

# **WELCOME TO PALS**

Welcome to the Summer 2025-2026 edition of our Positive Ageing Lifestyles Program, aimed at promoting healthy, active ageing and social inclusion for older adults who live, work or visit Monash.

Would you like to receive this program and other Council events and news directly in your email inbox? Our Age Well eNews is a fantastic, eco-friendly way to stay up to date on all things PALS and ageing well in Monash. You'll receive updates in a timely fashion, with bonus events that aren't in our print program. Sign up on our website: www.monash.vic.gov.au/PALS

### **Council and community-run events**

PALS includes both events run by Council and events run by community groups. Council events in the program have a dark blue banner with the 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, however, are subject to change without notice.

### How to book - online - the best method

Bookings for Council-run events are essential and will open 8.30am Friday 21 November 2025.

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

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 website link in 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, please call the number listed in the event description.

### **Changes to Age Well Adventures**

Due to overwhelming interest in our Age Well Adventures, we are limiting the number of tickets for each Age Well Adventure to **2 per booking.** This ensures more people can participate in the program. Our Age Well Adventures aim to help people make meaningful connections over shared experiences - particularly those who find it difficult to travel long distances by themselves. As a result, the program is tailored for individuals rather than 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 identify and sexuality, ability, faith and religious beliefs, Aboriginal and Torres Strait Islander identity, and/or socio-economic status.

# **Heat Health**

With warmer weather fast approaching, it's important to remind ourselves of the dangers of extreme heat.

Extreme heat, or a heatwave, is a period of **unusual and uncomfortable hot weather** that can have serious impacts on human health, community infrastructure (such as power supply and public transport) and other services. Extreme heat can affect everyone but some people are more vulnerable:

- Older adults
- Young children
- Pregnant women People with a disability
- People are who are frail or sick

### What to do in a heatwave

Look after yourself and check in with friends, relatives and neighbours who might be vulnerable.

- Drink lots of fluids, especially water.
- Take a cool shower or bath.
- If outside, seek shade and bring water.
- Stay in cool or air-conditioned buildings: shopping centres, libraries, community centres.
- Keep your house cool: shut curtains, close blinds, turn off lights, open windows if there's a cool breeze.
- · Avoid strenuous activity.
- Never leave children, adults or animals inside parked vehicles.
- Look out for signs of heatstroke and heat exhaustion: rapid heart rate, dizziness, nausea, muscle cramps, vomiting, fainting.

### If you need help in a heatwave

- If you are facing an emergency medical situation, or you are dealing with fire, ring \$\square\$ 000.
- If you need less urgent medical help, contact your doctor, or the Nurse on Call service on **\( \)** 1300 60 60 24.
- If you have power supply issues, call your service provider.

### **Heat Health and Emergency Preparedness for** Older Adults with Ambulance Victoria



Learn about how to protect yourself and loved ones from heat, essential summer safety tips, when to call an ambulance and how to respond while waiting for help. Presented by Ambulance Victoria and Monash Public Library Service, working together to ensure a safe Monash community.



TIME 10am-11.30am

**VENUE** Glen Waverley Library, 112 Kingsway - On-site parking available

**COST** FREE

BOOK monlib.events.mylibrary.digital/event?id=165893 or \$\sqrt{9518} 3030



# **Activity Index**

Monday 1 Dec Christmas Soiree with Highvale Secondary College Glen Waverley 17  Wednesday 3 Dec Christmas Morning Tea at The Hub Glen Waverley 5  Saturdays 6 Dec and 17 Jan Be Part of the Band Glen Waverley 5  Saturday 6 Dec Monash Carols Warratina Lavender Farm Wandin North 6  Monday 8 Dec Warratina Lavender Farm Wandin North 6  Monday 8 Dec Sensitive Santa Ashwood 6  Thursday 11 Dec Movies in Monash: The Family Stone Clayton 6  Saturday 13 Dec Christmas Celebration Oakleigh 7  Saturday 24 Jan Active Pride Pool Party Oakleigh 8  Wednesday 28 Jan Trip Planning with Google Maps Wheelers Hill 12  Monday 2 Feb Leisure Time Afternoon Tea Glen Waverley 9  Fridays 6-27 Feb Barefoot Bowls Monash: Summer Snow Clayton 13  Wednesday 18 Feb First Aid in the Home Glen Waverley 11  Wednesday 18 Feb Feb Electrical Vehicle Apps 13  Christmas Celebration 15  Melbourne 16  Glen Waverley 17  Melbourne 18  Glen Waverley 17  Melbourne 18  Glen Waverley 17  Melbourne 19  Melbourne 1	Date	Activity		Suburb	Page
Wednesday 3 Dec Older Adults with Ambulance Victoria		Exhibition: 'Young'	0	Wheelers Hill	5
Thursday 4 Dec Christmas Morning Tea at The Hub Glen Waverley 5 Saturdays 6 Dec and 17 Jan Be Part of the Band Glen Waverley 5 Saturday 6 Dec Monash Carols Wheelers Hill 7 Monday 8 Dec Warratina Lavender Farm Wandin North 6 Monday 8 Dec Sensitive Santa Ashwood 6 Saturday 11 Dec Movies in Monash: The Family Stone Clayton 6 Saturday 13 Dec Christmas Celebration Oakleigh 7 Sunday 14 Dec Monash Multicultural Chinese New Year Concert and Indoor Garden Party Oakleigh 8 Saturday 24 Jan Active Pride Pool Party Oakleigh 8 Wednesday 28 Jan Trip Planning with Google Maps Wheelers Hill 12 Monday 2 Feb Leisure Time Afternoon Tea Glen Waverley 9 Fridays 6-27 Feb Barefoot Bowls Molbourne Trunsday 12 Feb Lunar New Year Trivia: A Trip to Asia Clayton 13 Wednesday 18 Feb Housing Options as We Age Glen Waverley 11 Wednesday 18 Feb Glen Waverley 11 Saturday 26 Feb Electrical Vehicle Apps Mount Waverley 15 Saturday 26 Feb Electrical Vehicle Apps Mount Waverley 11 Saturday 28 Feb - 2026 State Dablis Stowy	Monday 1 Dec	Christmas Soiree with Highvale Secondary College	0	Glen Waverley	12
Saturdays 6 Dec and 17 Jan  Saturday 6 Dec Monash Carols  Wheelers Hill 7  Monday 8 Dec Warratina Lavender Farm  Wandin North 6  Monday 8 Dec Sensitive Santa Ashwood 6  Thursday 11 Dec Movies in Monash: The Family Stone Clayton 6  Saturday 13 Dec Christmas Celebration Oakleigh 7  Sunday 14 Dec Monash Multicultural Chinese New Year Concert and Indoor Garden Party Chadstone 7  Saturday 24 Jan Active Pride Pool Party Oakleigh 8  Wednesday 28 Jan State Library Victoria Monash 29 Jan Trip Planning with Google Maps Wheelers Hill 12  Monday 2 Feb Leisure Time Afternoon Tea Glen Waverley 9  Fridays 6-27 Feb Barefoot Bowls Mount Waverley 9  Wednesday 11 Feb Melbourne Tramboat Cruise Docklands 9  Thursday 12 Feb Lunar New Year Trivia: A Trip to Asia Clayton 13  Wednesday 18 Feb First Aid in the Home Glen Waverley 11  Wednesday 18 Feb First Aid in the Home Glen Waverley 11  Wednesday 26 Feb Electrical Vehicle Apps Major M	Wednesday 3 Dec	- · · · · · · · · · · · · · · · · · · ·	•	Glen Waverley	3
and 17 Jan  Be Part of the Band  Saturday 6 Dec Monash Carols  Monday 8 Dec Warratina Lavender Farm  Monday 8 Dec Sensitive Santa  Thursday 11 Dec Movies in Monash: The Family Stone  Saturday 13 Dec Christmas Celebration  Sunday 14 Dec Monash Multicultural Chinese New Year Concert and Indoor Garden Party  Saturday 24 Jan Active Pride Pool Party  Wednesday 28 Jan State Library Victoria  Thursday 29 Jan Trip Planning with Google Maps  Monday 2 Feb Leisure Time Afternoon Tea Glen Waverley  Wednesday 10 Feb Scambusters - Safer Internet Day 2026  Wednesday 11 Feb Movies in Monash: Summer Snow  Thursday 12 Feb Lunar New Year Trivia: A Trip to Asia  Wednesday 18 Feb First Aid in the Home  Wednesday 18 Feb Housing Options as We Age  Thursday 26 Feb Electrical Vehicle Apps  Mount Waverley  Glen Waverley  Melbourne  Melbourne  Glen Waverley  Melbourne  Melbourne  Glen Waverley  Melbourne  Me	Thursday 4 Dec	Christmas Morning Tea at The Hub		Glen Waverley	5
Monday 8 Dec Warratina Lavender Farm	•	Be Part of the Band		Glen Waverley	5
Monday 8 Dec Sensitive Santa Ashwood 6 Thursday 11 Dec Movies in Monash: The Family Stone Clayton 6 Saturday 13 Dec Christmas Celebration Oakleigh 7 Sunday 14 Dec Monash Multicultural Chinese New Year Concert and Indoor Garden Party Chadstone 7 Saturday 24 Jan Active Pride Pool Party Oakleigh 8 Wednesday 28 Jan State Library Victoria Melbourne 8 Thursday 29 Jan Trip Planning with Google Maps Melbourne Glen Waverley 9 Fridays 6-27 Feb Barefoot Bowls Mount Waverley 9 Wednesday 10 Feb Scambusters - Safer Internet Day 2026 Glen Waverley 12 Wednesday 11 Feb Melbourne Tramboat Cruise Docklands 9 Thursday 12 Feb Movies in Monash: Summer Snow Clayton 16 Thursday 18 Feb First Aid in the Home Glen Waverley 17 Wednesday 18 Feb Housing Options as We Age Glen Waverley 17 Thursday 26 Feb Electrical Vehicle Apps Glen Waverley 18 Saturday 28 Feb - 2026 State Dablic Shows	Saturday 6 Dec	Monash Carols	0	Wheelers Hill	7
Thursday 11 Dec Movies in Monash: The Family Stone Clayton 6 Saturday 13 Dec Christmas Celebration Oakleigh 7 Sunday 14 Dec Monash Multicultural Chinese New Year Concert and Indoor Garden Party Chadstone 7 Saturday 24 Jan Active Pride Pool Party Oakleigh 8 Wednesday 28 Jan State Library Victoria Melbourne 8 Thursday 29 Jan Trip Planning with Google Maps Monday 2 Feb Leisure Time Afternoon Tea Glen Waverley 9 Fridays 6-27 Feb Barefoot Bowls Mount Waverley 9 Wednesday 10 Feb Scambusters - Safer Internet Day 2026 Glen Waverley 12 Wednesday 11 Feb Melbourne Tramboat Cruise Docklands 9 Thursday 12 Feb Movies in Monash: Summer Snow Clayton 16 Thursday 12 Feb Lunar New Year Trivia: A Trip to Asia Clayton 17 Wednesday 18 Feb First Aid in the Home Glen Waverley 17 Wednesday 18 Glen Waverley 17 Wednesday 18 Feb Housing Options as We Age Glen Waverley 17 Thursday 26 Feb Electrical Vehicle Apps Glen Waverley 17 Saturday 28 Feb - 2026 State Dahlig Show	Monday 8 Dec	Warratina Lavender Farm	•	Wandin North	6
Saturday 13 Dec Christmas Celebration Oakleigh 7  Sunday 14 Dec Monash Multicultural Chinese New Year Concert and Indoor Garden Party Chadstone 7  Saturday 24 Jan Active Pride Pool Party Oakleigh 8  Wednesday 28 Jan State Library Victoria Melbourne 8  Thursday 29 Jan Trip Planning with Google Maps Melbourne Glen Waverley 9  Fridays 6-27 Feb Barefoot Bowls Mount Waverley 9  Tuesday 10 Feb Scambusters - Safer Internet Day 2026 Glen Waverley 9  Wednesday 11 Feb Melbourne Tramboat Cruise Docklands 9  Thursday 12 Feb Lunar New Year Trivia: A Trip to Asia Clayton 13  Wednesday 18 Feb First Aid in the Home Glen Waverley 14  Wednesday 18 Glen Waverley 15  Wednesday 18 Glen Waverley 16  Thursday 26 Feb Housing Options as We Age Glen Waverley 17  Saturday 28 Feb - 2026 State Dablia Show Mount Waverley 17  Moun	Monday 8 Dec	Sensitive Santa		Ashwood	6
Sunday 14 Dec Monash Multicultural Chinese New Year Concert and Indoor Garden Party  Saturday 24 Jan Active Pride Pool Party  Wednesday 28 Jan State Library Victoria  Thursday 29 Jan Trip Planning with Google Maps  Monday 2 Feb Leisure Time Afternoon Tea Glen Waverley  Fridays 6-27 Feb Barefoot Bowls  Tuesday 10 Feb Scambusters - Safer Internet Day 2026  Wednesday 11 Feb Melbourne Tramboat Cruise  Thursday 12 Feb Lunar New Year Trivia: A Trip to Asia  Wednesday 18 Feb First Aid in the Home  Glen Waverley  Melbourne  Glen Waverley  Melbourne  Glen Waverley  Melbourne  Glen Waverley  Mednesday 18  Glen Waverley  Melbourne Gaol  Thursday 26 Feb Electrical Vehicle Apps  Saturday 28 Feb - 2026 State Dablig Show	Thursday 11 Dec	Movies in Monash: The Family Stone		Clayton	6
Sunday 14 Dec and Indoor Garden Party  Saturday 24 Jan Active Pride Pool Party  Wednesday 28 Jan State Library Victoria  Thursday 29 Jan Trip Planning with Google Maps  Monday 2 Feb Leisure Time Afternoon Tea Glen Waverley  Fridays 6-27 Feb Barefoot Bowls  Tuesday 10 Feb Scambusters - Safer Internet Day 2026  Wednesday 11 Feb Melbourne Tramboat Cruise  Thursday 12 Feb Lunar New Year Trivia: A Trip to Asia  Wednesday 18 Feb First Aid in the Home  Glen Waverley  Wednesday 18  Old Melbourne Gaol  Thursday 26 Feb Electrical Vehicle Apps  Saturday 28 Feb - 2026 State Dablia Show	Saturday 13 Dec	Christmas Celebration		Oakleigh	7
Wednesday 28 Jan State Library Victoria	Sunday 14 Dec			Chadstone	7
Thursday 29 Jan Trip Planning with Google Maps  Monday 2 Feb Leisure Time Afternoon Tea Glen Waverley  Fridays 6-27 Feb Barefoot Bowls  Tuesday 10 Feb Scambusters - Safer Internet Day 2026  Wednesday 11 Feb Melbourne Tramboat Cruise  Thursday 12 Feb Movies in Monash: Summer Snow  Thursday 12 Feb Lunar New Year Trivia: A Trip to Asia  Wednesday 18 Feb First Aid in the Home  Wednesday 18 and 25 Feb Housing Options as We Age  Thursday 26 Feb Electrical Vehicle Apps  Mount Waverley	Saturday 24 Jan	Active Pride Pool Party	0	Oakleigh	8
Monday 2 Feb Leisure Time Afternoon Tea Glen Waverley  Fridays 6-27 Feb Barefoot Bowls Mount Waverley  Tuesday 10 Feb Scambusters - Safer Internet Day 2026 Glen Waverley  Wednesday 11 Feb Melbourne Tramboat Cruise Docklands  Thursday 12 Feb Movies in Monash: Summer Snow Clayton  Thursday 12 Feb Lunar New Year Trivia: A Trip to Asia  Wednesday 18 Feb First Aid in the Home Glen Waverley  Wednesday 18 and 25 Feb Old Melbourne Gaol  Thursday 26 Feb Housing Options as We Age Glen Waverley  Thursday 26 Feb Electrical Vehicle Apps  Saturday 28 Feb - 2026 State Dablia Show	Wednesday 28 Jan	State Library Victoria	0	Melbourne	8
Fridays 6-27 Feb Barefoot Bowls Mount Waverley 9  Tuesday 10 Feb Scambusters - Safer Internet Day 2026 Glen Waverley 12  Wednesday 11 Feb Melbourne Tramboat Cruise Docklands 9  Thursday 12 Feb Movies in Monash: Summer Snow Clayton 16  Thursday 12 Feb Lunar New Year Trivia: A Trip to Asia Clayton 15  Wednesday 18 Feb First Aid in the Home Glen Waverley 16  Wednesday 18 and 25 Feb Old Melbourne Gaol Melbourne Gaol Glen Waverley 17  Thursday 26 Feb Housing Options as We Age Glen Waverley 17  Saturday 28 Feb - 2026 State Dablig Show	Thursday 29 Jan	Trip Planning with Google Maps	0	Wheelers Hill	12
Tuesday 10 Feb Scambusters – Safer Internet Day 2026	Monday 2 Feb	Leisure Time Afternoon Tea		Glen Waverley	9
Wednesday 11 Feb Melbourne Tramboat Cruise Docklands 9  Thursday 12 Feb Movies in Monash: Summer Snow Clayton 10  Thursday 12 Feb Lunar New Year Trivia: A Trip to Asia Clayton 13  Wednesday 18 Feb First Aid in the Home Glen Waverley 10  Wednesday 18 and 25 Feb Old Melbourne Gaol Melbourne Gaol Melbourne 11  Thursday 26 Feb Housing Options as We Age Glen Waverley 15  Saturday 28 Feb - 2026 State Dablig Show Mount Waverley 17	Fridays 6-27 Feb	Barefoot Bowls		Mount Waverley	9
Thursday 12 Feb Movies in Monash: Summer Snow  Clayton  Thursday 12 Feb Lunar New Year Trivia: A Trip to Asia  Wednesday 18 Feb First Aid in the Home  Glen Waverley  Wednesday 18 and 25 Feb  Old Melbourne Gaol  Thursday 26 Feb Housing Options as We Age  Glen Waverley  Thursday 26 Feb Electrical Vehicle Apps  Saturday 28 Feb -  2026 State Dablig Show	Tuesday 10 Feb	Scambusters – Safer Internet Day 2026	•	Glen Waverley	12
Thursday 12 Feb Lunar New Year Trivia: A Trip to Asia  Wednesday 18 Feb First Aid in the Home  Glen Waverley  Wednesday 18 and 25 Feb  Old Melbourne Gaol  Thursday 26 Feb Housing Options as We Age  Glen Waverley  Thursday 26 Feb  Electrical Vehicle Apps  Mount Waverley  Mount Waverley  Mount Waverley  Mount Waverley  To Saturday 28 Feb -	Wednesday 11 Feb	Melbourne Tramboat Cruise		Docklands	9
Wednesday 18 Feb First Aid in the Home Glen Waverley 10  Wednesday 18 and 25 Feb Old Melbourne Gaol  Thursday 26 Feb Housing Options as We Age Glen Waverley 17  Thursday 26 Feb Electrical Vehicle Apps Glen Waverley 13  Saturday 28 Feb - 2026 State Dahlig Show Mount Waverley 17	Thursday 12 Feb	Movies in Monash: Summer Snow	0	Clayton	10
Wednesday 18 and 25 Feb Old Melbourne Gaol Melbourne 10  Thursday 26 Feb Housing Options as We Age Glen Waverley 17  Thursday 26 Feb Electrical Vehicle Apps Glen Waverley 13  Saturday 28 Feb - 2026 State Dahlia Show Mount Waverley 17	Thursday 12 Feb	Lunar New Year Trivia: A Trip to Asia	O	Clayton	13
Thursday 26 Feb Housing Options as We Age Glen Waverley 17  Thursday 26 Feb Electrical Vehicle Apps Glen Waverley 13  Saturday 28 Feb - 2026 State Dahlia Show Mount Waverley 17	Wednesday 18 Feb	First Aid in the Home		Glen Waverley	10
Thursday 26 Feb Electrical Vehicle Apps Glen Waverley 13 Saturday 28 Feb - 2026 State Dahlia Show Mount Waverley 17	•	Old Melbourne Gaol	•	Melbourne	10
Saturday 28 Feb - 2026 State Dahlia Show Mount Waverley 1	Thursday 26 Feb	Housing Options as We Age		Glen Waverley	11
' ZOZA STATE DANIA SNOW MOUNT WAVERIEV I	Thursday 26 Feb	Electrical Vehicle Apps		Glen Waverley	13
	-	2026 State Dahlia Show		Mount Waverley	11
Mondays-Fridays* Potential Pathways: Paint, Paste and Pals Glen Waverley 14	Mondays-Fridays*	Potential Pathways: Paint, Paste and Pals		Glen Waverley	14
Mondays-Fridays* Summer Moves and Grooves Glen Waverley 14	Mondays-Fridays*	Summer Moves and Grooves		Glen Waverley	14
Tuesdays and	Tuesdays and	Badminton, Pickleball and Table Tennis		·	14
Various Come and Try: Probus at Monash Mount Waverley 15	Various	Come and Try: Probus at Monash		Mount Waverley	15

Council-run event. All other events are community-run.

\*During school terms

**Lifelong Learning** 

**Social Activities** 

Age Well Adventures

**Health and Wellness** 

# PALS DECEMBER PROGRAMS

# **Exhibition: 'Young'**

**Museum of Australian Photography (MAPh)** 



'Young' explores the notion of youth and how it has been captured, celebrated and questioned in Australian photography. The exhibition asks us to contemplate what animates us and inspires our dreams, no matter our age.



DATE	Saturday	22 November -	Monday	2 February
DAIE	Suturuay	ZZ NOVEIIIDEI -	Monday	Z rebludiy

10am-5pm (Tuesday-Friday) and 10am-4pm (Saturday-Sunday) TIME

Closed Mondays, Christmas Day, and New Year's Day

Museum of Australian Photography (MAPh), VENUE

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

COST **FREE** 

**BOOK ™** maph@monash.vic.gov.au or **∿** 03 8544 0500

**WEB** maph.org.au/exhibitions/317/

### **Christmas Morning Tea**

### The Hub, Glen Waverley **Uniting Church**

Come and enjoy a special Christmas morning tea at The Hub. Make a donation for families in need in our community. Bring your



family and friends - all ages welcome.

DATE	Thursday 4 December

TIME 10am-12pm

Glen Waverley Uniting Church,

corner Bogong Avenue **VENUE** 

and Kingsway

On-site parking available

**COST** Donation

office@gwuc.org.au BOOK

or **4** 03 9560 3580

**WEB** www.gwuc.org.au

### **Be Part of** the Band

**The Band Next** Door Inc. and The Oakuleles



A fabulous afternoon of music, singing and community celebration. This is your chance to be part of the band! Learn how to play the ukulele in our ukulele orchestra (instruments provided).

DATE	Saturdays 6 December
	and 17 January

2.30pm-4.30pm TIME

Glen Waverley Community **VENUE** Centre, 700 Waverley Road

On-site parking available

COST

BOOK

tinyurl.com/y2rzdwk6 or \$ 0427 881 508

# **Warratina Lavender Farm**





Located in the heart of the Yarra Valley, Warratina Lavender Farm is a small family-run farm where they grow, harvest and create lavender products. Wander through the lavender garden and gift shop. Morning tea and lunch in the tearoom.

DATE	Monday 8 December
TIME	9am-3.30pm
VENUE	Warratina Lavender Farm, 105 Quayle Road, Wandin North
COST	\$12 transport fee, payable on booking. Additional cost, payable on the day: • \$12.50 (concession entry) Optional costs, payable on the day: • Morning tea: tea/coffee and lavender scone from \$13.50 or BYO • Lunch: \$20 or BYO
ВООК	⊕ www.trybooking.com/DGOHI or
PICK-UP	Central Reserve, 690 Waverley Road, Glen Waverley or Carlson Reserve, 64-72 Clayton Road, Clayton On-site parking available for both pick-up locations
CONFIRMATION	You will receive a confirmation email or phone call before the event

# Sensitive Santa Power Neighbourhood House

Children with sensory needs and their families are invited to enjoy a private 15-minute visit with Santa in a calm, welcoming space. A sensory corner will be available, and photos will be emailed afterwards.

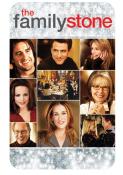


DATE	Monday 8 December
TIME	5pm-7pm
VENUE	Power Neighbourhood House, 54 Power Avenue, Ashwood Street parking available
COST	FREE
воок	office@powernh.org.au or 03 8849 9707
WEB	www.powernh.org.au

# Movies in Monash: The Family Stone



Join us for the modern Christmas comedy classic, The Family Stone, following Meredith as she joins her boyfriend Everett for the annual holiday gathering of the Stone family. Morning tea from 10.30am. Film starts at 11am.



DATE	Thursday 11 December
TIME	10.30am-1pm
VENUE	Clayton Community Centre Theatre, 9-15 Cooke Street Three-hour parking behind the centre
COST	FREE
воок	www.trybooking.com/DGOJV or \$\square\$ 03 9518 3555

### **Christmas Celebration**

### **Tamil Senior Citizens** Fellowship Vic Inc.

Celebrate Christmas with carols and delicious cultural food.



DATE	Saturday 13	December

TIME 10am-1.30pm

Oakleigh Hall, 142 Drummond **VENUE** Street - Street parking available

**COST** \$12, payable on the day

**BOOK** 

✓ roberts25@yahoo.com or \$\square\$ 0413 234 595

### **SAVE THE DATE! Carols returns** to Monash



Join us at Jells Park on Saturday 6 December for a magical evening under the stars as we celebrate the festive season with joyful carols and our vibrant Monash community spirit.

Arrive early from 3pm to explore our new Twilight Christmas Market, then enjoy food and pre-show entertainment from 5.30pm, including kids' activities.

The Main Concert begins at 7.30pm, followed by a special visit from Santa and a spectacular fireworks finale at 9pm.

Carols is a free ticketed event. Learn more and register to attend at **www.monash.vic.gov.au/carols** 



### **Monash Multicultural Chinese New Year Concert** and Indoor Garden Party

### **Spring Arts Multicultural Seniors Association**

Enjoy a lively performance by the Spring Art Troupe with audience karaoke and

dancing. Then join the garden party with stalls, Chinese snacks, photos with Santa and more. The day wraps up with a festive Christmas concert.



Sunday 14 December **DATE** 

TIME 10.30am-3.30pm

Jordanville Community Centre, **VENUE** 94 Batesford Road, Chadstone

On-site parking available

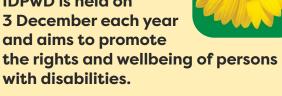
**COST FREE** 

www.trybooking.com/DGWMZ **BOOK** 

**WEB** springarts.mystrikingly.com

## International **Day of People** with Disability (IDPwD)

IDPwD is held on 3 December each year and aims to promote



In Australia, 1 in 5 of us live with a disability, and not all disabilities are visible. The Hidden Disability Sunflower is a symbol for disabilities that may not be obvious which include difficulty seeing or hearing, a learning disability, autism, a mental health condition or a physical disability.

Find out more at @www.idpwd.com.au and this has unflower.com/au

# PALS JANUARY PROGRAMS

# **Active Pride Pool Party**

**Active Monash** 



Active Monash is excited to announce the return of our annual Active Pride event for Midsumma Festival 2026! We are inviting LGBTIQA+ people of all ages, rainbow families and allies to celebrate.

DATE	Saturday 24 January

TIME 2pm-5pm

**VENUE** Oakleigh Recreation Centre, 2A Park Road

On-site and street parking available

\$8.70 adult, payable at reception on the day \$7.80 concession (seniors, student, carer card)

\$5.20 concession (Health Care Card, Pension Card, children 5-15)

Free for children under 5

BOOK ActiveMonash@monash.vic.gov.au or \$\sqrt{0}\$ 03 9265 4888

**WEB** @activemonash.vic.gov.au

# **State Library Victoria**

**Age Well Adventures** 



Established in 1854, State Library Victoria is Australia's oldest public library and one of the world's first free public libraries. Tour its magnificent architecture, domed reading room and free exhibitions. Morning tea and lunch at Mr Tulk Café.

		2				F
DATE	Wednesday 28 January					-
TIME	9am-3.30pm		•			
VENUE	State Library Victoria, 328 Swanston Street, Melbourne					
COST	\$12 transport fee, payable on booking. Optional costs, payable on the day: • Morning tea: prices start from \$5 or BYO • Lunch: prices start from \$8.50 or BYO			A		
ВООК	₩ww.trybooking.com/DGOKO or <b>\$</b> 03 9518 3555					
PICK-UP	Central Reserve, 690 Waverley Road, Glen Waverley or Carlson Reserve, 64-72 Clayton Road, Clayton On-site parking available for both pick-up locations		••••••		•••••	••••
CONFIRMATION	You will receive a confirmation email or phone call before the event					

# PALS FEBRUARY PROGRAMS

# Leisure Time Afternoon Tea

### Glen Waverley Uniting Church

Stuck at home and want to get out? Then our delicious afternoon tea is for you! Free (limited transport) is available.



DATE	Monday 2 February
TIME	2pm-3.30pm
VENUE	Glen Waverley Uniting Church corner Bogong Avenue and Kingsway On-site parking available
COST	\$5, payable on the day
ВООК	<b>\$</b> 03 9560 3580

### **Barefoot Bowls**

### **Mount Waverley Bowls Club**

Looking for something to do with friends and family? Come and try bowls in the cool of the evening and join in the fun! Barefoot Bowls is open to everyone. Equipment and coaching provided.

DATE	Fridays, 6, 13, 20 & 27 February
TIME	4.30pm-6.30pm
VENUE	Mount Waverley Bowls Club 6 Alvie Road On-site parking available
COST	FREE
воок	✓ info@mwbc.com.au or  ✓ 0478 952 026
WEB	mwbc.com.au

# **Melbourne Tramboat Cruise**

**Age Well Adventures** 



Back by popular demand! Step aboard the Melbourne Tramboat for a distinctive cruise that combines the charm of a tram with the serenity of a boat. Departing from Victoria Harbour at Docklands, cruise past iconic landmarks towards Williamstown where we dock for 1 hour. Morning tea provided on the journey to Williamstown and fish and chips for lunch on the return trip.



DATE	Wednesday 11 February	
TIME	9am-3.30pm	
VENUE	Melbourne Tramboat Cruises, 131 Harbour Esplanade, Docklands	
COST	\$12 transport fee, payable on booking. Additional cost, payable on the day: • \$55 which includes the cruise, morning tea and lunch.	
ВООК	www.trybooking.com/DGOLP 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 for both pick-up locations	
CONFIRMATION	ON You will receive a confirmation email or phone call before the event	

### Movies in Monash: Summer Snow (女人四十)



This comedy-drama tells the story of the relationship between a widower with Alzheimer's and his daughter-in-law, trying to cope with the changes in



her family. Join us for the screening of this Hong Kong film in time for Lunar New Year. *Summer Snow* (1995) is in Cantonese language with English subtitles. Morning tea from 10.30am. Film starts at 11am.

DATE	Thursday 12 February	
TIME	10.30am-1pm	
VENUE	Clayton Community Centre Theatre, 9-15 Cooke Street Three-hour parking behind the centre	
COST	FREE	
воок	www.trybooking.com/DGOMR or \$\cdot 03 9518 3555	

# First Aid in the Home

#### **Monash Men's Shed**

Be prepared for an emergency by learning how to react to accidents such as burns and scalds, cuts and grazes, falls, sprains and fractures. This event is facilitated by Bolton Clarke.





DATE	Wednesday 18 February	
TIME	12pm-1pm	
VENUE	Monash Men's Shed, 49-77 Bogong Ave, Glen Waverley On-site parking available	
COST	FREE. Optional costs, payable on the day: • Lunch: \$5	
ВООК	www.trybooking.com/DFPOB     or    info@monashshed.org.au     or	
WEB	monashshed.org.au	

# **Old Melbourne Gaol**

**Age Well Adventures** 



The Old Melbourne Gaol is a former jail and current museum on Russell Street, located next to the old City Police Watch House and City Courts buildings. Included is a 45-minute guided tour where you'll discover why the jail was built, how it operated, and what daily life was like behind bars. Lunch at Pearson & Murphy's Cafe.

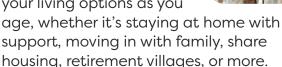


DATE	Wednesdays 18 and 25 February	
TIME	9am-3.30pm	
VENUE	Old Melbourne Gaol, 377 Russell Street, Melbourne	
COST	\$47 transport fee, gaol entry and tour, payable on booking. Optional cost, payable on the day: • Lunch: prices start from \$8.50 or BYO	
ВООК	www.trybooking.com/DGONO or 📞 03 9518 3555	
PICK-UP	Central Reserve, 690 Waverley Road, Glen Waverley or Carlson Reserve, 64-72 Clayton Road, Clayton On-site parking available for both pick-up locations	
CONFIRMATION	You will receive a confirmation email or phone call before the event	

# Housing Options as We Age

### Kerrie Road Neighbourhood House

Join this session by Seniors Rights Victoria to explore your living options as you



DATE	Thursday 26 February	
TIME	1.30pm-2.30pm	
VENUE	Kerrie Road Neighbourhood House, 36 Kincumber Drive, Glen Waverley On-site parking available	
COST	FREE	
воок	<pre> socialplanet.com.au/ activity/view?id=40168 or info@knh.org.au or  03 9887 6226 </pre>	
WEB	₩ww.knh.org.au	

### 2026 State Dahlia Show

#### **Dahlia Society of Victoria Inc.**

Not to be missed, the annual State Dahlia Show promises to offer the most spectacular dahlias on display, including the famous potted dahlia plant sale where you will



be able to purchase potted dahlias for your own garden. A great way to get started! Devonshire tea available.

DATE	Saturday 28 February and Sunday 1 March	
TIME	TIME Saturday: 1pm-5pm Sunday: 10am-3.30pm	
VENUE	Mount Waverley Community Centre, 41 Miller Crescent Street parking available	
COST	\$5 adult, payable on the day \$2 concession Free for children	
WEB	adhliasocietyofvictoria.org.au	

# **World Cancer Day**

World Cancer Day is held every 4 February to raise worldwide attention and inspire action for a cancer-free future.

As the weather heats up and we spend more time outdoors, remember that incidental sun exposure adds up. Often called our 'national cancer', Australia has the highest rate of skin cancer in the world. We can all do more to keep sun protection front of mind when UV is 3 or above. Remember to:



- Slip on sun protective clothing that covers as much skin as possible
- **Slop** on SPF50 or SPF50+ broad-spectrum and water resistance sunscreen, applied 20 minutes before going outdoors and re-applied every two hours afterwards
- Slap on a broad brim or legionnaire style hat to protect your face, head, neck and ears
- Seek shade
- **Slide** on sunglasses, ensuring they meet Australian Standards

If you notice any changes in the size, shape or colour of an existing spot, or the development of a new spot, speak with your GP or a dermatologist as soon as possible.

To find out more, visit @ www.worldcancerday.org or @ www.cancer.org.au



# **Monash Public Library Service**

Monash Public Library Service runs a range of **free** programs and events to suit many interests. Below is a brief list of events that we have on offer. For all events, visit **monlib.events.mylibrary.digital or speak to us at one of our branches.** 

### **Christmas Soiree with Highvale Secondary College**



As we enter the festive season, join us for our annual morning of Christmas music and other tunes brought to you by the very talented students from Highvale Secondary College.

No bookings required - simply arrive in your best festive dress!



**DATE** Monday 1 December

**TIME** 11am-12.30pm

VENUE Glen Waverley Library, 112 Kingsway - On-site parking available

### **Trip Planning with Google Maps**



Learn how to make the most of Google Maps. We'll cover how to sign in to Google Maps to personalise search results, and how to plan a trip to any location using the most efficient route, including your next overseas trip.



**DATE** Thursday 29 January

**TIME** 2pm-3.30pm

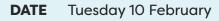
**VENUE** Wheelers Hill Library, 860 Ferntree Gully Road - On-site parking available

BOOK monlib.events.mylibrary.digital/event?id=159996 or \$\square\$ 9518 3030

### Scambusters - Safer Internet Day 2026



Find out how to protect yourself from fraud this Safer Internet Day. You'll discover 11 steps to staying safe online, how to spot a scam, where to get help if you think you've been targeted, and what is being done to stop scamming.



TIME 10am-12pm

**VENUE** Glen Waverley Library, 112 Kingsway – On-site parking available

**BOOK** monlib.events.mylibrary.digital/event?id=161839 or \$\sqrt{9518}\$ 3030

### Lunar New Year Trivia: A Trip to Asia



Pack your curiosity and join us for a festive trivia adventure through China, Korea, Vietnam and Indonesia! Whether you're a trivia buff or just love learning, come along for a journey across Asia - no passport required!

DATE Thursday 12 February

TIME 6pm-7.30pm

VENUE Clayton Library, 9-15 Cooke Street - On-site parking available

BOOK monlib.events.mylibrary.digital/event?id=162613 or \$\square\$ 9518 3030



### **Electrical Vehicle Apps**



We'll teach you how to download and use charging apps, including their special features, how to charge your vehicle at home and at Monash Council's charging stations, and how to plan interstate trips.

**DATE** Thursday 26 February

TIME 1pm-2.30pm

**VENUE** Glen Waverley Library, 112 Kingsway – On-site parking available

BOOK monlib.events.mylibrary.digital/event?id=161846 or \$\square\$ 9518 3030



# **Come and Join U3A Waverley**

U3A stands for University of the Third Age: a community of people devoted to learning.

We are a group of semi-retired or retired volunteers - a co-operative of older people who share many educational, creative and leisure activities.

U3A Waverley volunteers run a wide variety of courses in art, music, exercise, discussion, food and fun.









Tick all the boxes for learning, socialising, laughing, moving, and staying active, at very low cost.

Email: **■** u3awaverley@u3awaverley.org.au

Phone: \$\square\$ 9077 2720









# **Ongoing PALS Programs**

### **Badminton, Pickleball and Table Tennis**

**WRAG - Waverley Retirement Activities Group Inc.** 

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

WHEN Badminton: Thursdays 10am-12pm

Table tennis and pickleball: Tuesdays 1pm-4pm, Thursdays 12.30pm-3pm

**VENUE** Southern Reserve Community Centre, 27 Rupert Drive, Mulgrave - On-site parking

\$2 each session for first two sessions, \$15 annual membership thereafter



### **Summer Moves and Grooves**

### **Mount Street Neighbourhood House**

Ditch the lycra and pull on the trackies for an exercise program with something for everyone. Join other older adults in a relaxed, friendly and fun class with fully qualified instructors.

Choose from gentle exercise, strength training, mat pilates, drumming, yoga-lates, dance fitness, tai chi or yoga.

**DATE** Mondays to Fridays, during school term 1

**TIME** Please enquire for class details

VENUE 6 Mount Street, Glen Waverley

On-site and street parking available

**COST** \$12-\$16 per class payable by the school term, casual rates available

BOOK mountst@msnh.org.au or \$\sqrt{0}398038706

**WEB** msnh.org.au

## Potential Pathways: Paint, Paste and Pals

### **Mount Street Neighbourhood House**

Unleash your creative self and join like-minded older adults in a friendly and supportive class or social group. Choose from drawing and painting, decoupage, knitting and crochet, mosaic, patchwork or quilting.

**DATE** Mondays to Fridays, during school term 1

**TIME** Please enquire for class details

**VENUE** 6 Mount Street, Glen Waverley

On-site and street parking available

**COST** \$7-\$21 per class payable by the school term, casual rates available for most classes

**BOOK** ■ mountst@msnh.org.au or \$\sqrt{0}\$ 03 9803 8706

**WEB** msnh.org.au



### **Probus at Monash**

Probus is an avenue for retired and semi-retired older adults to enjoy friendship, fellowship and fun. 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 many offer a 'come and try' session before signing up for membership. Please contact each Probus directly for further details.



### **Probus Club of Mount Waverley**

•••••		
VENUE	Waverley Masonic Centre, 318 Stephensons Rd, Mount Waverley – On-site parking	
TIME	10am-12pm	
DAIE	Thursdays 18 December, 15 January and 19 February	

BOOK probusmtwaverley@gmail.com or \$\square\$ 0413 190 487

WEB www.mountwaverleyprobus.net

### **Mount Waverley Combined Probus Club Inc.**

DATE Fridays 5 December and 6 February

TIME 10am-12pm

**VENUE** Mount Waverley Community Centre, 47 Miller Crescent - On-site parking available

**BOOK ≥** catstang@tpg.com.au or **<** 0419 531 802

### **Pinewood Combined Probus Club Inc.**

DATE Thursdays 11 December, 8 January and 12 February

TIME 10am-12pm

**VENUE** Mount Waverley Youth Centre, 45 Miller Crescent - On-site parking available

margrintoul@optusnet.com.au or \$\square\$ 0407 806 610 BOOK

WEB 🕮 pinewoodprobus.org.au or 📞 0419 170 742

### 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
- Boost overall wellbeing and mood Improve flexibility

Check the group booking schedule at \( \mathbb{M} \) www.activemonash.vic.gov.au To find out more or to book, visit our website or call **403 9265 4888.** 

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

15

#### **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**

<b>9</b>	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
	Tanguages	<del>4713</del> 3000

# Revitalised Community Grants and Partnership Program launches

Council is set to launch its revitalised Community Grants and Partnerships Program which will provide more than \$2 million in funding to enable grassroots community support.

The newly structured funding streams will focus on small, medium and large grants and follow a comprehensive review and community consultation around how to better support our community to access funding.



Applicants can now also access a new Cultural Celebrations Subsidy which will be available along with Council's Quick Response Grants year-round until funds are exhausted.

Applications to the Community Grants and Partnership Program will open from **Tuesday 27 January - Tuesday 3 March 2026** with a series of support information sessions and workshops to support applicants.

Learn more and apply at @ www.monash.vic.gov.au/community-grants







