

Age in Focus

August-September 2022

Welcome to this edition of Banyule City Council's Age in Focus newsletter, focusing on activities and information for our over 55 year old residents.

There are tips on how to stay warm during these colder months, activities such as lunches and bus trips, and information on some of our Banyule clubs.

Now is the perfect time to get involved and connected in Banyule.

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Stay comfortable this winter without breaking the bank

4 key tips for an efficient and warm winter

- Draught proofing your home is one of the cheapest ways to keep heat in and reduce your heating costs. For starters you can use basic products like draught sealing tape, and draught snakes under doors. Thorough draughtproofing can lower winter power bills by up to 25%.
- Wear warm clothes and set your thermostat to 18-20 deg C. Each degree above this can increase costs by 10%.
- Use your curtains – open them up when in direct sun and close them in the evenings. Windows can be responsible for 40% of lost heat in winter.
- Ceiling fans make room heaters more effective by mixing air. Many ceiling fans can be reversed to pull cool air up to the roof and circulate warmer air down the walls.

Apply for your \$250 power saving bonus

The Victorian Government is providing a \$250 power saving bonus and all Victorian households are eligible. This is a cash payment to offset power costs and encourage people to check their electricity and gas bills are competitive. Apply or compare here: <https://compare.energy.vic.gov.au/>.



Keep warm with efficient air conditioners

Did you know that reverse cycle air conditioners are the most efficient heaters? The Victorian Home Heating and Cooling program provides \$1000 grants to assist low income or vulnerable households with installing high efficiency air conditioners. Visit heatingupgrades.vic.gov.au.

If you have any questions or want help, contact your Banyule Council Community Energy Officer on 9242 3451 or email energy.info@banyule.vic.gov.au



Ivanhoe Seniors Exercise Park

Ivanhoe Park, Cnr Wamba Road and Lower Heidelberg Road, Ivanhoe.

Stay active and warm up this winter

Ivanhoe Aquatic Centre are running a 6 week course for over 55's to help them keep active this winter with group exercise at Ivanhoe Seniors Exercise Park.

A trained instructor will take participants through a series of exercises, showing correct techniques and how to use the equipment safely. All in a friendly and encouraging environment, suitable for all levels of fitness.

When: Monday 25 July, 1 August, 8 August, 15 August, 22 August, 29 August
Time: 9.30am
Cost: \$30 (6 week course)
Bookings are essential, contact Ivanhoe Aquatic Centre on 9490 7111 to reserve a spot.

Day Trips

Join us on a day trip adventure to explore the many beautiful places in Victoria.

Bookings open the first day of every month and often book out quickly.

To reserve a seat please contact Banyule Customer Service on 9490 4222.

Daylesford Convent & Gallery (CANCELLED)

When: Tuesday 23 August

Where: Daylesford

Due to the concerns around COVID, we have decided to cancel the above day trip. Your safety and wellbeing is our priority.

We apologise for any inconvenience caused and thank you for your support and understanding.

Tesselaar Tulip Festival

When: Wednesday 14 September

Where: Tesselaar Tulip Farm, Silvan

Cost: \$88

Depart:

8.00am sharp – Ivanhoe Library and Cultural Hub

8.45am sharp – War Memorial Park, Greensborough

Includes: Coach travel, morning tea, entry to Tesselaar Tulip Festival, 2 course lunch at the York on Lilydale

Return: Approx. 4.30pm

Payment required by Monday 5 September

All participants must wear a mask on the bus.



Older Adults Recreation Program

The Older Adult Recreation Program offers a wide range of activities for Banyule residents over the age of 55.

The program is designed to facilitate socialisation, connection, wellbeing and the opportunity to make new friends.

Activities might include visits to a museum or art gallery, luncheons, movies, exercise classes and day trips. Take a look at the activities on this month!



Terms and conditions

Cancellation of Bookings

If you wish to cancel your booking, you **MUST** do so 7 days prior to the event in order to receive a full refund.

If you cancel within 7 days of the event for any reasons and we are not able to find a replacement, you will be charged the full amount and no refund/credit will be issued. This is due to Council being required to pre-pay for these activities.

Please make sure that you can attend the activities when booking and paying.

All participants attending the day trip must be independent.

Participants must be able to climb more than 6 steps into a coach and walk 50 metres unassisted (with walking stick acceptable).

Pick up locations

Ivanhoe Library & Cultural Hub

275 Upper Heidelberg Rd, Ivanhoe

*Ivanhoe Library & Cultural Hub has a 3-hour parking limit. To obtain a temporary all-day parking permit, please see the program organiser.

You are required to display the permit on the dashboard of your car on the day of the event.

Greensborough War Memorial

203 Henry St, Greensborough

*Please enter off McDowell St, Greensborough. (Free all-day parking, no permit required)

Social lunch outings

Join us for lunch to meet new people, catch up with friends and stay connected with your community. Participants pay for their own lunch, ordering and paying for beverages and/or a meal on the day. Bookings are essential, please contact Banyule Customer Service on 9490 4222.

The Main Cafe(CANCELLED)

When: Wednesday 10 August

Due to the concerns around COVID, we have decided to cancel the above social outing. Your safety and wellbeing is our priority.

We apologise for any inconvenience caused and thank you for your support and understanding.

Vatutto

When: Friday 9 September

Where: 226 Upper Heidelberg Rd, Ivanhoe

Time: 12.30pm – 2.30pm

Parking: Ivanhoe Library – 275 Upper Heidelberg Rd, Ivanhoe

Nearest railway: Ivanhoe Train Station



Walking Basketball

Join a 6 week Walking Basketball program at YMCA Macleod!

Commencing Friday 5 August at 10.30am

157 Wungan St, Macleod

(Friday – 5/8, 12/8, 19/8, 26/8, 2/9, 9/9)

Walking Basketball is a low impact, social and fun way to improve the levels of physical activity for inactive and slightly active Victorians, including those recovering from injury.

It doesn't matter if you have never played the game of basketball before or you are pretty handy on the court as this will still be a level playing field for everyone within a social, fun and non-competitive environment.

To register, please contact the Age Friendly team on 9242 3471 or email: agefriendly@banyule.vic.gov.au.



Clubs in focus

Are you looking for new activities or new social connections within Banyule? Here are just some of the many clubs that run local groups. They would love to hear from you.

Bundoora Italian Seniors Citizens

Friday (12pm – 4pm)

Bundoora Community Hall

20 Noorong Ave, Bundoora

Activities: Bocce, Bingo, Card Games

Cost: \$1 (includes tea/coffee & biscuit) & \$10 annual membership

For more information contact Maria on 0402 441 017

Diamond Valley Greek Senior Citizens

Tuesday (8.00am – 1.30pm)

Watsonia Community Hall, 35 Lambourn Rd, Watsonia

Activities: Bingo, card games, chats

Cost: \$4 entry (includes tea/coffee, lunch) and \$6 membership

For more information contact John on 0412 526 261

Greensborough Activities and Social Group

Monday, Tuesday, Wednesday, Friday (12.00pm – 3.00pm)

Greensborough Social Club Hall

203 Henry St, Greensborough

Activities: Carpet bowls, card games, table tennis, dancing – coming soon

Cost: \$1 entry (includes tea/coffee and biscuits) and \$15 membership

For more information contact Neil on 0401 839 078

U3A Banyule

For those over 50 and retired or semi-retired

Ivanhoe Library and Cultural Hub

275 Upper Heidelberg Rd, Ivanhoe

Activities: Classes to learn new languages, book clubs, Scrabble, crosswords, history classes, dancing, discussion groups, Croquet, painting, drawing, Bridge, music classes, Shakespeare, poetry, singing, technology, philosophy study, excursions, lectures on a wide range of topics and more.

For more information, visit u3abanyule.org.au, phone 0418 749 228 or email: info@u3abanyule.org.au

OM:NI Group (Older Men New Ideas)

2nd & 4th Thursday of each month (1pm – 3pm)

Watsonia Neighbourhood House

47 Lambourn Rd, Watsonia

An informal, social environment for men over 50 to share their knowledge and experiences.

Cost: \$5 (includes tea/coffee and biscuits)

For more information contact Geoffrey on 0428 999 941

Watsonia 50+ Club

Monday & Thursday (8.30am – 3.30pm)

Wednesday & Saturday (1pm – 4pm)

Watsonia Community Hall, 35 Lambourn Rd, Watsonia

Activities: Tai Chi, Qi Gong, card games (Canasta & 500), gentle aerobics, table tennis, indoor carpet bowls, special lunches, affordable bus trips

Cost: Tai Chi and aerobics \$4 (includes tea/coffee & biscuits) other activities free and \$35 annual membership

For more information contact Dennis on 0447 575 098

or email: info@watsonia50splusclub.com

Olympic Village Combined Pensioners Association

Tuesday (12pm – 3pm)

Adult Education Hall, 223 Southern Rd, Heidelberg West

Activities: Light exercise with instructor, bingo, outings, friendly chats

Cost: \$1 entry (includes tea/coffee & biscuits) and \$10 annual membership

For more information contact Betty on 9216 1723

Macleod Italian Senior Citizens

Wednesday (12pm – 3pm)

YMCA, 157 Wungan St, Macleod

Activities: Tombola Bingo, card games, indoor carpet bowls, discussions, cultural lunches (once a month)

Cost: \$0.50 entry (includes tea/coffee and biscuits) and \$10 annual membership fee.

For more information contact Angela on 9459 0782

Heidelberg Warringal Senior Citizens

Tuesday

Warringal Community Hall, 80 Hawdon St, Heidelberg

Activities: Indoor carpet bowls, Bingo with prizes, special lunches

Cost: \$1 indoor carpet bowls, \$7 Bingo (includes tea/coffee and biscuits) & \$10 annual membership fee.

For more information contact Joan on 9459 3845



Clubs in focus

Greensborough Branch of National Seniors Australia

Greensborough RSL, 111 Main St, Greensborough
Activities: Monthly coffee club, lunch club, dinner club, golf club, guest speakers, day trips and extended trips.
Cost: \$3 entry and \$45 annual membership
For more information contact David on 9459 0653

Heidelberg Life Activities – LACH

Activities: Table tennis, golf group, lunches and dinners, walking group, train travel group, swimmers' group, Solo & Scrabble, ladies catch up group, guest speakers.
Cost: Varies depending on the activities \$3-\$19
Annual membership \$20 Single / \$38 Double
For more information contact Rose-Marie on 0447 063 977 or David on 0414 449 951

Probus Clubs of Watsonia Inc.

Monthly meetings with interesting speakers, followed by optional lunch.
Activities: Bus trips, local and interstate and occasionally overseas trips, theatre outings, coffee mornings, lunches and dinners, book club, walking, gardening, craft, games and much more.
Cost: Varies depending on the activity. \$35 annual membership fee.
For more information contact The Club President on 9404 1787 Email: probuswatsonia3087@gmail.com

Salvation Army Lunch Laughter Leisure Club

Friday (11.45am – 3.00pm)
Salvation Army Hall,
Cnr Glendale Rd and Flodden Way, Briar Hill
Activities: Indoor carpet bowls, billiards, guest speaker, outings, special lunches and special projects.
Cost: \$3 (includes tea/coffee and biscuits), BYO lunch
For more information contact Kevin on 0411 853 582 or Email: pkdrinkwell@outlook.com

Greensborough Probus Club

Monthly meetings with interesting speakers, followed by optional lunch.
Activities: Lunches, dinners, coffee morning, craft, wine appreciation group, walking group, men's group, games morning, bus trips, theatre and music outings, cycling group, annual caravan and camping trip.
Cost: Varies depending on the activity. \$15 joining fee and \$35 annual membership fee.
For more information contact Ardelle on 0403 831 739



What's on

Maker Space Induction: 3D Printing

Wednesday 3 August 2022 – 11.00am to 12.30pm

Complete this safety induction so you can gain direct access to the 3D printing equipment at Ivanhoe Library & Cultural Hub. This session will cover printer safety, accessing the Maker Space, booking process, and basic file setup. For more information contact Scott on 9497 5780

Digital Skills for Seniors (Free)

If you are aged 50 or older and would like to improve your digital skills, then join Julie - Digital Mentor, by registering for one or more of the following sessions held 10.30am – 11.30am on Wednesdays:

3 August: All About Apps

10 August: Connecting with Others Online

17 August: Online Hobbies

24 August: Online Games

31 August: Practice Mouse & Keyboard Skills

7 September: Fun things to do with your photos

For more information contact Rosanna Fire Station Community House on 9458 1935

Community Catchup Cuppa

Thursday 4 August 2022 – 11.00am to 12.00pm

Enjoy a friendly coffee and a chat at the Diamond Valley Library. Be the first to browse their new collection items and learn more about the online resources available. For more information contact Diamond Valley Library on 9459 6171

Genealogy Group: "Ivanhoe Genies"

Saturday 6 August 2022 – 2.00pm to 4.00pm

A self-help/interest group for genealogists or those looking to get into genealogy. These regular sessions allow members to discuss their latest findings and offer each other advice. Beginners are welcome! Sessions are held on the 1st Saturday of the month in the new Local History Room at Ivanhoe Library & Cultural Hub. For more information contact: 9497 5780

What's on

Sunday Funday

Sunday 7 August - 1pm to 3pm \$5

A fun activity for adults with dance, games, and laughter
For further information please contact Watsonia
Neighbourhood House on 9434 6717 or 0492 944 608

Scrabble Group at Rosanna

Thursday 11 August 2022 - 6.00pm to 8.30pm

Scrabble group meets on the second and fourth Thursday
of each month to learn and play Scrabble! All levels are
welcome. For more information contact Rosanna Library:
9459 6171

Craft Circle of Watsonia Library

Wednesday 10 August 2022 - 1.00pm to 3.00pm

Connect with other crafters over a cuppa during fortnightly
crafting sessions. Take along your current craft project,
whether knitting, crochet, weaving, patching or anything
else! Share advice with the group and learn new skills. For
more information contact Watsonia Library on 9435 2397

Job Advocates: Connecting you with Employment

Friday 26 August 2022 - 2.00pm to 4.00pm

Do you need help or advice with your job hunting?
You can visit Job Advocates from Banyule in the Watsonia
Library on Friday afternoons during August.
Jobs Victoria Advocates help the community by providing
advice, information and connection to services related to
employment, training and education pathways. For more
information contact Watsonia Library on 9435 2397 or
visit banyule.vic.gov.au/Jobhelp

Lovely Lemons \$5

Wednesday 7 September - 1pm to 2.30pm

Come and enjoy the most of our excess lemons and make
home products.
For more information contact Greenhills Neighbourhood
House on 9435 9287

Maker Space Induction: Laser Cutting

Thursday 8 September 2022 - 6.00pm to 7.30pm

Complete this safety induction on Laser Cutting to gain
direct access to the equipment at Ivanhoe Library &
Cultural Hub. This session covers laser safety, accessing
the Maker Space, booking process, and basic file setup.
For further information contact Scott on 9497 5780

Yoga

Wednesday (7pm-8pm) \$10

Yoga to nourish the body, mind and spirit.
For further information please contact Watsonia
Neighbourhood House on 9434 6717 or 0492 944 608

Older and Wiser

Tuesday 9.30am - 11.00am

233 Southern Rd, West Heidelberg

Do you want to keep your brain active? Then, enjoy a
weekly class for seniors run by Olympic Adult Education
and the Olympic Village Pensioners Association. 'Older but
Wiser' will provide word and number games and discuss
topics around health, current events, and hobbies. You will
also learn things like how to use your mobile phone and
digital device and be able to come along to social outings.
For more information or to register, contact 9087 1155.

Carers Support Program - Carers Craft Group

For Carers of any age, commencing on 13 July, in
Greensborough on **Wednesdays at 11am**
BYO knitting, crochet, sewing, drawing, other art or craft
project - or use their supplies to start something new. An
opportunity to have a cuppa and a chat with other Carers.
To register your interest, contact Council's Carer Support
Office on 9422 8396 or Email: carers@banyule.vic.gov.au

Ivanhoe Seniors Exercise Park

Ivanhoe Park, Cnr Wamba Road & Lower Heidelberg Road.
Free Come and Try Ivanhoe Seniors Exercise Park &
Group Coffee Catch Up
Every Friday 10am to 10.45am
Come along and learn how to use the equipment with
trained volunteers. Join us for a group coffee catch up
afterwards at a local café to meet new friends.
For any questions on how to get there or to learn more,
contact Cat Corbett (Age Friendly Project Officer) on 9242
3471 or Email: Catherine.Corbett@banyule.vic.gov.au

Advance Planning for October travel within Victoria

To help all Victorian Seniors Card holders make the most
of the Victorian Seniors Festival, the State Government
is providing card holders eight days of FREE travel on
all Victorian public transport from Sunday 2 October to
Sunday 9 October. You need to reserve a seat on long
distance V/Line trains and some coaches. To make a
booking phone: 1800 800 007 from the end of August.
For further information visit: seniorsonline.vic.gov.au



Contact Us

All enquiries

PO Box 94, Greensborough, VIC 3088
Phone 9490 4222
enquiries@banyule.vic.gov.au
banyule.vic.gov.au

Council Service Centres

Greensborough 1 Flintoff St
Ivanhoe 275 Upper Heidelberg Rd
Rosanna 72 Turnham Ave (currently closed)
COVID-19 restrictions may impact operations so please check our website for up-to-date information. Our customer service staff can also assist you over the phone.

Hearing or speech impaired

Call us through the National Relay Service on 133 677 (TTY) or 1300 555 727 (ordinary handset) and contact 9490 4222.

Interpreter service:

If you need an interpreter, please contact TIS National on 131 450 and ask to be connected to Banyule Council on 9490 4222.

إذا كنتم بحاجة إلى مترجم، الرجاء الاتصال بالخط القومي لخدمة الترجمة الهاتفية TIS على الرقم 131 450. واطلبوا إيصالكم ببلدية بانيول على الرقم 9490 4222.

若你需要口譯員，請致電131 450聯絡TIS National，要求他們為你致電9490 4222接通Banyule市政廳。

Ako vam je potreban tumač, molimo vas, nazovite TIS National na broj 131 450 i zatražite da vas se spoji sa Vijećem općine Banyule na broj 9490 4222.

Αν χρειάζεστε διερμηνέα τηλεφωνήστε στην Εθνική Υπηρεσία Διερμηνέων Μεταφραστών στον αριθμό 131 450 και ζητήστε να σας συνδέσουν με τη Δημαρχία Banyule στο 9490 4222.

Se hai bisogno di un interprete chiama TIS National al numero 131 450 e chiedi di essere messo in comunicazione con il Comune di Banyule al numero 9490 4222.

Ако ви треба преведувач ве молиме јавете се на TIS National на 131 450 и замовете да ве поврзат со Banyule Council на 9490 4222.

如果你需要一名翻译，请打电话到国家电话翻译服务处 (TIS National) 131 450，再转接到Banyule市政府9490 4222

Haddii aad u baahan tahay mutarjum wac khadka qaranka oo ah TIS 131 450 weydiina in lagugu xiro Degmada Banyule tel: 9490 4222.

Nếu cần thông dịch, xin gọi cho TIS Toàn Quốc qua số 131 450 rồi nhờ họ gọi cho Hội Đồng Thành Phố Banyule theo số 9490 4222 giúp quý vị.



Subscribe to the Age in Focus newsletter

If you would like to receive an email copy of the Age in Focus, please visit www.banyule.vic.gov.au/ageinfocus and register your details.

Alternatively you can complete the form below and send it to the address provided to have a copy posted to you.

Banyule City Council,
Aged Services,
PO Box 94,
Greensborough 3088

Name: _____

Address: _____

Telephone: _____