

PALS

Positive Ageing Lifestyle Program



INCLUDES
2023 MONASH
SENIORS
FESTIVAL
2-31 OCTOBER

SPRING
2023 edition

September-November



WELCOME TO PALS

Welcome to the Spring 2023 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 Spring edition celebrates the 2023 Monash Seniors Festival and recognises Dementia Action Week. Join representatives from Monash University, Dementia Australia and Carers Victoria for our Dementia Awareness Forum, a comprehensive look at dementia, including what it is, ways to reduce risk factors and how we as a community can better support those living with dementia and their carers.

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/email

If you do not have access to a computer or smart device, you can make a booking by calling Customer Experience on  **9518 3555** or emailing  PALS@monash.vic.gov.au

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.

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 peoples.

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.



2023 MONASH SENIORS FESTIVAL

The 2023 Monash Seniors Festival kicks off with the Positive Ageing Forum, a fun and informative day that explores the subject of how to live (and age) well.

Highlights include keynotes from internationally renowned nutritionist Ngaire Hobbins (pictured right) and Postdoctoral Research Fellow in Neuropsychology Dr Emily Rosenich. A program of more than 50 activities will be hosted by community groups and clubs for you to enjoy throughout the month.

Refer to the full program on pages 15-39.



COMMUNITY SAFETY MONTH: 2-31 OCTOBER 2023

Community Safety Month is held across Monash every October and reminds us that we all have a role to play in keeping our community safe.

This year's program is packed with many fun, interesting and practical safety events, forums and get-togethers for everyone to take part in.

To view the full program please visit www.monash.vic.gov.au/community-safety-month or ☎ 9518 3574



PALS SEPTEMBER PROGRAMS

ITALIAN SOCIAL GROUP (GRUPPO ITALIANO DI SOCIALIZZAZIONE)

Libraries
Change Lives

Come enjoy a morning of social conversation all in Italian! Meet and engage with other Italian speakers in the local community and learn more about library resources and services available in Monash. Please bring along a copy of your favourite recipe to share (Per favore, porta un copia della tua ricetta preferita da condividere). This event is aimed at adult Italian speakers who have limited opportunities to converse in Italian.

DATE	Friday 1 September (Venerdì 1 Settembre)
TIME	11am-12pm (dalle 11.00 a mezzogiorno)
VENUE	Clayton Library (Biblioteca di Clayton) 9-15 Cooke Street, Clayton
COST	FREE
BOOKINGS	Bookings required (Registrazione necessaria) ☎ 9541 3120
PARKING	Three-hour parking behind the Clayton Community Centre



CEMETERIES IN FAMILY HISTORY RESEARCH

Libraries
Change Lives

PRESENTED IN PARTNERSHIP WITH THE MONASH LIBRARIES FAMILY HISTORY GROUP

Cemetery research is a crucial family history skill and locating the last resting places of our ancestors can be an important aspect of our genealogical research. Sometimes the search may be easy and other times more complicated. This session will cover cemetery research as well as other supplementary research methods such as death certificates, newspaper burial notices and inscriptions on monuments.

DATE	Monday 4 September
TIME	10.15am-11.30am
VENUE	Wheelers Hill Library, 860 Ferntree Gully Road, Wheelers Hill or Online
COST	FREE
BOOKINGS	In person: 🌐 www.trybooking.com/CIYQN (Wheelers Hill Library) or ☎ 9265 4877 Zoom: 🌐 www.trybooking.com/CIYQP
PARKING	On-site parking

DEMENTIA ACTION WEEK

Led by Dementia Australia, Dementia Action Week is a major leadership, awareness and advocacy campaign held annually to coincide with World Alzheimer’s Day. This year it is held from Monday 18 September to Sunday 24 September with World Alzheimer’s Day occurring on Thursday 21 September.

As part of Council’s efforts to establishing itself as a dementia-friendly community, we are presenting a program of activities to raise awareness about how to better support those living with dementia and their carers.



MONASH DEMENTIA AWARENESS FORUM

Join representatives from Monash University’s Turner Institute for Brain and Mental Health, Dementia Australia and Carers Victoria for a comprehensive look at dementia, including what it is, ways to reduce risk factors and how we as a community can better support those living with dementia and their carers.

DATE	Monday 4 September
TIME	10am-12.30pm
VENUE	Clayton Community Centre Theatre 9-15 Cooke Street, Clayton
COST	FREE
BOOKINGS	www.trybooking.com/CJXCN or 9518 3555
PARKING	Three-hour parking behind the Clayton Community Centre

DEMENTIA ACTION WEEK

MOVIES IN MONASH: JUNE AGAIN

June Again is a heartwarming and humorous film that follows the journey of June Wilton. A spirited and determined woman, June experiences a fleeting bout of lucidity from her dementia, and has precious little time to reconnect with her estranged family, mend broken relationships, and rediscover the joys of living. This touching tale reminds us that it's never too late to find love, laughter and the strength to make every moment count. Morning tea is available from 10.30am.

DATE	Thursday 7 September
TIME	10.30am-1pm
VENUE	Clayton Community Centre Theatre 9-15 Cooke Street, Clayton
COST	FREE
RATING	M: Drama/Comedy
SCREENING TIME	1 hour 39 minutes
BOOKINGS	www.trybooking.com/CJXCV or ☎ 9518 3555
PARKING	Three-hour parking behind the Clayton Community Centre



BRAIN TRAINING – THINK FASTER, FOCUS BETTER AND REMEMBER MORE!

Libraries
Change Lives

PRESENTED BY MONASH PUBLIC LIBRARY SERVICE

Embark on a captivating morning of team camaraderie and mental stimulation as you delve into a world of puzzles and brainteasers. Join us for an entertaining experience that not only introduces you to new friends but also enhances your memory, processing speeds and overall cognitive abilities. Morning tea is available from 10.30am.

DATE	Thursday 14 September
TIME	10.30am-12pm
VENUE	Positive Ageing Activity Centre (PAAC) 148 Drummond Street Oakleigh (same building as Oakleigh Library)
COST	FREE
BOOKINGS	www.trybooking.com/CJXDH or ☎ 9518 3555
PARKING	Two-hour street parking or multi-deck car park in Atkinson Street



DEMENTIA ACTION WEEK

UNDERSTANDING DEMENTIA

PRESENTED BY BOLTON CLARKE AND MONASH MEN'S SHED

This Understanding Dementia session explains what dementia is, its causes, signs and symptoms, as well as how to reduce the risks.



DATE	Wednesday 20 September
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



BECOME A DEMENTIA FRIEND

PRESENTED BY CITY OF MONASH



'Dementia Friends' is part of the Dementia-Friendly Communities program from Dementia Australia. It aims to transform the way we all think, act and talk about dementia. Being a Dementia Friend can start with small, everyday acts of support and understanding. These small acts can make a big difference in the lives of people living with dementia. This session aims to:

- convey the impact dementia can have on people
- explain how a dementia-friendly community is created
- prompt you to consider changes you can make to become more dementia-friendly.

DATE	Wednesday 27 September
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



DEMENTIA ACTION WEEK

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 fun. The class will work on improving functional strength, flexibility and cognitive stimulation.

DATE	Wednesdays
TIME	11.30am-12.30pm
VENUE	Oakleigh Recreation Centre 2A Park Road, Oakleigh
COST	\$8.20
BOOKINGS	Email Carol Sayer for bookings and information ✉ carol.syer@monash.vic.gov.au
PARKING	On-site parking



DEMENTIA AUSTRALIA SUPPORT SERVICES

The National Dementia Helpline is a free telephone service that provides information and advice to:

- people living with dementia
- people concerned about changes to memory and thinking
- people living with Mild Cognitive Impairment (MCI)
- family, friends and carers of people living with dementia
- people who work in health and aged care.

In addition to sharing information and advice, the helpline team can also:

- provide emotional support and guidance
- connect you to Dementia Australia and community support services and programs
- discuss government support, including My Aged Care, National Disability Insurance Scheme (NDIS), Carer Gateway and Dementia Behaviour Management Advisory Service (DBMAS).



HOW TO ACCESS THE NATIONAL DEMENTIA HELPLINE

Free call: ☎ 1800 100 500

Webchat: 🌐 dementia.org.au/helpline/webchat

Email: ✉ helpline@dementia.org.au

The National Dementia Helpline operates 24 hours a day, seven days a week, 365 days a year. For more information, visit 🌐 www.dementia.org.au/helpline

COME AND TRY WALKING FOOTBALL

EASTERN LIONS SOCCER CLUB

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

DATE	Every Tuesday
TIME	10am-11am
VENUE	Eastern Lions Soccer Club 26 Sixth Avenue, Burwood
COST	FREE
BOOKINGS	✉ jsevans@ozemail.com.au
PARKING	On-site parking



80-UP CLUB

MOUNT STREET NEIGHBOURHOOD HOUSE



Join others over 80 for a fun session of mild exercise, stimulating games and activities guided by a qualified instructor.

This is followed by a yummy afternoon tea and social time. Transport can be arranged through South East Volunteers.

DATE	Thursdays
TIME	1pm-3pm
VENUE	6 Mount Street Glen Waverley
COST	First session is FREE
BOOKINGS	☎ 9803 8706
PARKING	On-site parking

SUPER SEVENTIES

MOUNT STREET NEIGHBOURHOOD HOUSE



A program for people over 70 who want to improve their overall health. Led by a qualified instructor, sessions include a variety of fun activities such as drumming, dance, strength/balance building, meditation and nutritional advice. This is followed by a morning tea and social chat time.

DATE	Fridays
TIME	10.30am-12pm
VENUE	6 Mount Street Glen Waverley
COST	First session is FREE
BOOKINGS	☎ 9803 8706
PARKING	On-site parking

PALS SEPTEMBER PROGRAMS (CONT'D)

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	\$5
BOOKINGS	No bookings required. For enquiries ✉ seniors@waverleybasketball.com
PARKING	On-site parking



MEDITATION AND MINDFUL MOVEMENT MOUNT STREET NEIGHBOURHOOD HOUSE

This weekly program helps improve focus, productivity and concentration, as well as promoting quality sleep. You'll learn a combination of meditation practices, including focused breathing exercises and mindful movements, to help regulate stress and anxiety and balance your emotions.

DATE	Fridays
TIME	10am-11am
VENUE	6 Mount Street, Glen Waverley
COST	First session is FREE
BOOKINGS	☎ 9803 8706
PARKING	On-site parking



DIABETES AND YOU: HEALTH FORUM

Libraries
Change Lives

A diabetes nurse educator, dietitian, physiotherapist, podiatrist and exercise physiologist from Link Health will present information about their services and how they can assist the community.



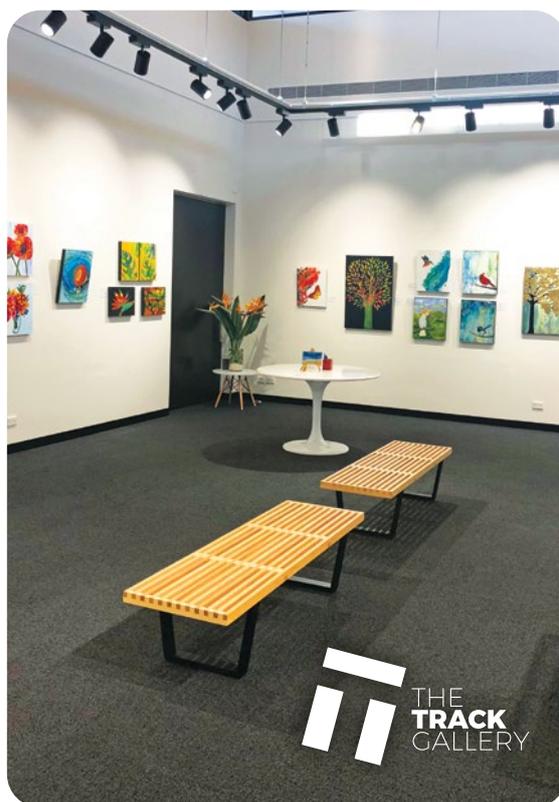
This free information session is for people living with diabetes, their family members and/or carers.



DATE	Wednesday 6 September
TIME	10.30am-12pm
VENUE	Glen Waverley Library 112 Kingsway, Glen Waverley
COST	FREE
BOOKINGS	www.trybooking.com/CJEHX or 9518 3030
PARKING	On-site parking or two-hour street parking

ART AND CRAFT EXHIBITION: 'VISIONS PAST, PRESENT AND FUTURE' THE TRACK GALLERY

An exhibition of over 100 displays by the students and tutors of Mount Street Neighbourhood House showcasing drawing, painting, decoupage, knitting, crochet, mosaic, jewellery, patchwork and quilting.



DATE	6-17 September
TIME	10am-2pm
VENUE	Mount Waverley Community Centre 47 Miller Crescent Mount Waverley
COST	FREE
BOOKINGS	www.msnh.org.au or 9803 8706
PARKING	On-site parking



PALS SEPTEMBER PROGRAMS (CONT'D)

INTRODUCTION TO TOUCHSCREEN DEVICES: USING IPADS FOR SENIORS

Libraries
Change Lives

In this session we will introduce you to touchscreen technology. Using an iPad, we will show you how to use a touchscreen and keyboard, how to access the internet and connect to wi-fi, as well as demonstrate how to download and use apps. iPads will be available to use in the session, or you are welcome to bring your own.

DATE	Friday 8 September
TIME	10.30am-12pm
VENUE	Glen Waverley Library 112 Kingsway, Glen Waverley
COST	FREE
BOOKINGS	www.trybooking.com/CJDSR or 9518 3030
PARKING	On-site parking or two-hour street parking



FRESH SPRING RECIPE AND BOOK CHAT

Libraries
Change Lives

Come along and share favourite spring-inspired recipes and cooking ideas using fresh seasonal produce. We will look at recipe books celebrating spring cooking ideas and discuss any current food and cooking trends we have noticed. After the session some of the recipes will be collated and emailed to participants. Light refreshments will be provided.

DATE	Thursday 14 September
TIME	7pm-8pm
VENUE	Clayton Library 9-15 Cooke Street, Clayton
COST	FREE
BOOKINGS	www.trybooking.com/CHLAG or 9541 3120
PARKING	On-site parking



FALLS PREVENTION

||||| / / /
Libraries
Change Lives

One third of people over the age of 65 fall at least once a year, and around half of these are in and around the home. In this information session you will learn how to reduce the risk of falls and stay active and independent for longer. All attendees will receive information to take home, including exercises to improve strength, mobility and balance.

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



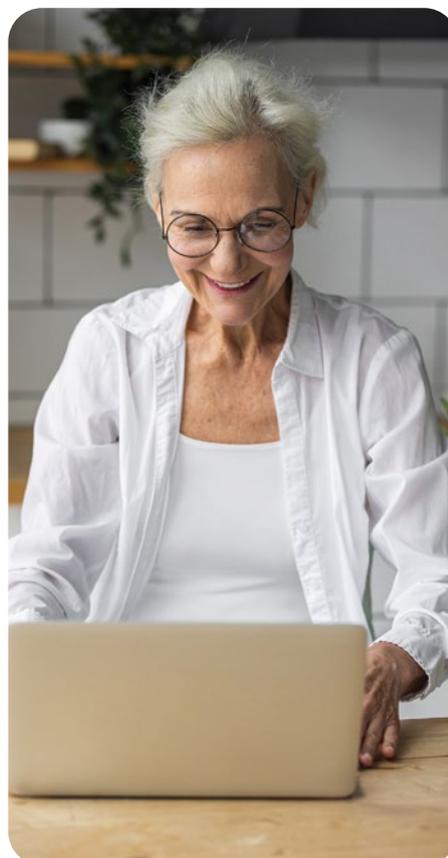
YOUR DIGITAL LEGACY

||||| / / /
Libraries
Change Lives

Do you use the internet or have a digital device? Our important documents, accounts and memories are increasingly stored online, and these can be lost if we don't plan for what happens to them. This session will explain what is meant by a Digital Legacy and how you can manage your digital assets as part of your estate.

Important: This session does not provide legal advice but will give you some handy things to think about when planning what happens to your online presence.

DATE	Tuesday 19 September
TIME	10.30am-12pm
VENUE	Oakleigh Library (upstairs auditorium) 148 Drummond Street, Oakleigh
COST	FREE
BOOKINGS	🌐 www.trybooking.com/CJDSS or 📞 9518 3970
PARKING	Two-hour street parking or multi-deck carpark in Atkinson Street



PALS SEPTEMBER PROGRAMS (CONT'D)

METRO RAIL SAFETY EDUCATION SESSION – GET ONBOARD WITH METRO TRAINS!



PRESENTED BY METRO TRAINS AND CITY OF MONASH

Did you know that from 1-8 October 2023 Victorian Seniors Card Holders can explore Melbourne and regional Victoria for FREE as part of Victorian Seniors Festival? If you haven't caught public transport recently and want to learn more about how to travel safely, join us for this Metro rail safety education session. The session will build your confidence as a public transport user and provide options for those with mobility concerns.

DATE	Monday 25 September
TIME	10.30am-11.30am
VENUE	Monash Civic Centre – Function Room 293 Springvale Road, Glen Waverley
COST	FREE
BOOKINGS	 www.trybooking.com/CJXEC or  9518 3555
PARKING	On-site parking or two-hour street parking



EAT DRINK MAN WOMAN FILM SCREENING

AN EVENT FOR THE MOON FESTIVAL 2023

Libraries
Change Lives

A gastronomic delight from Academy Award-winning director Ang Lee, *Eat Drink Man Woman* is a classic tale of simmering frustrations and relationship woes as semi-retired Master Chef Chu (Sihung Lung) shares his culinary skills and tends to his three unmarried daughters' respective emotional journeys.

DATE	Wednesday 27 September
TIME	6pm-8pm
VENUE	Clayton Library 9-15 Cooke Street, Clayton
COST	FREE
BOOKINGS	 www.trybooking.com/CJARS or  9541 3120
PARKING	Three-hour parking behind the Clayton Community Centre



2-31 October 2023

Monash Seniors Festival



Coming
together,
stronger
than ever

Victorian
Seniors
Festival
2023



Monash Seniors Festival

Mayor's Message



Welcome to the 2023 Monash Seniors Festival.

Monash Council is proud to present this year's Monash Seniors Festival, which takes place from Monday 2 October – Tuesday 31 October under the theme, *'Coming together, stronger than ever'*.

Recognised as an Age-Friendly City by the World Health Organisation, the City of Monash is committed to fostering an age-friendly community that acknowledges and celebrates the vital contributions our senior residents make.

Monash Seniors Festival will run alongside the Victorian Seniors Festival, a state-wide celebration held every October for people over 60, together providing a comprehensive and broad range of opportunities for older adults to connect with their community.

Our festival kicks off with the popular Positive Ageing Forum, held Wednesday 4 October, which looks to empower seniors with the knowledge they'll need to live and age well. Forum highlights include keynotes from internationally renowned nutritionist Ngaire Hobbins and neuropsychology expert Dr Emily Rosenich, as well as a mental health workshop and information on healthy ageing, nutrition and ways to stay active.

Within these pages, you'll find more than 50 Council and community-run events, which are either free or low-cost, including film screenings, come-and-try activities, health and wellbeing sessions, and day trips to parks, gardens and galleries.

I hope you find something to engage and delight you, and I encourage you to bring your neighbours, families and friends along to take part in all the festival has to offer.

A handwritten signature in cursive script that reads "Tina Samardzija".

Mayor Tina Samardzija

From 1 October to 8 October 2023 take advantage of free public transport with your Seniors myki and Victorian Seniors Card. Explore Melbourne and regional Victoria to experience the many live Victorian Seniors Festival events.



Monash Seniors Festival calendar

Date	Time	Event Name	Page
Tuesday 3 October	9am-2pm	Chinese Association of Monash Open Day	20
Tuesdays 3-31 October	10am-2pm	Historic Oakleigh Exhibition	20
Wednesday 4 October	9.30am-2.30pm	Monash Seniors Festival Opening Event: Positive Ageing Forum	19
Wednesday 4 October	10.30am-2pm	Good Neighbour Club	20
Thursday 5 October	11am-1pm	Hanging Basket Competition with Gardening Australia's Jane Edmanson	21
Thursday 5 October	2pm-3pm	Signs of Australia: Vintage Signs from the City to the Outback	21
Thursdays 5-14 October	3.30pm-4.30pm	Strength Training	22
Thursday 5 October	8.15pm-10.30pm	Encore Theatre Company Presents <i>Cul-De-Sac</i>	22
Friday 6 October	10am-12pm	Come and Try Combined Probus Club of Monash	22
Friday 6 October	11am-3pm	Monash Indian-Multicultural Seniors Coming Together	23
Saturday 7 October	10am-11.30am	Come and Try Croquet	23
Saturday 7 October	2pm-4pm	Coming Together in Vienna	23
Sunday 8 October	1pm-4pm	Elderly Joy Concert	24
Monday 9 October	10am-12pm	Probus Experience	24
Tuesday 10 October	10.30am-12.30pm	Stay Safe, Stay Informed: Fire Safety at Home and CPR Information Session	25
Tuesday 10 October	10.30am-11.30am	The Gosneys and Threepenny Lending Libraries	25
Tuesday 10 October	11am-12pm	Master Your Mind	26
Tuesday 10 October	11am-12.30pm	Take Two	26
Wednesday 11 October	10am-2.30pm	Try Lawn Bowls Day	26
Wednesday 11 October	7.40pm-11pm	Musical Movie Night: <i>A Star Is Born</i>	27
Thursday 12 October	9am-1pm	Exercise Well Session	27
Thursday 12 October	2pm-4pm	Chinese Taiji and Group Dancing	27
Thursday 12 October	12.30pm-2.30pm	Celebration Lunch at Zest	28
Thursday 12 October	1pm-3.30pm	Learn to Play Bridge Day	29
Thursday 12 October	6.30pm-8pm	Squizzly Taylor and the Gangs of Melbourne	29

Monash Seniors Festival calendar

Date	Time	Event Name	Page
Saturday 14 October	1pm-4pm	Summer Veggies Workshop	29
Saturday 14 October	6pm-11pm	Seniors Night	30
Monday 16 October	10am-12pm	Chisholm Combined Probus Club General Meeting Invitation	30
Mondays from 16 October	10am-12pm	Tech for the Terrified	30
Monday 16 October	11am-12pm	Metro Rail Safety and Information Session	31
Tuesday 17 October	10.30am-11.30am	Finances in Retirement and Navigating My Aged Care	31
Wednesday 18 October	10am-11.30am	Jells Park History Walk	32
Wednesday 18 October	12pm-1pm	Prostate Cancer Awareness Session	32
Wednesday 18 October	1.30pm-3pm	Come and Try Croquet	33
Friday 20 October	10am-12pm	Learn about the Flowers of Valley Conservation Reserve	33
Friday 20 October	10.30am-12pm	Free Book Swap and Morning Tea	33
Friday 20 October	10.30am-12pm	Laughing Yoga	34
Friday 20 October	1pm-3pm	Scambusters: Safety in a Digital World	34
Monday 23 October	11am-12pm	Healthy Eating and Nutrition	34
Tuesday 24 October	11am-12pm	Circus: A History in Australia	35
Tuesday 24 October	11am-12pm	Protecting Your Rights	35
Thursday 26 October	10am-12pm	CPR Training	35
Thursday 26 October	10am-12pm	Seniors Morning Tea at The Hub	36
Thursday 26 October	10.30am-12pm	Soundfair Hearing Centre Information Session	36
Friday 27 October	10am-12pm	Friendship and Fun with Probus	36
Saturdays from 28 October	4pm-6pm	Come and Try Lawn Bowls	37
Monday 30 October	10.30am-11.30am	Independence at Home: Discover the Latest Gadgets	37
Monday 30 October	10.30am-12.45pm	Movies in Monash: <i>The Greatest Showman</i>	38
Tuesday 31 October	2pm-4pm	Knitting and Crochet Workshop for Seniors	39

Positive Ageing Forum

Join us to launch the 2023 Monash Seniors Festival at our Positive Ageing Forum! This fun and informative program explores how we can live (and age) well, with presentations about healthy ageing, nutrition, physical activity, and a mental health workshop.

Keynote speakers:

Internationally renowned nutritionist and aged care consultant Ngaire Hobbins is an authority on nutrition, ageing, brain health and dementia.

Postdoctoral Research Fellow in Neuropsychology Dr Emily Rosenich is from the Turner Institute for Brain and Mental Health at Monash University.



Other highlights:

Active Monash will talk about how to keep active as we age.

Provisional psychologists from Monash University's School of Educational Psychology and Counselling will hold a workshop on practical skills and strategies to support your mental health and wellbeing.

DATE	Wednesday 4 October
TIME	9.30am-2.30pm
VENUE	Mulgrave Community Centre, 355 Wellington Road, Mulgrave
COST	FREE
BOOKINGS	 www.trybooking.com/CJXEJ or  9518 3555
ENQUIRIES	On-site parking

CHINESE ASSOCIATION OF MONASH OPEN DAY

Come and enjoy various activities with the Chinese Association of Monash, including singing, tai chi, dancing, calligraphy, painting, photography, weaving, wind music and more. Chinese food will be available.

DATE	Tuesday 3 October
TIME	9am-2pm
VENUE	Mount Waverley Community Centre 47 Miller Crescent, Mount Waverley
COST	FREE
BOOKINGS	www.trybooking.com/CJUXK or ☎ 9518 3555
PARKING	On-site parking



HISTORIC OAKLEIGH EXHIBITION HISTORY MONASH

Learn more about our local history with this exhibition that presents a broad sweep of the history of the Oakleigh region from before European settlement until WWII.

DATE	Tuesdays from 3-31 October
TIME	10am-2pm
VENUE	Monash Federation Centre, 3 Atherton Road, Oakleigh
COST	FREE
BOOKINGS	No bookings required
ENQUIRIES	✉ info@historymonash.org.au
PARKING	Warrabee Park car park in Drummond Street or two-hour street parking

GOOD NEIGHBOUR CLUB MULGRAVE UNITING CHURCH

Come and try a social group where you can play games and chat. Bring your own lunch. Morning tea provided.

DATE	Wednesday 4 October
TIME	10.30am-2pm
VENUE	Mulgrave Uniting Church, Wanda Street, Mulgrave
COST	FREE
BOOKINGS	No bookings required
ENQUIRIES	☎ 9560 5192
PARKING	On-site parking



HANGING BASKET COMPETITION WITH GARDENING AUSTRALIA'S JANE EDMANSON

AVEO – OAK TREE HILL RETIREMENT VILLAGE

Calling Monash's botanical buffs! Oak Tree Hill invites you to its inaugural hanging basket competition, judged and presented by Gardening Australia's Jane Edmanson. Come admire the entries, see Jane live and enjoy a free barbecue lunch.

DATE Thursday 5 October

TIME 11am-1pm

VENUE Oak Tree Hill Community Centre
37 View Mount Road (Gate A)
Glen Waverley

COST FREE

BOOKINGS <https://hangbasketcomp.eventbrite.com.au>
or ☎ 9133 8788

ENQUIRIES ☎ 9133 8788

PARKING Limited on-site parking.
Please inform at booking if accessible parking is required.



SIGNS OF AUSTRALIA: VINTAGE SIGNS FROM THE CITY TO THE OUTBACK

Libraries
Change Lives

Once upon a simpler time, hand-painted and hand-crafted signs brought colour and vibrancy to Australian towns and cities – advertising everything from dining rooms, milk bars to Chinese restaurants. Now faded and slowly disappearing, they tell the story of Australian life over two centuries.

Join photographer Brady Michaels as he discusses the impressive range of nostalgic signs and images he has captured from across Australia, including a selection of images from the City of Monash.

DATE Thursday 5 October

TIME 2pm-3pm

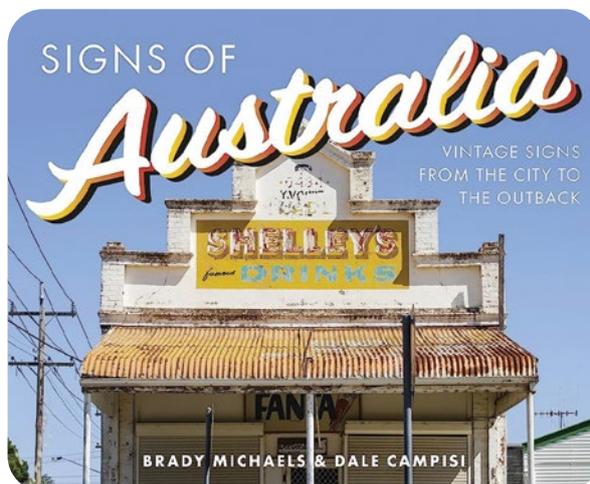
VENUE Wheelers Hill Library
860 Ferntree Gully Road
Wheelers Hill

COST FREE

BOOKINGS www.trybooking.com/CJJZZ
or ☎ 9518 3555

ENQUIRIES ☎ 9265 4877

PARKING On-site parking



STRENGTH TRAINING

WAVERLEY COMMUNITY LEARNING CENTRE

Increase and improve your bone density, strength and cardiovascular fitness.

DATE Thursdays, 5 October to 14 October

TIME 3.30pm-4.30pm

VENUE 5 Fleet Street, Mount Waverley

COST \$132 for 11 weeks

BOOKINGS ☎ 9807 6011

PARKING On-site parking



ENCORE THEATRE COMPANY PRESENTS CUL-DE-SAC

Take part in the Australian premiere of *Cul-de-Sac*, written by John Cariani and directed by Helen Ellis. This play is a dark comedy navigating the heartache of relationships.

DATE Thursday 5 October

TIME 8.15pm-10.30pm

VENUE Clayton Community Centre Theatre, 9-15 Cooke Street, Clayton

COST FREE

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

ENQUIRIES ☎ 1300 739 099

PARKING Three-hour parking behind the Clayton Community Centre

COME AND TRY COMBINED PROBUS CLUB OF MONASH

COMBINED PROBUS CLUB OF MONASH

A meeting of our social activities group for retired and semi-retired women and men, with morning tea and a guest speaker. Learn about our activities including interest groups, lunches, dinners and outings.

DATE Friday 6 October

TIME 10am-12pm

VENUE Mount Waverley Youth Centre
45 Miller Crescent, Mount Waverley

COST FREE

BOOKINGS ☎ 0407 322 901

ENQUIRIES ☎ 0407 322 901

PARKING On-site parking



MONASH INDIAN–MULTICULTURAL SENIORS COMING TOGETHER

INDIAN SENIOR CITIZENS ASSOCIATION

Everyone is invited to a showcase of yoga, Indian dances, costume, jewellery and Indian food by the Indian Senior Citizens Association.

DATE	Friday 6 October
TIME	11am–3pm
VENUE	Ashwood Hall, 21A Electra Avenue
COST	FREE, donations are welcome
BOOKINGS	No bookings required
ENQUIRIES	☎ 0418 872 614 or ☎ 0418 306 106
PARKING	On-site 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 7 October
TIME	10am–11.30am
VENUE	Electra Reserve, 21A Electra Avenue, Ashwood
COST	FREE
BOOKINGS	🌐 www.trybooking.com/CJVIM or ☎ 518 3555
ENQUIRIES	☎ 9803 3053 or ☎ 0418 339 458
PARKING	On-site parking



COMING TOGETHER IN VIENNA

ROBERT STOLZ VIENNESE MUSIC SOCIETY

An afternoon of uplifting music with soprano Shu-Cheen Yu, alongside a choir, accompanist and instrumentalists. Afternoon tea is included.

DATE	Saturday 7 October
TIME	2pm–4pm
VENUE	Glen Waverley Uniting Church, 10–12 Bogong Avenue, Glen Waverley
COST	\$20
BOOKINGS	🌐 www.trybooking.com/CIVQT or ☎ 0408 646 164
PARKING	On-site parking or two-hour street parking

ELDERLY JOY CONCERT

SPRING ARTS MULTICULTURAL SENIORS ASSOCIATION

Enjoy a concert performed by senior players who are all aged 65 years and over, with wind and other instruments, singing and dancing.

DATE	Sunday 8 October
TIME	1pm-4pm
VENUE	Jordanville Community Centre 94 Batesford Road, Chadstone
COST	FREE
BOOKINGS	🌐 www.trybooking.com/CJVYIY or ☎ 9518 3555
ENQUIRIES	☎ 0439 012 668
PARKING	On-site parking



PROBUS EXPERIENCE

LADIES PROBUS CLUB OF OAKLEIGH

Come along to a meeting of the Ladies Probus Club of Oakleigh and enjoy coffee, tea and biscuits while listening to a special guest speaker.

DATE	Monday 9 October
TIME	10am-12pm
VENUE	South Oakleigh Bowling Club, 1216 North Road, Oakleigh South
COST	FREE
BOOKINGS	No bookings required
ENQUIRIES	☎ 0421 490 983
PARKING	On-site parking

NATIONAL CARERS WEEK

National Carers Week will run from Sunday **15 October** to **Saturday 21 October 2023**.

It is a time to recognise, celebrate and raise awareness about the 2.65 million Australians who provide care and support to a family member or friend.

If you are a carer, you can access online support services at 🌐 www.carergateway.gov.au or find your local Carer Friendly Place at 🌐 www.carersvictoria.org.au



STAY SAFE, STAY INFORMED: FIRE SAFETY AT HOME AND CPR INFORMATION SESSION

PRESENTED BY FIRE RESCUE VICTORIA
AND AMBULANCE VICTORIA



Did you know that older people and people with disabilities are more at-risk from fire in their home? But there are simple actions that everyone can take to keep themselves safe from fire. This interactive session, presented by firefighters from Fire Rescue Victoria, will help you understand home-fire risks and discuss how you can prevent fires, ensure that you have working smoke alarms that are suitable to your needs, and the importance of having a home escape plan.

Ambulance Victoria will also be sharing up-to-date CPR information on this technique that can save lives. Come gain skills, knowledge, and confidence in CPR. This event is presented as part of Council's Community Safety Month.

DATE	Tuesday 10 October
TIME	10.30am-12.30pm
VENUE	Positive Ageing Activity Centre (PAAC) 148 Drummond Street, Oakleigh (same building as Oakleigh Library)
COST	FREE
BOOKINGS	 www.trybooking.com/CJSMM or  9518 3555
PARKING	Two-hour street parking or multi-deck carpark in Atkinson Street



THE GOSNEYS AND THREEPENNY LENDING LIBRARIES

HISTORY MONASH

The Gosneys operated a 'threepenny lending library' near Oakleigh railway station from 1941 to 1952. This talk looks at the importance of private lending libraries to the public in that era.

DATE	Tuesday 10 October
TIME	10.30am-11.30am
VENUE	Monash Federation Centre, 3 Atherton Road, Oakleigh
COST	FREE
BOOKINGS	 www.trybooking.com/CJVJE or  9518 3555
ENQUIRIES	 info@historymonash.org.au
PARKING	Warrawee Park car park in Drummond Street or two-hour street parking

MASTER YOUR MIND

Modern life is busy and demanding. We all encounter stress and anxiety from time to time. Stress is a normal physical response to threatening events or events that upset your balance. Master Your Mind community information session is designed to introduce you to techniques to recognise, manage and help prevent unhealthy levels of stress. Take a deep breath, mindfulness starts now. A talk by Taryn from Bolton Clarke.



Libraries
Change Lives

DATE	Tuesday 10 October
TIME	11am-12pm
VENUE	Glen Waverley Library 12 Kingsway, Glen Waverley
COST	FREE
BOOKINGS	www.trybooking.com/CILQM or ☎ 9518 3555
ENQUIRIES	☎ 9518 3030
PARKING	On-site parking or two-hour street parking



TAKE TWO MUSEUM OF AUSTRALIAN PHOTOGRAPHY

Join us at MAPH for some philosophy, wordplay and creative challenges that will make you view two works of art in a completely different light. No specialist knowledge is needed – just a willingness to think, share and engage in some artful play. This program will take place in our latest exhibition The William and Winifred Bowness Photography Prize.

DATE	Tuesday 10 October
TIME	11am-12.30pm
VENUE	Museum of Australian Photography 860 Ferntree Gully Road Wheelers Hill
COST	FREE
BOOKINGS	www.eventbrite.com.au/e/take-two-tickets-662738798587
ENQUIRIES	☎ 8544 0500
PARKING	On-site parking

TRY LAWN 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	Wednesday 11 October
TIME	10am-2.30pm
VENUE	Glen Waverley Bowls Club 690 Waverley Road Glen Waverley
COST	FREE
BOOKINGS	www.trybooking.com/CJVVI or ☎ 9518 3555
ENQUIRIES	☎ 9561 3227
PARKING	On-site parking



MUSICAL MOVIE NIGHT: A STAR IS BORN

WAVERLEY FILM SOCIETY

Judy Garland stars as a talented aspiring singer who wants to appear in movies. She teams up with James Mason, a former matinee idol in decline. This 1954 classic was nominated for six Academy Awards.

DATE	Wednesday 11 October
TIME	7.40pm-11pm
VENUE	Wadham House, 52 Wadham Parade Mount Waverley (behind Mount Waverley Library)
COST	FREE
BOOKINGS	☎ 9807 3426
ENQUIRIES	☎ 9807 3426
PARKING	On-site parking



EXERCISE WELL SESSION

UNITING AGEWELL

This structured 45-minute circuit-based exercise program aims to help you improve your general health, fitness, strength and balance. Information is available on other Uniting AgeWell services and social connection programs.

DATE	Thursday 12 October
TIME	9am-1pm
VENUE	St David's Uniting Church, 154 Drummond Street, Oakleigh
COST	FREE
BOOKINGS	🌐 www.trybooking.com/CJVKO or ☎ 9518 3555
ENQUIRIES	☎ 9568 0466
PARKING	Two-hour street parking or multi-deck carpark in Atkinson Street

CHINESE TAIJI AND GROUP DANCING

CHINESE PROFESSIONALS CLUB OF AUSTRALIA (CPCA)

Come and experience taiji, taiji sword practice and group dancing for seniors. You are welcome to join the activities on the day and every Sunday at Jells Park.

DATE	Thursday 12 October
TIME	2pm-4pm
VENUE	Ashwood Hall, 21A Electra Avenue, Ashwood
COST	FREE
BOOKINGS	🌐 www.trybooking.com/CJVJN or ☎ 9518 3555
ENQUIRIES	☎ 0433 244 951
PARKING	On-site parking

Monash Seniors Festival Celebration Lunch



Zest Restaurant, Holmesglen TAFE

Come along and join your fellow friends and neighbours from Monash as we celebrate Monash Seniors Festival. Join us for lunch at Zest Restaurant, Holmesglen TAFE. Holmesglen hospitality students will demonstrate their food service skills by preparing us a delicious three course lunch. Zest offers modern Australian cuisine and provides industry focus training to future hospitality professionals. This allows the trainees to apply their food and beverage service skills, knowledge and interpersonal skills.

DATE Thursday 12 October

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

COST \$38, includes three course set menu, tea and coffee
Other beverages available at bar prices

BOOKINGS  www.trybooking.com/CJYDP or  9518 3555

PARKING Parking available for \$6 per day
(ticket machine requires your licence plate details)

LEARN TO PLAY BRIDGE DAY

WAVERLEY BRIDGE CLUB

Come down and learn the basics of bridge, the fun card game you can play anywhere. This come and try session will introduce you to the game.

DATE	Thursday 12 October
TIME	1pm-3.30pm
VENUE	Electra Community Centre, 21A Electra Avenue, Ashwood
COST	\$15
BOOKINGS	https://booking.waverleybridgeclub.com.au/Lesson/Purchase?shop_ItemCode=22-OGXBG
ENQUIRIES	☎ 9807 6502
PARKING	On-site parking



SQUIZZY TAYLOR AND THE GANGS OF MELBOURNE

||||| / / / / /
Libraries
Change Lives

Squizzy Taylor enjoyed a fearsome reputation in 1920s Melbourne, with his crimes ranging from pickpocketing, assault and shop-breaking through to armed robbery and murder. Join crime author and biographer Roy Maloy to learn more about the life of this infamous criminal who can be rightly considered as the father of modern Australian crime.

DATE	Thursday 12 October
TIME	6.30pm-8pm
VENUE	Whealers Hill Library 860 Ferntree Gully Road, Wheelers Hill
COST	FREE
BOOKINGS	www.trybooking.com/CJKAA or ☎ 9265 4877
PARKING	On-site parking



SUMMER VEGGIES WORKSHOP

WAVERLEY GARDEN CLUB

Visit a large suburban garden including over 500 orchids, 100 bonsai and a large veggie garden, and plant your own punnets of summer-growing vegetables under the guidance of Waverley Garden Club's experienced members. Afternoon tea provided.

DATE	Saturday 14 October
TIME	1pm-4pm
VENUE	3 Orchard Rise, Park Orchards
COST	FREE
BOOKINGS	www.trybooking.com/CJVLE or ☎ 9518 3555
PARKING	Street parking



SENIORS NIGHT

PILIPINO ELDERLY ASSOCIATION OF SOUTH EAST REGION (PEASER)

Join us for a fun night of dancing and cultural presentations.

DATE	Saturday 14 October
TIME	6pm-11pm
VENUE	Clayton Hall, 264 Clayton Road, Clayton
COST	\$25 (payable at the venue)
BOOKINGS	☎ 0421 118 006
PARKING	On-site parking



CHISHOLM COMBINED PROBUS CLUB GENERAL MEETING INVITATION

Visitors are invited to attend our October general meeting and listen to our guest speaker, retired detective Graeme Simpfendorfer, the lead investigator in the hit TV show *Hunted Australia*.

DATE	Monday 16 October
TIME	10am-12pm
VENUE	Mount Waverley Youth Centre 45 Miller Crescent, Mount Waverley
COST	FREE
BOOKINGS	No bookings required
ENQUIRIES	☎ 9802 5496
PARKING	On-site parking



TECH FOR THE TERRIFIED

WAVERLEY COMMUNITY LEARNING CENTRE

This program is suitable for absolute beginners at using smartphones and computers. Please bring your own device.

DATE	Mondays, 16 October to 11 December
TIME	10am-12pm
VENUE	5 Fleet Street, Mount Waverley
COST	\$40
BOOKINGS	☎ 9807 6011
ENQUIRIES	☎ 9807 6011
PARKING	On-site parking



METRO RAIL SAFETY AND INFORMATION SESSION



This Metro rail safety information session will improve passengers' confidence, mobility and ensure all members of the community are safely using the rail network. The session will cover platform and train safety, safe use of rail crossings, journey planning, accessible trains and platforms, and who to contact for help.

- DATE** Monday 16 October
- TIME** 11am-12pm
- VENUE** Glen Waverley Library, 112 Kingsway, Glen Waverley
- COST** FREE
- BOOKINGS** www.trybooking.com/CJBMA or 9518 3030
- PARKING** On-site parking or two-hour street parking



FINANCES IN RETIREMENT AND NAVIGATING MY AGED CARE

AVEO - OAK TREE HILL RETIREMENT VILLAGE

Join us to find out current and general information on retirement, budget changes, maximising superannuation, Centrelink, navigating the My Aged Care system and government funding. Morning tea included.

- DATE** Tuesday 17 October
- TIME** 10.30am-11.30am
- VENUE** Oak Tree Hill Retirement Community Centre
37 View Mount Road (Gate A), Glen Waverley
- COST** FREE
- BOOKINGS** <https://financesretirement.eventbrite.com.au> or 9133 8788
- ENQUIRIES** 9133 8788
- PARKING** Limited on-site parking. Please inform at booking if accessible parking is required.

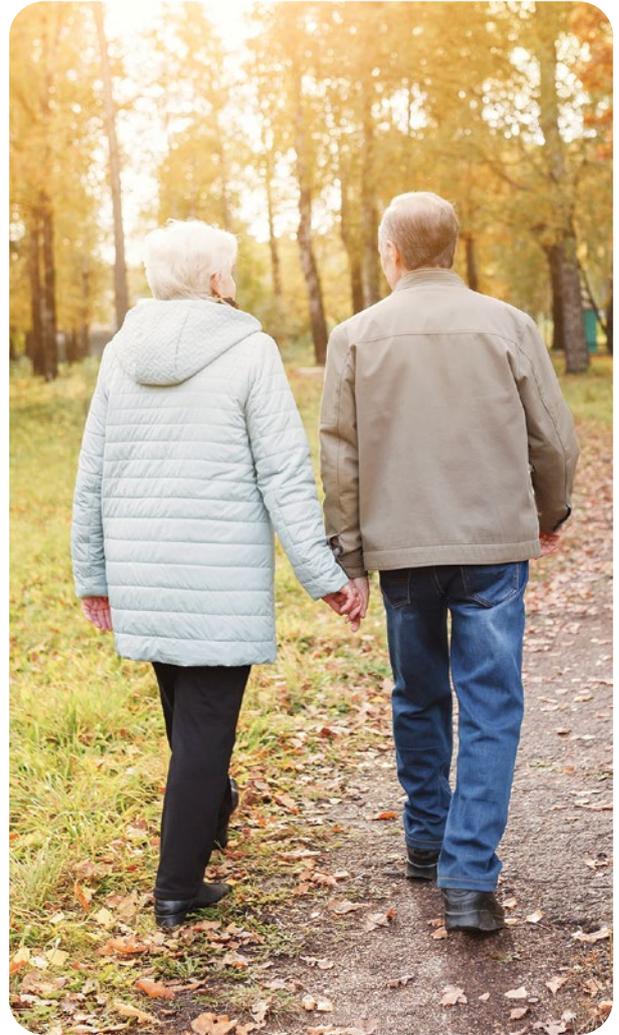


JELLS PARK HISTORY WALK WAVERLEY BUSHWALKING CLUB

Jells Park is a much-loved public park in Wheelers Hill. Named after one of the earliest settlers Joseph Jell who grazed cattle in the mid to late 1800s. The park has an interesting history and was utilised as a piggery from the late 1930s to the 1960s.

Meet at Madeline's Café for a tour of several sites in the park, with commentary on the park's history since European settlement.

DATE	Wednesday 18 October
TIME	10am-11.30am
VENUE	Jells Park Waverley Road, Wheelers Hill (meet outside Madeline's)
COST	FREE
BOOKINGS	www.trybooking.com/CJVL or ☎ 9518 3555
ENQUIRIES	☎ 0438 630 938
PARKING	On-site parking



PROSTATE CANCER AWARENESS SESSION MONASH MEN'S SHED



Prostate cancer is the most common cancer diagnosed in Australian men. This session is to encourage more men to take action to improve their health outcomes. Andrew Blackwell's presentation aims to raise awareness about the prostate, symptoms, when to get tested and where to get information.

DATE	Wednesday 18 October
TIME	12pm-1pm
VENUE	49-77 Bogong Avenue Glen Waverley
COST	Lunch available for a \$2 donation
BOOKINGS	☎ 9561 8557
PARKING	On-site 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 coffee and cake afterwards.

DATE	Wednesday 18 October
TIME	1.30pm-3pm
VENUE	Electra Reserve, 21A Electra Avenue, Ashwood
COST	FREE
BOOKINGS	www.trybooking.com/CJVLJ or ☎ 9518 3555
ENQUIRIES	☎ 9803 3053 or ☎ 0418 339 458
PARKING	On-site parking



LEARN ABOUT THE FLOWERS OF VALLEY CONSERVATION RESERVE

FRIENDS OF SCOTCHMANS CREEK AND VALLEY RESERVE

Join the Friends of Scotchmans Creek and Valley Reserve on a guided bushwalk around the reserve, followed by a quiz and prizes. Please dress for outdoor walking including sturdy shoes.

DATE	Friday 20 October
TIME	10am-12pm
VENUE	Valley Conservation Reserve – Education Hub 80 Waimarie Drive, Mount Waverley
COST	FREE
BOOKINGS	www.trybooking.com/CJWJB or ☎ 9518 3555
ENQUIRIES	http://scotchmanscreekfriends.org.au or ☎ 0477 006 774
PARKING	On-site parking



FREE BOOK SWAP AND MORNING TEA

COMBINED PROBUS CLUB OF MONASH CENTRAL

We invite you to enjoy our free, delicious morning tea, browse books and tap your toes to live jazz entertainment. Bring one book and take two.

DATE	Friday 20 October
TIME	10.30am-12pm
VENUE	Mount Waverley Youth Centre, 43 Miller Crescent
COST	FREE
BOOKINGS	www.trybooking.com/CJVLZ or ☎ 9518 3555
ENQUIRIES	☎ 9808 0995
PARKING	On-site parking



LAUGHING YOGA

PRESENTED BY SWARNA UPADASA

Libraries
Change Lives

Laughter minimises stress, increases endorphins and is beneficial for all parts of the body. Come join Swarna as she brings gentle exercise and laughter to a session of Laughing Yoga. Bring your smiles and be part of this uplifting and joyful training.

DATE	Friday 20 October
TIME	10.30am-12pm
VENUE	Glen Waverley Library, 112 Kingsway, Glen Waverley
COST	FREE
BOOKINGS	www.trybooking.com/CGRVE or 9518 3030
PARKING	On-site parking or two-hour street parking



SCAMBUSTERS: SAFETY IN A DIGITAL WORLD

WAVERLEY COMMUNITY LEARNING CENTRE

Learn about what to watch out for online, on your phone and in your email inbox to be aware of scams and keep safe in the digital world.

DATE	Friday 20 October
TIME	1pm-3pm
VENUE	5 Fleet Street, Mount Waverley
COST	FREE
BOOKINGS	9807 6011
ENQUIRIES	9807 6011
PARKING	On-site parking



HEALTHY EATING AND NUTRITION

PRESENTED BY BOLTON CLARKE



Libraries
Change Lives

This healthy eating and nutrition information session with Rachel from Bolton Clarke will teach you about healthy eating habits, basic nutrition principles and how you can get the most out of your meals every day. You will also receive a free Maggie Beer Foundation recipe booklet so you can turn your new knowledge of nutrition into beautiful, delicious meals.

DATE	Monday 23 October
TIME	11am-12pm
VENUE	Glen Waverley Library, 112 Kingsway, Glen Waverley
COST	FREE
BOOKINGS	www.trybooking.com/CJEQQ or 9518 3030
PARKING	On-site parking or two-hour street parking



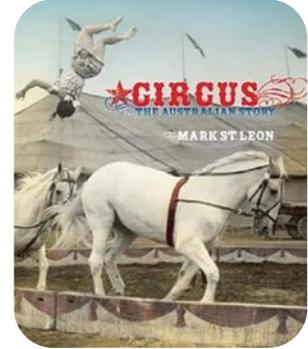
CIRCUS: A HISTORY IN AUSTRALIA

||||| /
Libraries
Change Lives

Join author Mark St Leon as he presents a comprehensive, entertaining and visually stunning history of the circus in Australia.

The journey starts with his own family's past involvement with the circus, through to how the circus is woven into the historical fabric of modern Australia. Copies of the book by Mark St Leon will be available to purchase at the event.

DATE	Tuesday 24 October
TIME	11am-12pm
VENUE	Whealers Hill Library 860 Ferntree Gully Road, Wheelers Hill
COST	FREE
BOOKINGS	www.trybooking.com/CJKAK or ☎ 9265 4877
PARKING	On-site parking



PROTECTING YOUR RIGHTS

||||| /
Libraries
Change Lives

In Australia, one in six people over 65 years of age will experience elder abuse within their family, in any 12 months.

There are ways you can take steps 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 so your choices are respected and where to seek support and assistance when abuse occurs.

DATE	Tuesday 24 October
TIME	11am-12pm
VENUE	Glen Waverley Library, 112 Kingsway, Glen Waverley
COST	FREE
BOOKINGS	www.trybooking.com/CJHXU or ☎ 9518 3030
PARKING	On-site parking or two-hour street parking

CPR TRAINING WAVERLEY COMMUNITY LEARNING CENTRE

Learn how to help someone in an emergency situation.

DATE	Thursday 26 October
TIME	10am-12pm
VENUE	5 Fleet Street, Mount Waverley
COST	FREE
BOOKINGS	www.wclc.org.au or ☎ 9807 6011
PARKING	On-site parking



SENIORS' MORNING TEA AT THE HUB

THE HUB, GLEN WAVERLEY UNITING CHURCH

Come and share morning tea with other seniors who volunteer in our community. Everyone is welcome. Donations are welcome to support research into MND (Motor Neurone Disease).

DATE	Thursday 26 October
TIME	10am-12pm
VENUE	Glen Waverley Uniting Church Corner Bogong Avenue and Kingsway
COST	FREE, donations welcome for MND
BOOKINGS	Group bookings ☎ 9560 3580
ENQUIRIES	☎ 9560 3580
PARKING	Limited on-site parking or two-hour street parking



SOUNDFAIR HEARING CENTRE INFORMATION SESSION



Soundfair Hearing Centre is holding an information session about the organisation's services, communication tips and how to look after your hearing health. Morning tea is available from 10.30am.

DATE	Thursday 26 October
TIME	10.30am-12pm
VENUE	Positive Ageing Activity Centre (PAAC) 148 Drummond Street Oakleigh (same building as Oakleigh Library)
COST	FREE
BOOKINGS	🌐 https://events.humanitix.com/pals-soundfair-hearing-centre-information-session
ENQUIRIES	☎ 9510 1577
PARKING	Two-hour street parking or multi-deck carpark in Atkinson Street

FRIENDSHIP AND FUN WITH PROBUS

COMBINED PROBUS CLUB OF SYNDAL

Join our Spring Racing-themed meeting. See what we offer for male and female retirees. Enjoy morning tea and hear our guest speaker Dr Geoff Crawford explore why London's 'Jack the Ripper' still intrigues us.

DATE	Friday 27 October
TIME	10am-12pm
VENUE	Mount Waverley Youth Centre 45 Miller Crescent Mount Waverley
COST	FREE
BOOKINGS	🌐 www.trybooking.com/CJVMF or ☎ 9518 3555
ENQUIRIES	☎ 0415 040 477
PARKING	On-site parking



COME AND TRY LAWN BOWLS

MOUNT WAVERLEY BOWLING CLUB



Everyone is welcome to come and try lawn bowls at the friendly bowls club. This all-abilities, all-ages sport is easy to learn and offers a lifetime of enjoyment. Free tuition provided.

DATE	Saturdays, 28 October and 3-17 November
TIME	4pm-6pm
VENUE	Corner Alvie Road and Wadham Parade, Mount Waverley
COST	FREE
BOOKINGS	No bookings required
ENQUIRIES	✉ info@mwbc.com.au or ☎ 0478 952 026
PARKING	On-site parking



INDEPENDENCE AT HOME: DISCOVER THE LATEST GADGETS

AVEO - OAK TREE HILL RETIREMENT VILLAGE

Discover, touch and feel some of the latest gadgets and equipment that can help you with daily needs, assist with mobility issues, and maintain your independence. Includes Q&A time and a delicious morning tea.

DATE	Monday 30 October
TIME	10.30am-11.30am
VENUE	Oak Tree Hill Retirement Community Centre 37 View Mount Road (Gate A), Glen Waverley
COST	FREE
BOOKINGS	🌐 https://independentathome.eventbrite.com.au or ☎ 9133 8788
ENQUIRIES	☎ 9133 8788
PARKING	Limited on-site parking. Please inform at booking if accessible parking is required.



Movies in Monash

The Greatest Showman

Join us at the Clayton Theatre for the closing event in the Seniors Festival program, *The Greatest Showman*.

An exhilarating musical film that brings to life the extraordinary journey of P.T. Barnum, a visionary entrepreneur who defied societal conventions to create the mesmerising world of the circus.

Starring the charismatic Hugh Jackman in the lead role, the movie takes audiences on a thrilling ride through 19th-century showmanship, blending dazzling musical numbers, heartfelt storytelling and a celebration of inclusivity.

Morning tea available from 10.30am.



DATE	Monday 30 October
TIME	10.30am-12.45pm
VENUE	Clayton Community Centre Theatre, 9-15 Cooke Street, Clayton
COST	FREE
RATING	PG
SCREENING TIME	1 hour 45 minutes
BOOKINGS	 www.trybooking.com/CJXEO or  9518 3555
PARKING	Three-hour parking behind the Clayton Community Centre

KNITTING AND CROCHET WORKSHOP FOR SENIORS

Libraries
Change Lives

Join us for an afternoon of social connection while you knit or crochet for charity. Items can range from blanket squares to baby booties. All items created will then be donated to the charity, KOGO (Knit One Give One) to be passed on to disadvantaged and vulnerable community members. Please bring your own knitting needles and crochet hooks. Wool will be provided. Aimed at adults 60+ years. Basic knowledge of knitting or crochet required.

DATE	Tuesday 31 October
TIME	2pm-4pm
VENUE	Oakleigh Library (upstairs auditorium), 148 Drummond Street, Oakleigh
COST	FREE
BOOKINGS	www.trybooking.com/CJPCQ or 9518 3970
PARKING	Two-hour street parking or multi-deck carpark in Atkinson Street



DO YOU CARE FOR YOUR GRANDCHILD?

Monash Council operates playgroups for families, babies and children from birth to five years of age.

The service has a playgroup facilitator on-site during service hours. The facilitator is there to welcome and support you within the playgroup environment, while you engage and play with your grandchild.

For more information:

www.monash.vic.gov.au/Children-Family



PALS NOVEMBER PROGRAMS

HEALTHY BLADDER

One in four Australian adults live with incontinence. It's a common condition, so if it's something that you face in your daily life, you're not alone. Bolton Clarke's information session will teach you 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.

Libraries
Change Lives



DATE	Friday 10 November
TIME	11am-12pm
VENUE	Glen Waverley Library 112 Kingsway, Glen Waverley
COST	FREE
BOOKINGS	www.trybooking.com/CJEQV or ☎ 9518 3030
PARKING	On-site parking or two-hour street parking



MELBOURNE: ARCHIVE IMAGES 1950s TO 1970s

Join us for a special photographic presentation as we take a nostalgic look into the past and relive the city of Melbourne from the 1950s to the 1970s. Online resources such as the National Archives of Australia, the State Library of Victoria and the Public Record Office of Victoria hold a vast collection of images freely available to the public to explore online. Learn how to access these records whilst taking a journey back into the past.

Libraries
Change Lives

DATE	Friday 10 November
TIME	6.30pm-8pm
VENUE	Whealers Hill Library 860 Ferntree Gully Road, Wheelers Hill
COST	FREE
BOOKINGS	www.trybooking.com/CJSWK or ☎ 9265 4877
PARKING	On-site parking



BOWEL HEALTH INFORMATION SESSION

PRESENTED BY BOLTON CLARKE



Come along to the Monash Men's Shed and find out more about bowel health. This Information session will cover signs of common bowel issues, how to keep your bowel healthy and where to get support.

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



NOVEMBER PROGRAMS

DRUMMING WORKSHOP

OPEN DAY AT OAKLEIGH POSITIVE AGEING ACTIVITY CENTRE (PAAC) SOCIAL GROUP

Calling all seniors! Looking for a vibrant social group? Join us for morning tea in Oakleigh and meet our friendly and welcoming members. Learn about our program and then prepare to unleash your inner drummer with our interactive workshop. Embrace new connections, laughter and have some fun. Morning tea is available from 10.30am.



Social Inclusion Week aims to help all Australians feel included and valued, giving everyone the opportunity to participate fully in society.

DATE	Thursday 16 November
TIME	10.30am-12pm
VENUE	Positive Ageing Activity Centre (same building as Oakleigh Library) 148 Drummond Street, Oakleigh
COST	\$5 (includes morning tea and workshop)
BOOKINGS	🌐 www.trybooking.com/CJXFH or 📞 9518 3555
PARKING	Two-hour street parking or multi-deck car park in Atkinson Street

PALS NOVEMBER PROGRAMS (CONT'D)

FAMILY FUN DAY – SUNDAY 19 NOVEMBER PRESENTED BY CITY OF MONASH

Come along to Family Fun Day! We have an array of FREE entertainment at this year's event, with something to suit everyone!



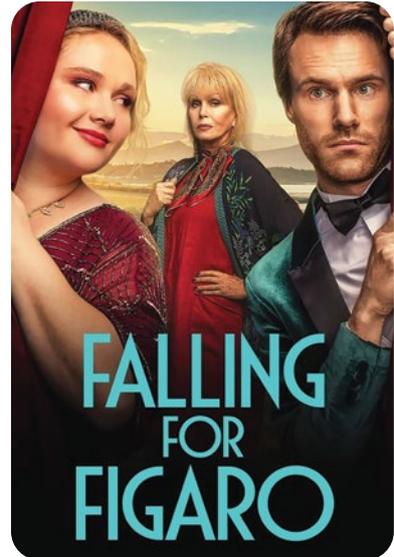
DATE	Sunday 19 November
TIME	11am-4pm
VENUE	Batesford Reserve, Corner Batesford Road and Power Avenue, Chadstone
COST	FREE
BOOKINGS	No bookings required
ENQUIRIES	www.monash.vic.gov.au/festivals or 9518 3636



MOVIES IN MONASH: FALLING FOR FIGARO

Falling for Figaro follows Millie, a brilliant young fund manager who leaves her unfulfilling job and long-term boyfriend to pursue her lifelong dream of becoming an opera singer in the Scottish Highlands. She begins intense vocal training lessons with a renowned but fearsome singing teacher and former opera diva. It is there she meets Max, another student who is also training for the upcoming 'Singer of Renown' contest. The competition between Millie and Max gradually evolves into something different and deeper. Morning tea is available from 10.30am.

DATE	Monday 27 November
TIME	10.30am-12.45pm
VENUE	Clayton Community Centre Theatre 9-15 Cooke Street, Clayton
COST	FREE
RATING	M: Romance/Comedy
SCREENING TIME	1 hour 45 minutes
BOOKINGS	 www.trybooking.com/CJXFK or  9518 3555
PARKING	Three-hour parking behind the Clayton Community Centre



CHRISTMAS PHOTOS @ THE HUB

Bring your children or grandchildren and dress up as Mary, Joseph, shepherds, wise men or angels and have your photo taken. Dress ups available to use. All welcome.

DATE	Tuesday 28 November
TIME	10am-12pm
VENUE	Glen Waverley Uniting Church Corner Bogong Avenue, Kingsway
COST	FREE
BOOKINGS	No bookings required For enquiries  9560 3580
PARKING	Limited parking on-site or Two-hour street parking



PALS COMMUNITY BUS DAY TRIPS



**BOOKINGS OPEN: WEDNESDAY 16 AUGUST AT 8.30AM –
BOOKINGS CLOSE ONE WEEK PRIOR TO EACH PALS BUS DAY TRIP**

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.

RIPPON LEA HOUSE AND GARDENS

Rippon Lea is a large 19th-century mansion surrounded by 14 acres of Victorian pleasure gardens. It is listed on the National Heritage Register because it is one of the finest examples of an original suburban estate in Australia.

Hear some amazing stories about the mansion and the people who made it come to life by joining us on the outing which includes a very special tour and time to explore the gardens.

Bus transport, morning tea, tour and lunch to be charged at time of booking (\$46).



DATE	Friday 1 September or Friday 8 September or Friday 15 September
TIME	9am-3.30pm
VENUE	192 Hotham Street, Elsternwick
COSTS	\$46 includes transport fee, tour, morning tea and lunch, payable on booking

BOOKINGS

Clayton pick-up point: Clayton Community Centre, 9-15 Cooke Street
🌐 www.trybooking.com/CJXYB

Glen Waverley pick-up point: Central Reserve, 690 Waverley Road
🌐 www.trybooking.com/CJXXF

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

DANDENONG RANGES BOTANIC GARDEN

The Dandenong Ranges Botanic Garden, which was formerly named the National Rhododendron Gardens, is host to brilliantly coloured blooms of rhododendrons, azaleas, camellias, cherry blossoms and daffodils. Seasonal changes ensure the gardens are a delight all year around. Morning tea at Café Vireya if open and lunch at Ranges at Olinda.

DATE Monday 9 October or Friday 20 October

TIME 9am-3.30pm

VENUE The Georgian Road, Olinda

\$11 transport fee, payable on booking.

\$8.50 garden entry and bus tour, payable on the day.

COSTS Optional costs, payable on the day:

- Morning tea: prices start from \$4

- Lunch: prices start from \$7.50

BOOKINGS

Clayton pick-up point: Clayton Community Centre, 9-15 Cooke Street

🌐 www.trybooking.com/CJXZK

Glen Waverley pick-up point: Central Reserve, 690 Waverley Road

🌐 www.trybooking.com/CJXZB

PARKING:

Clayton Community Centre:

All-day parking permit will be issued on the day

Glen Waverley: On-site parking



PALS COMMUNITY BUS DAY TRIPS

McCLELLAND SCULPTURE PARK AND GALLERY

McClelland's natural bushland and park setting is the legacy of a talented and artistic brother and sister, Harry and Annie May (Nan) McClelland, whose family settled in the Frankston district in 1912. McClelland is a truly unique art gallery and sculpture park set amongst 16 hectares of natural bushland. Volunteer guides will share stories about the diverse collection and the history of McClelland. These unique tours are full of surprising and detailed information to help you better engage with the artists' works. Tour lasts approximately one hour. Morning tea before the tour and lunch afterwards at Harry's Café.

DATE Friday 13 October

TIME 9am-3.30pm

VENUE 390 McClelland Drive, Langwarrin

COSTS \$11 transport fee, payable on booking.
Optional costs, payable on the day:
- Morning tea: prices start from \$5
- Lunch: prices start from \$22.50

BOOKINGS **Clayton pick-up point:** Clayton Community Centre, 9-15 Cooke Street
www.trybooking.com/CJYAH
Glen Waverley pick-up point: Central Reserve, 690 Waverley Road
www.trybooking.com/CJYAB

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



HERONSWOOD GARDENS AND NURSERY

Located on the beautiful Mornington Peninsula, Heronswood Gardens, Nursery and Café offers an idyllic location to escape the crowds, relax and shop for a huge range of plants, heirloom seeds and garden hardware. Morning tea and lunch in the Heronswood Café.

DATE Friday 3 November or Friday 17 November or Monday 20 November

TIME 9am-3.30pm

VENUE 105 Latrobe Parade, Dromana

\$11 transport fee, payable on booking.

\$20 garden entry and tour, payable on the day.

COSTS Optional costs, payable on the day:

- Morning tea: prices start from \$11

- Lunch: prices start from \$25

BOOKINGS **Clayton pick-up point:** Clayton Community Centre, 9-15 Cooke Street
🌐 www.trybooking.com/CJYAU

Glen Waverley pick-up point: Central Reserve, 690 Waverley Road

🌐 www.trybooking.com/CJYAN

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

The Coffee and Chat program aims to foster new relationships over a cup of coffee and a common interest with a visit from a regular volunteer.

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

Contact the Social Inclusion team to register: ☎ 9518 3247



TOGETHER TUESDAYS AT CABENA

A weekly program to encourage genuine friendships between older adults, parents, children and grandchildren, where they can meet, play games, sing or just have a coffee and chat.

TIME 9.30am-12.30pm (closed public holidays)

VENUE Cabena Child and Family Centre
22 Cabena Crescent, Chadstone

COST FREE, no bookings required



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, such as Pinewood Shopping Village or Hamilton Place Shopping Village, Mount Waverley or Waverley Gardens in Mulgrave. You can attend to errands or sit and have a coffee with friends.

DAYS Every Tuesday, 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: \$9.25 service fee | Bookings: ☎ 9518 3247

SEPTEMBER



MOVIE SCREENING: JUNE AGAIN

June Again is a heartwarming and humorous film that follows the journey of June Wilton. A spirited and determined woman, June experiences a fleeting bout of lucidity from her dementia, and has precious little time to reconnect with her estranged family, mend broken relationships, and rediscover the joys of living. This touching tale reminds us that it's never too late to find love, laughter and the strength to make every moment count. After the movie enjoy a catered light lunch in a private room at the Clayton Community Centre. Bookings close at 4pm on Monday 4 September. Cancellations after this date or on the day will be payable in full.

DATE Thursday 7 September

ADDITIONAL COST Morning tea, movie and light lunch: \$20
(charged directly to your account)

BOOKINGS ☎ 9518 3247



LONG LUNCH AT THE PAVILION IN DANDENONG

Don't let the cold keep you indoors; come out and warm your soul with laughter, camaraderie, and a delightful meal. Join us for a heartwarming lunch with a lively social group. Make new friends, share stories, and engage in stimulating conversations. We can't wait for you to join us for this fun gathering! This is a lunch-only outing. Pick up is between 10.30am-11.30am to arrive at the venue by 12pm.

DATE Monday 11 September

ADDITIONAL COST Lunch: Two course menu \$18 or three course menu \$25
(Prices subject to change)

BOOKINGS ☎ 9518 3247



GARDEN WORLD

Whether you're an experienced gardener with a green thumb, on the lookout for garden gifts, or simply enjoy wandering, join us to explore the myriad wonders at Garden World. Enjoy morning tea and lunch at the café.

DATE	Tuesday 19 September
ADDITIONAL COST	Morning tea: prices start from \$4.50 Lunch: prices start from \$20
BOOKINGS	📞 9518 3247



BLACK ROCK HOUSE AND RICKETT'S POINT BEACHSIDE CAFÉ

Built in 1856 by Charles Ebdon, Black Rock House is a step back in time to Victoria's colonial past. Take a stroll through the shady Moreton Bay Fig garden and immerse yourself in a time gone by. Whether you're a history buff or simply looking for a unique and exciting outing, a visit to Black Rock House is sure to be an unforgettable experience. Bookings close at 4pm on Friday 22 September. This is a catered event, cancellations after this date or on the day will be payable in full.



DATE	Wednesday 27 September
ADDITIONAL COST	Tour: Donations welcome Morning tea: Choose on booking between: - tea, coffee and biscuits: \$7.50 (dietary options available, charged directly to your account) - Devonshire tea with 2 scones, tea and coffee (\$15 per person)
BOOKINGS	📞 9518 3247

OCTOBER



2023 MONASH SENIORS POSITIVE AGEING FORUM

Join us to kick off the 2023 Monash Seniors Festival at the Positive Ageing Forum, a fun and informative day that explores the subject of how to live and age well. Highlights include keynotes from internationally renowned nutritionist Ngaire Hobbins and neuropsychology expert Dr Emily Rosenich, as well as a mental health workshop and information on healthy ageing, nutrition, physical activity and more. Don't miss this exciting opportunity to be at the opening event for the Monash Seniors Festival.

DATE	Wednesday 4 October
TIME	10am-2.30pm. Pick-up will be earlier for this event
ADDITIONAL COST	FREE, includes morning and lunch
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, children, and grandchildren 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 the popular Zest Restaurant served by the students at the hospitality training centre at Holmesglen.

DATE Thursday 12 October

ADDITIONAL COST Morning tea: FREE
Lunch at Zest Restaurant: \$38 for a three course set menu

BOOKINGS ☎ 9518 3247



DANDENONG RANGES BOTANIC GARDEN – OLINDA

Witness the vibrant colours of spring at Dandenong Ranges Botanic Garden. This garden boasts Australia's largest collection of rhododendrons, including rare hybrids that cannot be replicated, along with azaleas, camellias and daffodils. Wander along the garden's network of paths and enjoy stunning views from Serenity Point.

Option: Tour the garden on the 'Garden Explorer' open bus which provides a 25-minute guided tour of the garden.

DATE Tuesday 24 October

ADDITIONAL COST Morning tea: prices start from \$5 (subject to café being open)
Garden Explorer bus tour: \$8.50 (confirm on booking, charged directly to your account)
Lunch at Ranges Café Olinda: prices start from \$18

BOOKINGS ☎ 9518 3247



MOVIE SCREENING: THE GREATEST SHOWMAN

Join us at the Clayton Theatre for the final event in the Seniors Festival program *The Greatest Showman*. An exhilarating musical film that brings to life the extraordinary journey of P.T. Barnum, a visionary entrepreneur who defied societal conventions to create the mesmerising world of the circus. Starring the charismatic Hugh Jackman in the lead role, the movie takes audiences on a thrilling ride through 19th-century showmanship, blending dazzling musical numbers, heartfelt storytelling, and a celebration of inclusivity. Bookings close at 4pm on Thursday 26 October. This is a catered event, cancellations after this date or on the day will be payable in full.

DATE Monday 30 October

ADDITIONAL COST Morning tea, movie and light lunch at the Clayton Centre: \$20 (charged directly to your account)

BOOKINGS ☎ 9518 3247



CRANBOURNE BOTANICAL GARDENS

Experience the magic of spring at the Royal Botanic Gardens Cranbourne and marvel at the breathtaking colours of the season. Wear your walking shoes and bring a water bottle, sunscreen and a hat. Bookings close by 1 pm on Friday 3 November. This is a prepaid event, cancellations after this date or on the day will be payable in full.



- DATE** Thursday 9 November
- ADDITIONAL COST** Explorer Bus (optional): \$12 (charged directly to your account)
Morning tea: prices start from \$4.50. Lunch: prices start from \$20
- BOOKINGS** ☎ 9518 3247

EXPLORE SASSAFRAS

Escape city stress and relax in the charming Dandenongs. Explore quirky shops, enjoy a meal at Ripe Café and embrace the 19th-century village charm. This is a hilly area with uneven pavements and steps into shops.



- DATE** Monday 13 November
- ADDITIONAL COST** Morning tea: prices start from \$4.50
Lunch at Ripe Café: prices start from \$20
- BOOKINGS** ☎ 9518 3247

CHRISTMAS SHOPPING – FOREST HILL CHASE

Get into the festive spirit and join us for a fun outing to Forest Hill Chase Shopping Centre. With a wide range of stores offering everything from fashion and beauty to homewares and electronics, you'll find the perfect gifts for all your loved ones, or maybe yourself!



- DATE** Tuesday 21 November
- ADDITIONAL COST** Morning tea: prices start from \$5
Lunch at Moon and Spoon Café: prices start from \$15
- BOOKINGS** ☎ 9518 3247

HUNTED ANTIQUES WAREHOUSE – BAYSWATER

Hunted Antiques contains a fascinating array of collectibles, jewellery, art, fashion, furniture and exciting treasures. Spend a delightful morning browsing up and down the aisles of Melbourne's finest vintage and antiques warehouse, followed by lunch at Mister Fox café overlooking the picturesque Ringwood Golf Club.

- DATE** Wednesday 29 November
- ADDITIONAL COST** Morning tea may be available at Hunted (to be confirmed)
Lunch at Mister Fox: prices start from \$14
- BOOKINGS** ☎ 9518 3247



COME AND TRY – ACTIVE ADULTS EXERCISE SESSIONS

Active Monash offers a wide variety of classes and programs for the community including our very popular Active Adult classes. Take advantage of **our free Come and Try** classes or you can book into a class any time (costs apply). For more information about group exercise classes, programs and costs, visit www.activemonash.vic.gov.au/fitness/group-fitness or **9265 4888**.

Please check with your health professional before starting any exercise program.

ACTIVELINK HYDRO

Gentle water exercises in a supportive warm water environment suitable for those coming back from injury or with chronic conditions. Please bring a towel and water bottle.

DATE	Tuesdays 5 September, 10 October and 14 November
TIME	11.30am-12.15pm
VENUE	Monash Aquatic and Recreation Centre 626 Waverley Road, Glen Waverley
COST	FREE
BOOKINGS	www.trybooking.com/CJXGE or 9518 3555
PARKING	On-site parking



ZUMBA GOLD

A fun dance workout that focuses on balance, range of motion and coordination. Please bring a towel and water bottle.

DATE	Fridays 8 September, 13 October and 17 November
TIME	11.30am-12.15pm
VENUE	Oakleigh Recreation Centre, Park Road, Oakleigh
COST	FREE
BOOKINGS	🌐 www.trybooking.com/CJXGO or ☎ 9518 3555
PARKING	On-site parking



STRETCH4LIFE

Improve mobility through the joints and flexibility of muscles. Ability to move on and off the floor is needed for this class. Please bring a mat, towel and water bottle.



DATE	Mondays 11 September, 23 October and 20 November
TIME	12.05pm-1.05pm
VENUE	Clayton Aquatics and Health Club 9-15 Cooke Street, Clayton
COST	FREE
BOOKINGS	🌐 www.trybooking.com/CJXGV or ☎ 9518 3555
PARKING	On-site parking

CARERS CLASS

Carers play an important role and need time out to look after their own health and wellbeing and have a place to network with other carers to feel supported and rejuvenated. This class includes a mix of cardio, strength, balance and coordination exercises that are easy to follow and suitable for all levels of fitness. Please bring a towel and water bottle.

DATE	Wednesdays 13 September, 18 October and 15 November
TIME	11.30am-12.30pm
VENUE	Monash Aquatic and Recreation Centre 626 Waverley Road, Glen Waverley
COST	FREE
BOOKINGS	🌐 www.trybooking.com/CJXHA or ☎ 9518 3555
PARKING	On-site parking



MUSIC AND MOVEMENT

Ageless grace for body and brain. This chair-based exercise program consists of 21 simple exercise tools designed for all ages and abilities. The movements are fun, simple and easy to follow, and done to uplifting music, focusing on the healthy longevity of the body and brain. The program is seated to stimulate the five functions of the brain and is based on the science of neuroplasticity. Benefits include joint mobility, cardio conditioning, right/left-brain coordination, strength, balance, flexibility, cognitive function and more. Please bring a towel and water bottle.

DATE	Mondays 18 September, 16 October and 27 November
TIME	10.30am-11.15am
VENUE	Oakleigh Recreation Centre Park Road, Oakleigh
COST	FREE
BOOKINGS	 www.trybooking.com/CJXHH or  9518 3555
PARKING	On-site parking



TAI CHI

An ancient Chinese martial art that uses slow, smooth body movements to achieve a state of relaxation in both body and mind. Qigong form may be used in the warmups. Please bring a towel and water bottle.

DATE	Tuesdays 19 September, 17 October and 21 November
TIME	11.30am-12.30pm
VENUE	Oakleigh Recreation Centre Park Road, Oakleigh
COST	FREE
BOOKINGS	 www.trybooking.com/CJXHS or  9518 3555
PARKING	On-site parking



volunteer @MONASH



Do yourself a favour and volunteer!

Did you know that volunteering has many benefits for you too? Volunteering connects you with others, provides new, interesting and fun experiences, provides potential career opportunities, and leaves you feeling happier, more confident and healthier.

At Monash Council, our volunteer programs are varied and always evolving. They may operate on a regular basis for most of the year and others may run temporarily, ad-hoc or as the need arises.

We have a variety of volunteering roles that may interest you. Some of our volunteering roles include:

- **Library programs – Home Delivery or Conversation Circle**
- **Museum of Australian Photography (MAPh)**
- **Children's playgroups**
- **Sustainability and garden guides**
- **Meals on Wheels drivers**
- **Social Inclusion programs**

We invite you to sign up and become a member of the Monash Volunteering Community. Volunteers can also participate in free training opportunities and join in on all volunteer events offered by Volunteering Monash.

Register here  www.monash.vic.gov.au/volunteer-registration

Learn more about volunteering with Monash  www.monash.vic.gov.au/volunteer





Link Health and Community is a not-for-profit community organisation providing a range of community health services at subsidised cost to improve the health and wellbeing of people in Melbourne's east and south-east suburbs.

Our programs are developed in partnership with our local community and aim to be accessible (CALD) and affordable for everyone. Some of our services have set fees, others are free of charge. Any profit goes back into improving and expanding services for you. Services include:

DIABETES NURSE EDUCATORS

Diabetes nurse educators can assist adults with diabetes self-management. Diabetes nurse educators will explain:

- What is diabetes and how it affects the body.
- Blood glucose monitoring.
- How to prevent diabetes complications.
- When to have recommended health checks.
- Medications for diabetes management, including insulin therapy and other injectable therapies.
- Pre-pregnancy planning and advice upon request (from GP/Diabetes Specialist).

DIETITIANS

Dietitians commonly see people for general nutrition and healthy eating and to support the management of health conditions.

Both services are offered at the following sites:

- Level 1, 9-15 Cooke Street, Clayton
- 2 Euneva Avenue, Glen Waverley

Cost

Pension/Health Care/Senior card holders:
\$21 individual appointment cost.

How to book

 www.linkhc.org.au/contact
or  1300 552 509



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 cancelled 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 all abilities. Activities will include a statement like, '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.



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>



**sustainable
monash**



**Solar
SAVERS**



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 your 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





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

