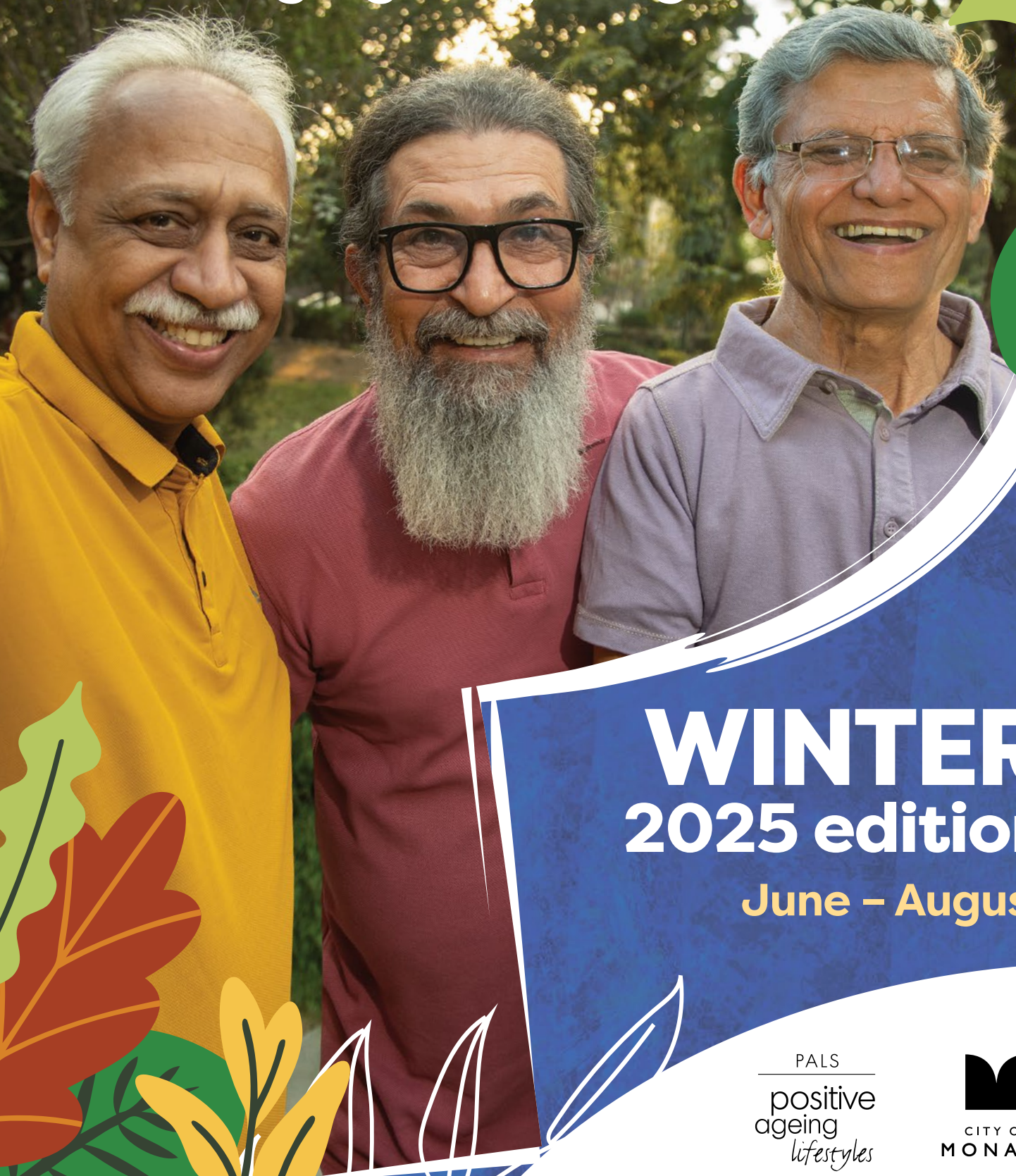


PALS

Positive Ageing Lifestyle Program



WINTER
2025 edition

June – August

PALS
positive
ageing
lifestyles


CITY OF
MONASH


WELCOME TO PALS

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


Our PALS program offers activities for individuals living independently in the community and caters to various abilities and needs. Many activities contain specific advice, for example, some outings may involve significant walking on uneven surfaces and are recommended for those with good mobility. Please consider your abilities when selecting events. Please note the PALS program is not suitable for those requiring one-on-one support.

If you wish to receive the PALS booklet, please sign up with your details on Council's website:  www.monash.vic.gov.au/PALS

How to book – online

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

How to book – phone

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

Please note that bookings for Council-run events are essential.

Bookings will open **8.30am Friday 23 May 2025**.

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.

DIVERSITY STATEMENT

Monash Council 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 several events and activities in this program are not organised by Monash Council. Monash Council 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.



EXCITING CHANGES TO OUR SOCIAL SUPPORT OUTINGS!

We have made some exciting changes to our Social Support Outings Program, funded through the Commonwealth Home Support Programme (CHSP).

Our new small and medium-sized social groups will replace the Monash on the Move program, offering more choice, flexibility and opportunities for participants to connect and explore.

What to expect:

- **Flexible and customised experience:** Let us know your preferred day and some of your interests. We'll find a group that suits your preferences.
- **Destinations decided by you:** As a group, you'll decide on destinations and activities together, with the support of a friendly team member to bring your plans to life.
- **Transportation included:** Just bring your sense of adventure!
- **A welcoming, social atmosphere:** Share laughs and build friendships and connections.

What you need to know:

- Participants must be registered and assessed through My Aged Care.
- A program fee applies.
- Participants are responsible for covering entry fees and food expenses on outings.

How to apply – My Aged Care:

This social inclusion program is offered through the Commonwealth Home Support Programme (CHSP). To access this program, individuals aged 65 or over can start by registering with My Aged Care and requesting a social group referral with City of Monash.

Call My Aged Care on 📞 **1800 200 422** or visit 🌐 **myagedcare.gov.au** to begin your journey. After registering, My Aged Care will ask some questions to understand your needs and send a referral to an assessment organisation. The assessment organisation will arrange an assessment to discuss which services best suit you.

For more information, contact:

Monash Council: 📞 **9518 3555**

National Relay Service: 📞 **1800 555 677** (for hearing or speech impairments)

✉ **socialinclusion@monash.vic.gov.au**

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PALS JUNE PROGRAMS

Monash Chinese Dragon Boat Festival Spring Arts Multicultural Seniors Association

Celebrate the traditional Chinese Dragon Boat Festival with the Spring Arts Multicultural Seniors Association. Enjoy a variety of orchestral music, Chinese folk music, a cappella, dancing and various other arts.



DATE Sunday 1 June

TIME 1.30pm-3.30pm

VENUE Clayton Community Centre Theatre, 9-15 Cooke Street

COST FREE

BOOKINGS ✉ samsa202107@gmail.com or text ☎ 0412 287 956

PARKING Parking behind the Clayton Community Centre

Winter Series 2025

LIVE MUSIC IN MONASH

BROOKLYN '86 Brass Band

Friday 6 June | 7pm
The Count's
Monash University
FREE Show

AUSTRALIAN BARBRA STREISAND SHOW

Featuring Rachael Grace
Friday 4 July | 7pm
Clayton Theatre
Tickets \$25 Each

BODY OF WORK

The Stories of Karen
Carpenter and Cass Elliot
Sunday 3 August | 2pm
Oakleigh-Carnegie RSL
FREE Show



BOOKINGS ESSENTIAL

Scan QR Code or go to www.monash.vic.gov.au/festivals



CITY OF
MONASH



National Gallery of Victoria

Age Well Adventures (formerly PALS Community Day Trips)

The National Gallery of Victoria (NGV), founded in 1861, is Australia's oldest and most visited art museum. The NGV International building, designed by Sir Roy Grounds, opened in 1968, and was redeveloped by Mario Bellini before reopening in 2003. The NGV houses many international art collections and is on the Victorian Heritage Register. Morning tea and lunch at Gallery Kitchen or BYO.

This activity involves a significant amount of walking and is recommended for those with good mobility.





DATE	Wednesday 4 June or Monday 23 June
TIME	9am-3.30pm
VENUE	National Gallery of Victoria, 180 St Kilda Road, Melbourne
COST	<p>\$11 transport fee, payable on booking. Entry fee: FREE</p> <p>Optional costs, payable on the day:</p> <ul style="list-style-type: none"> • Morning tea: prices start from \$4 • Lunch: prices start from \$13 or BYO
BOOKINGS	 www.trybooking.com/CZVXX or  9518 3555
PICK-UP	Central Reserve, 690 Waverley Road, Glen Waverley
PARKING	On-site parking
CONFIRMATION	You will receive a confirmation email or phone call before the event

Chinese Traditional Dragon Boat Festival

Monash Chinese Senior Volunteer Service Centre

The Dragon Boat Festival is a traditional Chinese celebration. Join Monash Chinese Senior Volunteer Service Centre to celebrate the culture, history and community spirit in Chinese society. Enjoy live singing, dancing and orchestra performances, and savour traditional dumplings (known as zongzi and jiaozi).

DATE	Saturday 7 June
TIME	10am-3pm
VENUE	Mount Waverley Youth Centre, 45 Miller Crescent
COST	FREE
BOOKINGS	 maggieyf@gmail.com or  0466 782 768
PARKING	On-site parking



Men's Health Week

Men's Health Week, Monday 9 June – Sunday 15 June, is an important time dedicated to raising awareness about the health challenges men face.

NEW Men's Social Group

Looking for a space to meet new mates and enjoy good company, where you can decide on your own activities together? Our new **Men's Social Group** is the perfect way to stay social in a relaxed and friendly environment.

The group is designed to be flexible, meaning you and your fellow members decide what you'd like to do. Whether it's a hit of golf at the driving range, coffee catch-ups, guest speakers, outings or hands-on projects, this group is all about exploring your interests, your way!

This program is Commonwealth Home Support Programme (CHSP) funded, so registration and assessment through My Aged Care is required. To find out more, call us on ☎ 9518 3247 or email ✉ socialinclusion@monash.vic.gov.au

NEW



Monash Men's Shed

Monash Men's Shed is a welcoming space for men to connect, enjoy a range of activities and learn new skills. From woodworking to metalworking, leadlighting to electronics, music to art, social activities to community projects, the Monash Men's Shed caters to all men in Monash.

The Men's Shed offers a calendar of community health events, available for anyone to attend (pages 11, 15 and 18). These events are free to attend and lunch is provided for a \$5 donation. Book your place early to avoid disappointment.

Open Monday – Saturday, 9.30am–1.30pm

Closed ANZAC Day, Good Friday and Christmas Day

For more information call ☎ **9561 8557** or 🌐 www.monashshed.org.au

**MONASH
MEN'S
SHED**

Financial Management for Seniors: Part 1 and 2

Empower yourself with information on financial management in this two-part program.

Part 1 with Services Australia: Learn about their free and independent financial information services, including information on retirement options, superannuation, downsizing your home, taxation queries, accommodation options, estate planning, aged care and home care options, and Services Australia payments and services.

Part 2 with Eastern Access Community Health (EACH): Learn about EACH's financial counselling services, which can offer advice about saving money, reducing debts, and advocate for you when dealing with bills and creditors.

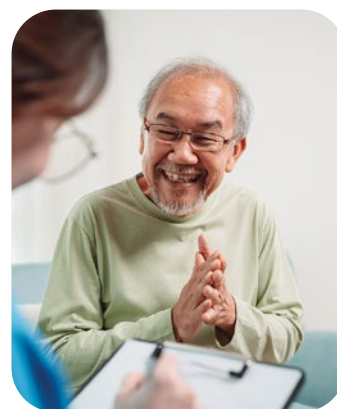
DATE	Part 1: Wednesday 11 June Part 2: Wednesday 18 June
TIME	10am-11am
VENUE	Glen Waverley Library, 112 Kingsway
COST	FREE
BOOKINGS	🌐 monlib.events.mylibrary.digital or ☎ 9518 3030
PARKING	On-site parking or two-hour street parking



Australian Healthcare System Information Session (English and Mandarin)

Mackie Road Neighbourhood House

In this session, you'll learn about key aspects of the Australian healthcare system, including cultural health beliefs and their impact. We'll cover an overview of Medicare, GP visits, bulk billing, and emergency services. Explore essential services like primary and preventative care centres, and after-hours care. You'll also get practical tips for accessing healthcare, understanding your rights, and finding support resources. This information session is available in English and Mandarin.



DATE	Thursday 12 June
TIME	English session: 11am-11.45am Mandarin session: 12pm-12.45pm
VENUE	36-42 Mackie Road, Mulgrave
COST	FREE
BOOKINGS	English session: 🌐 www.socialplanet.com.au/activity/view?id=30993 Mandarin session: 🌐 www.socialplanet.com.au/activity/view?id=32581
ENQUIRIES	✉ info@mackierdnh.org.au or ☎ 9548 3311
WEBPAGE	🌐 www.mackierdnh.org.au
PARKING	On-site parking

YOUR HOME. YOUR CHOICE.



SPECIAL
PERFORMANCE
BY:
**MONICA
DULLARD**

Are you sharing your home
with family or friends?
Hear tips for starting
conversations and setting
boundaries to stay safe
and in control.

**FREE for people
aged 55+**

THURSDAY 12 JUNE 2025

10.30am - 12.00pm

GLEN EIRA AUDITORIUM

Corner Glen Eira and Hawthorn Rd, Caulfield

BOOKINGS ARE ESSENTIAL:

www.trybooking.com/1345711 or call 9524 3255 or scan:

Doors open at 10.00am

- **Morning tea** provided
- Free parking at venue, close to bus/tram

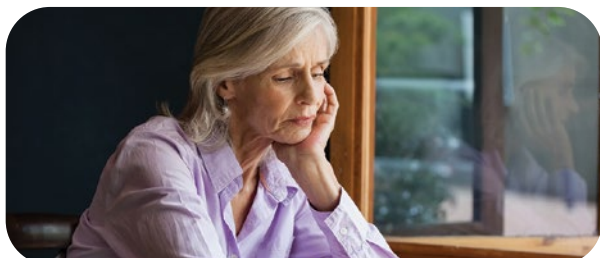


In partnership:



Family Violence Support Waverley Community Learning Centre

Join Victoria Police's Monash Crime Prevention department for an informative session on understanding family violence and accessing essential support and resources for those affected.



DATE Thursday 12 June

TIME 10am-11am

VENUE 5 Fleet Street,
Mount Waverley

COST FREE

BOOKINGS ✉ info@wclc.org.au
or ☎ 9807 6011

WEBPAGE 🌐 www.wclc.org.au

PARKING On-site parking

Protecting Your Rights Presented by Seniors Rights Victoria

MONASH
MEN'S
SHED



In Australia, one in six 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 session, learn about 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 Wednesday 18 June

TIME 12pm-1pm

VENUE 49-77 Bogong Avenue,
Glen Waverley

COST FREE or lunch is provided
for a \$5 donation

BOOKINGS 🌐 www.trybooking.com/DAATR or ☎ 9561 8557

WEBPAGE 🌐 www.monashshed.org.au

PARKING On-site parking

World Continence Week

World Continence Week 2025, from Monday 16 June to Sunday 22 June, aims to raise awareness about incontinence and promote better continence care.

Monash Council provides and maintains more than 40 public toilets at various locations across the city. To view their locations, including accessibility, opening hours and other facilities, visit the National Public Toilet Map at 🌐 toiletmap.gov.au

You can also download the official **National Public Toilet Map app** from the App Store or Google Play.

For more information, visit:

🌐 www.monash.vic.gov.au/public-toilets



How to Live at Home for Longer

Kerrie Road Neighbourhood House

With recent changes to the Home Help and Aged Care sector, this free session will provide clear, easy-to-understand information on staying at home longer. It covers accessing government-funded services, the new Support at Home program and includes take-home packs for attendees.

DATE	Thursday 19 June
TIME	1pm-2.30pm
VENUE	Kerrie Road Neighbourhood House, 36 Kincumber Drive, Glen Waverley
COST	FREE
BOOKINGS	www.socialplanet.com.au/activity/view?id=33326 or ☎ 9887 6226
WEBPAGE	www.knh.org.au
PARKING	On-site parking

Eating Well for Diabetes and Glucose Control



Edna, a registered nurse and credentialed diabetes educator, shares practical advice on how to prepare and enjoy healthy and diverse foods that promote overall health and wellness. In this demonstration, she will teach you how to eat well for diabetes and glucose control.

DATE	Tuesday 24 June
TIME	11am-12pm
VENUE	Mulgrave Library, 36-42 Mackie Road
COST	FREE
BOOKINGS	monlib.events.mylibrary.digital or ☎ 9518 3502
PARKING	On-site parking

Scambusters: Safety in a Digital World

Waverley Community Learning Centre



What to watch out for online, on your phone, and in your email inbox. Learn how to protect yourself against scams and what to do if you think your information has been breached.

DATE	Tuesday 24 June
TIME	1pm-3pm
VENUE	5 Fleet Street, Mount Waverley
COST	FREE
BOOKINGS	✉ info@wclc.org.au or ☎ 9807 6011
WEBPAGE	www.wclc.org.au
PARKING	On-site parking

Elvis Forever: In Concert



'The King' is coming to Monash! Put on your blue suede shoes and be transported back in time to the golden age of rock and roll. Journey through Elvis's greatest hits with an award-winning Elvis tribute show by Damian Mullin. Be prepared to be all shook up by his electrifying presence and irresistible charm.



DATE	Wednesday 25 June
TIME	10am-12pm
VENUE	Mulgrave Community Centre, 355 Wellington Road
COST	FREE
BOOKINGS	monlib.events.mylibrary.digital or ☎ 9518 3030
PARKING	On-site parking

PALS JULY PROGRAMS

Werribee Open Range Zoo

Age Well Adventures (formerly PALS Community Day Trips)

Werribee Open Range Zoo is a wildlife safari adventure right in Melbourne! Explore the open savannah and come face-to-face with gorillas, lions, monkeys and cheetahs on the Pula Reserve Walking Trail, or chill at the sandy Hippo Beach. Enjoy a 40-minute safari tour with rhinos, giraffes, zebras and antelopes. Enjoy morning tea and lunch at Meerkat Bistro or BYO. These outings involve a significant amount of walking on uneven surfaces and are recommended for people with good mobility.

DATE	Wednesday 2 July, Mondays 7 or 21 July
TIME	9am-3.30pm
VENUE	Werribee Open Range Zoo, K Road, Werribee South

COST	<p>\$11 transport fee, payable on booking. Entry fee: \$47.70</p> <p>Optional costs, payable on the day:</p> <ul style="list-style-type: none">• Morning tea: prices start from \$6• Lunch: prices start from \$16 or BYO
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BOOKINGS	www.trybooking.com/CZVYG or ☎ 9518 3555
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PICK-UP	Central Reserve, 690 Waverley Road, Glen Waverley
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PARKING	On-site parking
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CONFIRMATION	You will receive a confirmation email or phone call before the event
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Caring for Yourself

Carers Victoria

A special information session for caregivers! This session explores why carers' health and wellbeing are important. It will provide participants with practical strategies to take better care of themselves, including stress management strategies.

DATE	Wednesday 2 July
TIME	11am-1pm
VENUE	Glen Waverley Library, 112 Kingsway
COST	FREE
BOOKINGS	monlib.events.mylibrary.digital or ☎ 9518 3030
PARKING	On-site parking or two-hour street parking





6 July – 13 July

NAIDOC Week 2025

NAIDOC Week is celebrated by First Nations
and Australians from all walks of life.



www.monash.vic.gov.au/festivals

Marcus Lee Design, Community support
and partnerships 2022, commissioned
for the City of Monash Reconciliation
Action Plan (RAP) 2022–2024, digital art.



Who's your local hero? What's their story?

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

They could show a positive attitude to ageing, advocate for people
with a disability, or use their expertise for a more sustainable Monash.

There are 11 categories to choose from.

To nominate and more info:

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

Nominations close Sunday 13 July.



2025
SIR JOHN MONASH
AWARDS



Healthy Bowels Information Session

MONASH
MEN'S
SHED



Presented by Bolton Clarke

Bowel control problems are more common than you think. About one in 20 people experience a bowel control problem and it affects both men and women. Join this session to learn about how to create good habits for bowel health.

DATE	Wednesday 16 July
TIME	12pm-1pm
VENUE	49-77 Bogong Avenue, Glen Waverley
COST	FREE. Lunch is provided for a \$5 donation
BOOKINGS	www.trybooking.com/DAATS or ☎ 9561 8557
WEBSITE	www.monashshed.org.au
PARKING	On-site parking

Movies in Monash: Shrek



Get ready to dive into the magical world of *Shrek*, where fairytales come to life in the most unexpected ways! Follow the lovable ogre, his hilarious sidekick Donkey, and the feisty Princess Fiona on an epic journey filled with laughter, excitement and heartwarming moments. This movie is for all ages. Morning tea from 10.30am. Film starts 11am.

DATE	Thursday 17 July
TIME	10.30am-1pm
VENUE	Clayton Community Centre Theatre, 9-15 Cooke Street
COST	FREE
BOOKINGS	www.trybooking.com/CZYFX or ☎ 9518 3555
PARKING	Three-hour parking behind the Clayton Community Centre

Supporting Someone? Information Session

Do you support a family member or friend? Support could mean:

- Checking in on an ageing parent
- Driving a family member to medical appointments
- Helping a friend with daily tasks.

We are hosting a community information session sharing resources to help make supporting a friend, family member or loved one easier.

What to expect:

- Practical tips to make things easier
- Expert advice from Carers Victoria
- A chance to connect with others in similar situations.

You may not call yourself a carer, but if you support someone, this session is for you.

DATE	Wednesday 30 July
TIME	10.30am-12pm
VENUE	Glen Waverley Sports Hub, 915 Waverley Road
COST	FREE
BOOKINGS	www.trybooking.com/CZYHR or ☎ 9518 3555
PARKING	On-site parking



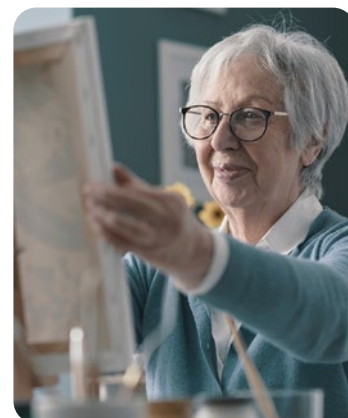
Join Probus

Probus is an avenue for retired and semi-retired older adults to enjoy friendship, fellowship and fun.

It opens the door to new experiences and lasting friendships. Members of clubs hear from interesting guest speakers, learn new skills, and explore a variety of interests and hobbies. Probus clubs meet once a month and offer a 'come and try' session before signing up for memberships. Discover a group near you:

Combined Probus Club of Monash

DATE	Fridays 6 June, 4 July, 1 August
TIME	10am-12pm
VENUE	Mount Waverley Youth Centre, 45 Miller Crescent
ENQUIRIES	✉ monashcombinedprobus@gmail.com or ☎ 0400 565 387
WEBPAGE	🌐 www.probusouthpacific.org/microsites/monashcombined



Mount Waverley Combined Probus Club

DATE	Fridays 6 June, 4 July, 1 August
TIME	10am-12pm
VENUE	Mount Waverley Community Centre, 47 Miller Crescent
ENQUIRIES	✉ wveen@bigpond.net.au or ☎ 0419 292 589



Probus Club of Wheelers Hill

DATE	Fridays 13 June, 11 July, 8 August
TIME	10am-12pm
VENUE	Wheelers Hill Library, 860 Ferntree Gully Road
ENQUIRIES	✉ whprobus275@gmail.com or ☎ 0409 210 422



Combined Probus Club of Syndal Inc.

DATE	Fridays 27 June, 25 July, 22 August
TIME	10am-12pm
VENUE	Mount Waverley Youth Centre, 45 Miller Crescent
ENQUIRIES	✉ secretarysyndalprobus@gmail.com
WEBPAGE	🌐 www.probusouthpacific.org/microsites/syndal



PALS AUGUST PROGRAMS

Alowyn Gardens

Age Well Adventures (formerly PALS Community Day Trips)

Alowyn Gardens is a 4.5 hectare award-winning paradise with nine unique garden styles. It was transformed in 1997 by John, a seasoned landscaper, and Prue, a skilled horticulturist. Wander through the beautiful gardens and enjoy morning tea or lunch at Wisteria Café.

These outings involve a significant amount of walking on uneven surfaces and are recommended for people with good mobility.



DATE	Mondays 4 or 18 August, Wednesday 13 August
TIME	9am-3.30pm
VENUE	1210 Melba Highway, Yarra Glen
COST	<p>\$11 transport fee, payable on booking. Entry fee: \$11</p> <p>Optional costs, payable on the day:</p> <ul style="list-style-type: none">• Morning tea: prices start from \$6• Lunch: prices start from \$10
BOOKINGS	www.trybooking.com/CZVYO or ☎ 9518 3555
PICK-UP	Central Reserve, 690 Waverley Road, Glen Waverley
PARKING	On-site parking
CONFIRMATION	You will receive a confirmation email or phone call before the event

Act F.A.S.T Save Lives

Presented by Ambulance Victoria



**Ambulance
Victoria**

National Stroke Week (Monash 4 August – Sunday 10 August) encourages the community to learn about stroke prevention and support recovery. By increasing awareness, we can reduce the risk of strokes and improve outcomes. Join Ambulance Victoria to learn how to identify the F.A.S.T. signs of stroke – Face, Arms, Speech, Time. Acting quickly when you notice these symptoms could save a life.

DATE	Monday 4 August
TIME	11am-12pm
VENUE	Glen Waverley Library, 112 Kingsway
COST	FREE
BOOKINGS	 monlib.events.mylibrary.digital or  9518 3030
PARKING	On-site parking or two-hour street parking

Understanding the New Support at Home Program and Accessing Residential Care

Presented by Services Australia

In this session, you will learn about My Aged Care and changes to aged care services, eligibility for government-funded services, and local support services.

DATE	Tuesday 12 August
TIME	10.30am-11.30am
VENUE	Oakleigh Senior Citizens Centre, 142 Drummond Street
COST	FREE
BOOKINGS	 www.trybooking.com/CZZHT or  9518 3555
PARKING	Two-hour street parking or parking at Atkinson Street



Importance of Exercise

**Presented by
Integrated Health**

**MONASH
MEN'S
SHED**



The importance of exercise cannot be understated, especially as we age. Exercise not only helps with weight loss, flexibility, muscle gain and balance, but it also helps with disease prevention, sleep and your mood. It can help your social life and can even help you live longer. Join Integrated Health at the Monash Men's Shed to learn about the health benefits, some exercises, and some exercise groups you can join in the Monash area.

DATE	Wednesday 20 August
TIME	12pm-1pm
VENUE	49-77 Bogong Avenue, Glen Waverley
COST	FREE or lunch is provided for a \$5 donation
BOOKINGS	 www.trybooking.com/DAATT or  9561 8557
WEBPAGE	 www.monashshed.org.au
PARKING	On-site parking

Muffin Morning Tea at The Hub

Glen Waverley Uniting Church

Join us for our special Muffin Morning Tea. Enjoy a delicious muffin with a cuppa. Bring your family and friends. All are welcome! Donations are accepted to support the work of Fight Parkinson's.



DATE	Thursday 21 August
TIME	10am-12pm
VENUE	Corner Kingsway and Bogong Avenue
COST	FREE or donations are welcome
BOOKINGS	For group bookings ✉ office@gwuc.org.au or ☎ 9560 3580
PARKING	On-site parking or two-hour street parking

Healthy Brain Ageing

Join Dr Helen Macpherson, a leading researcher in dementia prevention from the Institute for Physical Activity and Nutrition, to learn about the factors that can help reduce the risk of developing dementia. Discover practical steps and lifestyle changes that promote brain health and wellbeing.



DATE	Wednesday 27 August
TIME	10.30am-11.30am
VENUE	Whealers Hill Library, 860 Ferntree Gully Road
COST	FREE
BOOKINGS	🌐 www.trybooking.com/DAGLT or ☎ 9518 3555
PARKING	On-site parking

Misleading Websites and the Victorian Seniors Card

The Victorian Seniors Card program is a free program that encourages older adults to keep active and engaged in the community.

Be aware of **misleading websites** that **charge a fee** to apply for a Victorian Seniors Card. You do not need to provide any bank or credit card details to apply.

To apply for a card or update your details, please visit:

🌐 www.seniorsonline.vic.gov.au/seniors-card



PALS Ongoing Programs

Exhibition: His Name's Newton, He Sells Real Estate History Monash Inc

Dive into the history of your area with this exhibition displaying historic maps, subdivision plans and contracts, correspondence and leases relating to what is now the City of Monash from the late 1800s until 1925.

DATE	Tuesdays 1 July - 9 December
TIME	10am-2pm
VENUE	Monash Federation Centre, 3 Atherton Road, Oakleigh
COST	FREE
ENQUIRIES	✉ info@historymonash.org.au
WEBPAGE	🌐 www.historymonash.org.au
PARKING	Two-hour street parking



Exhibition: Protest is a Creative Act: Australian Women Photographers 1975-2025

Visit the Museum of Australian Photography (MAPh) and view a major group exhibition focusing on women photographers, aligning with the 50th anniversary of International Women's Year. Showing 20th- and 21st-century women artists, this exhibition champions women in art and the way they use their creative practice to express ideas and instigate change.

DATE	Saturday 7 June - Sunday 31 August
VENUE	Museum of Australian Photography, 860 Ferntree Gully Road, Wheelers Hill
COST	FREE
ENQUIRIES	✉ maph@monash.vic.gov.au or ☎ 8544 0500
WEBPAGE	🌐 www.maph.org.au
PARKING	On-site parking



Come and Try: Drumming

Chadstone Community Drum Circle

Group drumming has many benefits, including improving your muscle strength, learning and cognitive skills, and boosting mental health. Come and join us for our fun and friendly drum sessions. No experience necessary, drums are provided.



DATE	Wednesdays, during school terms
TIME	1pm-2.30pm
VENUE	St Mark's Uniting Church, Corner Burton and Edward Streets, Chadstone
COST	First session FREE and then \$20 per session or \$10 with concession
BOOKINGS	✉ petervad@yahoo.com or ☎ 0411 965 417
WEBPAGE	🌐 www.facebook.com/percussionexperience
PARKING	On-site parking

Come and Try: Badminton

Waverley Retirement Activities Group Inc.

Join us for a friendly social game of badminton, keep fit and make new friends. Beginners, intermediate players, seniors, family and friends are all welcome. Bring your racquets. Shuttlecocks are provided.



DATE	Thursdays, except 3 weeks off at Christmas
TIME	10am-12pm
VENUE	Southern Community Centre, 27 Rupert Drive, Mulgrave
COST	\$2 for first session, \$15 membership
BOOKINGS	✉ wrag.inc@gmail.com or ☎ 0424 492 552
WEBPAGE	🌐 wrag.org.au
PARKING	On-site parking

Tamil Senior Citizens Monthly Lunch

Tamil Senior Citizens Fellowship

Join the Tamil Seniors on the third Saturday of each month. Enjoy some cultural programs, including dancing and music as well as morning tea. Lunch is included and includes rices and curries, followed by dessert.



DATE	Saturdays 21 June, 19 July, 16 August
TIME	10.30am-2pm
VENUE	Oakleigh Town Hall, 142 Drummond Street
COST	\$12, payable on the day
BOOKINGS	✉ sivasunthar0611@gmail.com or ☎ 0449 932 554
WEBPAGE	🌐 www.tamilseniorcitizensfellowship.com
PARKING	Two-hour street parking or parking at Atkinson Street

PALS Ongoing Programs

Dinner Meeting Oakleigh Evening VIEW Club

Join us for an enriching dinner meeting hosted by the Oakleigh Evening VIEW Club. We stand for the Voice, Interests, and Education of Women, making a positive impact in our community while fostering friendships. Our monthly meetings are held on the last Thursday of each month.



DATE	Monday 23 June, Thursdays 31 July, 28 August
TIME	6.30pm-8.30pm
VENUE	Oakleigh-Carnegie RSL, 95-97 Drummond Street, Oakleigh
COST	\$30, payable on the day
BOOKINGS	✉ oakleighevening.viewclub@gmail.com or ☎ 0400 175 039
PARKING	Street parking

Art and Craft Winter Warmers Mount Street Neighbourhood House

Come in from the cold to our cosy rooms and enjoy an art or craft class. We have experienced and patient tutors in mosaic, découpage, knitting, crochet, patchwork and quilting, drawing and all painting mediums. We welcome both beginners and people returning to learn more skills. First class is free to try and payment required after.

DATE	Mondays to Thursdays, during school terms
TIME	10.30am-12.30pm or 1pm-3pm
VENUE	6 Mount Street, Glen Waverley
COST	First class free and then \$17-\$21 per class
ENQUIRIES	✉ mountst@msnh.org.au or ☎ 9803 8706
WEBPAGE	🌐 https://msnh.org.au
PARKING	Street parking





Monash Public Library Service

Monash Public Library Service runs a range of programs to suit many interests. Below is a short list of events that we have on offer.

Digital Learners' Club

DATE Wednesdays 4 June, 2 July, 6 August

TIME 2pm-3pm

VENUE Clayton Library, 9-15 Cooke Street



Chair Yoga

DATE Friday 27 June

TIME 11am-12pm

VENUE Wheelers Hill Library, 860 Ferntree Gully Road



Rainbow Film and Book Club for Seniors

DATE Thursdays 26 June, 31 July, 28 August

TIME 10am-12pm

VENUE Wheelers Hill Library, 860 Ferntree Gully Road



Tap and Go Payment

DATE Tuesday 1 July

TIME 6pm-7.30pm

VENUE Mount Waverley Library, 41 Miller Crescent



To see all events on offer, please go to our event site:

🌐 monlib.events.mylibrary.digital, visit one of our branches, or phone ☎ 9518 3030.

Please book your place early to avoid disappointment. We look forward to seeing you soon.

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 (for example, 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.

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

 agewell@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

