

Zest

Knox over 55's

- Community awards
- Seniors exercise
- Zest pop ups
- Dementia event
- and much more!



Welcome

Welcome to Knox Over 55's Zest

Knox Over 55's Zest 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 www.knox.vic.gov.au/our-services/children-family-and-community-services/disability-and-accessibility/access-keys



Volunteer Award nominations

We are looking for nominations for the Knox Community Awards to recognise the significant impact volunteers have in our community.

The Awards are an important way to show we value and appreciate the important work that volunteers do in many different areas, including supporting those in need and helping important causes.

Nominations for the Knox Community Awards close 11.59 pm Sunday 15 March 2026.

Award winners will be announced at a ceremony during National Volunteer Week on Wednesday 20 May.



Intergenerational Program - Expression of interest

Are you interested in participating in an Intergenerational Program in Knox? We are now taking expressions of interest for programs to be conducted in 2026.

Intergenerational programs provide many benefits and learning opportunities for older and younger people in the same setting at the same time. They aim to strengthen linkages and foster connections between all generations within the community. Activities could include games, cooking, craft, music, gardening and more.

Knox City Council supports partnership programs between playgroups, schools, libraries, community houses and more!

Further information, please email intergenerational@knox.vic.gov.au or call 9298 8315

Register at: forms.office.com/r/vEs3DjaqyG



Gardens for Wildlife Knox Support wildlife and community - become a volunteer today

The Gardens for Wildlife program supports more than 1,000 local residents and business owners to make their gardens wildlife friendly.

Volunteer roles are open to novice and experienced gardeners who are passionate about creating habitat for local wildlife and learning more about indigenous plants.

Learn more at knox.vic.gov.au/g4w

Reach out to Gardens4Wildlife@knox.vic.gov.au



Knox Dementia Alliance - Expression of interest

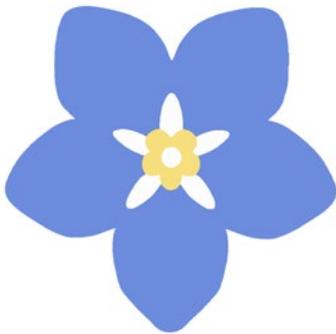
The Knox Dementia Alliance is a community-driven initiative established by Knox City Council. It brings together individuals, groups and professionals to help reduce stigma, raise awareness and ensure that community members affected by dementia remain visible, valued, and included in everyday community life.

The Alliance is currently welcoming expressions of interest to join the core group. This includes people of all ages living with dementia, carers, community organisations, local businesses, and service providers who are passionate about making Knox a place where no one faces dementia alone.

By joining, members can help shape projects, share lived experience and participate in community-wide action to build a more supportive and accessible environment for everyone.

Register at: forms.office.com/r/XQ8LqC7reB

If you would like to learn more, you can contact the Knox Dementia Alliance through Knox City Council at dementiafriendly@knox.vic.gov.au or 9298 8377



Knox
Dementia
Alliance



Mountain District Learning Centre (MDLC)

Education for all in a small flexible learning environment. Explore a diverse range of programs offered by experienced trainers.

Monday

9.30am - 11.30am	Digital Skills for Work & Life
10am - 12pm	Monday Makers
6pm - 8pm	Crochet & Chat

Tuesday

9.30am - 10.30am	Fitness & Fun Gentle Exercise 55+
9.30am - 12pm	Crafty Treasures
1pm - 2pm	Tai Chi
1.30pm - 3.30pm	Mountain District Men's Group (1st & 3rd Tuesdays)

Wednesday

9.30am - 2.30pm	English for Living & Working in Australia
1pm - 3pm	Art For Wellbeing
5pm - 7pm	Read Write Now
7.30pm - 8.30pm	Movie Chat Clu

Thursday

9.30am - 10.30am	Fitness & Fun Gentle Exercise 55+
9.30am - 2.30pm	Talk Learn Live: Everyday English
4pm - 6pm	The Colours of Art

Friday

9.30am - 11.30am	Philosophy for Thinkers (2nd Friday)
10am - 12pm	Health and Financial Wellbeing

Various Days

Various times - Brainworks (refer to website)

Various times - English Conversation Group (refer to website)

Venue Please check schedule for venue

Bookings Call 9758 785, QR Code or mdlc.org.au

Cost Vary depending on class



Rowville Community Learning Centre

Inclusive education for everyone in a supportive, small-scale learning environment. Discover a wide variety of programs led by skilled trainers.

Monday

- 9am Meditation & Wellbeing
- 10.30am Digital Digest - Morning Tea & Digital Discussions (23 Mar, 20 Apr, 18 May)

Tuesday

- 1.30pm Intro to Watercolour Illustration (Starts 3 Mar)
- 2pm Self-Care Starter Workshop - Natural Wellbeing Tips & Tricks (14 Apr)

Wednesday

- 11am Knitting Group
- 1pm Tech Connect - Technology Help Group
- 1.30pm Intro to Watercolour Illustration (Starts 27 May)
- 3pm Floristry for Beginners (Starts 4 Mar or 6 May)

Thursday

- 10am Scoresby Social Circle 55+ at Scoresby Recreation Reserve
- 1pm Intro to Gel Plate Mono-Printing (Starts 30 Apr)

Friday

- 9.30am Walking Group - FREE
- 10am In Stitches! Needlecraft Group
- 1pm Drawing & Painting Classes - Open Experience Level
- TBC Movie Club at Knox Village Cinemas (20 Mar, 17 Apr, 15 May)

Venue Located inside Rowville Community Centre, 40 Fulham Rd, Rowville

Bookings Essential call 9764 1166, communitylc.org.au or QR code

Cost Ranging from FREE - \$32.50 per session



Coonara Community Learning Centre

Coonara Community House is a welcoming space where everyone can connect, learn, and grow. A variety of programs inspire confidence, empower individuals, and encourage community participation in an accessible and inclusive environment.

March	Program	Description	Cost
Saturday 14 9:30am - 1pm	Build a Lego Bloom Workshop	A fun and mindful workshop where you'll create a petite sunny flower bouquet from LEGO to take home.	\$100 includes all materials
Saturday 14 10.30am - 1pm	Malaysian Cooking Workshop	Join Chef Oddie and learn how to make Char Kway Teow, chicken satay, and peanut sauce in this delicious cooking class.	\$70 Includes all ingredients
Saturday 14 10.30am - 2pm	Women's One Day Peace Retreat	Immerse yourself in a day of calm, renewal, and inward exploration with guided practices designed to cultivate inner peace.	\$75
Tuesday 24 11.30am - 1.30pm	Create Your Own Easter Candle	Spark your creativity and make a hand-poured candle infused with your personal intention for Easter.	\$45 includes all materials
Friday 27 10.30am - 1pm	Cheese Making Workshop	Watch a 90-minute demonstration on how to make delicious cheeses like mascarpone, mozzarella, ricotta, and more!	\$70

Venue 22, Willow Rd, Upper Ferntree Gully

Bookings Call 9758 7081, coonarahouse.org.au or QR code for more information



What's on at Knox Community Arts Centre

Knox Community Arts Centre

March 2026

Friday 27	7.30pm	Creedence Clearwater Survival
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April 2026

Tuesday 7	11am	The Simon & Garfunkel Story
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Wednesday 22	7.30pm	Spirit of the ANZACS
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Thursday 23	7.30pm	Melbourne International Comedy Festival
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May 2026

Tuesday 5	11am	The Australian Barbara Streisand Show
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Friday 22	7.30pm	Camper Van Go
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Venue 790 Mountain Hwy, Bayswater

Bookings Essential call 9729 7287, or QR code

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



March

The Croydon Film Society

If you love movies, including arthouse, mainstream, independent, English-speaking and foreign language then this might be perfect for you. The Croydon Film Society (CFS) meets at Metro Cinema Boronia and has been screening films for over 60 years. Following the film we have a friendly chat over coffee at 'Crave Cafe' Boronia.

2 March The Room Next Door (USA)

16 March Out Of Season Hard (France)

30 March Truths Time (UK)

4 May No Other Land (Palestine)

18 May I'm Still Here (Brazil)

Time Mondays - 6.50pm, 7.10pm or 7.20pm

Venue Boronia Square, Boronia

Bookings Call 0490 663 159 or membership@croydonfilms.org.au

Cost Annual membership \$120 or \$100 concession





**Liftout
guide**

Regular Events

Monday

Brain Games (W)

Bayswater Library

Maintain, train and improve your brain with fun activities.

Time 11.30am - 1pm

Venue Mountain High Shopping Centre, 7-13 High St, Bayswater

Bookings Not required

Cost Free

Digital skills for everyday life (W)

Rowville Library

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, Stud Rd, Rowville

Bookings Call 9800 6443 or events.yourlibrary.vic.gov.au

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



Monday

Cookbook Corner (M) **Bayswater Library**

Join this chat group about food and cooking. A fun social activity to share your favourite recipes and cooking tips, expanding your personal recipe book.

Time 1.30pm - 2.30pm

Venue Mountain High Shopping Centre, 7-13 High St, Bayswater

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

Cost Free

Tuesday

Knox Crafters (W) **Knox Library - Ngarrgoo**

A group of crafters meet weekly to chat and craft together. Bring your latest project and enjoy some company.

Time 10am - 2pm

Venue 425 Burwood Hwy, Wantirna South

Bookings Not required

Cost Free

Chinese singing group - Harmonious Voices (W) **Knox Library - Ngarrgoo**

Join our group of budding singers. Learn to sing various pieces of music and singing styles, including solos, duets, or choruses. Led by professional teacher Fang Qingyun, a National Level 2 actor and mezzo-soprano, who provides instruction in Mandarin.

Time 12.30pm - 2.30pm

Venue 425 Burwood Hwy, Wantirna South

Bookings Not required

Cost Free

Tuesday

Gentle Exercise (W) **Carrington Park**

Low impact to improve bone density with qualified instructor.

Time 9.30am - 10.30am

Venue 20 O'Connor Rd, Knoxfield

Bookings Call 9763 8455 or cplc@knox.vic.gov.au

Cost \$9

Wednesday

Balance for Life (W) **Carrington Park**

Stay active, strong, and steady for life. This physiotherapist-designed class helps seniors improve strength and balance in a supportive, customised setting.

Time 9.45am - 10.45am

Venue 20 O'Connor Rd, Knoxfield

Bookings Call 9763 8455 or cplc@knox.vic.gov.au

Cost \$13

Rowville Seniors Bowls, Rummikub or Canasta (W) **Rowville Community Centre**

Come along for fun, friendship, and gentle exercise and games. Connect with others and enjoy indoor bowls, rummikub or canasta.

Time 1pm - 3.30pm

Venue 40 Fulham Rd, Rowville

Bookings No booking required

Cost \$4

Wednesday

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.

Time 1.30pm - 2.30pm

Venue Mountain High Shopping Centre, 7-13 High St, Bayswater

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

Cost Free

Sewing Lounge with Kerry from Flair Patterns (M) Knox Library - Ngarrgoo

Interested in hand or machine sewing? Join like-minded people to share skills and learn new ones at this friendly drop-in session. Sewing machines available, ask about hiring Kerry's by the hour. Every 1st Wednesday of the month.

Time 2pm - 5pm

Venue 425 Burwood Hwy, Wantima Sth

Bookings Call 9800 6443 or events.yourlibrary.vic.gov.au

Cost Free

Thursday

Care4Carers (W) Elm St Mission

A program for women who provide unpaid care. A time to prioritise your wellbeing in a welcoming space, offering conversation, relaxing activities, morning tea, and connection with others who understand.

Time 10.30am - 12pm

Venue 654 Mountain Hwy, Bayswater

Bookings Call Ethne on 0428 330 873 or email info@elmstmission.org.au

Cost Free

Thursday

Troubleshoot Tech Hour Ferntree Gully Library

Drop in to Troubleshoot Tech Hour for one-on-one assistance from a library Tech Support Officer. Get help with devices, apps, online library resources, and basic tech questions.

Time 11am - 12pm

Venue 1010 Burwood Hwy, Ferntree Gully

Bookings Not required

Cost Free

Mahjong (M) Bayswater Library

You are invited to join this participant-run Mahjong group at Bayswater Library, where you can learn and play in a friendly, social setting.

Time 1.30pm - 3.30pm

Venue 7-13 High St, Bayswater

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

Cost Free

Mindful Materials: Collage & Threads (W)

Boronia Library

Mindful Materials is a relaxed social group where you can explore collage and textile art at your own pace.

Time 1.30pm - 3pm

Venue Park Crescent, Boronia

Bookings Not required

Cost Free

Thursday

Talking Café (W)

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

Morning Yoga (W)

Boronia Library

Morning Yoga is for everyone: all ages, all fitness levels, all bodies. No fancy gear, no prior experience, just bring yourself, a mat, and a willingness to breathe, stretch, and move at your own pace.

Time 9am - 9.45am

Venue Park Crescent, Boronia

Bookings Call 9800 6488 or events.yourlibrary.vic.gov.au

Cost Free

Friday

Knox Community Chess Enthusiasts (W)

Knox Library

Join fellow chess enthusiasts at our weekly friendly and competitive chess meet-up. All skill levels welcome.

Time 12.30pm - 4.30pm

Venue Level 3, Community Space, 425 Burwood Hwy, Wantirna South

Bookings Not required

Cost Free

Rowville Seniors - Bowls or Bingo (W)

Rowville Community Centre

Come along for fun, friendship, and gentle exercise with Rowville Seniors. Other activities may include Morning Melodies, council bus trips, BBQs, and special club event days.

Time 1pm - 3.30pm

Venue 40 Fulham Rd

Bookings Not required

Cost \$4

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

Movies and Makers: Libraries after dark

FREE
EVENT

Monday 2 March Boronia Library

The library is open late on Monday nights! Come along and enjoy Movie and Makers in March as they present the movie Heist Night.

This library initiative provides a welcoming space to unwind, connect, and enjoy something different. Watch a great movie in a relaxed setting. Bring along your craft project – knitting, crochet, or any creative hobby you love. Enjoy hot finger food from 5pm while you mingle and make new friends. The movie starts promptly at 5:30pm, so be sure to get here early to find your seat.

Time 5pm - 7.30pm

Venue Park Crescent, Boronia

Bookings Call 9800 6488 or events.yourlibrary.vic.gov.au



Gully Gardeners - share your cuttings

FREE
EVENT

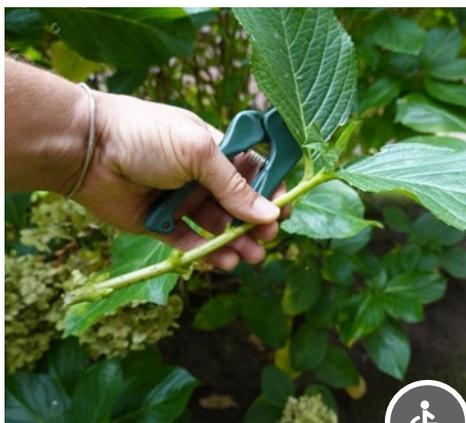
Thursday 5 March Ferntree Gully Library

Come together with other plant lovers. Bring labelled cuttings or plants to swap, share tips, and grow your collection with fellow gardeners.

Time 2pm - 3pm

Venue 1010 Burwood Hwy,
Ferntree Gully

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



March

Form and Feeling - Exhibition with Suzanne Elstyn and students

FREE
EVENT

**Tuesday 10 March -
Friday 29 May**
Miller's Homestead

Join this vibrant celebration of cutting, pasting, colour and creative transformation at Form and Feeling. This unique exhibition features the bold and thoughtful work of renowned artist Suzanne Elstyn alongside the fresh, imaginative pieces created by her students.

Time 10am - 4pm

Venue Dorrigo Dr & Melrose Ct,
Boronia

Bookings Not required



Fundraising for Community Groups

FREE
EVENT

Thursday 12 March
Knox Civic Centre

This workshop helps you identify your organisation's fundraising opportunities and challenges, and explore the most effective approaches for your needs. We'll cover a range of fundraising methods and their pros and cons.

Identify the right fundraising approach for your organisation. Understand the strengths and limits of different fundraising methods.

Time 6.30pm - 9pm

Venue 511 Burwood Hwy,
Wantirna South

Bookings Via QR code or
tks.im/fundraising



Meet the Author: Cheryl Adam

FREE
EVENT

Friday 13 March
Ferntree Gully Library

Join acclaimed author Cheryl Adam (Lilian's Eden, Out of Eden, Africa's Eden) as she shares her writing journey, tips for getting started, and readings from her work. Books available for purchase after the talk.

Time 11am - 12pm

Venue 1010 Burwood Hwy,
Ferntree Gully

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



Global Recycling Day webinars

FREE
EVENT

Wednesday 18 March
Online

Confused about recycling in Knox? Join our free 30-minute webinar to learn what goes in your blue-lidded bin and what needs to be taken elsewhere. Available in English & Mandarin.



10am (English)
stickytickets.com.au/9WPQ75



7pm (English)
stickytickets.com.au/HL8QMG



11am (Mandarin)
stickytickets.com.au/R152ZZ



8pm (Mandarin)
stickytickets.com.au/5JDC7N

March

Dementia Connections

Wednesday 25 March, Wattle Hall

FREE
EVENT

Learn more about the support and activities available in the Knox community for people living with dementia and their carers.

Key features include:

- Information session with guest speakers from Care Connect, The Haven, Dementia Australia, Eastern Community Legal Centre and more
- Enjoy interactive dementia-friendly activities
- Stay for morning tea and a mini expo

The Knox Dementia Connections event is brought to you by the Knox Dementia Alliance.

Time 10am - 12pm

Venue 160 Underwood Rd, Ferntree Gully

Bookings Call 9298 8377, QR code or online via tix.yt/N6Y



Pets in the Park **Sunday 29 March** **Knox Park**

**FREE
EVENT**

Come along to Pets in the Park - a fun and free day out for pet owners and animal lovers. Featuring free entertainment and activities, exciting displays and demonstrations, pet care advice, products and services, pet parade and more.

Time 10am - 4pm

Venue Cnr Bunjil Way & Ferntree Gully Rd, Knoxfield

Bookings Not required



How to Live with Less Waste Talk with the Urban Nanna

**FREE
EVENT**

Monday 30 March **Ferntree Gully Library**

Come and join this talk on the International Day of Zero Waste by discovering small and slow solutions to reduce your waste output by making informed decisions when you shop. There will be practical, visual examples of how to buy, store and use different household consumables, a 'shopping audit' template to assist you to make future decisions and information about site-specific local providers who offer low-waste alternatives to your shopping needs.

Time 1pm - 2.30pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings Call 9800 6455 or
events.yourlibrary.com.au



Zest Virtual Reality pop up

FREE EVENT

Tuesday 31 March
Bayswater Library

Visit the Positive and Healthy Ageing team pop-up at Bayswater Library. Experience VR technology, explore opportunities for healthy ageing, and ask our team any questions about programs and support available for over 55s.

Time 1pm - 3pm

Venue Mountain High Shopping Centre, 7- 13 High St, Bayswater

Bookings Not required



Gully Gardeners Importance of Japanese gardens film

FREE EVENT

Wednesday 1 April
Ferntree Gully Library

Enjoy a relaxing screening of The Importance of Japanese Gardens (2015, 30 mins). Discover why these beautiful spaces are celebrated as cultural treasures and UNESCO heritage sites.

Time 2pm -3pm

Venue 1010 Burwood Hwy, Ferntree Gully

Bookings Call 98006455 or events.yourlibrary.com.au



Care finder pop up by Care Connect

FREE
EVENT

Thursday 16 April Knox Library - Ngarrgoo

Some older people need extra help to access aged care and community services. A care finder can assist. Care finders is a free service that helps vulnerable people, without other support, to find, apply for, and set up services.

Time 10am - 4pm

Venue 425 Burwood Hwy,
Wantirna South

Bookings Not required



Meet the Artists - Form & Feeling

FREE
EVENT

Wednesday 22 April Miller's Homestead

This special event brings together acclaimed artist Suzanne Elstyn and the talented artists from her program to share their inspiration, process, and passion for creative expression.

Time 5.30pm - 7pm

Venue Dorrigo Dr &
Melrose Ct, Boronia

Bookings Not required



Vision Boards & Financial Wisdom: Libraries after Dark

FREE
EVENT

Monday 27 April Boronia Library

Ready to turn your dreams into a plan? Join this inspiring evening of creativity and financial confidence. Create a personal vision board while a financial advisor from Smart Happy Money shares practical tips to help make your goals achievable.

Design a vision board that reflects your future. Learn smart money strategies for planning ahead 5pm: Pizza | 5:30pm: Workshop begins.

Time 5pm - 7.30pm

Venue Park Crescent, Boronia

Bookings Call 9800 6488 or
events.yourlibrary.com.au



Volunteering Expo

Friday 15 May
Knox Council
Civic Centre

FREE
EVENT

Come along to a FREE Volunteering Expo organised by Volunteer for Knox. This is your chance to meet and chat with representatives from 40 not-for-profit organisations. Learn about the many wonderful causes you can support and see what interests you.

Enjoy a variety of activities including chess, mahjong, a 'Teddy Bear Community Project', raffle prizes, tea/coffee and more.

Time 1pm - 5pm

Venue 511 Burwood Hwy,
Wantirna South

Bookings Via link
facebook.com/share/1FiWsN143v/



Zest Virtual Reality pop up

Friday 29 May
Rowville Library

FREE
EVENT

Visit the Positive and Healthy Ageing Team pop-up at Rowville Library. Experience VR technology, explore opportunities for healthy ageing, and ask our team any questions about programs and support available for over 55s.

Time 11am - 1pm

Venue Stud Park Shopping
Centre, Stud Rd, Rowville

Bookings Not required



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 Zest program, please contact the Positive and Healthy Ageing team on 9298 8828.

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 email socialconnections@knox.vic.gov.au or call 9298 8828.



Knox City Council
511 Burwood Highway
Wantirna South VIC 3152

Phone: 9298 8000

Email: knoxcc@knox.vic.gov.au

Online: knox.vic.gov.au

 Interpreter: 131 450

 National Relay Service: 133 677 (ask for 03 9292 8000)

Speak and Listen: 1300 555 727 (ask for 03 9298 8000)