

PALS

Positive Ageing Lifestyle Program



AUTUMN 2024 edition

March – May 2024




PALS
positive
ageing
lifestyles



WELCOME TO PALS

Welcome to the Autumn 2024 edition of our Positive Ageing Lifestyle Program aimed at promoting healthy, active ageing and social inclusion for older adults who live, work or visit Monash.

Our Autumn edition recognises World Parkinson's Day with an awareness-raising information session at the Monash Men's Shed and details about Fight Parkinson's Peer Support Group. There are also events to mark Harmony Day, National Reconciliation Week and Neighbourhood House Week, as well as come-and-try sessions, health and wellbeing programs, and movie and music outings that will keep you busy all throughout autumn.


If you wish to receive the PALS booklet, please register your details electronically via Council's website:  www.monash.vic.gov.au/Staying-Active

HOW TO BOOK

Online

Please read through the program and choose any events and activities that you would like to participate in. If you are viewing the program electronically via your computer or smart device, please click on the Trybooking website link at the end of the event description. Please note many of the events have a cap on the number of participants.

Phone

If you do not have access to a computer or smart device, you can make a booking by calling Customer Experience on  **9518 3555**.

ACKNOWLEDGEMENT OF COUNTRY

Monash Council acknowledges the Traditional Owners of this land, the Wurundjeri Woi Wurrung and Bunurong People, and recognises their continuing connection to the land and waterways. We pay our respects to their Elders past, present and emerging and extend this to all Aboriginal and Torres Strait Islander People.

The City of Monash is inclusive and welcoming, celebrating the diversity of all our community and employees. We want every individual to feel safe, respected and celebrated regardless of our differences of age, race and ethnicity, sex, gender identity and sexuality, ability, faith and religious beliefs, Aboriginal and Torres Strait Islander identity, and/or socio-economic status.

COMMUNITY EVENTS

Please note a number of events and activities in this program are not organised by the City of Monash. The City of Monash takes no responsibility for activities and events planned and managed by community groups and other organisations. All events and activities are correct at the time of printing, however, are subject to change without notice.



MONASH UNIVERSITY RESEARCH



We need your help!

Are you living in Australia? Aged 65 or more?
Receiving a government-subsidised package
(Residential Aged Care or Home Care)?

Monash University would greatly appreciate
your participation in its study about the wellbeing
and social activities of older people.



You can complete the survey at:  www.monashstudy.link/survey or
contact Monash University who can meet with you online, via the phone or
in person:  9905 2971 or  Mandy.OConnor1@monash.edu

Monash is served by amazing people who
give their time to achieve remarkable things.
While they give so much to our community,
this is an opportunity to give back to them.

SIR JOHN MONASH AWARDS

Do you know someone who volunteers their skills
and time to the community and deserves an award?

They could be demonstrating a positive attitude to ageing,
advocating for older residents or volunteering in the community.

To nominate or for more info:

 www.monash.vic.gov.au/awards
or phone  9518 3619

NOMINATIONS OPEN 18 MARCH



INDEX TO ACTIVITIES

Date	Activity	Suburb	Page
Tuesdays	Come and Try Walking Football	Burwood	6
Wednesdays	Come and Try Walking Basketball	Chadstone	6
Wednesdays	Rainbow Connections	Ashwood	7
Tuesdays	Monash Parkinson's Peer Support Group	Clayton	8
Monday 4 March	PALS Day Trip: Caldermeade Farm	Caldermeade	28
Wednesday 6 March	Exercise Information Session	Glen Waverley	10
Wednesday 6 March	Understanding the Aged Pension	Oakleigh	10
Thursday 7 March	Tai Chi/Qigong Experience with Siew	Wheelers Hill	11
Thursday 7 March	Which Apps Should I Use on My Smartphone?	Clayton	11
Friday 15 March	PALS Day Trip: Caldermeade Farm	Caldermeade	28
Friday 15 March	Managing Sleep and Fatigue	Glen Waverley	12
Saturday 16 March	Live at Warrawee	Oakleigh	12
Monday 18 March – Sunday 24 March	Harmony Week	Various	14
Monday 18 March	Free Hanging Basket Workshop	Glen Waverley	13
Monday 18 March	Come and Try Scottish Country Dancing	Mount Waverley	13
Tuesday 19 March	Energy Assistance Program	Oakleigh	15
Wednesday 20 March	Parkinson's Information Session	Glen Waverley	9
Thursday 21 March	Free Hearing Test	Mount Waverley	14
Thursday 21 March	Hot Cross Bun Morning Tea at The Hub	Glen Waverley	16
Saturday 23 March	Come and Try Croquet	Ashwood	17
Wednesday 27 March	Understanding Carers and Disability Allowances	Oakleigh	17
Tuesday 2 April	Smartphone Basics	Oakleigh	18
Sunday 7 April	Come and Try Bowls Day	Glen Waverley	18
Monday 8 April	PALS Day Trip: Cloudehill Gardens	Olinda	29
Tuesday 9 April	Movies in Monash: Mamma Mia	Clayton	19
Tuesday 9 April	Which Apps Should I Use on My Smartphone?	Clayton	19
Thursday 11 April	Energy Assistance Program	Clayton	15
Wednesday 17 April	Healthy Bladder	Glen Waverley	20
Thursday 18 April	Monash Morning Melodies	Oakleigh	20
Friday 19 April	PALS Day Trip: Cloudehill Gardens	Olinda	29
Monday 22 April	Protecting Your Rights	Glen Waverley	21
Tuesday 23 April	Intermediate Smartphone Skills – Part 1	Clayton	21
Tuesday 23 April	Brain Training	Mount Waverley	21

INDEX TO ACTIVITIES

Date	Activity	Suburb	Page
Monday 29 April	PALS Day Trip: Cloudehill Gardens	Olinda	29
Wednesday 1 May	Food and Mood	Wheelers Hill	22
Thursdays 2-23 May	Learn Lawn Bowls	Glen Waverley	22
Saturday 4 May	Woodworking Club Open Day	Glen Waverley	23
Tuesday 7 May	Safe Senior Drivers Session	Oakleigh	23
Tuesday 7 May	Concert with Jen Hawley	Wheelers Hill	24
Wednesday 8 May	Food and Mood	Glen Waverley	22
Friday 10 May	PALS Day Trip: Pentridge Prison	Coburg	29
Monday 13 May – Sunday 19 May	Neighbourhood House Week	Various	25
Wednesday 15 May	Energy Assistance Program	Wheelers Hill	15
Wednesday 15 May	Understanding Home and Residential Care	Glen Waverley	24
Wednesday 15 May	The Importance of Having a Caring GP	Glen Waverley	26
Friday 17 May	High Tea Celebration at Zest	Glen Waverley	26
Monday 20 May	PALS Day Trip: Pentridge Prison	Coburg	29
Tuesday 21 May	Understanding Income Streams	Mount Waverley	27
Monday 27 May – Monday 3 June	National Reconciliation Week	Various	27
Wednesday 29 May	Road Safety Session	Glen Waverley	27

Monash on the Move

Tuesday 5 March	Summer Bliss at Frankston Pier	Frankston	32
Wednesday 13 March	Dame Elisabeth Murdoch's Cruden Farm	Langwarrin	32
Thursday 21 March	McClelland Sculpture Park and Gallery	Langwarrin	33
Monday 25 March	Long Lunch at the Sky High Bistro	Mount Dandenong	33
Wednesday 3 April	Explore Sassafras	Sassafras	33
Tuesday 9 April	Jazz Museum with Live Jazz Band	Wantirna	34
Thursday 18 April	Monash Morning Melodies at Lazy Moe's	Oakleigh	34
Monday 22 April	Shopping at Moorabbin DFO	Moorabbin	34
Tuesday 7 May	Lunch and Concert with Jen Hawley	Wheelers Hill	35
Friday 17 May	High Tea at Zest Holmesglen	Glen Waverley	35
Wednesday 22 May	Waverley Antique Bazaar with Lunch at the ParkRoyal Monash	Clayton	36
Thursday 30 May	Intergenerational Morning Tea at Cabena Playgroup and Lunch at Zest Restaurant	Glen Waverley	36

PALS ONGOING PROGRAMS

COME AND TRY WALKING FOOTBALL EASTERN LIONS SOCCER CLUB

Come play football in a fun, social and safe environment at this social program for seniors aged 50+. Prior experience is not required and beginners are welcome! The goal is to promote health and social connection through football. Come and try this beloved sport, learn skills at your own pace and enjoy a coffee after the game.

DATE	Every Tuesday
TIME	10am-11.30am
VENUE	Eastern Lions Soccer Club 26 Sixth Avenue, Burwood
COST	FREE
BOOKINGS	✉ normwillcocks@gmail.com
PARKING	On-site parking



COME AND TRY WALKING BASKETBALL WAVERLEY BASKETBALL ASSOCIATION

Walking basketball is a low-impact, social and fun way to improve the levels of physical activity for participants across all genders, abilities and experience (especially older adults). Whether you played years ago and want to get back into it, have never touched a ball, or want to give something new a try, come along and join in.

DATE	Alternating Wednesdays between Waverley Basketball Stadium and Phoenix Park Community Centre
TIME	10.30am-11.15am at Waverley Basketball Stadium 10.45am-11.30am at Phoenix Park Community Centre
VENUE	Waverley Basketball Stadium Corner Batesford Road and Power Avenue, Chadstone
COST	FREE
BOOKINGS	No bookings required. For enquiries ✉ falcons@waverleybasketball.com
PARKING	On-site parking



RAINBOW CONNECTIONS POWER NEIGHBOURHOOD HOUSE

This is an LGBTIQ+ and friends group which is dedicated to bringing the over 40s and fabulous together for some fun and enjoyment of each other's company. Everyone is welcome! Tea and coffee provided.

DATE	Every Wednesday
TIME	5.30pm-7pm
VENUE	54 Power Avenue, Ashwood
COST	FREE or \$10/year if you choose to become a member. Donations welcome.
BOOKINGS	No bookings required
ENQUIRIES	 www.trybooking.com/CJAFP or  8849 9707
PARKING	On-site parking



BEAUTIFY YOUR NATURE STRIP

Nature strips can be more than just grass, they can be attractive little gardens right outside your front fence. If increasing biodiversity, mitigating climate change and beautifying your street while reducing time spent mowing sounds appealing, take part in our Nature Strip Planting Program. To help get you started, you'll receive free indigenous seedlings and garden supply vouchers. Help make Monash a greener city and beautify your nature strip today.

Guidelines and a 'how to' video are available at  www.monash.vic.gov.au/nature-strips or email  sustainability@monash.vic.gov.au

NATURE STRIP HABITATS – CLEARANCE SPECIAL

You can apply for a free nature strip permit from Monash Council to plant indigenous plants and create habitats for pollinators. Monash will provide vouchers for 40 free seedlings and mulch or soil to help you get started. If you can get together with some of your neighbours in your street and commit at least 100m to the nature strip planting project, we will arrange for the grass on the nature strips to be cleared free of charge. The 100m doesn't have to be consecutive but does need to be in the same street. Get together with your neighbours for some environment improvement fun!

Email  sustainability@monash.vic.gov.au to register your interest.



PARKINSON'S AWARENESS MONTH



Did you know that April is Parkinson's Awareness Month, with 11 April officially recognised as World Parkinson's Day? It is a time to recognise those who live with Parkinson's and to increase awareness and understanding about the world's fastest growing neurological disease.

MONASH PARKINSON'S PEER SUPPORT GROUP PRESENTED BY FIGHT PARKINSON'S

Whether you are living with Parkinson's or caring for someone with the condition, this group is a welcoming environment, where you can come together in a supportive community, talk openly and learn about the condition and how to manage symptoms.

DATE First Tuesdays of the month (February to October, and December)

TIME 1.30pm-3.30pm

VENUE Clayton Community Centre, 9-15 Cooke Street

COST \$5

BOOKINGS ☎ 8809 0400 or ✉ info@fightparkinsons.org.au

PARKING Three-hour parking behind the Clayton Community Centre



PARKINSON'S INFORMATION SESSION

PRESENTED BY FIGHT PARKINSON'S



If you are living with or caring for someone with Parkinson's, this information session will increase your understanding and knowledge of the condition, how to manage symptoms and where to get support.

DATE	Wednesday 20 March
TIME	12pm-1pm
VENUE	Monash Men's Shed 49-77 Bogong Avenue Glen Waverley
COST	Lunch is provided for a \$2 donation
BOOKINGS	☎ 9561 8557
PARKING	On-site parking



The Sustainable Monash team is here to help you achieve your sustainability goals and reduce the impact on our environment.

Get independent advice and support to access rebates to install solar by a local government-led program  <https://solarsavers.org.au>



Join our Gardens for Wildlife program to create an indigenous habitat garden in your own property.

There are free regular workshops, hard copy and online resources, and a plant voucher for 20 free seedlings to get you started. A volunteer garden guide can also visit to help you plan.

 www.monash.vic.gov.au/gardens-for-wildlife

Sustainable Monash runs regular workshops and events for the community on a range of sustainability activities.

Use this QR link to sign up to our Sustainable Monash e-news to keep updated on our current events, and learn about local heroes and inspiring stories.  www.monash.vic.gov.au/sustainable-news



PALS MARCH PROGRAMS

EXERCISE INFORMATION SESSION PRESENTED BY INTEGRATED HEALTH

Maintaining physical activity has many positive benefits. Learn about the importance of exercise, the various types of exercise and how to develop a plan to exercise regularly.



DATE	Wednesday 6 March
TIME	12pm-1pm
VENUE	Monash Men's Shed 49-77 Bogong Avenue, Glen Waverley
COST	Lunch is provided for a \$2 donation
BOOKINGS	☎ 9561 8557
PARKING	On-site parking



UNDERSTANDING THE AGED PENSION PRESENTED BY SERVICES AUSTRALIA



This free information session will provide information about eligibility and assessment for the aged pension, income and asset thresholds, how the age pension is calculated, accessing superannuation and residency requirements.

DATE	Wednesday 6 March
TIME	6.30pm-7.30pm
VENUE	Oakleigh Library, 148 Drummond Street
COST	FREE
BOOKINGS	🌐 www.trybooking.com/CMTUQ or ☎ 9518 3970
PARKING	Two-hour street parking or parking at Atkinson Street



TAI CHI/QIGONG EXPERIENCE WITH SIEW

Libraries
Change Lives

Tai chi has many health benefits. It improves your health and vitality, relieves stress, improves concentration, strength and joint flexibility. Tai chi/*qigong* is suitable for all ages. Siew will teach you some basic movements in this workshop. Please wear comfortable clothes.

DATE	Thursday 7 March
TIME	11am-12pm
VENUE	Whealers Hill Library 860 Ferntree Gully Road
COST	FREE
BOOKINGS	 www.trybooking.com/CMTKU or  9265 4877
PARKING	On-site parking



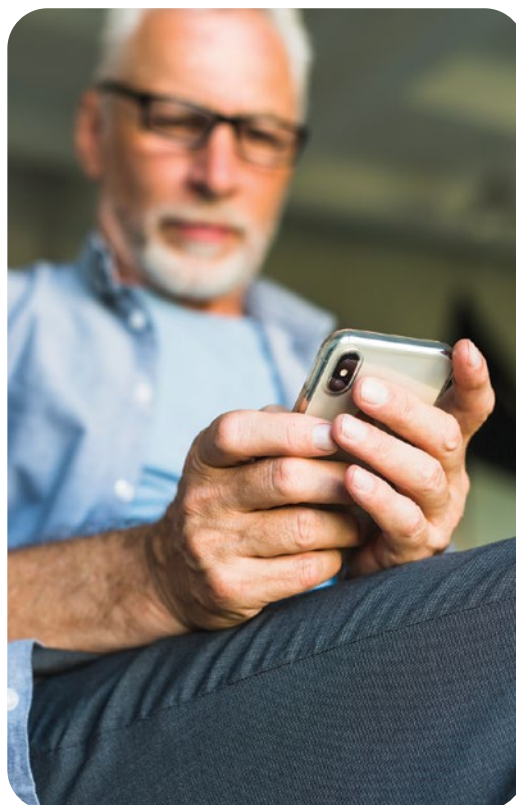
MARCH
PROGRAMS

WHICH APPS SHOULD I USE ON MY SMARTPHONE?

Libraries
Change Lives

In this session we will introduce you to which apps you need to communicate with family and friends. We will show you how to connect to Wi-Fi and Bluetooth to access on-demand TV, plan your trips and navigate safely online. We'll also cover how to install apps on your tablet and computer.

DATE	Thursday 7 March
TIME	6.30pm-8pm
VENUE	Clayton Library 9-15 Cooke Street
COST	FREE
BOOKINGS	 www.trybooking.com/CNVUC or  9541 3120
PARKING	Three-hour parking behind the Clayton Community Centre



MANAGING SLEEP AND FATIGUE

PRESENTED BY BOLTON CLARKE

At this information session you will learn about the signs and causes of fatigue as well as the stages of sleep and sleep architecture, which changes as we age. Tips will also be provided about how to get a better night's sleep.

BOLTON CLARKE



Libraries Change Lives

DATE	Friday 15 March
TIME	11am-12pm
VENUE	Glen Waverley Library, 112 Kingsway
COST	FREE
BOOKINGS	www.trybooking.com/CMXHG or 9518 3030
PARKING	On-site parking or two-hour street parking



FREE Live at Warrawee

SAT 16 MARCH

4PM-9PM
WARRAWEE PARK
OAKLEIGH

DARLINGHURST
JADE GIBSON
WASTEMAN
DOC HALIBUT
WILMA SIGHTS



WWW.MONASH.VIC.GOV.AU/FESTIVALS

FREE HANGING BASKET WORKSHOP

AVEO

Plant your own hanging basket with expert guidance, potting mix, plants, baskets and morning tea provided. Marika and Peter from the Waverley Garden Club will share tips and tricks to create show-stopping baskets, getting you ready to enter our spring competition with Gardening Australia's Jane Edmanson.



DATE	Monday 18 March
TIME	10.30am-12pm
VENUE	Oak Tree Hill 37 View Mount Road Glen Waverley
COST	FREE (donations welcome)
BOOKINGS	Bookings essential. Phone ☎ 0436 621 227
PARKING	Limited on-site parking

COME AND TRY SCOTTISH COUNTRY DANCING

WAVERLEY SCOTTISH SOCIETY



Scottish Country Dancing classes provide fun, fitness and friendship, done to the beat of lively music. There are only five basic steps that are used in a variety of formations. No partner or special clothes are required, just a pair of soft flat shoes and a reasonable level of mobility.



DATE	Monday 18 March
TIME	7.45pm-10pm
VENUE	Mount Waverley Uniting Church Hall 482 High Street Road
COST	FREE
BOOKINGS	☎ 9504 8373
PARKING	On-site parking

HARMONY WEEK 2024

Harmony Week (Monday 18 – Sunday 24 March 2024) is a celebration that recognises our diversity and brings together Australians from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone. To participate, you can wear orange to show your support, or you can attend/host a Harmony Week event.



Harmony Week is centred around 21 March, the International Day for the Elimination of Racial Discrimination. Over half of our Monash community was born overseas from hundreds of countries and cultures. We speak more than 90 languages, and practice more than 40 religions. To acknowledge this day Monash encourages you to attend a community event, learn more about other cultures, and speak up and stand together against racial, cultural and religious discrimination.

For more information on Harmony Day activities please keep a look out on Council's website: www.monash.vic.gov.au/events

WORLD HEARING DAY

World Hearing Day is held on 3 March each year to raise awareness on how to prevent deafness and hearing loss and promote ear and hearing care across the world.

For more information on World Hearing Day, visit

www.who.int/campaigns/world-hearing-day/2024



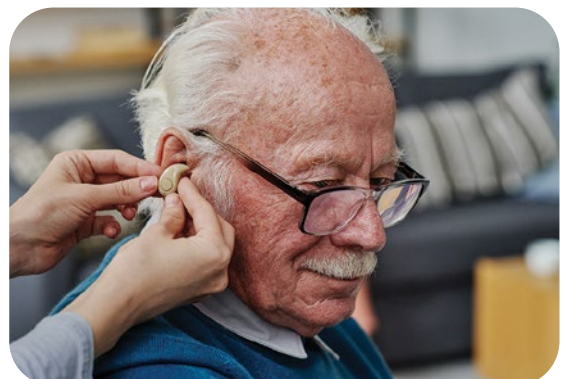
FREE HEARING TEST

WAVERLEY COMMUNITY LEARNING CENTRE

A hearing check is a screening that helps identify people that may have hearing loss. Bookings are essential. It takes only 15 minutes for each appointment.



DATE	Thursday 21 March
TIME	10am-12.30pm
VENUE	Waverley Community Learning Centre 5 Fleet Street, Mount Waverley
COST	FREE
BOOKINGS	☎ 9807 6011
PARKING	On-site parking



ENERGY ASSISTANCE PROGRAM

PRESENTED BY ANGLICARE



Libraries
Change Lives

Get FREE help with your energy bills!

Anglicare Victoria's Energy Team will talk about how they can help you with your energy bills. Bring along a copy of your most recent bill. After the talk, the team can discuss what support may be available to you, including accessing energy concessions, affordable plans and extra financial support.

DATE Tuesday 19 March

TIME 10.30am-12.30pm

VENUE Positive Ageing Activity Centre, 145 Drummond Street, Oakleigh

BOOKINGS  www.trybooking.com/COIOA or  9518 3555

PARKING Two-hour street parking or parking at Atkinson Street

DATE Thursday 11 April

TIME 6pm-8pm

VENUE Clayton Library Meeting Room, 9-15 Cooke Street

BOOKINGS  www.trybooking.com/COGFB or  9541 3120

PARKING Three-hour parking behind the Clayton Community Centre

DATE Wednesday 15 May

TIME 1pm-3pm

VENUE Wheelers Hill Library Meeting Room, 860 Ferntree Gully Road

BOOKINGS  www.trybooking.com/COGFC or  9265 4877



PARKING On-site parking



**HOT CROSS BUN
MORNING TEA
THE HUB, GLEN WAVERLEY
UNITING CHURCH**



Come and enjoy a hot cross bun and a cuppa. Bring your family and friends. All donations go to support The Royal Children’s Hospital Good Friday Appeal.

- DATE** Thursday 21 March
- TIME** 10am-12pm
- VENUE** Glen Waverley Uniting Church, Corner Bogong Avenue and Kingsway
- COST** FREE (donations welcome)
- BOOKINGS**  www.gwuc.org.au or  9560 3580
- PARKING** On-site parking or two-hour street parking



COME AND TRY CROQUET

MONASH CROQUET CLUB

Try your hand at the enjoyable sport of croquet. Mallets are supplied along with instructions. Join us for morning tea afterwards.

DATE	Saturday 23 March
TIME	10am-11.30am
VENUE	Electra Reserve 21A Electra Avenue, Ashwood
COST	FREE
BOOKINGS	🌐 www.trybooking.com/COJZF or ☎ 9518 3555
PARKING	On-site parking



UNDERSTANDING CARERS AND DISABILITY ALLOWANCES

PRESENTED BY SERVICES AUSTRALIA

Libraries Change Lives

This information session presented by Services Australia will cover eligibility and assessment, income and asset threshold for the Disability Support Pension and Carer Allowance Payment, as well as assessing superannuation and more.

DATE	Wednesday 27 March
TIME	6.30pm-7.30pm
VENUE	Oakleigh Library, 148 Drummond Street
COST	FREE
BOOKINGS	🌐 www.trybooking.com/CMTUS or ☎ 9518 3970
PARKING	Two-hour street parking or parking at Atkinson Street



PALS APRIL PROGRAMS

SMARTPHONE BASICS

Libraries
Change Lives

In this session you will learn what a smartphone is, why you need one and how much they cost. We can help you find which phone and mobile phone plan might suit your needs. We will also show you how to back up your valuable photos and contacts to the cloud.

DATE	Tuesday 2 April
TIME	10am-11.30am
VENUE	Clayton Library 9-15 Cooke Street
COST	FREE
BOOKINGS	www.trybooking.com/COAHL or ☎ 9541 3120
PARKING	Three-hour parking behind the Clayton Community Centre



COME AND TRY BOWLS DAY GLEN WAVERLEY BOWLS CLUB



Come and give lawn bowls a try. Free coaching and all equipment provided. Easy to learn, make new friends and stay fit!

DATE	Sunday 7 April
TIME	10am-2.30pm
VENUE	Glen Waverley Bowls Club 690 Waverley Road
COST	FREE
BOOKINGS	☎ 9561 3227
PARKING	On-site parking



MOVIES IN MONASH: MAMMA MIA

As Sophie and her family are busy preparing for her wedding, she secretly invites three men who were her mother's lovers in the past with the hope that one of them is her father. Morning tea available from 10.30am, film starts at 11am.

DATE	Tuesday 9 April
TIME	10.30am-1pm
VENUE	Clayton Community Centre Theatre 9-15 Cooke Street
COST	FREE
RATING	PG
SCREENING TIME	1 hour 48 minutes
BOOKINGS	 www.trybooking.com/COIOU or  9518 3555
PARKING	Three-hour parking behind the Clayton Community Centre

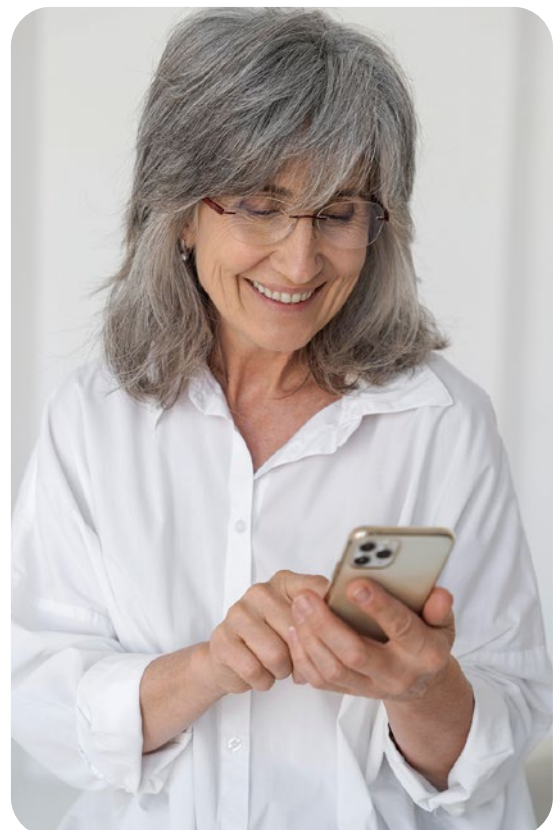


WHICH APPS SHOULD I USE ON MY SMARTPHONE?

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In this session we will introduce you to which apps you need to communicate with family and friends. We will show you how to connect to Wi-Fi and Bluetooth to access on-demand TV, plan your trips and navigate safely online. We'll also cover how to install apps on your tablet and computer.

DATE	Tuesday 9 April
TIME	10am-11.30am
VENUE	Clayton Library 9-15 Cooke Street
COST	FREE
BOOKINGS	 www.trybooking.com/COAHO or  9541 3120
PARKING	Three-hour parking behind the Clayton Community Centre



HEALTHY BLADDER PRESENTED BY BOLTON CLARKE



With one in four Australian adults living with incontinence, it's a common condition. If it's something you face in your daily life, then you're not alone. In this session you will learn simple tips for improved bladder control and exercises to help reduce your risk of future bladder problems so you can enjoy life with no interruptions.



DATE Wednesday 17 April

TIME 12pm-1pm

VENUE Monash Men's Shed
49-77 Bogong Avenue
Glen Waverley

COST Lunch is provided for
a \$2 donation

BOOKINGS ☎ 9561 8557

PARKING On-site parking



MONASH MORNING MELODIES LAZY MOE'S OAKLEIGH

Steph Renouf is an accomplished pianist and singer known for her versatility. Performing an uplifting selection of the most requested songs, she provides a high-energy, vibrant performance that will have you dancing, swaying and singing along!

DATE Thursday 18 April

TIME 10.30am-12pm

VENUE 90-94 Warrigal Road
Oakleigh

COST Morning Melodies: \$8 pay on booking
Morning tea: prices start from \$4.50
Lunch: prices start from \$19

BOOKINGS 🌐 www.trybooking.com/COIPM
or ☎ 9518 3555

PARKING On-site parking



PROTECTING YOUR RIGHTS

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In Australia, 1 in 6 people over 65 years of age will experience elder abuse within their family, in any 12-month period.

There are steps you can take to prevent elder abuse occurring and protect your rights in the future. In this interactive session. Seniors Rights Victoria will discuss the different types of elder abuse, risks, how to plan ahead so your choices are respected, and where to seek support and assistance when abuse occurs.

DATE	Monday 22 April
TIME	11am-12pm
VENUE	Glen Waverley Library, 112 Kingsway
COST	FREE
BOOKINGS	www.trybooking.com/CMYFU or 9518 3030
PARKING	On-site parking or two-hour street parking



APRIL
PROGRAMS

INTERMEDIATE SMARTPHONE SKILLS – PART 1

Libraries
Change Lives

In this session we will introduce you to Android and Apple devices. We will show you how to edit photos and set up albums to store and organise your photos. We'll also cover: installing and using the WhatsApp messaging app; safe internet browsing; using antivirus/spam prevention/ransomware apps; moving content to a new device; using Smart Switch; and how to watch on-demand TV apps on your device and smart TV.

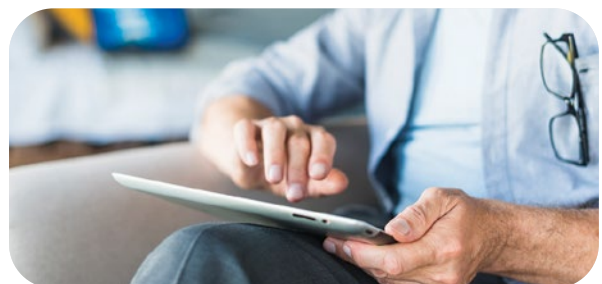
DATE	Tuesday 23 April
TIME	10am-11.30am
VENUE	Clayton Library 9-15 Cooke Street
COST	FREE
BOOKINGS	www.trybooking.com/COAHS or 9541 3120
PARKING	Three-hour parking behind the Clayton Community Centre

BRAIN TRAINING

Libraries
Change Lives

Work in teams to solve puzzles and brainteasers. This fun session is designed to exercise our brains which helps to maintain healthy brain function as we age. iPads will be provided or you can bring your own device.

DATE	Tuesday 23 April
TIME	10.30am-12pm
VENUE	Mount Waverley Library 41 Miller Crescent
COST	FREE
BOOKINGS	www.trybooking.com/COBPE or 9518 3950
PARKING	On-site parking



PALS MAY PROGRAMS

FOOD AND MOOD

The food we eat influences our brain, mood and mental health. Toni Smith, team leader at Uniting, has worked in mental health and wellbeing for over 20 years. She will be facilitating a discussion around our relationship with food and how it affects our mood.

Libraries
Change Lives

DATE	Wednesday 1 May
TIME	6pm-7pm
VENUE	Whealers Hill Library, 860 Ferntree Gully Road
COST	FREE
BOOKINGS	www.trybooking.com/CNWUZ or 9265 4877
PARKING	On-site parking

DATE	Wednesday 8 May
TIME	10.30am-11.30am
VENUE	Glen Waverley Library, 112 Kingsway
COST	FREE
BOOKINGS	www.trybooking.com/CNWVA or 9518 3030
PARKING	On-site parking or two-hour street parking



LEARN LAWN BOWLS GLEN WAVERLEY BOWLS CLUB

Come and give lawn bowls a try. Free coaching and all equipment provided. Easy to learn, make new friends and stay fit!



DATE	Thursdays 2-23 May
TIME	1pm-3pm
VENUE	Glen Waverley Bowls Club 690 Waverley Road
COST	FREE
BOOKINGS	9561 3227
PARKING	On-site parking



WOODWORKING CLUB OPEN DAY

WAVERLEY WOODWORKERS CLUB

This open day provides a unique opportunity for people who are interested in woodwork, carving, turning, toymaking and box making to view a woodworking club in action. New members are welcome.

DATE	Saturday 4 May
TIME	9am-12.30pm
VENUE	Central Reserve 690 Waverley Road Glen Waverley (rear southern oval grandstand)
COST	FREE
BOOKINGS	No bookings required
ENQUIRIES	☎ 9807 9648
PARKING	On-site parking



SAFE SENIOR DRIVERS SESSION

ROADSAFE SOUTH EAST

To recognise National Road Safety Week, we are holding a session to provide information that will keep our older drivers on the road longer and driving safer.

DATE	Tuesday 7 May
TIME	10.30am-12pm
VENUE	Positive Ageing Activity Centre 148 Drummond Street Oakleigh (same building as the Oakleigh Library)
COST	FREE
BOOKINGS	🌐 www.trybooking.com/COIQI or ☎ 9518 3555
PARKING	Two-hour street parking or parking at Atkinson Street car park



CONCERT WITH JEN HAWLEY

Join us for a special concert with Jen Hawley who will present an upbeat selection of songs to take you back to the golden age of 20th-century music. Hear the beautiful songs of Edith Piaf, Frank Sinatra and Dean Martin, to name just a few! Your toes will be tapping and your hands clapping along.

- DATE** Tuesday 7 May
- TIME** 2pm-3pm
- VENUE** Wheelers Hill Library, 860 Ferntree Gully Road
- COST** FREE
- BOOKINGS**  www.trybooking.com/CNHCA or  9265 4877
- PARKING** On-site parking

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UNDERSTANDING HOME AND RESIDENTIAL CARE PRESENTED BY SERVICES AUSTRALIA

In this session, you will learn about the aged care system and what services you may be eligible for. Find out how to make a referral for an aged-care assessment, how to appoint a representative for My Aged Care, how to connect with local services and more.

- DATE** Wednesday 15 May
- TIME** 11am-12pm
- VENUE** Glen Waverley Library
112 Kingsway
- COST** FREE
- BOOKINGS**  www.trybooking.com/COEVA
or  9518 3030
- PARKING** On-site parking or two-hour street parking

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NEIGHBOURHOOD HOUSE WEEK 2024



Neighbourhood Houses Victoria™

Neighbourhood House Week is celebrated from Monday 13 to Sunday 19 May 2024 and this year's theme is 'Stronger Together'. It's a chance to recognise more than 400 neighbourhood houses in Victoria, and the important contributions they make to their local communities. Come discover what's on at your local neighbourhood house!

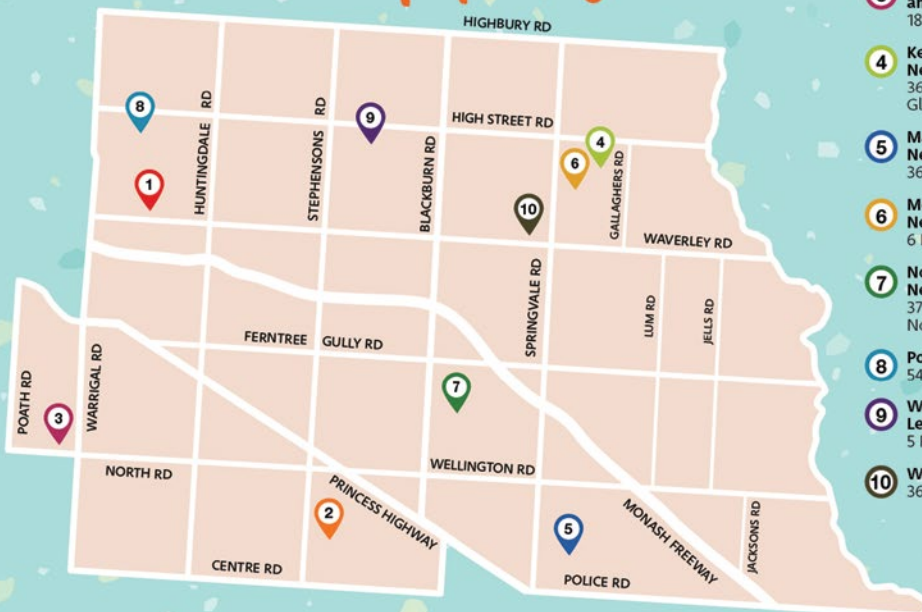
Monash's 10 neighbourhood houses offer a broad range of social, educational, recreational and support programs and activities. Our neighbourhood houses are all non-profit, community-managed organisations. They provide supportive and friendly spaces where people can come together to share mutual interests, learn new skills, and support one another.

Neighbourhood houses are safe and inclusive places that promote social connections and embrace cultural diversity through innovative and inclusive programs. With an ever-changing variety of programs on offer, some of the activities you can participate in include delicious cooking classes, LGBTQIA+ connection groups, free community lunches, job skills courses for recent migrants, free hearing tests and many more.

During Neighbourhood House Week, discover the variety of activities your local neighbourhood house is running. Visit their website or contact them directly for more information.

Contact details:  www.monash.vic.gov.au/neighbourhood-houses

NEIGHBOURHOOD HOUSES in Monash



- 1** Amaroo Neighbourhood Centre
34 Amaroo Street, Chadstone
- 2** Dixon House Neighbourhood Centre
2 Dixon Street, Clayton
- 3** Fusion Oakleigh Youth and Community Centre
185 Warrigal Road, Hughesdale
- 4** Kerrie Rd Neighbourhood House
36 Kincumber Drive, Glen Waverley
- 5** Mackie Road Neighbourhood House
36-42 Mackie Road, Mulgrave
- 6** Mount Street Neighbourhood House
6 Mount Street, Glen Waverley
- 7** Notting Hill Neighbourhood House
37 Westerfield Drive, Notting Hill
- 8** Power Neighbourhood House
54 Power Avenue, Ashwood
- 9** Waverley Community Learning Centre
5 Fleet Street, Mount Waverley
- 10** Wavlink
36 Myrtle Street, Glen Waverley



THE IMPORTANCE OF HAVING A CARING GENERAL PRACTITIONER (GP) PRESENTED BY DR BERNIE CRIMMINS

Your GP is usually the first person you see if you have a health concern. Dr Bernie Crimmins is a GP and an author of men's health books who will talk about the role of the GP and why it is important to have a caring one who can provide care that's right for you.



DATE	Wednesday 15 May
TIME	12pm-1pm
VENUE	Monash Men's Shed 49-77 Bogong Avenue, Glen Waverley
COS	Lunch is provided for a \$2 donation
BOOKINGS	📞 9561 8557
PARKING	On-site parking



HIGH TEA CELEBRATION AT ZEST HOLMESGLEN TAFE

Holmesglen student training restaurant 'Zest' is opening its doors especially for us. In celebration of Mother's Day, these trainee students will showcase their food service skills and excite your taste buds, with a delicious selection of handmade hot and cold foods including an assortment of desserts.

Please note, due to the student curriculum, the training restaurant cannot cater for vegan diets and the following dietary intolerances: lactose/dairy, gluten, fructose.

DATE	Friday 17 May
TIME	12.30pm-2.30pm
VENUE	Zest Restaurant, Holmesglen TAFE, 595 Waverley Road, Glen Waverley Zest is located on the ground floor of Building 1 at Holmesglen's Waverley campus
COSTS	\$45, includes high tea lunch, tea and coffee. Other beverages available at bar prices
BOOKINGS	🌐 www.trybooking.com/COIQS or 📞 9518 3555
PARKING	Parking available for \$6 per day (ticket machine requires your licence plate details)



UNDERSTANDING INCOME STREAMS

Libraries
Change Lives

PRESENTED BY SERVICES AUSTRALIA

In this session you'll hear from a Services Australia financial services officer who will demystify topics such as superannuation, how superannuation is assessed towards your Centrelink payments, contribution caps, downsizer contribution, tax implications and the Australian retirement standards.

DATE	Tuesday 21 May
TIME	6.30pm-7.30pm
VENUE	Mount Waverley Library 41 Miller Crescent
COST	FREE
BOOKINGS	www.trybooking.com/CNXAW or ☎ 9518 3950
PARKING	On-site parking

ROAD SAFETY SESSION

Libraries
Change Lives

Come meet Victoria Police's Monash Crime Prevention Officer for an introduction to general road rules and road safety. Find out important points such as what to do when you pass a stationary emergency vehicle.

This presentation is for newly arrived members in our community but is a great refresher for everyone.

DATE	Wednesday 29 May
TIME	10.30am-11.30am
VENUE	Glen Waverley Library 112 Kingsway
COST	FREE
BOOKINGS	www.trybooking.com/CNTDC or ☎ 9518 3030
PARKING	On-site parking or two-hour street parking

MAY
PROGRAMS

NATIONAL RECONCILIATION WEEK

Monday 27 May – Monday 3 June 2024



We all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories, cultures, and futures.

For more information visit www.monash.vic.gov.au/reconciliation-week

PALS COMMUNITY BUS DAY TRIPS

BOOKINGS FOR ALL PALS COMMUNITY BUS DAY TRIPS OPEN ON WEDNESDAY 21 FEBRUARY 2024.

Each trip is limited to 18 seats.

Pick-up points for each trip are located at Clayton Community Centre and Central Reserve in Glen Waverley.

You will receive a confirmation letter before the event. These outings involve a significant amount of walking on uneven surfaces and are recommended for people with good mobility.

MARCH – CALDERMEADE FARM

Caldermeade Farm offers a unique experience for everyone. Settled in 1875, Caldermeade was originally one of the region's premier beef cattle properties. Today it is a modern, fully operational commercial dairy farm focusing on educating and entertaining its visitors. Enjoy a one-hour specialised tractor trailer farm tour. Morning tea and lunch at the café.

DATE	Monday 4 March or Friday 15 March
TIME	8.45am-3.30pm
VENUE	Caldermeade Farm, Caldermeade
COST	\$46 transport fee, tour and one-course lunch, payable on booking Morning tea: prices start from \$4.50
BOOKINGS	Clayton pick-up point: Clayton Community Centre, 9-15 Cooke Street 🌐 www.trybooking.com/COISV or ☎ 9518 3555 Glen Waverley pick-up point: Central Reserve, 690 Waverley Road 🌐 www.trybooking.com/COITC or ☎ 9518 3555
PARKING:	Clayton Community Centre: All-day parking permit will be issued on the day Glen Waverley: On-site parking



APRIL – CLOUDEHILL GARDENS

Located in the heart of the Dandenong Ranges, Cloudehill Gardens has 25 gardens to explore, each with its own character and season of interest. Enter through clipped hedges and topiary before enjoying the sweeping curves and seasonal colour changes of the bulb meadows in lower sections of the gardens. Join us for a guided walking tour with morning tea and lunch available in the Seasons Restaurant. Good mobility is required as there are stairs and multiple levels in the gardens.



DATE Mondays, 8 April or 29 April or Friday 19 April

TIME 8.45am-3.30pm

VENUE Cloudehill Gardens, Olinda

COSTS \$11 transport fee, payable on booking. Entry and guided tour: \$17.50
Morning tea: prices start from \$4. Lunch: prices start from \$11

BOOKINGS **Clayton pick-up point:** Clayton Community Centre, 9-15 Cooke Street
🌐 www.trybooking.com/COITS or ☎ 9518 3555
Glen Waverley pick-up point: Central Reserve, 690 Waverley Road
🌐 www.trybooking.com/COIUJ or ☎ 9518 3555

PARKING: **Clayton Community Centre:** All-day parking permit will be issued on the day
Glen Waverley: On-site parking

MAY – PENTRIDGE PRISON

Known as Hell Division to its inmates, this 90-minute tour covers the dark heart of Pentridge. Your tour guide, with the aid of the latest audio-immersive technology, will walk you through this maximum-security unit and uncover the difficult truths of H Division. Morning tea and lunch at Cobrick Coffee.



DATE Friday 10 May or Monday 20 May

TIME 8.45am-3.30pm

VENUE Pentridge Prison, Coburg

COSTS \$42.50 includes transport fee and guided tour, payable on booking
Morning tea: prices start from \$4. Lunch: prices start from \$11

BOOKINGS **Clayton pick-up point:** Clayton Community Centre, 9-15 Cooke Street
🌐 www.trybooking.com/COIVY or ☎ 9518 3555
Glen Waverley pick-up point: Central Reserve, 690 Waverley Road
🌐 www.trybooking.com/COIWE or ☎ 9518 3555

PARKING: **Clayton Community Centre:** All-day parking permit will be issued on the day
Glen Waverley: On-site parking

LET'S GET SOCIAL

CITY OF MONASH SOCIAL INCLUSION PROGRAMS

As an Age-Friendly City, Monash Council offers a range of social activities and programs to encourage and support older residents to participate in community life. The social inclusion programs support our community to stay connected with others to improve their health and wellbeing.

Our range of programs include the following:

COFFEE AND CHAT

Have a cup of coffee and a chat with a regular volunteer in this program that aims to foster new relationships.

Meet at a time and place that suits you, either over the phone, in your home or at a local park or café.

Contact the Social Inclusion team to register: ☎ 9518 3247

FRIENDSHIP FRIDAYS

Would you like to be more social and meet new people? Friendship Fridays offers an opportunity to come together, meet like-minded people, make new friends, and socialise at Halcyon Positive Ageing Activity Centre in Glen Waverley.

TIME 9.30am-12.30pm (closed public holidays)

VENUE 915 Waverley Road, Glen Waverley

COST Cost is a gold coin donation, includes morning tea and activities.
No bookings required.



Commonwealth Home Support Programs (CHSP)

NEIGHBOURHOOD LOCAL OUTING PROGRAM

The Neighbourhood Local Outing Program is a door-to-door outing service visiting local activity centres and destinations such as Waverley Gardens Shopping Centre and Wheelers Hill Library. You can attend to errands or sit and have a coffee with friends.

DAYS Every Wednesday and Friday

TIME 9am-2pm

COST \$5.90

BOOKINGS ☎ 9518 3247



MONASH ON THE MOVE (MOMS)

Monash on the Move is a door-to-door group outing service that allows you to visit various destinations with great company. Developed by its members, the program encourages you to meet new people, make new friends and connect with your community.

POSITIVE AGEING ACTIVITY CENTRE (PAAC) – OAKLEIGH

This program offers you the opportunity to meet on a weekly basis at one of our centres. You will connect with people while enjoying good company, social activities, healthy and active ageing programs, and social outings. Transport may be available (subject to availability and mobility screening).

DEMENTIA SOCIAL GROUP – GLEN WAVERLEY (HALCYON)

Available to Monash residents who experience memory loss and other associated conditions related to dementia. While members are enjoying themselves at the centre, their carers can enjoy some respite time knowing their loved ones are being cared for. Transport may be available (subject to availability and mobility screening).

Social Inclusion contact:

Please call the Social Inclusion team on ☎ **9518 3247**, Monday to Friday, 8.30am-4pm or email ✉ socialinclusion@monash.vic.gov.au

To access CHSP programs, you need to be aged 65 or over and registered with **My Aged Care**. To register, phone My Aged Care on ☎ **1800 200 422** or visit 🌐 www.myagedcare.gov.au to request an assessment for a Social Group referral with City of Monash, Glen Waverley.

The CHSP Social Inclusion programs incur a service fee. Centre-based fees cover morning tea and activities. Clients are to bring their own packed lunch. Outing program clients are to cover any other costs in addition to the service fee.

Monash on the Move is a door-to-door group outing service that allows you to visit various destinations with great company. Developed by its members, the program encourages you to meet new people, make new friends and connect with your community.

Monash on the Move is funded through My Aged Care. To register for the MOMS programs, please contact My Aged Care on ☎ **1800 200 422** or at 🌐 **www.myagedcare.gov.au** and request a Social Group referral with City of Monash, Glen Waverley.

Pick-up time from: 9am | Cost: \$9.60 service fee | Bookings: ☎ 9518 3247

MARCH 2024



SUMMER BLISS AT FRANKSTON PIER

Come along on this refreshing summer outing to the Frankston Pier with morning tea and lunch at Sophia's Restaurant. Enjoy a walk along the pier, dip your toes in the water or even bring your bathers if you would like a swim! Water bottle, towel, sunscreen and hat highly recommended.

DATE	Tuesday 5 March
ADDITIONAL COST	Cash only on the day – no split bills allowed Morning tea: prices start from \$5 Lunch: prices start from \$15
BOOKINGS	☎ 9518 3247



DAME ELISABETH MURDOCH'S CRUDEN FARM

Join us at Cruden Farm for morning tea and a talk on Dame Elisabeth Murdoch's 80-year horticultural legacy followed by lunch at the Dandenong Pavilion. Wander through the enchanting gardens to uncover the area's rich history and gain an appreciation for Dame Elisabeth's remarkable gift to future generations.

DATE	Wednesday 13 March
ADDITIONAL COST	Entry fee and talk: \$10 (charged to your account) Morning tea: \$6 (charged to your account) Lunch: two-course menu from \$20 (please bring cash)
BOOKINGS	☎ 9518 3247



McCLELLAND SCULPTURE PARK AND GALLERY

Discover cultural treasures surrounded by eight hectares of bushland. Our expert guide will share intriguing insights into the art collection, and you can also explore three interior galleries, visit the picturesque lake or find a shady spot to sit. Good mobility is required to walk along uneven ground on unsealed paths and tracks. Bookings close on Thursday 14 March at 12pm.

DATE Thursday 21 March

ADDITIONAL COST Entry and tour: donation of \$2
Morning tea: prices start from \$5
Lunch: prices start from \$18

BOOKINGS ☎ 9518 3247



LONG LUNCH AT THE SKY HIGH BISTRO MOUNT DANDENONG

Enjoy a Sky High experience with majestic views over the Melbourne skyline. Before our long lunch, take a stroll through the lush gardens to see wildlife, flowering plants and of course that view! This is a luncheon outing only. Pick up is between 10am-11am to arrive by 11:30am for a 12:30pm lunch.

DATE Monday 25 March

ADDITIONAL COST Entry fee: \$3
(charged to your account)
Lunch: prices start from \$15

BOOKINGS ☎ 9518 3247



APRIL 2024



EXPLORE SASSAFRAS

Escape the city stress and relax in this charming and unique Dandenong village. Explore the quirky shops and enjoy a meal at the Ripe Café. This is a hilly area with uneven pavements and steps into shops. Bookings close at 12pm Monday 1 April.

DATE Wednesday 3 April

ADDITIONAL COST Morning tea: prices start from \$5
Lunch: prices start from \$20

BOOKINGS ☎ 9518 3247





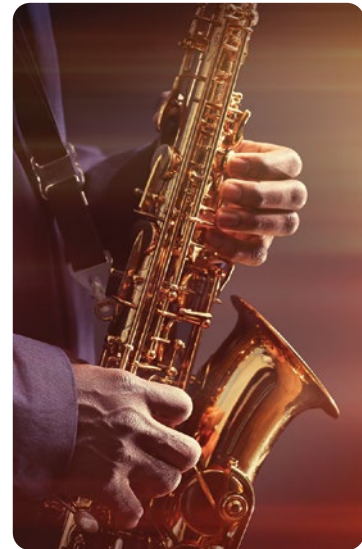
JAZZ MUSEUM WITH LIVE JAZZ BAND

Immerse yourself in all things jazz with an exclusive tour of the premier Australian Jazz Museum, home of the largest Australian jazz collection. Afterwards, we will enjoy a live jazz band playing beloved jazz and swing hits, before rounding off the day with lunch at the museum. Booking close at 12pm Tuesday 2 April. Cancellation after this date or on the day will be payable in full.

DATE Tuesday 9 April

ADDITIONAL COST Tour, live music and lunch: \$25
(charged directly to your account)
Please confirm any dietary requirements on booking

BOOKINGS ☎ 9518 3247



MONASH MORNING MELODIES, LAZY MOE'S, OAKLEIGH

Steph Renouf is an accomplished pianist and singer known for her versatility. Performing an uplifting selection of the most requested songs, she provides a high-energy, vibrant performance that will have you dancing, swaying and singing along! Bookings close on Tuesday 16 April. Cancellations after this date will incur the \$8 charge for the entertainment.

DATE Thursday 18 April

ADDITIONAL COST Morning Melodies: \$8
(charged directly to your account)
Morning tea: prices start from \$4.50
Lunch: prices start from \$19

BOOKINGS ☎ 9518 3247

SHOPPING AT MOORABBIN DFO

Did somebody say shopping spree? Wander the many outlet shops and enjoy the opportunity to stock up on anything you may need from clothes and shoes to bedding and homewares and other items. Or just simply window shop! Morning tea and lunch is available at the food court.

DATE Monday 22 April

ADDITIONAL COST Morning tea: prices start from \$5
Lunch: prices start from \$15

BOOKINGS ☎ 9518 3247



LUNCH FOLLOWED BY CONCERT WITH JEN HAWLEY

Enjoy lunch at beloved Chinese restaurant Uncle Jack's Kitchen followed by a special concert with Jen Hawley. Jen will present an upbeat selection of songs to take you back to the golden age of 20th-century music. Hear the beautiful songs of Edith Piaf, Frank Sinatra and Dean Martin, to name just a few! Your toes will be tapping and your hands clapping along with Jen and her trusty guitar. Pick up is between 10:30am-11:30am and drop off home is about 4.30pm.



DATE Tuesday 7 May

ADDITIONAL COST Lunch: prices start from \$18 (cash only)

BOOKINGS ☎ 9518 3247

HIGH TEA AT ZEST HOLMESGLEN

Holmesglen student training restaurant 'Zest' is opening its doors especially for us. In celebration of Mother's Day, these trainee students will showcase their food service skills and excite your taste buds, with a delicious selection of handmade hot and cold foods including an assortment of desserts. This is a luncheon outing only. Pick up is between 11am-12pm to arrive by 12:30pm. Due to the student curriculum, specific dietary requirements cannot be catered for.

DATE Friday 17 May

ADDITIONAL COST Lunch: \$45 includes a drink on arrival plus filter coffee and tea

BOOKINGS ☎ 9518 3247



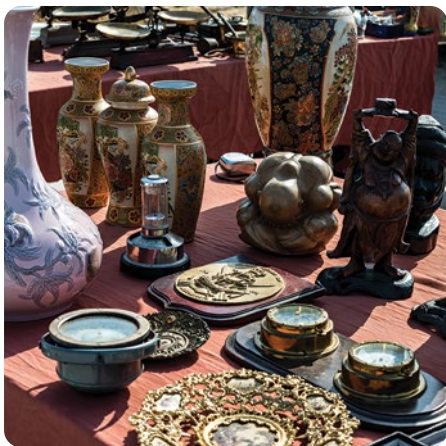
WAVERLEY ANTIQUE BAZAAR WITH LUNCH AT THE PARKROYAL MONASH – NEW

Wear your comfortable walking shoes for a fun morning hunting for hidden treasure. The bazaar has antiques along with a wide selection of collectibles, vintage clothing and accessories. An Asian-influenced lunch will follow at Ginger Restaurant at the ParkRoyal Monash.

DATE Wednesday 22 May

ADDITIONAL COST Morning tea: prices start at \$5. Lunch: prices start from \$18

BOOKINGS ☎ 9518 3247



INTERGENERATIONAL MORNING TEA AT CABENA PLAYGROUP FOLLOWED BY LUNCH AT ZEST RESTAURANT

Join us for a fun and lively intergenerational morning tea where older adults, parents and children will come together to enjoy each other's company. Whether you want to play games, sing, or just have a coffee and chat, this is the perfect opportunity to establish new friendships across generations. Afterwards, enjoy a lunch at Zest Restaurant served by the students at Holmesglen's hospitality training centre.

DATE Thursday 30 May

ADDITIONAL COST Lunch: \$32 (two-course)

BOOKINGS ☎ 9518 3247





ACTIVE MONASH

MONASH AQUATIC & RECREATION CENTRE CLAYTON AQUATICS & HEALTH CLUB OAKLEIGH RECREATION CENTRE

You're never too old to enjoy the benefits of exercise. Even small amounts of exercise can improve your health.

Active Monash has programs and classes suitable for all levels of experience. Classes can even be adapted, or modified, to suit your needs. Participate YOUR way!

There are a range of services across the centres including:

- Gym
- Group fitness classes
- Warm water exercise pool
- Heated indoor / outdoor pools
- Sauna / steam room / spa

Discounts available for seniors and concession card holders.



**ACTIVE
MONASH**



 9265 4888
 www.activemonash.vic.gov.au

ACTIVE
MONASH


GET ACTIVE FOR FREE IN MONASH



Free to use fitness equipment has been installed in 15 different parks, gardens and reserves across Monash.

With equipment targeting specific areas, choose your own adventure and focus on upper body, lower-body, chest, back, core, or whole body for a great cardio workout. QR codes are placed at each site linked to tutorials showing how to safely use equipment and explains target muscle groups and benefits.

While keeping fit and exercising safely is key, another equally important benefit is the social interaction that comes from visiting our fitness hubs. They provide a place for residents to meet others and build connections.

Visit  www.monash.vic.gov.au/get-active-monash to search for the fitness equipment closed to you and get started.

DEMENTIA-FRIENDLY GROUP CLASS

A friendly class specifically designed for those with early-stage dementia to help individuals move and exercise in a safe and fun environment. Led by experienced and qualified group exercise instructors, this class is engaging and enjoyable.

The class will work on improving functional strength, flexibility and cognitive stimulation. Exercising helps to prevent falls and maintains healthy mind, body and spirit. Other positive effects include improvements to mood, sleep and quality of life.

DATE Wednesdays

TIME 11.30am-12.30pm

VENUE Oakleigh Recreation Centre, 2A Park Road, Oakleigh

COST \$8.20

BOOKINGS ✉ ActiveMonash@monash.vic.gov.au

PARKING On-site parking



**ACTIVE
MONASH**

**PARTICIPATE
YOUR WAY**

www.activemonash.vic.gov.au

CANCELLATION AND REFUND POLICY

To receive a refund for a PALS event that incurs a cost, you are required to give five days' cancellation notice to allow us to fill the place. Monash Council reserves the right to charge for a booking if you cancel in the 24 hours before an event. If you cancel due to an emergency (e.g. sudden illness, admission to hospital) the booking fee may be waived. All cancellations will be charged a \$0.50 Trybooking administration fee.

ACCESSIBILITY

Our PALS program offers activities for a wide range of abilities. Activities will include a statement such as, 'This outing involves a significant amount of walking on uneven surfaces and is recommended for people with good mobility'. Please consider your abilities when choosing an event. This information is provided for you to select events that match your mobility requirements.

COVID-19 SAFETY

All in-person events will follow health guidelines and government recommendations or restrictions. Please do not attend if you feel unwell or have COVID-19 symptoms.

Monash Civic Centre

 293 Springvale Road,
Glen Waverley
8.30am-5pm

Oakleigh Service Centre

 3 Atherton Road, Oakleigh
8.30am-5pm

National Relay Service

(for people with hearing or speech impairments)

 1800 555 660

Contact us

 9518 3555

 www.monash.vic.gov.au

 PALS@monash.vic.gov.au

Interpreter Services

 普通话	4713 5001
廣東話	4713 5002
Việt Ngữ	4713 5003
Ελληνικά	4713 5004
हिंदी	4713 5005
Italiano	4713 5008
한국어	4713 5010
සිංහල	4713 5020
தமிழ்	4713 5021
Other languages	4713 5000

