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Autumn is the perfect time to get out in the great outdoors. The hot days and nights of summer have passed us, and we've left with perfect weather for a walk, meet friends or to simply enjoy being outdoors. It's a great time to get active, which will get you fit and help boost your physical health, mental health and overall well-being.

We are excited to share with you the various activities available in the community and look forward to seeing you at the next event.

We are reviewing Council's Age Friendly newsletters and would like your feedback. Tell us what you like and don't like. All suggestions are welcome and will help us improve our publications. Email us at agefriendly@banyule.vic.gov.au, call us on 9457 9903, or write to us at Age Friendly Banyule, PO Box 94, Greensborough 3088

Navigation & Support Services

Older Adults Support and Information Services

It's not always easy to know what support is available for older adults and how it can be accessed.

Our friendly and experienced aged care officers can discuss your needs and help you to work out the best options for you.

We can help you understand and access My Aged Care services, as well as a range of other community organisations and support services.

To find out more, call Council's Older Adults Team on 9457 9972.

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



Older Adults Recreation Program

The Older Adult Recreation Program offers a wide range of activities designed to encourage socialisation, connection, wellbeing and an opportunity to make new friends. Activities include; visits to the museum and art gallery, luncheons, movies, exercise classes and day trips.

This program is suitable for Banyule residents:

- Over the age of 55 years.
- Live independently at home.
- Have limited access to activities that provide social support and connecting to others.
- Physically able to climb 6 steps into a coach and walk a distance unassisted (with walking stick acceptable).



(Unfortunately, there is no provision to accommodate wheelie walkers on the bus)

If you have any questions with regards to your suitability for this program, please do not hesitate to contact our Age Friendly staff on Tel: 9049 3388 or M: 0422 925 945 to further discuss other alternative programs that best caters to your needs. Our team is here to support you be happy and healthy, to make and maintain social connections and to live well.

Please note: All new participants attending this program are required to complete an Older Adults Participant Information form and return to Banyule City Council at the nearest customer service desk or via email: agefriendly@banyule.vic.gov.au. To receive a copy of this form, please contact the age friendly team on 9049 3388.

Food Organics Garden Organics

FOGO is coming to Banyule

Have you seen a lot of information around about Banyule's new FOGO service?

You may be wondering what 'FOGO' means!

FOGO stands for Food Organics and Garden Organics, and is the new waste service that will be launching in Banyule from July 4. The new service will mean that you can place all your food scraps into your existing green bin, along with your garden waste!

What's changing?

Your new bin system from July 4



FOGO bin

Collected Weekly



Recycle bin

Collected fortnightly on alternate weeks



Landfill bin

FOGO bin – collected weekly from July 4

Starting from July 4, your garden waste bin will become your FOGO bin. This means you'll be able to put food waste in your FOGO bin, along with your usual organic garden waste. You will use your existing bin for this; Council will not change this bin. From July, we'll collect your FOGO waste weekly and turn it into compost!

Landfill bin – collected fortnightly from July 4

This means you'll have less waste going into your rubbish / landfill bin, so from 4 July your landfill bin will be collected fortnightly (every second week) – your recycling bin will be collected on alternate weeks.

To make this change easier, we'll be delivering new, 140L landfill bins to households in Banyule between March and June. This will replace your dark green lidded landfill bin.

Between now and July 4, we'll continue to collect your landfill bin weekly, even from your new bin.

Kitchen caddy – delivered in June

In June, you'll receive a kitchen caddy, to help with collecting your food waste in the kitchen and transporting it to your FOGO bin. This will be delivered with a new waste booklet, FOGO brochure and a new collection calendar, showing which bins to put out each week.

Find out more about this change at:

banyule.vic.gov.au/FOGO

For any other questions please call **9490 4222** or email:

enquiries@banyule.vic.gov.au

Together, let's rethink our waste.

Older Adults Recreation Program

Day Trips

Join us on a day trip adventure to explore the many beautiful places in Victoria. Bookings opens the first day of every month, to reserve a seat please contact customer service on 9490 4222.

Cranbourne Royal Botanical Gardens

Wednesday 27 April

Cost: \$73

Includes: Luxury coach travel, morning tea, ½ tour on open air bus, 2 course lunch.

Depart:

8.00am sharp – War Memorial Park
Greensborough

8.30am sharp – Ivanhoe Library Cultural
Hub

Return: Approx. 5pm

Payment required by Friday 15 April



Tungamah Silo Art

Friday 27 May

Cost: \$72

Includes: Luxury coach travel, morning tea, 2 course lunch, viewing and commentary of 4 silos.

Depart:

8.00am sharp – War Memorial Park
Greensborough

8.30am sharp – Ivanhoe Library and Cultural
Hub

Return: Approx. 5pm

Payment required by Friday 20 May

*All participants must wear a mask on the bus and show evidence of vaccination.

Day Trip 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 friends, catch up and stay connected with the community. Lunch will be at your own cost. You will be required to order and pay for your own beverage and/or meal on the day. Bookings are essential, please contact the Age Friendly Team on 9049 3388 or email agefriendly@banyule.vic.gov.au

Heide Café

7 Templestowe Rd,

Bulleen VIC 3105

When: Wednesday 6 April

Time: 12.30pm – 2.30pm

Lower Plenty Hotel

4 Main Road,

Lower Plenty VIC 3093

When: Wednesday 18 May

Time: 12.30pm – 2.30pm

What's on

Crazy About Craft

A new group run by a group of lovely women with expertise in a wide range of crafts and a willingness to share their skills with others. You can bring along your own project to go on with or one of our group facilitators can suggest and lead you through a project. A relaxed, friendly group with no expectations of prior skills.

Tuesdays 9.30am – 12.00pm
Venue: 155 Oriel Rd, West Heidelberg
Cost: \$4.00 per session or \$2.00 concession

Olympic Adult Education T: 9087 1155 or
E: olympic@oae.vic.edu.au

Zumba

Join Moni – Kamali – a qualified Zumba instructor for this weekly class. Dance, stretch and exercise your way to fitness. Please wear comfortable clothing, sneakers and bring a water bottle.

Sundays 8.45am – 9.45am
Venue: 155 Oriel Rd, Heidelberg West
Cost: FREE

Olympic Adult Education T: 9087 1155 or
E: olympic@oae.vic.edu.au

Boomerang Bags Sewing Group

No sewing experience necessary

Wednesday 10am – 12pm
(Programs do not run during public holidays)
Venue: 47 Lambourn Road, Watsonia
Cost: FREE

Watsonia Neighbourhood House T: 9434 6717
or M: 0492 944 608

Book Club

First Thursday of the Month
(Programs do not run during public holidays)

9.30am – 11.30am
Venue: 47 Lambourn Road, Watsonia
Cost: \$10 annual fee + \$4 per session

For more information contact Watsonia Neighbourhood House on T: 9434 6717 or M: 0492 944 608

Pathway for Carers

Come along to connect with other carers and spend time outdoors for a gentle stroll through the park! Complimentary morning tea at a local café plus a guest speaker during and after the walk at the park or other location (weather dependent).

When: Third Thursday of the month
Meet at 9.45am for a 10am start
Where: Meet at Possum Hollow Park Playground, Beverley Rd, Heidelberg

For more information contact Tash Coleman M: 0423 003 192 or E: carers@banyule.vic.gov.au

Fruit & Veggie Swap

Do you want to share with your Community? Come along & swap your fruit, veggies, herbs or jam with other likeminded people. Please check the expiry to ensure that it is within the use by date.

When: Fortnightly on a Saturday
Time: 10.00am – 11.00am
Where: 232 Lower Plenty Rd, Rosanna 3084

Rosanna Fire Station Community House
T: 9458 1935 or E: office@rfsch.org.au

Safe Driver Information Session

This is a VicRoads safety awareness presentation for older road users. The presentation will cover information on;

- how to keep older drivers safe and mobile
- road rules
- the effects of medication
- strategies for safe mobility.

When: Tuesday 31 May

Time: 10.00am – 11.00am

Where: 232 Lower Plenty Rd, Rosanna 3084

Cost: Free

Rosanna Fire Station Community House f
T: 9458 1935 or E: office@rfsch.org.au

Pool Recreation for Seniors

Socialise at your local pool

- 1 Hour of fun water activities at your local pool, followed by a coffee, cake & chat
- 3 week program
- Bring swimwear & a drink bottle
- Cost – FREE

Expression of interest! Please contact the Age Friendly Team on T: 9049 3388 or Email: agefriendly@banyule.vic.gov.au

Help with Technology

Yarra Plenty Regional Library run regular one-on-one and group sessions at each branch, aiming to help people develop their digital abilities. These sessions are conducted by staff and/or volunteers who have been trained in digital mentorship. Book a free session today:

Ivanhoe Library and Cultural Hub - 9497 5780

Rosanna Library - 9459 6171

Watsonia Library - 9435 2397

Heart Foundation – Walking Group

Walking for an average of 30 minutes or more a day can lower the risk of heart disease, stroke by 35% percent and Type 2 diabetes by 40%. It's not just your heart and muscles that benefit from walking. Regular physical activity has been proven to:

- Manage weight, blood pressure and cholesterol
- Reduce your risk of some cancers
- Maintain bone density, reducing risk of osteoporosis and fractures
- Improve balance and coordination, reducing your risk of falls and other injuries.

Learn more about Heart Foundation Walking and find your local walking group by visiting: <https://walking.heartfoundation.org.au/walking> or contact the Age Friendly Team on T: 9049 3388.

Probus

Probus is for retired and semi-retired people looking for activity in retirement. We aim to have fellowship, friendship and fun.

Probus Club of Diamond Valley Inc. offers monthly meetings with interesting speakers, followed by optional lunch. Activities during the month include bus trips, local and interstate, and occasionally, overseas trips, theatre outings, coffee mornings, lunches and dinners, book club, walking, gardening, knitting, games and computer groups.

We meet at the Watsonia RSL on the 4th Wednesday of the month at 10am.

For more information, call 9461 3266

How to contact your council

For all enquiries or information about any Council service:

Telephone: 9490 4222

Email: enquiries@banyule.vic.gov.au

Website: banyule.vic.gov.au

If your hearing or speech is impaired, you can call us through the National Relay Service on 133 677 (TTY) or 1300 555 727 (ordinary handset) and ask for 9490 4222.

Postal Address:

PO Box 94, Greensborough 3088

Council Service Centres:

Greensborough: Level 3, 1 Flintoff Street
(inside WaterMarc)

Visit Council's website for other centre locations.

Office Hours of Opening:

Monday to Friday 8.30am-5pm

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 إصصالكم ببلدية بانيلول 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.

Let us know.....

Join the mailing list or provide feedback

Every suggestion is an opportunity for improvement which will help us enrich our newsletter.

Contact

Banyule City Council -

Aged Services

PO Box 94

Greensborough Vic 3088

phone: **9490 4222**

email: agefriendly@banyule.vic.gov.au

Please complete the following form and return it to Aged Services. Alternatively you can call on **9490 4222**.

Name

Address

Telephone

Date

Comments

Add me to the Age in Focus newsletter mail list.

Paper copy

Email

Email

