

Spring 2025

Knox Seniors Festival

Knox Over 55s Zest4Life

40+
events
inside

- Knox Seniors Festival
- Dementia Action Week Roadshow
- Bus trips

Victorian
Seniors
Festival
2025



knox



Welcome to Knox Over 55s Zest4Life

Knox Over 55s Zest4Life aims to support people to remain active and socially connected within the Knox community by offering a mix of activities, training and events.

What you need to know

This guide includes a range of activities organised 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
- Take note of whether bookings are required and the booking information – whether registration is online or by phone
- Book early to avoid disappointment. Bookings are essential for most activities, so to avoid any disappointment, please contact the event organiser listed under each activity to secure your place
- Turn up, meet new people, learn new things and have fun.

Access guides are available online for a number of venues, please visit our website to help plan your visit at knox.vic.gov.au/accesskeys





The Victorian Seniors Festival returns this October with a range of free and low-cost events for older Victorians.

Celebrate positive ageing and take part in events and activities close to home and right across the state. The Victorian Seniors Festival encourages everyone to get involved, share joy and have fun.

This year's Victorian Seniors Festival theme – Connect. Create. Celebrate. – invites older Victorians to come together, discover new interests and celebrate.

Connect or re-connect with your interests, skills and hobbies. Join in events and meet new people in-person and online. Create your own path and remain curious as you age. Join in events to build practical skills, make friendships and new social connections.

Victorian Seniors Card holders can access 8 days of free public transport across Victoria from 5 to 12 October 2025. This includes travel across all metropolitan services, V/Line train and coach services, and selected regional

bus services outside of the myki-enabled area.

The Victorian Seniors Festival Country Concert series returns to bring the fun of the festival to rural communities. The popular Victorian Seniors Festival Aged Care Tour will bring magic, music, and entertainment to aged care residents across the state, so they can also enjoy great festival performances.

The Victorian Seniors Festival is proudly supported by all local councils across the state, as well as community groups and organisations.

Join in the fun this October and find a Victorian Seniors Festival event near you:

- Visit Seniors Online to view the online event calendar: seniorsonline.vic.gov.au/festival
- Collect a festival guide from Coles, local councils and many community organisations from late August.



Intergenerational Tech Support Program

Tuesdays, 16 September to 25 November 2025
Westfield Knox, Community Space

FREE
EVENT

Say goodbye to tech frustrations and get free personalised help from young professionals.

In partnership with Knox City Council, Youngster.co have local students offering dedicated one-on-one tech support.

Whether you need help setting up a new phone, learning social media basics, transferring photos or installing apps, our tech-savvy students are here to help.

Free, but bookings essential.

Time Tuesdays, 11:30am - 1:30pm (Half hour bookings)

Venue Level 3, 425 Burwood Hwy, Wantirna South (next to Knox Library)

Bookings tinyurl.com/youngsterbooking or phone 1300 774 711

Further information 9298 8315



What's on at Knox Community Arts Centre

Knox Community Arts Centre

September 2025

Tuesday 2	11am	Burt Bacharach featuring Michael Cormick
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Friday 12	8pm	The Beatlez
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October 2025

Tuesday 7	11am	Lady Be Good, the Songs of Ella Fitzgerald featuring Nina Ferro
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Friday 10	8pm	Bee Gees Revival
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November 2025

Tuesday 11	11am	Tenori
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December 2025

Tuesday 2	11am & 2pm	Tis the Season - A Very Jazzy Christmas Spectacular
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Venue 790 Mountain Hwy, Bayswater

Bookings essential, call 9729 7287, knox.vic.gov.au/kcactickets or QR code

Cost Ranging from \$22 - \$35 per ticket, check online for details



Knox Seniors Exercise Parks

Various Locations

Looking for a fun, free and enjoyable way to stay active and promote healthy ageing?

We're excited to announce that two brand new Seniors Exercise Parks at Wally Tew and Marie Wallace Reserves have now opened in Knox - offering even more opportunities to get moving and enjoy the outdoors.

Physical activity is great for our health, especially at a Knox Seniors Exercise Park, where the focus is on gentle movement rather than intense workouts, making it a fun and social experience. The variety of

equipment caters to all fitness levels, helping improve balance and support active ageing for everyone.

Check out the website for upcoming dates for Come and Try sessions with our senior champions (trained volunteers) for a guided workout on the Seniors Exercise Park equipment.

Time Various (see website)

Venues Carrington Park, Knoxfield; Marie Wallace Park, Bayswater; Wally Tew Reserve, Ferntree Gully.

Website

tinyurl.com/KnoxSeniorsPark

Enquiries For more information contact 9298 8377

FREE
EVENT



Connecting with community - social group opportunities

Rowville Community Learning Centre

Interested in meeting new people within the local community and engaging in a shared love of your hobbies & interests?

The Community Learning Centre in Rowville has a range of free and low-cost social groups held at both the Rowville Community Centre as well as other locations around Knox. There is something for everyone, including knitting & needlework, movie outings, coffee and morning tea groups,

cardmaking, board games, a walking group and an after-hours social art group. There is no commitment required to attend - you are welcome to join in at any time.

Time Various

Venue 40 Fulham Rd, Rowville

Bookings call 9764 1166 or communitylc.org.au/activity-guide or info@communitylc.org.au

Cost free and low-cost options



Dementia Action Week Roadshow

FREE
Community
Events in
September



**FREE
EVENT**

Healthy Brains with Professor Cassandra Szoeka Thursday 18 September – Knox Community Arts Centre

Healthy ageing starts with a healthy brain. In this session, Professor Cassandra Szoeka will explain how the brain changes over time, how to spot serious warning signs, and the effects of conditions like dementia and mild cognitive impairment. She'll explore how lifestyle choices and caregiving impact brain health,

and share practical strategies to protect your mind and support others in your community.

Time 11am - 1pm

Venue 790 Mountain Hwy, Bayswater

Bookings essential, call 9298 8444 or tix.yt/healthy-brains



Other neighbouring Councils also have great events, please call the host Council for more information and bookings.

Date	Event Host	Host	Contact
Wed 10 Sept	Understanding Dementia - How to support someone you care about	Monash Council	9518 3555
Mon 15 Sept	Realm Movie Madness - June Again	Maroondah Council	9800 6430
Mon 15 Sept	A Bend in the Road Not the End of the Road Living well with dementia	Yarra Ranges Council	9294 6905
Tue 16 Sept	Dementia Awareness - Community seminar	Manningham Council	9840 9230
Wed 24 Sept	Leading research - empowering your journey through lifestyle change	Whitehorse Council	9262 6333

Accessing LinkedIn Learning

**Thursday 4 September
Rowville Library**

Interested in continued learning? This Adult Learners week event will inform you about LinkedIn Learning. You will be amazed at the variety of subjects you can access. There are over 16,000 video training courses available.

Time 10am - 11am

Venue Stud Park Shopping Centre, Stud Rd, Rowville

Bookings essential, call 9800 6443 or events.yourlibrary.vic.gov.au

FREE
EVENT

Florescence - Spring exhibition by Ringwood Art Society

**Monday 8 September to
Friday 28 November
Miller's Homestead**

Miller's Homestead invites you to experience Florescence—a celebration of things in bloom. The Ringwood Art Society exhibition showcases the flourishing of creativity, much like flowers in full bloom. The term refers not only to the literal act of flowering but also to the blossoming of art, culture, and expression. Visit during opening hours to enjoy this vibrant and inspiring display.

Time Opening hours

Venue Dorrigo Dr & Melrose Ct, Boronia

Bookings Not required

FREE
EVENT



LinkedIn Learning



September

Growing and propagating salvias

Thursday 11 September
Rowville Library

Join Fiona as she shares her tips for growing a wide range of vibrant salvias in Melbourne conditions. Learn about different varieties, take home cuttings, and browse potted plants for sale on the day.

Time 2pm - 3pm

Venue Stud Park Shopping Centre, Stud Rd, Rowville

Bookings essential, call 9800 6443 or events.yourlibrary.vic.gov.au

FREE
EVENT



Brief but Brilliant

Friday 19 September
Miller's Homestead

Join award-winning contemporary fiction writer Anne Freeman for an immersive exploration of the short story's potential for brilliance. In this 90-minute workshop, writers will discover how seemingly simple narratives can create extraordinary emotional resonance.

Time 2pm - 3pm

Venue Dorrigo Dr & Melrose Ct, Boronia

Bookings essential, call 0438 284 989 or events.yourlibrary.vic.gov.au

FREE
EVENT



Chair Yoga

Saturday 20

September

Rowville Library

Suitable for all ages, chair yoga helps loosen joints, eases tight muscles, and calms the mind.

Enjoy gentle stretches and strengthening exercises from the comfort of a chair - simple moves you can use every day.

Time 10.30am - 11.30am

Venue Stud Park Shopping Centre, Stud Rd, Rowville

Bookings essential, call 9800 6443 or events.yourlibrary.vic.gov.au

FREE
EVENT

Lacquer fan painting and tea presentation

Saturday 27 September
Rowville Library

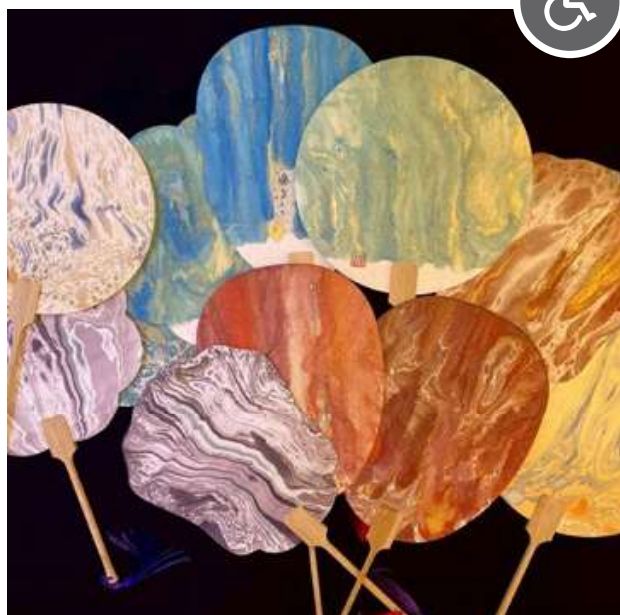
Enjoy a relaxing afternoon of lacquer fan painting and tea. Create your own decorative fan using traditional techniques, then unwind with tea and a casual talk on its cultural history. No experience needed - just bring your curiosity.

Time 2pm - 3.30pm

Venue Stud Park Shopping Centre, Stud Rd, Rowville

Bookings essential, call 9800 6443 or events.yourlibrary.vic.gov.au

FREE
EVENT





Knox Seniors Festival 2025

Welcome to the Knox Seniors Festival edition. We are thrilled to have you join us for a month dedicated to providing low cost or no cost events to connect, create and celebrate our over 55 community.

This year we are launching our festival with a 'come and try' event at Carrington Park, with lots of different activities on the day.

Throughout October, you'll find a diverse range of events to enjoy - from music performances and workshops to active sessions and social gatherings. Whether you're looking to learn something new, meet new people, or simply have a great time, there's something for everyone.

We encourage you to take full advantage of what's on offer, get involved, and most of all - have fun!

Knox Seniors Festival opening

Wednesday 1 October
Carrington Park
Leisure Centre

Join the Positive and Healthy Ageing team as we kick off the 2025 Knox Seniors Festival with a special celebration at Carrington Park. This year's event marks not only the start of the Knox Seniors Festival, but also the 50th anniversary of Carrington Park. Come along for a fun and social day out, try a range of free classes, chat to stallholders, and enjoy this vibrant event.

Activities on the day will include: Exercise classes, VR headsets, cooking, quiet spaces, Seniors Exercise Park, stalls, information and more.

Time 10.30am - 2.30pm

Venue 20 O'Connor Rd, Knoxfield

Bookings call 9298 8444 or tix.yt/2025-seniors-festival-opening



FREE
EVENT

Mahjong Mania 3.0

Wednesday 1 October
Knox Library -
Ngarrgoo

FREE
EVENT

Participate in this enriching activity designed to connect generations! Ready to mix, match and make some moves? Come and play mahjong in a fun, supportive space, perfect for all skill levels, from beginners to advanced.

This activity is about intergenerational connections, so join the fun with people of all ages.

Time 2pm - 4pm

Venue Knox Youth Hive - Level 3, 425 Burwood Hwy, Wantirna South

Bookings essential, call 9298 8444 or stickytickets.com.au/KKMEM



New Horizons Concert Band

Thursday 2 October
**Knox Community
Arts Centre**

Discover the joy of music as Knox Seniors Festival presents the New Horizons Concert Band. Based at U3A Knox and led by renowned conductor Brian Hogg, this 30-member community band brings together retirees of all musical backgrounds to perform a lively mix of concert, classical, film, and popular music.

Time 11am - 1pm

Venue 790 Mountain Hwy,
Bayswater

Bookings call 9298 8444 or
tix.yt/new-horizons-concert-band

FREE
EVENT

Tai Chi and Table Tennis open day

Thursday 2 October
**Rowville Community
Leisure Centre**

Join the Chinese Elderly Seniors Club as they present two special Open House events for Knox Seniors Festival. Come along on Wednesday 2 and 9 October for a fun and relaxing time. Try your hand at Table Tennis or enjoy the gentle flow of Tai Chi exercises. All are welcome - no experience needed. Come meet new people, get moving, and enjoy the community spirit.

Time 9am - 12pm

Venue 40 Fulham Rd, Rowville
Bookings Not required

FREE
EVENT



Regular Events

Liftout
guide



Monday

Yin Yoga (W)

Basin Community House

Slow down, stretch deeply, and reset your body and mind with our calming Yin Yoga session. Held at the welcoming Basin Community House, this gentle afternoon class is perfect for all levels.

Time 12.15pm - 1pm

Venue 21 Liverpool Rd, The Basin

Bookings call 0438 044 156

Cost \$10

Digital skills for everyday life (W, starts 6 Oct)

Rowville Library

Mountain District Learning Centre present friendly, hands-on workshops with support materials, tailored to everyday needs, and taught in plain, simple language.

Time 12.30pm - 2.30pm

Venue Stud Park Shopping Centre, Rowville

Bookings call 9800 6443
events.yourlibrary.vic.gov.au

Cost Free

Monday

Chat, crochet & knit (F)

Knox Library

Meet friendly, craft-minded people while learning to crochet & knit. Just bring some light coloured wool (8ply) and a crochet hook or needles (at least 4mm).

Time 1.30pm - 3pm

Venue 425 Burwood Hwy,
Wantirna South

Bookings required call 9800 6443

Cost Free

Talking Café (W)

Crave Restaurant

Talking Cafés provide an opportunity for individuals to gather in local cafés for weekly drop-in sessions. These casual meetings offer a chance to socialise, learn about community events, and engage with the Living Our Best Life project.

Time 2pm - 3pm

Venue 238 Dorset Rd, Boronia

Bookings call 0457 646 384 or
adminlobl@chaosnetwork.org.au

Cost Only for purchases

Tuesday

Seniors Sports - Pickleball (W)

Rowville Leisure Centre

Pickleball for seniors is a fun, low-impact sport that improves fitness, balance, and social connection while being easy on the joints. Perfect for staying active and engaged.

Time 10am - 12pm

Venue 40 Fulham Rd, Rowville

Bookings call 9763 7400 or
rcc@knox.vic.gov.au

Cost \$7

Tuesday

Knox Crafters (W)

Knox Library - Ngarrgoo

A group where crafters meet weekly to chat and craft together, feel free to bring your latest project and enjoy some company.

Time 10am - 12pm

Venue 425 Burwood Hwy,
Wantirna South

Bookings Not required

Cost Free

Meditation with Elke (W)

Miller's Homestead

Qualified hypnotherapist-psychotherapist, Elke Effler, a professional in the field for 20 years, will run peaceful free meditation sessions.

Time 10.30am - 11.30am

Venue Dorrigo Dr & Melrose Ct, Boronia

Bookings essential call 0438 284 989
or events.yourlibrary.com.au

Cost Free

Laughter yoga & meditation with Lynette (last Tuesday of month)

Ferntree Gully Library

Join Lynette, from the Ferntree Gully Laughter Club, for a unique and fun workshop on Laughter Meditation.

Time 2pm - 3pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings events.yourlibrary.vic.gov.au

Cost Free

Wednesday

Mahjong (3rd Wednesday of month)

Knox Library - Ngarrgoo

Join at Knox Library - Ngarrgoo to learn and play Eastern Mahjong in a social environment.

Time 1pm - 5pm

Venue 425 Burwood Hwy,
Wantirna South

Bookings call 9800 6470 or
events.yourlibrary.com.au

Cost Free

Seniors Chat & Coffee (M)

Bayswater Library

Join in for a chat and a cuppa - what a nice way to meet new people! Tea, coffee and biscuits provided. Everyone is welcome.

Time 1.30pm - 2.30pm

Venue 7-13 High St, Bayswater

Bookings Not required

Cost Free

Crafternoons at Miller's Homestead (3rd Wednesday of month)

Miller's Homestead

Craft, chat, drink tea, share skills, and chat some more at this monthly gathering of craft-lovers at the beautiful Miller's Homestead.

Time 1.30pm - 3.30pm

Venue Dorriggo Dr & Melrose Ct,
Boronia

Bookings essential, call 0438 284 989
or events.yourlibrary.vic.gov.au

Cost Free

Thursday

Knit & Natter (W)

Bayswater Library

A friendly knitting and crocheting group for all skill levels, beginners to advanced. Bring your go-to patterns, share your skills, and discover something new.

Time 1.30pm - 3pm

Venue 7-13 High St, Bayswater

Bookings call 9800 6498 or
events.yourlibrary.com.au

Cost Free

Yin Yoga (W)

Basin Community House

Slow down, stretch deeply, and reset your body and mind with our calming Yin Yoga session. Held at the welcoming Basin Community House, this gentle afternoon class is perfect for all levels.

Time 1.30pm - 2.30pm

Venue 21 Liverpool Rd, The Basin

Bookings call 0438 044 156

Cost \$12.50

Talking Café (W)

Eating House

Talking Cafés provide an opportunity for individuals to gather in local cafés for weekly drop-in sessions. These casual meetings offer a chance to socialise, learn about community events, and engage with the Living Our Best Life project.

Time 2pm - 3pm

Venue Wellington Village Shopping
Centre, 17/1100 Wellington Rd, Rowville

Bookings call 0457 646 384 or
adminlobl@chaosnetwork.org.au

Cost Only for purchases

Friday

Men's chat group (F, 2nd and 4th of month)

Orana Neighbourhood House

Meet, talk and spend time with other men in your local area. Enjoy morning tea and refreshments. Facilitated by Older Men New Ideas (OM:NI).

Time 9.30am - 11.30am

Venue 62 Coleman Rd, Wantirna South

Bookings call 9801 1895

Cost \$5

Knox Community Chess Enthusiasts (W)

Rowville Library

Gather with fellow chess enthusiasts every week at our friendly and competitive chess group meet up.

Time 12.30pm - 4.30pm

Venue Stud Park Shopping Centre,
Stud Rd, Rowville

Bookings Not required

Cost Free

Parkinson's Support Group (M) Knox Library - Ngarrgoo

Living with Parkinson's? Join this friendly support group for a cuppa, conversation, and connection with others who understand. Meeting the first Friday of each month. All are welcome.

Time 1pm - 3pm

Venue 425 Burwood Hwy,
Wantirna South

Bookings Not required

Cost Free

Social Backgammon (M) Bayswater Library

Easy to learn and fun to play, it is no wonder it has withstood the test of time and is played by so many people.

Time 1.30pm - 2.30pm

Venue 7-13 High St, Bayswater

Bookings call 9800 6498 or
events.yourlibrary.vic.gov.au

Cost Free

KEY: **W**-Weekly **F**-Fortnightly **M**-Monthly



Explore everything your local library has to offer across their vibrant network. From author talks and book clubs to creative workshops, tech help, kids' storytimes, and cultural events, there's always something happening for all ages and interests.

Whether you're looking to learn a new skill, connect with your community, or just unwind, your library is the place to be. Drop in and see what's on - there's always more to discover! To check out what is on go to **www.yourlibrary.com.au**

Seniors Bingo Night

Friday 3 October

**Carrington Park
Leisure Centre**

Knoxfield 55+ Club presents their annual Seniors Bingo Night. 15 games to be played with lucky draw prizes. Supper will be provided and no alcohol is permitted.

Time 7.30pm - 11pm

Venue 20 O'Connor Rd,
Knoxfield

Bookings essential, call
9762 6997 / 0429 361 641 or
knoxfield55plusclubinc@gmail.
com

Cost Entry \$2 books \$2 each



Downsizing information session

**Monday 6 October
Knox Community
Arts Centre**

Considering downsizing? Is your home becoming too hard to manage? Join Julia Dyer for expert, independent advice. Discover how to simplify the process, reduce stress, and feel empowered about your next move. Leave with a strategic plan and handy cost-effective tips. Light refreshments included.

Time 1pm - 3pm

Venue 790 Mountain Hwy,
Bayswater

Bookings call 0404 293 485 or
info@downsizingconnections.
com.au

Cost \$10



Songs of the Sixties

Tuesday 7 October

**Fairpark Reserve
Multipurpose Complex**

The U3A Knox Music Muster and The Strummers groups invite you to join them for a “Songs of the Sixties” morning.

Time 10am - 12pm

Venue 1A Park Blvd,
Ferntree Gully

Bookings call 9752 2737

FREE
EVENT



Compost Workshop

Tuesday 7 October

Ferntree Gully Library

Discover how nutrient-rich compost can improve soil health, support plant growth, and reduce food waste.

Time 6pm - 7.30pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings call 9800 6455 or
events.yourlibrary.vic.gov.au

FREE
EVENT



Brendan Scott's One man show

**Wednesday 8 October
Our Saviours Lutheran
Church**

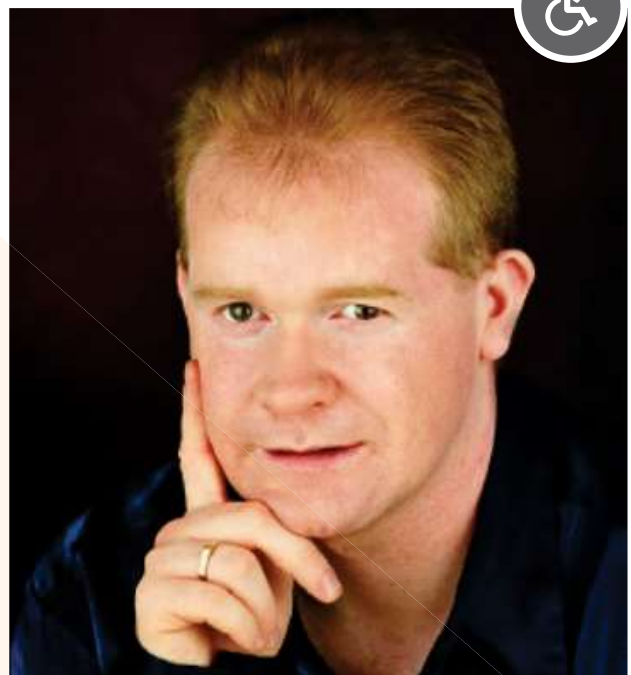
Enjoy a barbecue lunch and be entertained by the amazing Brendan Scott, whose acclaimed one-man show has delighted many audiences.

Time 11.30am - 2pm

Venue 646 Burwood Hwy,
Knoxfield

Bookings essential, call
0409 097 294 or
soupandsinging@gmail.com

Cost Gold coin donation



Rowville Bowls Carnival

Wednesday 8 October
Rowville Community Leisure Centre

Registrations are now open for teams to join the annual Knox Seniors Festival Bowls Carnival. This fun-filled day is hosted by Rowville Senior Citizens Club, featuring exciting 6-7 end matches, allowing participants to showcase their skills on the green. Take a break during the day to enjoy a delicious free lunch and afternoon tea with fellow bowlers. Don't miss this opportunity to be part of a memorable day filled with friendly competition and fun.

Time 10.30am - 3.30pm

Venue 40 Fulham Rd, Rowville

Bookings essential, registration closes 7 September, call Sandra on 0402 811 789

FREE
EVENT

Stretch & Sip with Orana Neighbourhood House

Wednesday 8 October
Orana Neighbourhood House

Celebrate Knox Seniors Festival at Orana Neighbourhood House with a free chair yoga session followed by afternoon tea. Enjoy gentle seated movements and breath work to support flexibility and wellbeing, then relax and connect with others over a cuppa.

Time 1pm - 3pm

Venue 62 Coleman Rd, Wantirna South

Bookings call 9801 1895 or orananh.org.au

FREE
EVENT



The Australia Jazz Museum presents Seniors Festival Jazz Wednesday 8 October – The Australian Jazz Museum

As part of the Knox Seniors Festival celebrations, enjoy live performances presented by the Australian Jazz Museum. Anita Harris and friends will perform at 11am, followed by Pippa Wilson with Jazz Notes at 2:30pm. Don't miss this fantastic day of music and entertainment!

Time Anita Harris at 11am,
Pippa Wilson and Jazz Notes
at 2.30pm

Venue 15 Mountain Hwy,
Wantirna

Bookings essential,
call 9800 5535

Cost \$10



Stretch & Roll: Bocce meets Tai Chi

FREE
EVENT

Thursday 9 October
Knox Italian Club

Stretch & Roll: Bocce Meets Tai Chi invites all seniors to connect through gentle movement, laughter, and cultural exchange. Hosted by the Italian Club and We Are One Club, Chinese participants will learn to play Italian bocce while Italian seniors experience the calm and flow of Tai Chi. The event offers a fun, friendly, and inclusive space to share traditions, build friendships, and celebrate cultural harmony through light exercise, music, and refreshments.

Time 12pm - 4pm

Venue 99 Karoo Rd, Rowville

Bookings call 0414 582 212 or
info@weareoneclub.org



Dancing for Health

FREE
EVENT

Thursday 9 October
**Knox Community
Baptist Church**

Join this fun and uplifting seated dance session led by Dance Therapy specialist Lisa Koba. This low-impact, one-hour class is perfect for seniors of all abilities—boost mood, mobility, and memory while enjoying music and movement to familiar tunes. Stay for a cuppa and refreshments after the event.

Time 1pm - 3pm

Venue 17 Falconer Rd, Boronia

Bookings call 9762 8423 or
info@thehavendaycentre.org.au



Knox Seniors Festival Mystery bus trip

Friday 10, Thursday 16, Wednesday 22, Tuesday 28 October
Carrington Park Leisure Centre

Our Mystery Trip is back for Knox Seniors Festival 2025.

Bring your sense of adventure and hop on board for our popular fun filled day out to our mystery destination.

The cost of the bus is \$15, payable by cash or card on the day, and lunch will be at your own expense at a local venue.

Register via an Expression of Interest by Wednesday 1 October. Register early as this event always books out quickly!

Time 9am - 4pm

Venue 20 O'Connor Rd, Knoxfield

Bookings Expression of interest, call 9298 8444 or via tinyurl.com/mysterybus2025

Cost \$15



Checkmate & Celebrate

Saturday 11 October
Knox Library - Ngarrgoo

Celebrate the Knox Seniors Festival with the Knox Community Chess Enthusiasts (KCCE). Join in for friendly games, a simul exhibition, and fun on the giant chessboard - great for beginners and families. All ages and abilities welcome and light refreshments provided.

Time 10.30am - 4.30pm

Venue Level 3, Westfield Knox,
425 Burwood Hwy,
Wantirna South

Bookings call 0409 417 719 -
RSVP by 9 October



FREE
EVENT

Downsizing information session

Monday 13 October
Coonara Community House

Considering downsizing? Discover how to simplify the process, reduce stress, and feel empowered about your next move. Session includes refreshments.

Time 10am - 12pm

Venue 22 Willow Rd, Upper
Ferntree Gully

Bookings call 0404 293 485 or
info@downsizingconnections.
com.au

Cost \$10



The Art of Slow Stitching

Wednesday 15 October
Rowville Library

Discover the mindful art of slow stitching with textile artist Natasja Van Wyk. Learn English Paper Piecing, create unique quilts, and give old fabric new life.

Time 1.30pm - 3pm

Venue Stud Park Shopping
Centre, Rowville

Bookings call 9800 6443 or
events.yourlibrary.com.au

FREE
EVENT



Outdoor Drawing Workshop

Friday 17 October
Wally Tew Reserve

Facilitated by Angharad Neal-Williams, the workshop will meet at Ferntree Gully Library and take you on a guided walk around Wally Tew Reserve, providing an opportunity to learn the basics of observational drawing and enjoying nature. All abilities are welcome.

Time 10am - 12pm

Venue Meet at Ferntree Gully Library

Bookings 9298 8444 or tix.yt/outdoor-drawing



FREE
EVENT



Scams & Scones talk

Monday 20 October
Orana Neighbourhood House

Bring your own device and enjoy afternoon tea while learning how to stay safe online. This friendly session will cover how to identify and avoid common scams, and password tips.

Time 1pm - 3pm

Venue 62 Coleman Rd, Wantirna South

Bookings call 9801 1895 or orananh.org.au

FREE
EVENT



Bayswater Seniors presents an afternoon with Glenn Starr

Monday 20 October
Bayswater Seniors Club

Enjoy the dynamic Glenn Starr singing the songs of the 60's & 70's in his one man show. Afternoon tea provided.

Time 1pm - 3pm

Venue Cnr of Scoresby & Mountain Hwy, Bayswater

Bookings call 0439 518 898 or bayswaterseniorcitizens@gmail.com

Cost Members \$10 and Non members \$15



Silver Screen Social Cinema day out

FREE
EVENT

Wednesday 22 October Cameo Cinemas

Coonara Community House and Volunteer for Knox have joined together to present Silver Screen Social – Cinema Day Out.

Enjoy a private screening, goodie bags, lucky seat prizes, and a fun film to celebrate the Knox Seniors Festival. After the movie, chat with staff about volunteering in Knox and explore the many groups, classes, and activities Coonara has to offer.

Time 10am – 12.30pm

Venue 1628 Burwood Hwy,
Belgrave

Bookings essential
call 9758 7081 or forms.gle/VFH4spPmjoEGmGsV7



Afternoon Tea & Technology Talk

FREE
EVENT

Wednesday 22 October Rowville Community Centre

Join this free and friendly afternoon tea exploring all things technology. Open to all skill levels—from beginners to those wanting to build confidence. Digital mentors David and Les will share practical tips on scam awareness, using AI in daily life, and introduce the Be Connected website, full of helpful resources. Attendees are encouraged to bring a smartphone to get the most out of the session.

Time 1pm – 3pm

Venue 40 Fulham Rd, Rowville

Bookings call 9764 1166 or
bit.ly/CLCTeaAndTech25



ISCA Diwali

Saturday 25 October
AICCT Community Centre

You're invited to celebrate the Festival of Lights with the Indian Senior Citizens Association. Join this joyful Diwali event filled with vibrant celebrations, traditional dancers, and a delicious three-course meal. Don't miss this wonderful opportunity to connect, enjoy and celebrate together.

Time 4pm - 8pm

Venue 16-18 Kingsley Close,
Rowville

Bookings saroj.ajit@gmail.com
by 21 October

Cost \$15 ISCA Member and
\$25 Guests



Line Dancing

Friday 31 October
Rowville Community Leisure Centre

**FREE
EVENT**

Knox Seniors Festival and U3A presents Line Dancing. Join this fun, and free event (all abilities welcome) led by instructor Jeff Lovegrove. Enjoy the music as you learn the steps. A light morning tea will be provided.

Time 10am - 12pm

Venue 40 Fulham Rd, Rowville

Bookings essential,
call 9298 8444 or
tix.yt/line-dancing



Still Life Pastel Workshop with Barbara McManus

Wednesday 12 November
Miller's Homestead

Come and learn about using pastels for still life, with artist Barbara McManus from the Ringwood Art Society.

Time 10am - 12pm

Venue Dorrigo Dr & Melrose Ct, Boronia

Bookings essential, call 0438 284 989 or events.yourlibrary.vic.gov.au

FREE
EVENT



Ferntree Gully Book Sale

Saturday 15 November
Ferntree Gully Library

Pick up a deal at the Ferntree Gully Library book sale: \$1 for Adult books and Junior books, or \$5 for a bag (cash only sales). All proceeds from this book sale will be donated to the Ferntree Gully Fire Brigade.

Time Opening hours

Venue 1010 Burwood Hwy, Ferntree Gully

Bookings Not required



November

Get Crafty - air dry clay

FREE
EVENT

Monday 17 November Bayswater Library

Are you a little bit crafty? Join in at Bayswater Library and learn how to make a new craft project every month.

Time 1.30pm - 3pm

Venue Mountain Hwy Shopping Centre, Bayswater

Bookings Open for bookings 18 October, call 9800 6498 or events.yourlibrary.vic.gov.au



How to retire successfully

FREE
EVENT

Tuesday 25 November Ferntree Gully Library

Do you have retirement goals but are unsure how to make them happen? Join Andrea Jenkins, Certified Financial Planner and Principal of Jenbury Financial, as she shares valuable insights to help you plan for a lifestyle of choice and independence.

Time 6pm - 7.30pm

Venue 1010 Burwood Hwy, Ferntree Gully

Bookings essential call 9800 6455 or events.yourlibrary.vic.gov.au

Community Events

Many of the events listed in this program are delivered 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. All efforts are made to include accurate event details at the time of printing.

If you would like to run a community event as part of our future Knox Over 55's Zest4Life program, please contact the Positive and Healthy Ageing team on 9298 8444.

Feedback

The program aims to provide a diverse selection of events and activities that are relevant, enjoyable and interesting to senior Knox residents. Your feedback, ideas and suggestions are welcomed to ensure the program is continuously evolving.

If you have any feedback, please contact Social Connections email socialconnections@knox.gov.au or by phone on 9298 8444.





KNOX



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



Interpreter
131 450

National Relay Service
133 677