

Zest

Knox over 55's

- Immerse
- Zest pop ups
- Winter Warmer Series
- Dying to Know Day
- and much more!



Welcome

Welcome to Knox Over 55's Zest

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





Free
event

Zest Virtual Reality Pop-Ups

Zest

The Positive and Healthy Ageing Team are bringing the ultimate virtual reality (VR) experience for over 55s.

Travel to a range of destinations like never before through our VR headsets.

Explore Venice, Tokyo, Machu Picchu, New York City, and more.

We look forward to seeing you at one of the sessions, and answering any questions you may have.

No bookings required.

Ferntree Gully Library

Friday 24 July, 10:30am-12:30pm

Boronia Library

Wednesday 19 August, 11am-1pm

Knox Library

Thursday 25 June, 11am-1pm

Wednesday 16 September, 11am-1pm

Thursday 5 November, 11am-1pm

knox



Immerse

Friday 26 June to Sunday 26 July

The Immerse month-long festival takes art out of galleries and into public spaces through guided bus tours. These trips showcase interactive works, performances, projections and other creative surprises along the way.

Immerse shows how public art can bring people together, spark imagination and create shared experiences. Its unique, bus-based approach makes each year memorable and inspiring.

We are excited to have the Zest Over 65+ art program facilitated by Carla Gottgens, 'My School Lunch,' included. This brings together stories and memories from the Over 65 community of Knox, expressed through artworks in mixed media, clay, illustration and painting.

For many primary school students in the 1950's and 60's, lunch might have been jam, salmon paste, or simply butter on bread.

From England to China, regional Victoria to Ferntree Gully, these works share memories of belonging, feeling like an outsider, and the comfort of family. What began as an art workshop soon became a place for storytelling, connection and reflection, reminding us that something as simple as a school lunch can evoke a lifetime of memories.

Bookings 9298 8000 or via QR code

Cost \$5



Orana Neighbourhood House

Monday

9.15am - 10.30am	Gentle morning Yoga
9.30am - 12pm	Introduction to Horticulture
9.30am - 12pm	Introduction to iPads and Tablets
12:30 - 2:30pm	Memoir Writing
6.45pm - 8pm	Gentle evening Yoga

Tuesday

11am - 12pm	Beginners Tai Chi
12pm - 2pm	Book Chat & Chew
12.45pm - 3.45pm	Introduction to Hospitality
2pm - 3pm	Flow Chi
3:30pm	Taking Strides (all abilities walking group)

Wednesday

12.45pm - 3.45pm	Introduction to Hospitality
1pm - 2pm	Chair Yoga

Thursday

9.30am - 12pm	Introduction to Computers
10am - 11am	Men's Chat Group
1pm - 3pm	Introduction to Patchwork & Sewing
5pm - 6pm	Beginner's Tai Chi

Friday

9.30am - 10.45am	Gentle Yoga
12:30 - 1:30pm	Computer Skills for Seniors (every second week)
1.30pm - 2.30pm	Drop-in Tech Support (every second week)

Sunday

10.30am - 1pm	Mandala Beginners class (7th June - 28th June)
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Venue 62 Coleman Rd, Wantirna South

Bookings 9801 1895 or oranh.org.au

Cost Various, please check schedule



Community National Tree Day

Sunday 26 July
Lewis Park

FREE
EVENT

Help plant 3,000 indigenous trees, shrubs, and ground cover at Lewis Park, Wantirna South.

This free, family-friendly event is your chance to make a positive impact on our local environment.

Why get involved?

- Support local biodiversity and help increase Knox's tree canopy to 30% by 2050.
- Create a habitat corridor for local wildlife travelling to and from Lewis Park.
- Enjoy a free BBQ.

Register to attend and take the opportunity to give back to nature while enjoying a fun day outdoors.

Time 10am - 12pm

Venue Lewis Park Reserve,
Wantirna South

Bookings 9298 8000 or
[nationaltreeday.org.au/
site/10031833](http://nationaltreeday.org.au/site/10031833)



The poster features a central circular emblem with the text 'CELEBRATING 30 YEARS OF PLANTING' surrounded by a wreath of green leaves and red berries. Below the emblem, the text reads 'National Tree Day is 30!' and 'HELP CELEBRATE BY PLANTING A TREE'. At the bottom, it lists 'NATIONAL TREE DAY JULY 26' and 'SCHOOLS TREE DAY JULY 24', along with the 'National Tree Day' logo and the 'PLANETARK' logo. Illustrations of a cockatoo and a blue bird are also present.

Soup & Singing New Horizons Band

Thursday 4 June
**Our Saviour's
Lutheran Church**

Come and enjoy the New Horizons Band, led by Brian Hogg, founded in 2008. Made up mainly of retired musicians from varied backgrounds, its repertoire ranges from classical and concert works to film, popular and Christmas music, with a focus on "music for life."

Time 11.30am - 2pm

Venue 646 Burwood Hwy,
Knoxfield

Bookings 0409 097 294 or
soupandsinging@gmail.com

Cost Gold coin



Cooking with Oddie Indonesian cuisine

Saturday 6 June
Coonara Community House

Learn how to make Nasi Goreng, Asian style pork and vermicelli sausage rolls.

Time 10.30am - 1pm

Venue 22 Willow Rd, Upper
Ferntree Gully

Bookings 9758 7081 or
[coonarahouse.org.au/courses/
cooking-with-oddie-indonesian-
cuisine/](http://coonarahouse.org.au/courses/cooking-with-oddie-indonesian-cuisine/)

Cost \$70



Art Exhibition - Form & Feeling by Suzanne E. Randles

**Tuesday 9 June to
Friday 7 August
Miller's Homestead**

Suzanne E Randles is a Melbourne-based artist and art educator who specialises in abstract collage and mixed media. Her work is defined by a playful, intuitive process that uses colour and texture as a means of personal rediscovery and expression.

Time Mon to Fri 9.30am - 5pm

Venue Dorrigo Dr & Melrose Ct,
Boronia

Bookings Not required

FREE
EVENT

Wills & Powers of Attorney information session

**Wednesday 10 June
Coonara Community House**

Join the Eastern Community Legal Centre for an information session introducing Wills and Powers of Attorney.

The session will cover:

- Your rights as you get older
- Substitute decision making
- Wills
- Challenges to deceased estates
- Family care arrangements

Time 10.30am - 12.30pm

Venue 22 Willow Rd, Upper
Ferntree Gully

Bookings 9758 7081 or
[coonarahouse.org.au/courses/
wills-powers-of-attorney/](http://coonarahouse.org.au/courses/wills-powers-of-attorney/)

Cost \$5



Protecting dignity: Insights from elder advocates

FREE
EVENT

Tuesday 23 June
**Knox Community
Arts Centre**

Experience a meaningful and engaging conversation featuring a selection of short clips followed by a panel discussion that will include shared stories of lived experiences and advocacy journeys.

Be part of a thoughtful and engaging conversation in recognition of World Elder Abuse Awareness Day (WEAAD).

There is no pre-allocated seating for this event. Light lunch and refreshments will be provided.

Time 10am - 12pm

Venue 790 Mountain Hwy,
Bayswater

Bookings tix.yt/protecting-dignity-weaad or QR code



The art of an organised home: Small changes, big impact

FREE
EVENT

Wednesday 24 June
Bayswater Library

Join Kellie Rose from Rosy Retreats to explore realistic strategies for tackling and managing clutter, creating an environment that feels calm, functional, and more in your control. You'll learn how simplifying your belongings, setting up effective systems, and maintaining order can create a calmer, clearer headspace - all without feeling overwhelmed.

Time 1.30pm - 2.30pm

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

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



Meet the Artist: Suzanne E. Randles

FREE
EVENT

Friday 26 June Millers Homestead

Meet Suzanne E. Randles, a Melbourne-based artist and art educator who specialises in abstract collage and mixed media. Her work is defined by a playful, intuitive process that uses colour and texture as a means of personal rediscovery and expression. Join Suzanne as she shares creative collage tips and insights over a light afternoon tea.

Time 2pm - 3pm

Venue Dorrigo Dr & Melrose Ct, Boronia

Bookings Not required



Meet the Author: Casey Nott in-conversation with fellow Author Clare Griffin

Saturday 27 June Bayswater Library

Casey Nott's second novel, *Five Stages of Grace*, is inspired by her lived experience with Hodgkin Lymphoma, diagnosed when she was 29. Though fictional, the novel is shaped by real life and was shortlisted for the 2025 Hawkeye Manuscript Development Prize.

Time 11am - 12pm

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

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



Regular Events

Liftout
guide



Monday

Brain Games (W) **Bayswater Library**

Maintain, train and improve your brain with fun activities. Brain exercises done regularly may help maintain or improve your thinking skills.

Join Henk from Mountain District Learning Centre for this fun weekly session.

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

Cost Free

Monday

Community Ukulele Group (M) Bayswater Library

Join the Community Ukulele Group on the second Monday of the month. Strum, sing, and share the joy of music. Whether you're a seasoned player or just starting out, the ukulele group is the perfect place to play and learn from each other. All skill levels are welcome, just bring your ukulele!

Time 1.30pm - 2.30pm

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

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

Cost Free

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

Cost Free

Tuesday

Gentle Exercise (W) Carrington Park

Low impact exercise to improve bone density with a qualified instructor.

Time 9.30am - 10.30am

Venue 20 O'Connor Rd, Knoxfield

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

Cost \$9

Tuesday

Mountain District Men's Group Mountain District Learning Centre

Join this men's group for an informal cuppa, chat and create new social connections. Calendar of activities available upon request.

Time 1.30pm - 3.30pm

Venue 15 The Avenue, Ferntree Gully

Bookings 9758 7859 or office@mdlc.org.au

Cost Gold coin donation

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

Cost \$13

Hue Crew - Colouring-In for Adults Mountain District Learning Centre

Enjoy 90 minutes of calm in a relaxing, tech-free, judgement-free space to unwind, boost your mood, and connect with others. Bring a mug for a cuppa and rediscover the joy of colouring in.

Time 10am - 12pm

Venue 15 The Avenue, Ferntree Gully

Bookings 9758 7859 or office@mdlc.org.au

Cost Gold coin donation

Wednesday

Crafternoons at Miller's Homestead (M) **Miller's Homestead**

Craft, chat, drink tea, share skills at Miller's Homestead's monthly gathering of craft-lovers. Crafternoon sessions will be held on the 3rd Wednesday of the month.

Time 1.30pm - 3.30pm

Venue Dorrigo Dr & Melrose Ct, Boronia

Bookings Not required

Cost Free

Thursday

Yoga (W)

Ferntree Gully Library

Join Jo at the Ferntree Gully Library for a calming and revitalising yoga and meditation session in a warm, welcoming environment.

Time 9.30am - 10.15am

Venue 1010 Burwood Hwy, Ferntree Gully

Bookings Not required

Cost Free

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

Thursday

500 Card Game (F) **Rowville Library**

Enjoy an afternoon of fun with fellow card game enthusiasts on the 1st and 3rd Thursday of the month.

Time 12pm - 3pm

Venue Stud Park Shopping Centre, Stud Rd, Rowville

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

Cost Free

Rumikub (M)

Bayswater Library

Rummikub is a tile based game, combining elements of Mahjong and the card game Rummy.

Come along for a friendly game or two.

Time 1.30pm - 3pm

Venue 7/13 High St, Bayswater

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

Cost Free

Friday

Chair Yoga with Ramki (W) Miller's Homestead

Join Ramki Subramaniam, qualified yoga instructor from the reputed Svyasa University of Yoga in Bangalore for Chair Yoga sessions in the parlour at Miller's.

Time 10am - 11am

Venue Dorrigo Dr & Melrose Ct, Boronia

Bookings 0438 284 989 or events.yourlibrary.vic.gov.au

Cost \$10

Confidence with Computers (F) Bayswater Library

Build your digital skills in a friendly, small-group setting. These sessions cover the essentials of computer navigation.

Time 11am - 12pm

Venue 7/13 High St, Bayswater

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

Cost \$10

Friday

Knox Community Chess Enthusiasts (W) Rowville Library

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

Time 12.30pm - 4.30pm

Venue Stud Park Shopping Centre, Stud Park, Rowville

Bookings Not required

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

Knox Winter Warmer movie - Oddball

Tuesday 30 June

Knox Community Arts Centre

FREE
EVENT

A Reel Treat: Grandparents & Grandkids at the movies. Treat the grandkids to a free morning at the movies this school holidays with a screening of Oddball.

This heart-warming true story follows eccentric chicken farmer Swampy, his granddaughter Olivia, and sheepdog Oddball as they work to protect a penguin colony from foxes. Prior to the movie, there will be a short presentation on the importance of intergenerational connections for both older and younger members of our community.

Oddball is rated G and suitable for children aged 5-12.

There is no pre-allocated seating for this event.

Time 10.30am - 12.30pm

Venue 790 Mountain Hwy, Bayswater

Bookings 9298 8444 or tix.yt/knoxmovie-oddball



Soup & Singing Hanford Lam presents the Miriam Hyde showcase

Thursday 2 July
Our Saviour's
Lutheran Church

Join this special presentation by Hanford, a talented pianist who enjoys bringing music and education to everyone. He is the Manager of the Victorian Music Teachers Association and has performed locally and internationally. Hanford will be presenting the music of Miriam Hyde, an Australian composer and classical pianist who composed over 150 works for the piano.

Time 11.30am - 2pm

Venue 646 Burwood Hwy,
Knoxfield

Bookings 0409 097 297 or
soupandsinging@gmail.com

Cost Gold coin



Planning for the future

Tuesday 14 July
Bayswater Library

This information session is focussed on people with a disability and carers, Eastern Community Legal Centre will provide tips and information to help you plan for the future.

Topics covered will include:

- your rights in relation to decision making
- legal issues regarding decision making capacity
- future planning through powers of attorney and Wills

Time 10am - 12pm

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

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

FREE
EVENT



Gully Gardeners: Rose pruning demonstration

FREE
EVENT

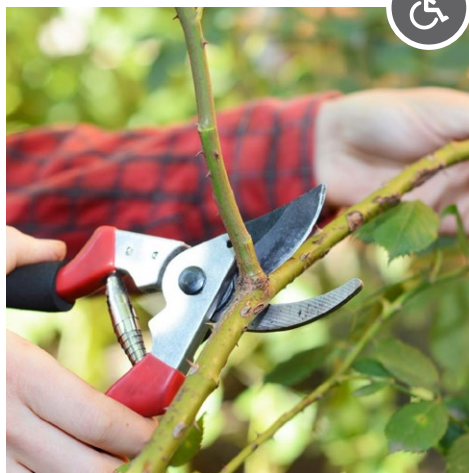
Tuesday 14 July
Ferntree Gully Library

Join Ferntree Gully Library for a lively rose pruning talk with Jacinta from the Rose Society of Victoria. Learn how to maximise flowering as Jacinta demonstrates pruning for climbing, bush, standard and miniature roses, and answers your rose care questions.

Time 11am - 12pm

Venue 1010 Burwood Hwy,
Ferntree Gully

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



Financial Fitness with Services Australia

FREE
EVENT

Friday 17 July
Bayswater Library

Join the team from Services Australia at Bayswater Library to hear about Financial Fitness.

Topics covered:

- Taking charge of your situation
- Debt basics
- Creating savings
- Investment Options
- Insurance
- Online Services

Time 2pm - 3.30pm

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

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



Knox Winter Warmer movie - Champions

Friday 17 July

Knox Community Arts Centre

FREE
EVENT

Join us for the Winter Warmer movie: Champions

Champions (2023) is a feel-good sports comedy about a basketball coach who takes on a team of players with intellectual disability and discovers he learns as much from them as they do from him.

Prior to the movie, there will be a mini expo of inclusive sporting groups within the City of Knox.

Champions is rated M and suitable for people aged 15 years and over (occasional coarse language and adult scenes).

The movie will be shown with English captions. The venue is fully accessible, and a quiet space will be available.

There is no pre-allocated seating for this event.

Time 5.30pm -8.30pm

Venue 790 Mountain Hwy, Bayswater

Bookings 9298 8444 or tix.yt/KJZ



Knox Winter Warmer movie - My Man Godfrey

Thursday 30 July

Knox Community Arts Centre

FREE
EVENT

My Man Godfrey (1936) is the final movie in the Winter Warmers series. This classic screwball comedy follows a man experiencing homelessness whose life changes when he becomes the butler to an eccentric New York family, revealing sharp insights into class, compassion and dignity.

Held in recognition of Homelessness Week, this special event offers a welcoming space for film and community connection. Guests are invited (but not obliged) to bring a non perishable food donation to support a local Knox food relief organisation. There is no pre allocated seating.

Time 10.30am - 12.30pm

Venue 790 Mountain Hwy, Bayswater

Bookings 9298 8444 or tix.yt/6JZ



August

Rosie: The Rosemary Clooney Show

Tuesday 4 August
**Knox Community
Arts Centre**

It's the decade of home television and demand for content has never been higher for variety theatre. Tune into the Rosie Show with special tributes to her star-studded family of the 1950s including Doris Day, Mitch Miller, Irving Berlin, Nat King Cole and good friend Bing Crosby.

Let your fabulous TV host Rosie take you through all the wonderful classics of the 50s like 'Come On-A My House', 'Hey There', 'Unforgettable' and 'Mambo Italiano'. Rosie will have you singing in your lounge and dancing in your curlers to all the hits of the 50s.

Time 11am - 12.15pm

Venue 790 Mountain Hwy,
Bayswater

Bookings 9729 7287 or QR Code

Cost Adult \$24
Concession \$22



Nobody Knows Friday 7 August Knox Library Ngarrgoo

FREE
EVENT

Dying to Know is a national campaign to inspire you to begin preparing for the inevitable, not with fear, but with purpose, love and a sense of legacy. Join this practical, supportive information session featuring a guest speaker from Southern Metropolitan Cemeteries Trust, who will share guidance on end-of-life planning and the conversations that make things clearer for you and easier for the people you love.

All attendees will receive a copy of When I'm Gone, a helpful workbook designed to guide you through documenting your wishes, key details and important decisions. There will also be time for questions, and you will leave with simple next steps and trusted resources.

Time 10.30am - 12.30pm

Venue Westfield Knox, 425
Burwood Hwy, Wantirna South

Bookings 9298 8444, tks.im/
dying-to-know-day or QR Code



Springvale Botanical Cemetery tour

Monday 24 August & Monday 7 September
Knox Community Arts Centre

Zest is delighted to present two guided bus tours of Springvale Botanical Cemetery, a peaceful sanctuary unlike any other.

Enjoy an informative tour exploring the cemetery's rich history and unique surroundings from the comfort of a guided bus tour.

Lunch is available to purchase or you can bring your own. After lunch you will join the 'When I am gone' workshop.

Time 9am - 2pm

Venue 790 Mountain Hwy, Bayswater

Bookings Spaces are limited and bookings open Tuesday 21 July 2.30pm, 9298 8444 or QR code

Cost \$25



Natural Wonders of Arizona with Michael Hammer

FREE EVENT

Friday 28 August Ferntree Gully Library

Join us at Ferntree Gully Library for a look at the natural wonders of Arizona with presenter Michael Hammer. Michael will share some stories and videos of his travels around the state of Arizona, including a look at the petrified forest and painted desert, Antelope Canyon and Grand Canyon, and the area around Phoenix which Michael titles as “cactus country”. Afternoon refreshments will be provided.

Time 2pm - 3.30pm

Venue 1010 Burwood Hwy, Ferntree Gully

Bookings 9800 6455 or events.yourlibrary.com.au



Bon Jovi Forever Friday 28 August Knox Community Arts Centre

Bon Jovi Forever is a high-energy tribute to the legendary band Bon Jovi. Performing since 1992, the band delivers authentic renditions of the anthems and ballads that made Bon Jovi iconic. Experience the spirit of Bon Jovi in an intimate, stripped-back setting, with sing-along favourites like You Give Love a Bad Name, It's My Life, Bed of Roses and more.

Time 7.30pm - 9.30pm

Venue Cnr Mountain Hwy and Scoresby Rd, Bayswater

Bookings 9729 7287 or QR Code

Cost Concession \$32



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 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 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)