essential:

Call 9801 1895 or email
onh@netspace.net.au



Stringybark Festival

Sunday 16 October 2022

Knox City Council



The Stringybark Festival is an annual event celebrating all things homemade, home grown and upcycled in the City of Knox.

This much loved community event has been running for over 30 years and celebrates 'our backyard'. Activities take place at the Rowville Community Centre and surrounding parklands.

Time: 10.00am to 4.00 pm

Venue: Rowville Community Centre,
40 Fulham Road, Rowville

Contact: 9298 8000 for more information



October

Aussie Backyard Bird Blitz

Monday 17 – Sunday 23 October
Birdlife Australia

Make Every Bird Count! Taking part in the Aussie Backyard Bird Blitz Count is easy! Just spend 20 minutes in your favourite outdoor space and tell us about the birds you see during that period. You can submit your results using the app or the web form. Every count helps.

Time: Whenever you have 20 mins, in this week

Venue: Your own backyard or any outdoor space in Knox

More information:
Google: aussiebirdcount.org

FREE
EVENT

My Health Records Tuesday 18 October Bridges Connecting Communities

FREE
EVENT

My Health Records is a government platform which enables consumers to securely share their medical information with healthcare providers in order to receive timely and suitable treatment. This important session will give you an overview of My Health Records, increase your understanding of how it works and empower you to be able to make informed decisions about using the platform.

Time: 10:00 am to 12:00 pm

Venue: Carrington Park
Multipurpose Facility,
20 O'Connor Road,
Knoxfield

Bookings essential:

Call 9753 4577 or email - digitalliteracy@bridgescc.com.au



Taking Charge of Your Life

FREE
EVENT

**Wednesday 19
October
Eastern Legal Community
Centre**

Join Eastern Community Legal Centre for a session on how to take control of your older age and empower yourself to stay in the driver's seat of your life. This session will focus on planning ahead for your future, including powers of attorneys and wills.

Time: 11:00 am to 1:00 pm

Venue: Rowville Community Centre/Tennis Pavilion,
40 Fulham Road,
Rowville

Bookings essential:

<https://www.stickytickets.com.au/duo55> or call 9298 8828



Always a Work in Progress

FREE
EVENT

**Wednesday 19 October
Linda Black - hosted by
Knox City Council**

Does it feel that you have things to do, places to go, people to meet....but something's missing? Does it seem that, in retirement, your life has lost a sense of meaning or that you're just marking time? What if it doesn't need to be like that?

In this session you'll get the chance to explore that missing bit and find out why you've never stopped being a work in progress and that you can reconnect with that sense of yourself.

Time: 1:30 pm to 2:30 pm

Venue: Rowville Community Centre/Tennis Pavilion,
40 Fulham Road,
Rowville

Bookings essential:

<https://www.stickytickets.com.au/sazp5> or call 9298 8828



*Linda Black -
Always a Work
in Progress*



October

Get Buzzy in the Garden

Thursday 20 October
Coonara Beekeeping Club - hosted by Living Our Best Life

Join members of the Coonara Beekeeping Club, over a honey-inspired afternoon tea, to learn about how your garden can attract pollinators like bees, insects, butterflies and birds. We'll also chat about keeping bees and why it's more important than ever for us to be helping the bees!

Time: 2:00 pm to 3:30 pm

Venue: Coonara
Neighbourhood House,
22 Willow Road,
Upper Ferntree Gully

Bookings essential:

Call 9758 7081 or email
enquiries@coonarahouse.org.au



**FREE
EVENT**

Creating a Home that Enables you to remain Independent and Living in Knox

Tuesday 25 October 2022
Knox City Council

During Occupational Therapy week, Ellie Thompson from Knox Council promotes the many ways Occupational Therapists (OTs) help seniors to reach their full potential. In this session you'll learn about the ways you can create a home that enables you to remain living independently in Knox.

Time: 12:00 pm to 1:00 pm

Venue: Rowville Community House, 40 Fulham Road, Rowville

Bookings essential:

<https://www.stickytickets.com.au/0o78k> or call 9298 8820

**FREE
EVENT**



Nature Photography - Captured on your iPhone

**FREE
EVENT**

Tuesday 25 October
Living our Best Life

Join Sierra at the Tim Neville Arboretum in the picnic shelter beside Francis Crescent to discover the wonders of creating nature snaps with your mobile phone. Sierra will share tips on how to capture great landscape photos and close-ups of the flowers. She'll also chat about how you can successfully store and share your photos. Bring your own mobile phone, water bottle and be Sunsmart. Fruit will be provided, for a snack.

Time: 2:00 pm to 3:30 pm

Venue: Meet at Tim Neville Arboretum, 98 Dorset Road, Ferntree Gully

Bookings essential:

Call 0457 646 384 or email livingourbestlifeproject@gmail.com

Life Hacks - tips from an OT

**FREE
EVENT**

**Wednesday 26
October**
Knox City Council

Join this session with our Occupational Therapist, in OT Week, as they help Knox seniors to reach their full potential by sharing a range of Life Hacks guaranteed to help them be more functional - so more independent.

Time: 10:30 am to 11:30 pm

Venue: Carrington Park Leisure Centre, 20 O'Connor Road, Knoxfield

Bookings essential:

<https://www.stickytickets.com.au/wi0nb> or call 9298 8820



Great Southern Bio Blitz

**Friday 28 - Monday 31
October
Birdlife Australia**

The 'Great Southern BioBlitz' is an international period of intense biological surveying in an attempt to record all the living species within several designated areas across the Southern Hemisphere in Spring. The purpose of the event is to highlight both the immense biodiversity spread across the Southern Hemisphere in the flourishing springtime, as well as to engage the public in science and nature learning using the citizen science platform iNaturalist.

Time: Whenever you are available over this weekend

Venue: Your own backyard or any outdoor space in Knoxville

Bookings essential:

Google: greatsouthernbioblitz/
about

**FREE
EVENT**

Seniors Festival Closing Event – ‘Grow Old Gloriously! Dance’

Saturday 29 October 2022
Knox City Council

Would you love a chance to 'cut a rug' to your favourite tunes from the 50's and 60's?

Then join us for the closing event of the Knox Seniors Festival 2022, the 'Grow Old Gloriously! Dance'.

Dress up in your 'glad rags' and dance the afternoon away as our live band provides the soundtrack for you to have fun with old friends and new.

Time: 2.00 pm to 4.30 pm

Venue: Rowville Community Centre, 40 Fulham Road, Rowville

Cost: \$5.00

Bookings essential:

https://KNOXCC.sales.
ticketsearch.com/sales/
salesevent/78232



Cultural Sensitivity Training

FREE
EVENT

Thursday 3 November
Migrant Information
Centre, hosted by Knox City
Council

Knox is a diverse community. Understanding the values and cultures of other people is key to an inclusive, safe and healthy municipality. Join us to learn more about the different cultures that make up our municipality.

Time: 6:30 pm – 9:00 pm

Venue: Online via Zoom

Register:

<https://www.stickytickets.com.au/pz62n>



Online Safety & Scams

FREE
EVENT

Monday 7 November
Ferntree Gully Library

Would you like to become more aware of your online surroundings? In this informative presentation, we will give you some basic tips on how to remain safe online, recognise a scam and phishing techniques.

Time: 11:00 am to 12:00 pm

Venue: Ferntree Gully Library,
1010 Burwood Highway,
Ferntree Gully

Bookings:

Contact 9800 6455 or book online at events.yourlibrary.com.au



November

Money, Ageing and Family

Monday 7 November
Bayswater Library

**FREE
EVENT**

Sometimes an adult child will ask his or her older parent whether they can move back home. Usually this follows a crisis in the adult child's life like a relationship breakdown. As people age, they might also consider moving in with family for care and support.

Join Senior Rights Victoria as they look at some of the issues when an older person's living arrangement is about to change. A free booklet will be provided to participants.

Time: 12:30 pm to 1:30 pm

Venue: Bayswater Library,
Shop 26 Mountain High
Shopping Centre,
7-13 High Street,
Bayswater

Bookings essential:

Contact 9800 6498 or
book online at
events.yourlibrary.com.au



'Swinging on a Star' - Kane Alexander

Tuesday 8 November
Knox Community Arts Centre

In his show 'Swinging on a Star', Kane performs hits made famous by Frank Sinatra, Dean Martin, Bobby Darin & Sammy Davis Jr. He breathes a vitality into this music, with exciting new interpretations of these classic and well-loved songs.

Time: 11:00 am to 12:15 pm

Venue: Knox Community
Arts Centre,
790 Mountain Highway,
Bayswater

Cost: Adult \$20
Concession \$18
Group of 6 or more
\$16 per person

To Book:

Email arts@knox.vic.gov.au or
call 9729 7287



Kane Alexander



Keep Calm & Get Creative: Using Creativity to be our best selves

FREE
EVENT

Friday 11 November

Hosted by: Eastern Regional Libraries and Knox City Council at Miller's Homestead

Would you like to bring a creative advantage to your work and life? Maria Simonelli is passionate about encouraging others to dive into the power of their creative potential. Join Maria to find out how to become a better creative thinker and problem solver and build your 'creative muscles' by tapping into the science that fuels creativity.

Time: 10:30 to 12:00 pm

Venue: Miller's Homestead,
30 Dorrigo Drive,
Boronia.

To Book:

Call 0438 284 989 or visit events.yourlibrary.com.au



Beekeeping with the Yarra Valley Bee Group

FREE
EVENT

**Monday 14 November
Gardens for Harvest**

To celebrate Australian Pollinator week, Knox Council's 'Gardens for Harvest' programme have invited 'The Yarra Valley Bee Group' to visit Miller's Homestead and share their extensive knowledge on caring for and keeping our precious bees. Enjoy a cuppa with other bee-lovers and improve your knowledge or be inspired to start your own bee-keeping journey.

Time: 4:00 pm to 5:00 pm

Venue: Miller's Homestead,
30 Dorrigo Drive,
Boronia.

Bookings essential:

Call 0438 284 989 or visit events.yourlibrary.com.au



November

Building Aboriginal cultural competency workshop

FREE
EVENT

**Wednesday 16
November,
Koorie Heritage Trust,
hosted by Knox City Council**

Aboriginal history and the impact of colonisation on our communities is complex. This workshop is suited for participants who may not have regular contact with Aboriginal peoples or communities, but who are interested in building their knowledge and understanding of Aboriginal culture and people from an Aboriginal perspective.

Time: 6:30 pm to 9:00 pm

Venue: Online via Zoom

Register:

<https://www.stickytickets.com.au/7a4rc>



Podcast and Music Streaming

FREE
EVENT

**Thursday 17
November
Rowville Library**

Love the radio and want to see what more the internet has to offer? Learn how to access the hundreds of thousands of talk shows and albums you can stream on the internet using your phone. We will introduce you to a podcast app and a music streaming app, show you how to install them and get the most out of them. We'll even make some recommendations.

Time: 2:00 pm to 3:00 pm

Venue: Rowville Library,
Stud Park Shopping
Centre, Stud Road,
Rowville

Bookings essential:

Phone 9800 6443 or
book online at
events.yourlibrary.com.au



**Love your Clothes:
Mend your Clothes
at Coonara**

**FREE
EVENT**

**Thursday 17 & 24
November
Knox City Council**

Join this free, 2-part workshop to learn to make your clothing budget go further, reduce the amount of clothing going to landfill and learn how to mend clothes by hand.

Time: 1:00 pm to 2:30 pm

Venue: Coonara Community House, 22 Willow Road, Upper Ferntree Gully

To Book:

Call 9837 9659 or email anouk.hengeveld@knox.vic.gov.au



**Beautiful Book
Folding by Kay**

**FREE
EVENT**

**Friday 18 November
Knox Express Library**

Join Kay for a relaxing, beginner-friendly session to upcycle some of our old books into works of art!

Time: 10:00 am to 11:30 am

Venue: Knox Express, Shop 1001, 509 Burwood Highway, Wantirna South

Bookings essential:

Contact 9800 6470 or book online at events.yourlibrary.com.au



Other weekly activities

Must Have Apps

Tuesday 22 November
Bayswater Library

**FREE
EVENT**

Join us as we explore the most fascinating and helpful apps available for your iPhone, iPad or Android device. We'll look in detail at several of the most popular apps, how to download them and why they're useful.

Time: 2:00 pm to 3:00 pm

Venue: Bayswater Library,
Shop 26 Mountain High
Shopping Centre,

To Book:

Contact 9800 6498 or
book online at
events.yourlibrary.com.au



Meet the Author - Andrea Goldsmith

Friday 30 November
Miller's Homestead

**FREE
EVENT**

Andrea Goldsmith's most enduring – and reliable – love has been for fiction: reading it, writing it, thinking about it, and generally rummaging around in her imagination as she creates her characters and endows them with life. In this talk she will share her passions about a job that has facilitated her writing *Invented Lives* (her most recent novel); *The Prosperous Thief* (short-listed for a Miles Franklin award) and *The Memory Trap*.

Time: 2:00 pm to 3:00 pm

Venue: Miller's Homestead,
30 Dorriggo Drive,
Boronia.

Bookings essential:

Call 0438 284 989 or visit
events.yourlibrary.com.au



Knitting Group

Hosted by Community Learning Centre

Join us for a casual knit & chat!

A great way to connect with others, build friendships and knit for charities.

Day: Every Thursday

Time: 10.00 am - 1.00 pm

Venue: Rowville Community Centre 40 Fulham Road, Rowville



Cost: Gold coin donation

Contact: Reception, 9764 1166

In Stitches!

Hosted by Community Learning Centre

In Stitches is a social group of like-minded ladies coming together to support each other.

Bring along your current project "anything with a needle" whether it is crochet, knitting, or sewing!

Day: Every Friday

Time: 10.00 am - 12.00 pm

Venue: Rowville Community Centre 40 Fulham Road, Rowville



Cost: Gold coin donation

Contact: Reception, 9764 1166

Knox Community Chess Enthusiasts

FREE
EVENT

KCCE welcomes everyone to join in a friendly, casual and enjoyable chess game regardless of skill levels, gender, age and abilities.

Day: Every Thursday

Time: 10.00 am - 5.00 pm

Venue: Westfield Knox Community Space, 509 Burwood Hwy, Wantirna South (Ground floor)

Day: Every Friday

Time: 12.30 pm - 5.30 pm

Venue: Rowville Library, Stud Park Shopping Centre, Stud Road, Rowville

Contact: eddie.atacador@hotmail.com.



Walking Groups

Good for the Sole

Tuesday & Thursday

**FREE
EVENT**

Good for the Sole meet @ 8:00 am every Tuesday & Thursday to walk about 5 kms over about an hour. They usually meet at Brew'd.

Time: 8:00 am - 9:00 am

Venue: Brew'd Coffee or at the Tim Neville Arboretum

Additional Information:

Call Kaye on 0437 333 346 for more information

Taking Strides

Tuesdays

**FREE
EVENT**

This is a walking group with a difference. For individuals who can only walk about 500 metres to a bit over 1 km, unaided or with the aid of a walking stick, nordic poles or a mate. *You are also welcome to join as a 'mate' to assist those who may need help.

Time: 3:30 pm

Venue: Orana Neighbourhood House, 62 Coleman Road, Wantirna

Cost: Gold coin donation

Additional Information:

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

Knox Ramblers Heart Foundation Walking Group

**FREE
EVENT**

Wednesdays

Come and join the Knox Ramblers walking group (in conjunction with The Heart Foundation). It is a brisk walk of 4 km's which will take approximately 60 minutes.

Day: Every Thursday

Time: 10.00 am - 5.00 pm

Venue: Westfield Knox Community Space, 509 Burwood Hwy, Wantirna South (Ground floor)

Time: 9.15 am to 10.15 am

Venue: Meet at Knox City Myer undercover car park (close to the Stud Road footpath)

Additional Information:

For further information, please call Nola on 0400 525 119



Knox Community Seniors Guide

The Knox Community Seniors Guide has been developed to provide older residents with information to access local services and social activities within the municipality.

The guide aims to provide information on a range of groups and programs available to help older adults to lead and manage an active, healthy and positive lifestyle.

The guide helps to support older residents to remain independent by providing them with the knowledge and skills to make the most out of the Knox community.

All attempts have been made to ensure the accuracy of the information provided within this guide at the time of printing.

To update information or to submit a seniors group for inclusion in the next Knox Community Seniors Guide, please phone 9298 8828 and ask for Sally or email details to sally.clark@knox.vic.gov.au

Symbols used in this booklet:

 Telephone number

 Email Address

 Website

 Hours of Operation

 Address

 Hall hire available

 Facebook

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Senior Citizen Centres

Senior Citizen Centres across Knox and other social and community groups offer opportunities to engage with your local community in a fun and accepting way


Bayswater Senior Citizens Centre


The Centre provides activities including carpet bowls, cards, bingo, snooker, live shows, day trips and entertainment. Games days and movie days are also held on Tuesdays.

 9720 7232 or 0400 581 750 - Val Cadman, Secretary

 790 Mountain Highway, Bayswater 3153

Fijian Seniors Association Inc


 Suraj Dip, President - surajdip@bigpond.net.au

 Bayswater Primary School, Cnr Mountain Highway and Birch Street, Bayswater 3153




Knox Chinese Elderly Citizens Club

The Club provides activities including Tai Chi, badminton, table-tennis, karaoke, travel and tours, fan and sword dancing, and Chinese festivals are celebrated.


 0411 138 448 – William Wai, President

 williamwai88@hotmail.com

 Rowville Community Centre, 40 Fulham Road, Rowville 3178

Knox Hungarian Senior Citizens Club


The Club provides activities including singing, outings, interstate tours, billiards, bingo, cards and chess.

 knoxhungarianseniorcc@yahoo.com


 Hungarian Community Centre, 760 Boronia Road,
Wantirna South 3152

Knox Italian Senior Citizens Club Inc

Activities including cards, bingo, outings, bocce, shows and dinner dances.

 9764 2868 – Club room
97005136 – Lina Di Mascolo, Secretary
0415 276 132 – Zina, President

 99 Karoo Road, Rowville 3178

 Hall hire is available

Senior Citizen Centres

Knoxfield 55 Plus Club

The Club provides activities including indoor carpet bowls, bingo, entertainers, ballroom dancing, outings and living longer – living stronger exercises.



9762 6997 - Helen Fowler, President



Carrington Park Multipurpose Facility, 20 O'Connor Road, Knoxfield 3180



Hall hire is available

Latvian Senior Citizens Club

The Centre provides social support to Latvian senior citizens, as well as day trips and outings.



9800 2977 - Anita Elberts Activity & Lifestyle Co-ordinator



administration@latvianfs.org.au



Latvian Retirement Village Hall, 60 Fraser Crescent, Wantirna South 3152

Life Activities Club Knox

The Club is one of the largest senior's clubs in the City of Knox (Boronia, Bayswater, Ferntree Gully) and is managed and organised by volunteer members catering for pre-retired and retired people aged, but not restricted to, 55 plus.



0419 870 639 - Carol



Wattle Club Hall, 160 Underwood Road, Ferntree Gully




Hall hire is available

Polish Senior Citizens Club

The Club provides social meetings for seniors over 50 years.


 9795 0522


 polishseniorclubrowville@gmail.com

 “Syrena”, 1325 Stud Road, Rowville 3178

Rowville Senior Citizens

Activities include carpet bowls, bingo, cards, rummicub, outings and lunches. For fun and friendship.

 9763 7400 – Rowville Community Centre
0421 281 196 – Elizabeth Kuek, President

 Rowville Community Centre, 40 Fulham Road, Rowville 3178



Community Learning Centres

Lifelong learning can be in the form of structured training such as adult education courses, volunteering with a local organisation or maintaining employment into your later years.

All of these contribute to improved physical and mental fitness, helping you maintain your independence and remain engaged with your community.

Knox has a number of Adult Learning Centres, Neighbourhood Houses and Community Houses - whatever the name; these places are the heart of the Knox community.

Refer to each of the Centre's websites for current course brochures and enrolment details.

The Basin Community House

The Community House provides adult education, classes for people with disabilities and community development programs for the residents of Knox. Many of the programs are assisted by volunteers.

Accessible and affordable hire of rooms are available for community groups to book at both The Basin Community House and The Basin Progress Hall.



9761 0209



info@basincommunityhouse.org



thebasincommunityhouse.org.au



21 Liverpool Road, The Basin 3154



Monday - Friday, 9.15 am - 3.00 pm

Coonara Community House

Coonara Community House provides a wide range of educational, career planning, recreational, support groups, parenting resources, personal development, computer training and health and wellbeing programs for adults. Occasional Childcare for 0-5 year olds.



9758 7081 – Coonara Community House



enquiries@coonarahouse.org.au



coonarahouse.org.au

Glen Park Community Centre

The Centre provides a friendly, supportive and welcoming environment. It promotes personal growth through social, vocational and learning opportunities that are accessible to all.



9720 5097



office@glenparkcc.com.au



glenparkcc.com.au



30 Glen Park Road, Bayswater North 3153



Monday – Friday, 9.00 am – 4.00 pm

Community Learning Centres

Mountain District Learning Centre

Mountain District Learning provides HACC/CHSP Planned Activity Groups for eligible residents aged over 65 (CHSP), their carers and people with a disability aged under 65 years (HACC). Group members can participate in craft, gardening, art, computers and gentle exercise activities that provide mental, social and physical stimulation in a friendly and safe environment.



9758 7859



office@mdlc.com.au



mdlc.com.au



13 - 15 The Avenue, Ferntree Gully 3156



Monday - Friday, 9.00 am - 4.00 pm

Orana Neighbourhood House

The Neighbourhood House offers various support groups, arts and crafts groups, self-esteem and personal development courses, health and wellbeing information, computer courses and other general adult education.



9801 1895



onh@netspace.net.au



orananh.org.au



62 Coleman Road, Wantirna South 3152
PO Box 5047, Wantirna South 3152



Monday - Friday, 9.00 am - 3.30pm

Rowville Neighbourhood Learning Centre Inc

Rowville Neighbourhood Learning Centre welcomes community members of all ages and provides a broad range of programs and activities.

It offers Adult Education short courses, music, dance, art, language and a number of creative hobbies, social group celebrations and is a place to grow and belong.



9764 1166



inquiries@rowvillenc.org.au



rowvillenc.org.au



40 Fulham Road, Rowville 3178



Monday - Friday, 9.00 am - 4.00 pm (School terms only)
Monday - Friday 9.30 am - 4.00 pm (Term holidays)

U3A Knox

U3A Knox is specifically for those over 45 years of age and retired from full-time employment. The provision of low cost educational and recreational activities in a non-competitive environment.



9752 2737



office@u3aknox.org.au



u3aknox.org.au



Carrington Park Leisure Centre



Monday - Friday, 9.30am - 3.30pm (School terms only)

Libraries in Knox

Eastern Regional Library - Bayswater



9800 6498 or
1300 737 277



erl.vic.gov.au



Shop 26, Ground Floor, Mountain High Shopping Centre
7-13 High Street, Bayswater, 3153



Monday - Friday, 9.00 pm - 5.30 pm
Saturday, 10.00 am - 1.00 pm

Eastern Regional Library - Boronia



9800 6488 or 1300 737 277



erl.vic.gov.au



Park Crescent, Boronia 3155



Monday - Friday, 9.00 am - 5.30 pm
Saturday, 10.00 am - 1.00 pm

Eastern Regional Library - Ferntree Gully



9800 6455 or 1300 737 277



erl.vic.gov.au



1010 Burwood Highway, Ferntree Gully 3156



Monday - Friday, 9.00 am - 5.30 pm
Saturday, 10.00 am - 1.00 pm

Eastern Regional Library - Knox Express Westfield



9800 6470 or 1300 737 277



erl.vic.gov.au



1001/509 Burwood Highway, Wantirna South 3152



Monday - Friday, 9.00 am - 5.30 pm
Saturday, 10.00 am - 1.00 pm
Sunday, 12.00 pm - 5.00 pm

Libraries in Knox

Eastern Regional Library – Miller’s Homestead



0438 284 989



erl.vic.gov.au



30 Dorrigo Drive, Boronia 3155



Monday – Friday, 9.30 am – 5.30 pm

Eastern Regional Library – Rowville



9800 6443 or 1300 737 277



erl.vic.gov.au



Stud Park Shopping Centre, Stud Road, Rowville 3178



Monday – Wednesday, 9.00 am – 5.30 pm

Thursday – Friday, 9.00 am – 5.30 pm

Saturday, 10.00 am – 1.00 pm

Sunday, 12.00 pm – 5.00 pm

MyAgedCare



1800 200 422



myagedcare.gov.au



Monday – Friday, 8am-8pm;
Saturday, 10am-2pm

Provides information on aged care, whether for yourself, a family member, friend or someone you're caring for. The My Aged Care website was established by the Australian Government to help you navigate the aged care system. There are a large range of services that you can access through my aged care such as:

- Assistance with household duties such as vacuuming and cleaning
- Assistance with basic home maintenance eg. gutter cleaning
- Allied Health services including physio therapy and other services, and many more services.

To register contact My Aged Care on 1800 200 422 and request a Home Support Assessment so that you can access services to assist you to maintain independent living.

Community Events

Many of the events listed in this program are run by community groups and/or organisations other than Knox City Council. Knox City Council does not take responsibility for the management of these community events. We try to make sure that all event details are correct at the time of printing. However, details are subject to change without notice.

If you would like to run a community event as part of our Knox Over 55s Zest4Life program, contact our Seniors Support Officer on 9298 8000.



Feedback

The program aims to provide a diverse selection of events and activities that are relevant, enjoyable and interesting to our older Knox residents.

Your feedback, ideas and suggestions are welcomed to ensure the program is continuously. If you have any feedback, contact the Seniors Support Officer at Knox City Council on 9298 8000.





Knox City Council
511 Burwood Highway,
Wantirna South, VIC 3152
knox.vic.gov.au

T 9298 8000

E knoxcc@knox.vic.gov.au

 [knoxccouncil](https://www.facebook.com/knoxccouncil)

 [knoxcc](https://twitter.com/knoxcc)

 [knoxccouncil](https://www.instagram.com/knoxccouncil)

 Interpreter
131 450

National Relay Service
133 677

**Victorian
Seniors
Festival**
40 Years
2022