

PALS

Positive Ageing Lifestyle Program



CITY OF
MONASH



Winter
2026 edition

June-August

Welcome to PALS

Welcome to the Winter 2026 edition of PALS!


This edition features a new look, with the same great events and programs we deliver every quarter. We hope you enjoy browsing this refreshed, accessible design, and welcome your feedback: ✉ agewell@monash.vic.gov.au or ☎ 9518 3555.

Would you like to receive PALS in your email inbox?

Subscribe to our Age Well eNews, a fantastic, eco-friendly way to stay up to date, with bonus events that aren't in our print program.

Sign up at: 🌐 www.monash.vic.gov.au/PALS

Council and community-run events

PALS includes both Council events and community-run events. Council events include a dark blue Monash logo . The logo is also in the activity index. Events without this are run by community groups and other organisations.

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, but may change without notice.

How to book online – the best method

Bookings for most Council events are essential and open 8.30am Friday 22 May 2026. We cannot accept early bookings, reservations or waitlist requests before this date.

Bookings for community events are arranged by the organiser, and may already be open. For all community-run booking enquiries, please contact the event organiser.

Read through the program and choose your events and activities. If you are viewing this program on your phone, computer or smart device, click on the website link in the event description. Many events have limited places.

How to book by phone

If you do not have access to a computer or smart device, please call the number on the event.

Age Well Adventures bookings

Due to overwhelming interest, each Age Well Adventure has a **limit of 2 tickets per booking**. This ensures more people can participate in the program and make meaningful connections,

particularly those who may find it difficult to travel long distances by themselves.

For this reason, the program is tailored for individuals, and **not group bookings**.

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.

Meet the Age Well and Home Support team



Join us at our friendly meet and greet sessions. Drop in to ask questions, explore support options, and connect with our Age Well and Home Support team, or share your feedback and ideas for future programs.

What's on offer

Learn about Age Well social programs and PALS, including social groups and outings, dementia support and community transport.

Speak with the Home Support team about CHSP services, including personal care, respite, domestic assistance, home maintenance, home modifications and occupational therapy.

Ask your questions about eligibility and the support and programs we offer.

Come talk to us at one of these drop-in sessions:

Libraries (no booking needed):

Mount Waverley Library
Monday 1 June | 9.30am – 12.30pm

Oakleigh Library
Monday 22 June | 9.30am – 12.30pm

Clayton Community Centre
Thursday 23 July | 9.30am – 12.30pm

Whealers Hill Library
Tuesday 28 July | 9.30am – 12.30pm

Neighbourhood Houses (bookings required)

Kerrie Road Neighbourhood House, Glen Waverley
Thursday 4 June | 1.30pm – 2.30pm

Power Neighbourhood House, Ashwood
Tuesday 16 June | 11am – 12 noon

Mount Street Neighbourhood House,
Glen Waverley
Wednesday 15 July | 10.30am – 11.30am

Notting Hill Neighbourhood House
(with free community lunch)
Thursday 16 July | 12 noon – 1.30pm

Mackie Road Neighbourhood House, Mulgrave
Tuesday 11 August | 11.30am – 12.30pm

For bookings:

www.monash.vic.gov.au/age-well-sessions

For more information: ☎ 03 9518 3555

✉ agewell@monash.vic.gov.au



































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Monash

PeerSupport

Supported by Fight Parkinson's

Monash Parkinson's peer support group meeting

Supported by Fight Parkinson's

The Monash Parkinson's Peer Support Group meets monthly to provide support, hope, information and friendship for people living with Parkinson's and their carers. Each gathering offers a variety of fun, social and informative activities.

Date: Tuesdays 2 June, 7 July and 4 August

Time: 1.30pm – 3.30pm

Venue: Clayton Community Centre, 9-15 Cooke Street. On-site parking

Cost: \$5 payable on the day

Book: ✉ info@fightparkinsons.org.au or

☎ 1800 931 031

Free hearing tests

Waverley Community Learning Centre

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

Date: Tuesday 2 June

Time: 9.30am – 12.30pm

Venue: 5 Fleet Street, Mount Waverley
Street parking

Cost: Free

Book: ✉ info@wclc.org.au or

☎ 03 9807 6011

Web: 🌐 www.wclc.org.au

Winter Series 2026

Warm up this winter with our annual Winter Series – an exciting program of live musical performances that will run throughout June, July and August.

The events are an opportunity for the community to come together during the colder months to support local artists and local live music and entertainment.

Bookings are essential and will open 2 weeks before each show.

Enquiries: 🌐 www.monash.vic.gov.au/festivals
or ☎ 03 9518 3555



Group bike ride

Waverley Life Activities Club

Join us for a morning bike ride from the Jells Park South car park, cycling to Wellington Village for coffee, before returning to our starting point. The ride will be approximately 27km.



Date: Thursday 4 June

Time: 8.30am – 12 noon

Venue: Jells Park, Ferntree Gully Road entrance, Wheelers Hill. On-site parking

Cost: Free

Book: ✉ helenbrowne706@gmail.com or

☎ 0400 064 331

Web: 🌐 www.lifewaverley.org.au

Sip and play: Lunch and board games

Notting Hill Neighbourhood House



Enjoy a delicious, warm bowl of soup with freshly baked bread. Play your favourite board games or cards, rummy, Uno, checkers and mahjong.

Date: Thursday 4 June

Time: 12.45pm – 3pm

Venue: 37 Westerfield Drive

On-site parking

Cost: Free

Book: ✉ carers@nottinghillnh.org.au or

☎ 03 9561 0114

Web: 🌐 www.nottinghillnh.org.au



Brook Andrew – ROLLERCOASTER: winhangadurinya in motion

Museum of Australian Photography

Artist Brook Andrew reveals and reimagines the legacies of power and representation that continue to shape how histories are produced, circulated and understood. As a Wiradjuri and Ngannawal person, his practice involves sustained engagement with archives, museums and systems of display.

Date: Saturday 6 June – Sunday 30 August

Venue: 860 Ferntree Gully Road, Wheelers Hill

On-site parking

Web: 🌐 www.maph.org.au or

☎ 03 8544 0500



World Elder Abuse Awareness Day

World Elder Abuse Awareness Day (WEAAD), held on Monday 15 June, reminds us to stand together to protect the safety, dignity and rights of older people.

Elder abuse can take many forms and often occurs within trusted relationships. By raising awareness, we help ensure older people and their families know where to seek support.

We encourage everyone to reflect, share information, and check in with the older people in their lives. Together, we can build a community where every older person feels valued, safe, and respected.

Support services

Seniors Rights Victoria

Provides free, confidential information, advice, referrals and advocacy for older people experiencing elder abuse. Their team includes specialist advocates and legal practitioners.

Enquiries: ☎ 1300 368 821

Web: 🌐 seniorsrights.org.au

Eastern Community Legal Centre (ECLC)

ECLC delivers integrated elder abuse response programs, including legal advice, advocacy and multidisciplinary support through the ELSA and ROSE programs across Eastern Melbourne.

Web: 🌐 eclc.org.au/elder-abuse

Elder Rights Advocacy (ERA)

Supports older people receiving government funded aged care services, helping them resolve concerns and understand their rights.

Enquiries: ☎ 1800 700 600

Web: 🌐 elderrights.org.au

Office of the Public Advocate (OPA)

Offers guidance on powers of attorney, guardianship, and decision making rights to support the autonomy and safety of older people.

Enquiries: ☎ 1300 309 337

Web: 🌐 publicadvocate.vic.gov.au



Elder abuse and scam awareness

Kerrie Road Neighbourhood House

Join us for an important community information session on recognising and preventing scams and elder abuse. Learn how to identify warning signs, protect yourself and others, and respond to financial exploitation, coercion, and common scams. Presented by Services Australia.

Date: Thursday 11 June

Time: 1.30pm – 2.30pm

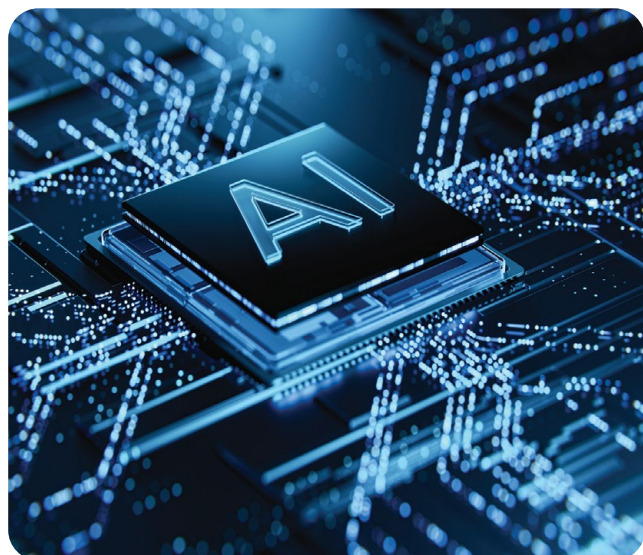
Venue: 36 Kincumber Drive, Glen Waverley

On-site and street parking

Cost: Free

Book: socialplanet.com.au/activity/view?id=42563 or [03 9887 6226](tel:0398876226)

Web: www.knh.org.au



AI literacy workshop

Kerrie Road Neighbourhood House

Join this free workshop to discover essential AI skills, including staying safe online and using AI in practical ways for everyday life, learning and work. Please bring your own device. Afternoon tea will be provided.

Date: Thursday 18 June

Time: 1pm – 4pm

Venue: 36 Kincumber Drive, Glen Waverley

On-site parking

Cost: Free

Book: socialplanet.com.au/activity/view?id=47226 or [03 9887 6226](tel:0398876226)

Web: www.knh.org.au



Healthy eating and nutrition

Monash Men's Shed, presented by Bolton Clarke

Discover healthy eating habits, understand the basics of good nutrition and learn simple ways to get more out of every meal.

Date: Wednesday 17 June

Time: 12 noon – 1pm

Venue: 49-77 Bogong Avenue, Glen Waverley

On-site parking available

Cost: Free. Optional \$5 for lunch

Book: trybooking.com/DKBDW or

info@monashshed.org.au or [03 9561 8557](tel:0395618557)

Web: www.monashshed.org.au

Home safety and crime prevention information session

Waverley Community Learning Centre

Get essential tips on home safety and crime prevention from Victoria Police. Learn proactive measures to protect your property and understand how to make a police report effectively.

Date: Thursday 18 June

Time: 10am – 11am

Venue: 5 Fleet Street, Mount Waverley

Street parking

Cost: Free

Book: info@wclc.org.au or [03 9807 6011](tel:0398076011)

Web: www.wclc.org.au



Men's Health Week 2026

Men's Health Week 2026, held 15-21 June, highlights the importance of supporting men's physical and mental wellbeing.

It raises awareness of higher health risks, reduces stigma, and encourages check-ups, open conversations, and healthier lifestyle choices. Celebrate Men's Health Week at the following events.



Prostate health matters

Monash Men's Shed and Monash Libraries. Free community lunch provided.

Learn about risks, myths, symptoms, testing, treatment options, and Prostate Cancer Foundation of Australia support. Hear from a volunteer with lived experience. Afterwards, enjoy soup and bread with Men's Shed volunteers and connect with others. This event is open to both men and women. Bookings are essential.

Date: Saturday 13 June

Time: 10.30am – 12 noon

Venue: 49-77 Bogong Avenue, Glen Waverley

On-site parking

Cost: Free

Book: www.monlib.vic.gov.au/prostate-health

or [03 9561 8557](tel:0395618557)



John Cuturilo on deconstructing men's mental health

Mackie Road Neighbourhood House

Counsellor John Cuturilo challenges media narratives on men's mental health, exploring gender roles, help-seeking barriers, and the importance of recognising struggles. John combines professional insight with lived experience for an authentic perspective.

Date: Friday 19 June

Time: 12.30pm – 1.30pm

Venue: 36-42 Mackie Road, Mulgrave

On-site parking

Cost: Free

Book: socialplanet.com.au/request/guest/activity?id=43064 or info@mackierdnh.org.au

or [03 9548 3311](tel:0395483311)

Web: www.mackierdnh.org.au

Tamil Senior Citizens Fellowship monthly luncheon

Tamil Senior Citizens Fellowship

The monthly luncheon begins with chair exercises, followed by announcements and a cultural program. We'll break for tea with savoury snacks, followed by a health talk, multicultural dances, music and a lunch of rice and curries.

Date: Saturdays 20 June, 18 July and 15 August

Time: 10am – 1.30pm

Venue: Oakleigh Hall, 142 Drummond Street, Oakleigh. Street parking

Cost: \$12, payable on the day

Book: ✉ sivasunthar0611@gmail.com or

☎ 0449 932 554

Web: 🌐 www.tamilseniorcitizensfellowship.com



Monash Chinese Dragon Boat Festival concert

Spring Arts Multicultural Seniors Association Inc.

Celebrate the traditional Chinese Dragon Boat Festival with majestic orchestral music, beautiful Chinese folk music, dances and vocal performances. This celebration offers Chinese communities in Australia an opportunity to experience the culture of their homeland.

Date: Sunday 21 June

Time: 1.30pm – 3.30pm

Venue: Jordanville Community Centre Hall
94 Batesford Road, Chadstone

On-site parking available

Cost: Free

Book: 🌐 www.trybooking.com/DLCYB

✉ SAMSA202107@gmail.com or

☎ 0412 287 956

Web: 🌐 <https://springarts.mystrikingly.com>

Winter Wonderland social support event

South East Volunteers

Join us for a magical Winter Wonderland morning! Enjoy a warm morning tea, soothing live music, and wonderful company. Wear something white, bring a friend, and take some time to connect, chat, and savour a cosy winter catch up.

Date: Thursday, 25 June

Time: 10am – 12 noon

Venue: Glen Waverley Bowls Club,
690 Waverley Road. On-site parking

Cost: \$10, payable on the day

Book: 🌐 www.sev.org.au/rsvp or

✉ info@sev.org.au or ☎ 03 9590 5700

Web: 🌐 www.sev.org.au



Learn to bowl

Glen Waverley Bowls Club

Discover the fun of lawn bowls with our free 4-week program. Join us for expert coaching, all equipment provided, and a welcoming, relaxed atmosphere. It's a great way to meet locals, make new friends, and even form teams for some friendly competition.

Date: Thursdays 25 June – 16 July

Time: 1pm – 3pm

Venue: 690 Waverley Road, Glen Waverley
On-site parking available

Cost: Free

Book: ✉ mail@glenwaverleybowlsclub.com.au
or ☎ 03 9561 3227

Web: 🌐 www.glenwaverleybowlsclub.com.au

Fire and home safety session



Everyone deserves to feel safe at home. Meet local Fire Rescue Victoria members, learn what to do in a fire or emergency, discover simple ways to improve home safety, and ask questions to help protect what matters most. Presented by Fire Rescue Victoria.

Date: Thursday 25 June

Time: 1.30pm – 4.30pm

Venue: Kerrie Road Neighbourhood House, 36 Kincumber Drive, Glen Waverley, On-site parking

Cost: Free

Book: socialplanet.com.au/activity/view?id=47472 or 03 9887 6226



Connecting to Country and Culture

Celebrating National Reconciliation Week

Experience Welcome to Country, Smoking Ceremony and cultural activities.

Wed 27 May, 10.30am-12.30pm
Monash Civic Centre, Glen Waverley



Learn more about our eight-week immersive program
 monash.vic.gov.au/first-nations

Celebrating 50 Years of Probus

Join the fun, friendship and connection



Probus clubs bring retirees together for monthly meetings, great company and inspiring guest speakers when you join. Members enjoy trips, outings, interest groups and social activities – whatever suits your lifestyle and interests. Make friends, try new hobbies, and stay active and engaged. There's so much to enjoy when you join your local Probus club.

Glen Waverley

Glen Waverley Ladies Probus

Date: Fourth Wednesdays

Time: 10am

Venue: Glen Waverley Uniting Church
10-12 Bogong Avenue

Enquiries:

✉ ladiesprobusclubglenwaverley@gmail.com

Notting Hill Combined Probus

Date: First Mondays

Time: 10am

Venue: Pinewood Tennis Club
1-9 Baker Avenue

Enquiries: ✉ nhprobus@gmail.com

Mount Waverley

Chisholm Combined Probus Club

Date: Third Mondays

Time: 10am

Venue: Mount Waverley Youth Centre
45 Miller Crescent

Enquiries: ✉ aandhjoiner@bigpond.com

Glen Waverley Combined Probus

Date: Second Wednesdays

Time: 10am

Venue: Mount Waverley Community Centre
47 Miller Crescent

Enquiries: ✉ gwcprobus@gmail.com

Mount Waverley Combined Probus

Date: First Fridays

Time: 10am

Venue: Mount Waverley Community Centre
47 Miller Crescent

Enquiries: ✉ joinprobus@probusclubs.org

Mount Waverley Probus Club

Date: Third Thursdays

Time: 10am

Venue: Waverley Masonic Centre
318 Stephenson's Road

Enquiries: ✉ probusmtwaverley@gmail.com

Monash Combined Probus

Date: First Fridays

Time: 10am

Venue: Mount Waverley Youth Centre
45 Miller Crescent

Enquiries: ✉ monashcombinedprobus@gmail.com

Pinewood Combined Probus

Date: Second Thursdays

Time: 10am

Venue: Mount Waverley Youth Centre
45 Miller Crescent

Enquiries: ✉ pinewood.probus.club@gmail.com

Syndal Combined Probus

Date: Fourth Fridays

Time: 10am

Venue: Mount Waverley Youth Centre
45 Miller Crescent

Enquiries: ✉ secretarysyndalprobus@gmail.com

Oakleigh

Oakleigh Ladies Probus

Date: Second Mondays

Time: 10am

Venue: South Oakleigh Bowls Club
1216 North Road

Enquiries: ✉ dunstone3@optusnet.com.au

Wheelers Hill

Wheelers Hill Probus

Date: Second Fridays

Time: 10am

Venue: Wheelers Hill Library
860 Ferntree Gully Road

Enquiries: ✉ whprobus275@gmail.com

Morning bike ride

Waverley Life Activities Club

Join us for an early morning ride from the Jells Park South carpark, cycling to Dandenong for coffee, before returning to our starting point. The ride will be approximately 25 km.



Date: Thursday 2 July

Time: 8.30am – 12.30pm

Venue: Jells Park, Ferntree Gully Road entrance, Wheelers Hill. On-site parking

Cost: Free

Book: ✉ helenbrowne706@gmail.com or

☎ 0400 064 331

Web: 🌐 www.lifewaverley.org.au

NAIDOC Week event

Monash Interfaith Gathering

Come along for a program featuring Auntie Irene Norman from Mullum Mullum Indigenous Peoples Place, a smoking ceremony, and performances by the Yeng Gali Choir Group. Lunch is provided.

Date: Saturday, 4 July 2026

Time: 10am – 12 noon

Venue: Wheelers Hill Library, 860 Ferntree Gully Road, On-site parking available

Cost: Free

Book: ✉ secretary@monashinterfaith.org.au or

☎ 0419 589 175

Web: 🌐 www.monashinterfaith.org.au



Navigating aged care: Your rights, options and support services



Understand recent changes in aged care, learn about key supports, and connect with support services, with presentations from:

Elder Rights Australia: A snapshot of the new Aged Care Act and what it means for older people and supports available when facing issues related to aged care services, rights, and advocacy.

Care Connect and Migrant Information Centre (Care Finder Program): How Care Finders support vulnerable older people to understand options and access services.

Services Australia: The role of Aged Care Specialist Officers and how they assist with My Aged Care and government funded supports.

Date: Thursday 9 July

Time: 10am – 12 noon

Venue: Clayton Community Centre Theatre 9-15 Cooke Street

Cost: Free

Book: 🌐 www.trybooking.com/DLAMN or

☎ 03 9518 3555





Sea Life Melbourne Aquarium



Age Well Adventures

Enjoy an outing at Sea Life, featuring 12 themed zones with more than 10,000 marine creatures, including penguins, sharks and a saltwater crocodile. Morning tea and lunch can be purchased at the Adventure Café, or BYO.

Date: Wednesdays 15 or 29 July or Monday 20 July

Time: 9am – 3.30pm

Venue: 503 Flinders Street, Melbourne

Cost: \$42.75 payable on booking, includes \$12 transport fee and \$30.75 entry fee.

Optional costs, payable on day:

- Morning tea: prices start from \$5

- Lunch: prices start from \$12

Book: 🌐 www.trybooking.com/DLAMV or ☎ 03 9518 3555

Pick-up: Central Reserve, 690 Waverley Road, Glen Waverley or Carlson Reserve, 64-72 Clayton Road, Clayton. On-site parking available at both

Confirmation: You will receive a confirmation email or phone call before the event

Master your mind

Monash Men's Shed, presented by Bolton Clarke

Is stress affecting your day-to-day life? Create a toolbox of techniques to manage stress. Take a deep breath – mindfulness starts now!

Date: Wednesday 15 July

Time: 12 noon – 1pm

Venue: 49-77 Bogong Avenue, Glen Waverley

On-site parking

Cost: Free. Optional \$5 for lunch

Book:  www.trybooking.com/DKBED or

 info@monashshed.org.au or  03 9561 8557

Web:  www.monashshed.org.au



Ambulance Victoria community session for parents and caregivers of young children



Join Ambulance Victoria officers for a practical 30 minute session helping parents and carers confidently manage unwell young children. Learn to spot common illnesses, know when to seek medical help, use simple first aid, and access community support.

This session is ideal for new parents, grandparents, caregivers, and anyone supporting young children. Children are welcome to attend.

Date: Thursday 30 July

Time: 11.30am – 12 noon

Venue: Kerrie Road Neighbourhood House

36 Kincumber Drive, Glen Waverley

On-site parking

Cost: Free

Book:  www.socialplanet.com.au/activity/view?id=46543 or  03 9887 6226

Web:  www.knh.org.au

Fire and home safety session

Mackie Road Neighbourhood House

Everyone deserves to feel safe at home. Meet local Fire Rescue Victoria members, learn what to do in a fire or emergency, discover simple ways to improve home safety, and ask questions to help protect what matters most.

Date: Wednesday 22 July


Time: 11.30am – 12.30pm

Venue: 36-42 Mackie Road, Mulgrave

On-site parking available

Cost: Free

Book:  socialplanet.com.au/activity/view?id=42190 or  03 9548 3311

Web:  www.mackierdnh.org.au

Mystery bottle, box or bag auction

Oakleigh Evening VIEW Club

Bring an item worth \$10 that is wrapped up. Could be a beverage, some soap in a box or a scarf in a nice gift bag. Bid for the items you'd like at the auction, with all donations going to The Smith Family.

Date: Thursday 30 July 2026

Time: 6.30pm – 8.30pm

Venue: Oakleigh Carnegie RSL

Drummond Street. Street parking

Cost: \$30, payable on the night

Book:  oakleighevening.viewclub@gmail.com

or  0400 175 039



Royal Exhibition Building Dome Promenade



Age Well Adventures

Enjoy a 1 hour guided tour featuring spectacular views of the gardens and city skyline, along with an exhibition highlighting the building's heritage. Lunch at the Museum Market Café or bring your own.

Please note access to the 4th level involves climbing numerous stairs.

Date: Mondays 3 or 17 August or Wednesday 12 August

Time: 9am – 3.30pm

Venue: 11 Nicholson Street, Carlton

Cost: \$12 transport fee, payable on booking.

Tour: \$23, payable on the day

Optional costs, payable on the day:

- Lunch: prices start from \$12

Book: 🌐 www.trybooking.com/DLBFH or ☎ 03 9518 3555

Pick-up: Central Reserve, 690 Waverley Road, Glen Waverley or Carlson Reserve, 64-72 Clayton Road, Clayton. On-site parking available at both

Confirmation: You will receive a confirmation email or phone call before the event



July programs

August programs

Smart choices: Understanding food labels in Australia

Kerrie Road Neighbourhood House

Join us for practical tips to make smarter, healthier choices at the supermarket! Learn how to decode food labels, navigate Australian food regulations, and spot packaged foods that look healthy but aren't always the best choice.

Date: Thursday 6 August

Time: 1.30 – 2.30pm

Venue: 36 Kincumber Drive, Glen Waverley
On-site parking

Cost: Free

Book: 🌐 www.socialplanet.com.au/activity/view?id=46318 or ✉ info@knh.org.au
or ☎ 03 9887 6226

Web: 🌐 www.knh.org.au

Make a drop spindle and learn to use it

Waverley Spinners and Weavers



A drop spindle is an ancient, portable tool that twists fibre into yarn. Beginners can easily make one from simple items and learn to spin their own yarn using this straightforward method. A great introduction to spinning. Bring your own lunch.

Date: Tuesday 11 August

Time: 11am – 2pm

Venue: Wadham House, 52 Wadham Parade
Mount Waverley (behind the library)
On-site parking

Cost: \$5 payable on the day

Book: ✉ waverleyspinnersweavers@gmail.com



Crime prevention and personal safety

Monash Men's Shed, presented by Victoria Police

Get practical home safety and crime prevention advice from a local police officer. Learn effective ways to protect your property.

Date: Wednesday 19 August

Time: 12 noon – 1pm

Venue: 49-77 Bogong Avenue, Glen Waverley
On-site parking

Cost: Free. Optional \$5 lunch

Book: www.trybooking.com/DKBEK or

info@monashshed.org.au or

03 9561 8557

Web: www.monashshed.org.au

Special morning tea at The Hub

Glen Waverley Uniting Church

Support Fight Parkinson's and enjoy a delicious morning tea with family and friends – all ages welcome.

Date: Thursday 20 August

Time: 10am – 12 noon

Venue: Corner Bogong Avenue and Kingsway, Glen Waverley
On-site parking

Cost: Donation

Book: office@gwuc.org.au or 03 9560 3580

Web: www.gwuc.org.au



Stronger families across generations

Monash Interfaith Gathering

In partnership with the Migrant Information Centre, join a community conversation with faith leaders and professionals about preventing tension between generations.

Date: Saturday 22 August

Time: 1.30pm – 5pm

Venue: Mulgrave Community Centre
355 Wellington Road. On-site parking

Cost: Free

Book: secretary@monashinterfaith.org.au or 0419 589 175

Web: www.monashinterfaith.org.au

Monash Public Library Service

Monash Public Library Service runs a range of free programs and events to suit many interests. Explore some highlights below. For all events, visit monlib.events.mylibrary.digital or speak to us at one of our branches.



Healthy diet and food habits for seniors



This workshop will focus on how seniors can maintain their energy and wellbeing with balanced nutrition. We'll talk about portion sizes, nutrient-dense foods and hydration tips. You'll also receive practical meal planning advice to meet the unique needs of older adults.

Date: Monday 1 June

Time: 9.30am – 11am

Venue: Mount Waverley Library

41 Miller Crescent – On-site parking

Book: www.monlib.vic.gov.au/healthy-diet
or [03 9518 3950](tel:0395183950)



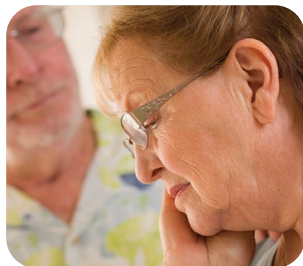
August programs

Monash Public
Library Service

Healthy bladder information session



One in four Australian adults experience incontinence. This practical session covers simple strategies and exercises for better bladder health and confidence. Held during International Incontinence Week, it promotes awareness and supports healthy ageing in our community. Presented by Bolton Clarke.



Date: Monday 22 June

Time: 11am – 12 noon

Venue: Oakleigh Library

148 Drummond Street. On-street parking

Book: www.monlib.vic.gov.au/healthy-bladder
or [03 9518 3970](tel:0395183970)

Diabetes awareness session



This session introduces type 2 diabetes, covering early signs, key risk factors and common myths. Learn how healthy eating, activity and lifestyle changes reduce risk.



Gain practical steps for early detection and accessing ongoing support. Presented by Bolton Clarke.

Date: Tuesday 14 July

Time: 11am – 12 noon

Venue: Mount Waverley Library

41 Miller Crescent. On-site parking

Book: www.monlib.vic.gov.au/diabetes-awareness or [03 9518 3950](tel:0395183950)

Monash Public Library Service

Aged care assessment



Aged care can feel overwhelming, but this session explains the assessment process, recent rule changes, and practical steps.

Presented by Services Australia, it offers straightforward guidance for anyone planning ahead or supporting an older loved one.

Date: Tuesday 28 July

Time: 11am – 12.30pm

Venue: Wheelers Hill Library

860 Ferntree Gully Road. On-site parking

Book: www.monlib.vic.gov.au/aged-care
or 03 9265 4877



Australian Government



Services
Australia

Understanding Age Pension and eligibility



Join a Services Australia Financial Information Service Officer to learn about the Age Pension and eligibility requirements. This session will guide you through income and asset tests, how to apply, what to expect during the process, and where to get support.



Date: Monday 10 August

Time: 11am – 12.30pm

Venue: Wheelers Hill Library

860 Ferntree Gully Road. On-site parking

Book: www.monlib.vic.gov.au/age-pension
or 03 9265 4877

Road safety with Victoria Police



This session covers key road rules, practical safety tips and common hazards to boost confidence on today's roads. Learn how to respond to emergency vehicles, stay updated on rule changes, and support safe, independent mobility as a driver or pedestrian.

Date: Wednesday 26 August

Time: 10am – 11.30am

Venue: Wheelers Hill Library

860 Ferntree Gully Road. On-site parking

Book: www.monlib.vic.gov.au/road-safety
or 03 9518 3030



Ongoing PALS programs

Come and join U3A Waverley

University of the Third Age Waverley

U3A Waverley offers a broad range of courses including art, music, sciences, languages, exercise and dance.



Date: Monday 13 July – Friday 18 September

Venue: Courses available at: Batesford Community Centre, 94 Batesford Road, Chadstone
Notting Hill Community Hall, 386 Ferntree Gully Road. On-site parking

Cost: \$60 annual membership fee

Book: ✉ u3awaverley@u3awaverley.org.au or ☎ 03 9077 2720

Web: 🌐 www.u3awaverley.org.au



Learn to spin and weave

Waverley Spinners and Weavers

Learn to spin and weave as you turn fleece or fibre into yarn and cloth. Our friendly, welcoming group provides equipment, skills and support for all levels. Experienced makers are welcome. Bring your lunch and enjoy crafting together with us.

Date: Tuesdays 2 June – 14 July: 10am – 3pm
Tuesdays 21 July – 25 August: 10am – 3pm
Wednesdays 24 June, 22 July, 26 August: 8pm – 10pm

Venue: Wadham House, 52 Wadham Parade, Mount Waverley. On-site parking

Cost: \$5 payable on the day and a membership fee

Book: ✉ waverleyspinnersweavers@gmail.com

Come and try: badminton, table tennis and pickleball

Waverley Retirement Activities Club

Join us for friendly game of badminton, table tennis and pickleball. Bring your badminton racquet and table tennis bats. Pickleball paddles and balls provided.

Date: Badminton: Thursdays 10am – 12 noon
Table tennis and pickleball: Tuesdays 1pm – 4pm, Thursdays 12.30pm – 3pm

Venue: Southern Reserve Community Centre 27 Rupert Drive, Mulgrave. On-site parking

Cost: \$2 first two sessions, \$15 annual membership after.

Book: 🌐 www.wrag.org.au or

✉ wrag.inc@gmail.com or ☎ 0408 241 062



Learn French

Mackie Road Neighbourhood House

Start learning French in a friendly class where you can refresh skills or prepare for travel. Build practical communication for shopping, dining and directions while exploring French culture, including art, cuisine, music and everyday life.

Date: Tuesdays, during school term

Time: 10am – 12 noon

Venue: 36-42 Mackie Road, Mulgrave
On-site parking

Cost: \$10, come and try session, or pay by term

Book: 🌐 www.socialplanet.com.au/request/guest/activity?id=46594 or

✉ info@mackierdnh.org.au or ☎ 03 9548 3311

Web: 🌐 www.mackierdnh.org.au

Ongoing PALS programs

80-up club

Mount Street Neighbourhood House

Connect with others aged 80 and over through enjoyable, instructor led activities. Designed for people aged 80–100, the program offers gentle exercise, games, craft, singalongs and a tasty afternoon tea with great conversation.

Date: Thursdays, during school term

Time: 1pm – 3pm

Venue: 6 Mount Street, Glen Waverley

On-site parking

Cost: \$5, payable on the day

Book: ✉ mountst@msnh.org.au or

☎ 03 9803 8706

Web: 🌐 msnh.org.au



Call out for participants

Help guide Monash's dementia-friendly initiatives

With the City of Monash ranking third in dementia prevalence among Victorian municipalities, we are committed to reducing stigma and discrimination, and building a community where people living with dementia feel understood, respected and supported.

To help guide this work, Monash Council is inviting people with first-hand experience of dementia to partner with us in shaping our dementia-friendly initiatives.

Who we're looking for

People living with dementia who live in the City of Monash.

What's involved

Participants may be invited to:

- Share your insights, experiences and perspectives with Monash Council.
- Help raise awareness and reduce stigma by contributing to Council social media campaigns.
- Be involved in community initiatives, projects and events.

Participation will be flexible and tailored to what feels right for you.

Our promise

- Your comfort, dignity and wellbeing are our priority.
- You will never be asked to do anything you are not comfortable with.
- Carers, family members or trusted friends are welcome to support and accompany you.

Why participate?

- Make a meaningful difference in your local community.
- Connect with others who share similar lived experiences.
- Help shape programs, services and initiatives that benefit everyone.

Get involved

If you, or someone you know, would like to be involved, please contact us:

✉ agewell@monash.vic.gov.au
or ☎ 03 9518 3555

We would love to hear from you.

Active Monash



Tai Chi at Active Monash


Enhance your wellbeing with gentle movement. Discover the benefits of Tai Chi with a range of classes at Active Monash. These low-impact classes support heart health, coordination, and stress relief – perfect for older adults and those recovering from injury.

Benefits:

- Suitable for all fitness levels
- Improve balance
- Improve flexibility
- Boost overall wellbeing and mood

Check the group booking schedule at

 www.activemonash.vic.gov.au

To find out more or to book, visit our website or call  03 9265 4888.

Please seek medical advice prior to participating if you are unsure about your health capabilities.



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. Exercising helps to prevent falls and maintains healthy mind, body and spirit.

Other positive outcomes include improved mood, sleep and quality of life.

Date: Wednesdays

Time: 11.30am – 12.30pm

Venue: Oakleigh Recreation Centre
2A Park Road. On-site parking

Cost: \$8.90

Book:  www.activemonash.vic.gov.au/group-fitness or  03 9265 4888






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

 03 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