

# Age in Focus

## October-November 2022

Welcome to this special edition. Banyule City Council is honoured to celebrate the Victorian Seniors Festival and National Carers Week, recognising the contribution you make to our community.

In this edition, you will find some inspirational stories from local residents and a variety of activities to get involved in, to stay active and connected.

A copy of the Seniors Festival program is included with this newsletter, containing exciting community fun activities and events (mostly free or low cost) taking place through October.

### Contents

Keep riding	Page 2
Day trips	Page 3
Don't give up	Page 4
Social outings	Page 4
High Tea invitation	Page 5
National Carers Week	Page 6
What's On	Page 7



# Keep riding

## Kelvin Chamier

Kelvin Chamier aged 94 moved to Eaglemont when he married in 1953. He vividly remembers the time when their building block was part of a large paddock and he never ceases to be amazed at how much the area has developed over the years.

As a youth Kelvin studied at Footscray Technical College to become an engineer where college hours were 9am to 5pm on week days and 9am to 12pm on Saturdays. On graduation Kelvin joined the S.E.C. (State Electricity Commission of Victoria) as an Engineering Assistant, soon to become an engineer, based at their Yarraville Laboratory.

Early projects took him to the Kiewa hydro scheme where he installed gauges on water streams, hiking across the High Plains and sometimes transporting himself and equipment by packhorse.

He became an engineering cadet and worked in four different SEC locations across Victoria. Later he was awarded a Travelling Scholarship spending 18 months in England and 6 months in Canada to learn how others carry out electrical power distribution.

Returning to Australia he was involved in electrical distribution until the SEC was privatized when, at 60 years of age, he decided on early retirement hoping to spend more time on his hobby angora goat farm.

Deterioration of Kelvin's wife's health changed these plans to working as an engineering consultant for a Dutch company supplying material to Australia.

At the age of 87 Kelvin responded to an advertisement in the local paper for cyclists to join the BUG (Banyule Bike User Group) who have groups of various proficiency riding regularly on weekdays or weekends. Kelvin then became a BUG riding on weekdays. The daily ride varies from 30 to 100 kms with an average attendance of 10 to 15 riders.

Kelvin has just returned from a riding-hiking expedition with his son-in-law where they travelled by car with bicycles on the back.

They travelled north through the middle of NSW and across to Port Douglas then returned hiking or riding at points of interest along the coast.

After great sunny, warm weather they were joined by Kelvin's two grand-daughters, who had driven from Melbourne to join their intended hike across Mt. Buffalo.



“Make the best of what you've got.”

This had to be aborted because ice covered the road and walking was impossible. Kelvin's two children and two granddaughters are also keen cyclists and hikers.

Kelvin also volunteers to help in the local community scout groups and church.

His secret to positive ageing is to stay physically and mentally active as much as possible and to always “make the best of what you've got!”

Kelvin's determination, community work and positive outlook on life is truly inspirational and living proof that “age is just a number”.



# 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.**

## Lavandula Swiss Italian Farm

**When:** Tuesday 15 November

**Where:** Lavandula Swiss Italian Farm, Shepherds Flat

**Cost:** \$85

**Depart:**

7.30am sharp – Ivanhoe Library and Cultural Hub

8.00am sharp – War Memorial Park, Greensborough

**Includes:** Coach travel, morning tea, entry and tour of the farm, 2 course lunch at Daylesford Bowling Club

**Return:** Approx. 5.30pm

Payment required by Monday 7 November

All participants must wear a mask on the bus.



## ACMI Cinema Screening: Comedy '9 to 5' movie

The Seniors Film Festival returns to ACMI Cinema. Join us for the screening of a workplace screwball comedy movie '9 to 5' (1980). We will be taking a small group by public transport to see this special movie followed by lunch.

**Participants are required to pay for their own meals and beverages on the day.** Bookings are essential, please contact Banyule Customer Service on 9490 4222.

**When:** Tuesday 4 October

**Where:** ACMI Cinemas – Federation Square: Corner of Swanston and Flinders Street, Melbourne

**Cost:** Free (lunch not included)

**Depart:** 9.30am sharp – Greensborough Train Station (Para St, Greensborough)

**Return:** Approximately 3.40pm – Greensborough Train Station (Para St, Greensborough)

# 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 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)



# Don't give up

## Ron Webster

Ron Webster aged 88, is a local resident of Banyule Council and has been living in Macleod for over 54 years. At an early age Ron was fond of playing with gadgets from his father's toolbox. He was fascinated and curious with light switches which later led him to become an electrician following in his father's footsteps.

Ron grew up in East Coburg and often enjoyed travelling with his family to Lorne, a place he loved visiting and still holds dear to his heart.

Ron retired 27 years ago and continues to take joy in driving to the shopping centre for a morning coffee, going for walks, reading the newspaper, solving 9 letter words, completing crosswords and helping friends with their computer enquiries.

He has two children and two granddaughters who often pop in for visits.

Ron currently attends the social support group every Wednesday at Bond St Ivanhoe and enjoys socialising with other participants, learning about new things, going on day trips, listening to guest speakers, and playing puzzles.

He said "Bond St staff are fantastic! They treat you as equals and can have a joke with you. Nothing is too much trouble."



He looks forward to the program relocating to the new redeveloped Bellfield Community Centre, which will be opening in the coming months.

Ron is a true believer of growing old graciously and shared these words of wisdom "don't let age stop you from doing the things you want to do. Don't give up on activities just because you're getting old. Keep active both physically and mentally."

Ron cultivates an admirable mindset towards ageing and an example of what it looks like to age positively and gracefully.

## Social 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.

### Phoenix & Co

**When:** Wednesday 23 November

**Where:** 1/285 Diamond Creek Road, Greensborough

**Time:** 12.30pm – 2.30pm

**Parking:** 285 Diamond Creek Road, Greensborough

**Public transport:** From Greensborough Train Station/Para Road, take Bus 901 (towards Melbourne Airport).





Victorian  
Seniors  
Festival  
40 Years  
2022



Banyule City Council invites you to

# HIGH TEA

celebrating

## *Seniors Festival 2022*

Live entertainment from Stringsplace Quartet

Heidelberg Golf Club

8 Main Road, Lower Plenty

FRIDAY 14 OCTOBER 10.30AM - 12.30PM

THURSDAY 20 OCTOBER, 10.30AM - 12.30PM

WEDNESDAY 26 OCTOBER, 10.30AM - 12.30PM

High Tea includes a range of hot and cold, sweet and savoury items  
Tea, coffee and juices provided.

Please advise if you have any dietary requirements

Bookings open Monday 3 October at 8.30am by calling 9490 4222

(Limit of two tickets per person)

Please be advised that you must be over 55 and a  
resident of Banyule City Council to attend this event.



# National Carers Week

## 16-22 October 2022

National Carers Week 2022 recognises and celebrates the many Banyule residents who provide care and support to a family member or friend.

It is an opportunity to raise community awareness among all Australians about the diversity of carers and their caring roles. Carers are people who provide unpaid care and support to family members and friends who have a disability, mental health condition, chronic condition, terminal illness, an alcohol or other drug issue or who are frail aged – anyone at any time can become a carer. If you would like more information about Banyule City Council's carers support program, please contact Natasha Coleman on 9422 8396.

We would be delighted to have you join us at the following activities and events during the National Carers Week.

### Centrelink for Carers - Morning tea and information session

Wednesday 19 October, 12.30pm - 2pm  
Ivanhoe Library and Cultural Hub  
275 Upper Heidelberg Rd, Ivanhoe

Find out more about the financial support options available to Carers through Centrelink; Carer Allowance and Carer Payment. The session will cover eligibility, how to apply, other support available to Carers and more. Hosted by Banyule Council's Carer Support Program.

Bookings essential.

Please email [carers@banyule.vic.gov.au](mailto:carers@banyule.vic.gov.au) or phone 9422 8396.



### Pathway for Carers Walk at Banyule Flats

Thursday 20 October, 10am – 11.30am

Possum Hollow Playground

44 Beverley Road, Heidelberg (meeting point)

Connect with other carers and connect with nature. Come and try our Pathway for Carers walk. We meet each month for an easy 30 to 45minute walk at beautiful Banyule Flats, followed by complimentary morning tea.

[www.pathwaysforcarers.com.au](http://www.pathwaysforcarers.com.au)

Bookings essential. Please email

[carers@banyule.vic.gov.au](mailto:carers@banyule.vic.gov.au) or phone 9422 8396.

### Rosanna Parklands Bushland Reserve Walk 'n' Talk for Carers and their families

Friday 21 October, 10am – 11.30am

Rosanna Parklands, Ruthven Street & Lower Plenty Road,  
10 Ferrier Ct, Rosanna

Join us on a guided walk with one of Council's bushland team to learn more about the Rosanna Parklands – Bring along the person you are a caring for or come on your own. Everyone is welcome!

For more information please email

[carers@banyule.vic.gov.au](mailto:carers@banyule.vic.gov.au) or phone 9422 8396.

## Northern Indoor Carpet Bowls Tournament and Come and Try for Beginners

Northern Indoor Carpet Bowls Tournament is a friendly competition between seniors clubs from City of Whittlesea and Banyule City Council. Come and try a friendly game of carpet bowls. Everyone is welcome.

**Where:** Thomastown Recreation and Aquatic Centre,  
52 – 54 Main St Thomastown

**Date:** Thursday 27 October

**Time:** 9am – 3.30pm

**Cost:** Free (Morning tea and lunch provided)

Bookings essential.

Contact the Age Friendly team on T: 9049 3388 or

E: [agefriendly@banyule.vic.gov.au](mailto:agefriendly@banyule.vic.gov.au)



# What's on

## Volunteering Popup Hub

**Tuesday 4 October, 10am to 2pm**

Diamond Valley Volunteers Hub / Volunteers of Banyule will have a popup hub at Rosanna Fire Station Community House to provide information about volunteering. For more information call 9458 1935, email [volunteershub@dvsupport.org.au](mailto:volunteershub@dvsupport.org.au) or visit [www.dvcsvolunteershub.com.au](http://www.dvcsvolunteershub.com.au)

## Free Seminar: Better Balance at Any Age

**Friday 7 October, 9.30-10.00am**

Diamond Valley Library, 34 Civic Dr, Greensborough  
Good balance is critical to maintain a healthy, independent and active life. Join an interactive session to understand how our balance changes as we age, and the exercises you can do to improve it.

For more information call Carol on 0411 246 741 or register your interest via email [carol@thirdagefitness.com.au](mailto:carol@thirdagefitness.com.au).

## Seniors Festival Open Day at City of Heidelberg Bowling Club

**Sunday 9 October, 1pm to 5pm**

Corner Stradbroke Ave and Burgundy St, Heidelberg  
Come try your hand at Bowling, assistance and bowls provided. Plus enjoy complimentary afternoon tea and plant sale.

Plenty of parking, close to public transport  
For more information contact City of Heidelberg Bowling Club on 0407 824800 or email: [info@cityofheidelbergbowlingclub.com.au](mailto:info@cityofheidelbergbowlingclub.com.au)

## Friendship Group

**2, 16 & 30 November, 1.30 to 2.30pm**

Come along and meet new friends. It is a comfortable place for local people to meet other community members, learn and share skills. For more information contact Rosanna Fire Station Community House on 9458 1935

## FREE Zoom Seminar: An Introduction to Home Workouts

**Tuesday 8 November, 9.30am**

Looking to exercise at home but not sure where to begin? Join us as we discuss how to exercise safely, styles of workouts, and equipment you can use. We'll then be running a short standing and chair-based exercise class, before a time for questions and discussion.

Registration link (pre-registration required):  
<https://bit.ly/3wm8MOL>

For more information contact Carol on 0411 246 741 or E: [carol@thirdagefitness.com.au](mailto:carol@thirdagefitness.com.au)  
Website: [www.thirdagefitness.com.au](http://www.thirdagefitness.com.au)

## Wiser Driver, Wiser Traveler

Are you aged over 60 years?

Do you want to improve your driving skills?

Or are you looking to learn more about the public transport options available to you?

Become a wiser driver or a wiser traveler and improve your skills in your free interactive courses for older adults.

## Wiser Traveler Wiser Walker

Clara Southern Room, Ivanhoe Library and Cultural Hub  
275 Upper Heidelberg Rd, Ivanhoe

**Thursday 3, 10 and 17 November, 1.30-3.30pm**

Bookings open Monday 3 November

## Wiser Driver

Griffin Room, Banyule City Council  
Level 4, 1 Flintoff St Greensborough

**Wednesday 9, 16, 23 and 30 November, 1.30pm-3.30pm**

Bookings open Monday 3 November



## Eco Festival 2022

**6 November, 10.00am – 4.00pm**

Petrie Park, Mountain View Road, Montmorency  
Join us for this sustainability event filled with garden themed workshops and activities, display stalls, giveaways, roving entertainment, sustainability information and food trucks. The Age Friendly team will have a stall, if you would like to know more information about age services and programs, drop by and have a chat with us.



# Contact Us

## All enquiries

PO Box 94, Greensborough, VIC 3088  
Phone 9490 4222  
[enquiries@banyule.vic.gov.au](mailto:enquiries@banyule.vic.gov.au)  
[banyule.vic.gov.au](http://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](http://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: \_\_\_\_\_



# Banyule Seniors Festival

October 2022

Victorian  
Seniors  
Festival  
40 Years  
2022



Victorian  
Seniors  
Festival



AGE-FRIENDLY  
BANYULE



Banyule  
City Council

# Mayor's welcome

**As part of Victorian Seniors Festival, Banyule is delighted to bring you a jam-packed program of Council and community events throughout October.**

This year's theme is 'Takin' it Easy' and there is something for everyone. We've got lawn bowls and carpet bowls, aerobics, dancing, golf and nature walks close to home, just to name a few.

Many of Banyule's clubs, community groups and organisations are hosting special events. It's a wonderful opportunity to have fun, try something new and make some new friends.

Don't forget there are Seniors Festival events all over Victoria and free public transport for Victorian Seniors Card holders from 2 – 9 October. Visit [seniorsonline.vic.gov.au](http://seniorsonline.vic.gov.au) for more information.

Enjoy Takin' it Easy and have a fabulous Seniors Festival!

**Mayor Elizabeth Nealy**



All event information is correct at the time of printing. Events may be cancelled at short notice due to COVID. Please contact the event organisers in the details provided prior to attendance to confirm the event is going ahead.

## High Tea celebrating Seniors Festival 2022

**Join us for a delicious High Tea and Live String Quartet Performance**

**Heidelberg Golf Club, 8 Main Road, Lower Plenty**

**Friday 14 October | Thursday 20 October | Wednesday 26 October  
10.30am - 12.30pm**

High tea includes a range of hot and cold, sweet and savoury items.

Tea, coffee and juices provided.

Bookings open Monday 3 October at 8.30am by calling 9490 4222  
(limit of 2 tickets per person)



# Seniors Festival Program

## BUNDOORA

FREE

### Morning Tea & Activity Tour

Tuesday 11 October & Wednesday 12 October

🕒 10.30am – 11.30am

Join us for morning tea and get the chance to view the many classes on offer. **Bookings essential**

Contact Bundoora Community Centre

📍 Bundoora Hall, 20 Noorong Ave, Bundoora.

☎ 9467 6305

@ classes@contactbundooracomcen.com.au

🌐 contactbundooracomcen.com.au

### Nine holes of golf

Every Friday

🕒 8.00am 💰 \$19

Play nine-holes of golf with the Heidelberg Life Activities Club. Beginners and experienced players are welcome. **Bookings essential.**

Bundoora Public Golf Course

📍 1069 Plenty Road, Bundoora.

☎ Peter - 0433 604 404

🌐 lach.com.au

## MONTMORENCY

FREE

### Lawn Bowls

Sunday 2 October & Sunday 9 October

🕒 10.00am – 3.00pm

Try Lawn Bowls in a friendly environment. Equipment provided (no charge) and free sausage sizzle at noon. You may wear flat soled footwear or bare feet or socks

**For more information.**

Montmorency Bowling Club

📍 Petrie Park, Montmorency.

☎ Jacquie Ward - 0412 527 294

## GREENSBOROUGH

FREE

### Dance classes and afternoon tea

Thursday 6 October

🕒 1.30pm – 3.30pm

Old Time, New vogue, Latin and lots more. Come join us! Afternoon tea will be provided. First visit free followed by \$5 per session.

**Bookings essential.**

Greensborough Social and Activities Club

📍 203 Henry Street, Greensborough.

☎ Pamela - 0435 175 214

## HEIDELBERG

### Trivia, board games, card games and afternoon tea

Thursday 27 October

🕒 1.00pm – 4.00pm 💰 Gold coin

Come along and participate in some fun and friendly games. Includes afternoon tea.

**Bookings essential.**

Life Activities Club of Heidelberg

📍 Hawdon St Community Hall, 78-80 Hawdon St, Heidelberg.

☎ David - 0414 449 951 or Rose-Marie - 9456 9505

🌐 lach.com.au

### Group Social Bike Ride

FREE

Friday 28 October

🕒 9.15am

Join a slightly challenging club ride to Watsonia and return, 24km with café stop – 3 hours. Suit moderately confident riders. Trails and minor roads. **Bookings essential.**

Banyule Bicycle User Group (Banyule BUG)

📍 Meet at Warringal Oval, Beverley Road, Heidelberg, near the cricket nets.

☎ Peter Gurney 0417 116 236

🌐 banyulebug.com.au

### Group Social Bike Ride

FREE

Friday 7 October

🕒 9.15am

Ride along with the Banyule Bicycle User Group to Ruffy Lake and return, 22km with café stop, 2.5 – 3 hours. Mainly on trails. Suitable for novices. **Bookings essential.**

Banyule Bicycle User Group (Banyule BUG)

📍 Meet at Warringal Oval, Beverley Road, Heidelberg, near the cricket nets.

☎ Peter Gurney - 0417 116 236

🌐 banyulebug.com.au





# Seniors Festival Program

## HEIDELBERG

### Sausage sizzle and Open Day

Thursday 20 October

🕒 12.00pm – 1.30pm 💰 \$2 for sausage sizzle  
Enjoy a tour of the Banyule Men's Shed, meet the volunteers and members. **Bookings essential.**  
Banyule Men's Shed

📍 Cnr St Hellier St and Edwin St Heidelberg Heights.

📞 Skye Shannon - 0418 426 327

📧 [bchs.org.au/groups-activities/Banyule-mens-shed](http://bchs.org.au/groups-activities/Banyule-mens-shed)

### Truth Beauty & Utility Exhibition

Wednesday 19 October

🕒 10.00am – 12.00m 💰 \$5

“Just like Nanna's house”: how the Arts and Crafts philosophy touched our suburb. Exhibition and short talk by the curator.

**Bookings essential.**

Hedelberg Historical Society

📍 Old Heidelberg Court House, cnr Jika St & Park Lane, opposite Heidelberg Park.

📞 Janine Rizetti - 9455 2130

@ [heidelberg.historical.society@gmail.com](mailto:heidelberg.historical.society@gmail.com)

📧 [heidelberghistoricalsociety.com.au](http://heidelberghistoricalsociety.com.au)

## IVANHOE

### Movie Club

Tuesday 11 October

🕒 5.00pm - 6.30pm

Meeting on the second Tuesday of each month, the Ivanhoe Movie Club facilitates discussion of a current film for movie buffs. Watch a wide range of movies, some will be challenging, others will be just a little different. Borrow a copy of the DVD to watch at home before the meeting.

**Bookings essential.**

Ivanhoe Library & Cultural Hub

📍 275 Upper Heidelberg Road, Ivanhoe.

📞 9497 5780

📧 [ypri.vic.gov.au](http://ypri.vic.gov.au)



### Flower arranging and take home arrangement

FREE

Tuesday 11 October

🕒 12.00pm – 2.00pm

Experience an afternoon of flower arranging including a take home floral arrangement. Lunch provided. **Bookings essential.**

Uniting Vic Tas Seniors Social Support Group

📍 19 Seddon Street, Ivanhoe.

📞 Sarah McNamee 9499 6562 / 0466 205 983

📧 [unitingvictas.org.au/services/aged-care/social-support-aged-care](http://unitingvictas.org.au/services/aged-care/social-support-aged-care)



### Lunch and exercises

FREE

Wednesday 5 October

🕒 10.00am – 1.00pm

Join us for a morning of wellbeing activities followed by a home cooked lunch.

**Bookings essential.**

Uniting Vic Tas Linlithgow Seniors Social Support Group

📍 19 Seddon St, Ivanhoe.

📞 Sarah McNamee - 9499 6562/0466 205 983

📧 [unitingvictas.org.au/services/aged-care/social-support-aged-care](http://unitingvictas.org.au/services/aged-care/social-support-aged-care)

### Thursday Italian Cultural Day

FREE

Thursday 20 October

🕒 10.00am – 1.00pm

Celebrate Italian culture through food and music.

**Bookings essential.**

Uniting Vic Tas Linlithgow Seniors Social Support Group

📍 19 Seddon St, Ivanhoe.

📞 Sarah McNamee - 9499 6562/0466 205 983

📧 [unitingvictas.org.au/services/aged-care/social-support-aged-care](http://unitingvictas.org.au/services/aged-care/social-support-aged-care)

# Seniors Festival Program

## IVANHOE

### Devonshire Tea

Friday 28 October

🕒 10.30am – 12.00pm

Join our social group for Devonshire Tea. Freshly made scones and homemade condiments.

**Bookings essential.**

Uniting Vic Tas Linlithgow Seniors Social Support Group

📍 19 Seddon St, Ivanhoe.

📞 Sarah McNamee -9499 6562 / 0466 205 983

🌐 [unitingvictas.org.au/services/aged-care/social-support-aged-care](http://unitingvictas.org.au/services/aged-care/social-support-aged-care)

FREE

### Public Lecture: “The Power of Story. A Writer’s Journey”

Monday 24 October

🕒 2.00pm

Arnold Zable is a legendary Melbourne storyteller, writer novelist, activist, passionate traveller. Join him on a journey through a writer’s life, culminating in his most recent book ‘The Watermill’ – a quartet of stories exploring themes of displacement, survival, and resistance that span the globe, and reflect the universal spirit of humanity. **Bookings essential.**

Ivanhoe Library & Cultural Hub

📍 275 Upper Heidelberg Road, Ivanhoe

📞 U3A Office - 0418 749 228

🌐 [u3abanyule.org.au](http://u3abanyule.org.au)

FREE

### Seniors Social Tennis & BBQ lunch

Monday 24 October

🕒 9.30am – 1.30pm

Play tennis with our current group of seniors and make new friendships. Games, prizes, and lunch included. **Bookings essential.**

Ivanhoe Tennis Club

📍 Cnr Young St & John St, Ivanhoe.

📞 Barry - 0407 837 421 or Kathy - 0421 676 028

📧 [barryatkins7@hotmail.com](mailto:barryatkins7@hotmail.com)

FREE



### Genealogy Group: Ivanhoe Genies

Saturday 1 October

🕒 2.00pm – 4.00pm

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

**Bookings essential.**

Ivanhoe Library & Cultural Hub

📍 275 Upper Heidelberg Road, Ivanhoe

📞 9497 5780

🌐 [ypri.vic.gov.au](http://ypri.vic.gov.au)

FREE

### Meet your Local History Collection

Monday 3 October &

Monday 10 October

🕒 3.30pm – 4.30pm

The local history collection at Ivanhoe Library includes books, journals, newspapers, photos and more about early settlers, local institutions, council activities and the built and natural environments. Join an exclusive session with a librarian on hand to help with your query.

**Bookings essential.**

Ivanhoe Library & Cultural Hub

📍 275 Upper Heidelberg Road, Ivanhoe.

📞 9497 5780

🌐 [ypri.vic.gov.au](http://ypri.vic.gov.au)

FREE

### Seniors Festival Intergenerational Playgroup

Monday 17 October

🕒 10.30am

Come along to our Intergenerational Playgroup. We will read, sing, dance and have a fun morning of play with young children. You are welcome to come on your own or even bring your grandkids to join you. Absolutely everyone is welcome to this fun free event at Ivanhoe Library and Cultural Hub! **Bookings essential.**

Ivanhoe Library & Cultural Hub

📍 275 Upper Heidelberg Road, Ivanhoe

📞 Catherine Corbett - 9242 3471

📧 [catherine.corbett@banyule.vic.gov.au](mailto:catherine.corbett@banyule.vic.gov.au)

# Seniors Festival Program

## IVANHOE

FREE

### Ivanhoe Seniors Exercise Park 'Come and Try' session and BBQ

Friday 7 October & Friday 21 October

🕒 10.00am - 12.00pm

Do you enjoy exercising in the outdoors? We are hosting two FREE 'Come and Try' sessions at the Ivanhoe Seniors Exercise Park, with a BBQ afterwards! Join us to learn how to use the equipment safely with trained instructors. Everyone is welcome to this fun free event.

#### Booking essential.

Ivanhoe Seniors Exercise Park

📍 Cnr Wamba Rd & Lower Heidelberg Rd.

📞 Catherine Corbett - 9242 3471

@ catherine.corbett@banyule.vic.gov.au

## WATSONIA

### Tai Chi Qigong

Monday 17 October

🕒 10.00am

Qigong practice has profound effects on the health of body, mind, spirit, and heart. It improves the Qi flow in the body and helps prevent illness. Morning tea available.

#### Bookings essential.

Watsonia 50s Plus Club Inc.

📍 Watsonia Community Hall, 37 Lambourn Rd.

📞 Mary Ann Williams - 0412 356 465

@ maryannw2@hotmail.com

📧 watsonia50splusclub.com

FREE

### Libraries After Dark:

### Meditation for relaxation

Thursday 13 October

🕒 7.00pm - 8.00pm

Our meditation sessions take place after dark and will help you improve your mental health and wellbeing. **Bookings essential.**

Watsonia Library

📍 4-6 Ibbottson St, Watsonia.

📞 Lynne Siejka - 9435 2397

@ lsiejka@yprl.vic.gov.au

📧 yprl.vic.gov.au

FREE

### Aerobics

Thursday 20 October

🕒 10.00am

Aerobics combines all elements of fitness to improve cardiovascular capacity, muscular strength & endurance, flexibility, posture, and balance. Morning tea available.

#### Bookings essential.

Watsonia 50s Plus Club Inc.

📍 Watsonia Community Hall, 37 Lambourn Rd.

📞 Barbara Pike - 0419 579 954

@ bandrpike@gmail.com

📧 watsonia50splusclub.com

FREE

### Cards 500 & Canasta

Thursday 20 October

🕒 12.00pm

Beginners or long term card players all welcome. Playing cards offer several health benefits as well as keeping the mind sharp and active. Afternoon tea is available. **Bookings essential.**

Watsonia 50s Plus Club Inc.

📍 Watsonia Community Hall, 37 Lambourn Rd.

📞 Denise Richards - 0447 575 098 / 9016 8238

@ info@watsonia50splusclub.com

📧 watsonia50splusclub.com

FREE



### Tai Chi

Thursday 20 October

🕒 9.00am

Tai Chi may help improve your health, strength, balance, concentration, and mental wellbeing. Morning tea available. **Bookings essential.**

Watsonia 50s Plus Club Inc.

📍 Watsonia Community Hall, 37 Lambourn Rd.

📞 Mary Ann Williams - 0412 356 465

@ maryannw2@hotmail.com

📧 watsonia50splusclub.com

FREE



# Seniors Festival Program

## WATSONIA

### Scrabble

FREE

Wednesday 19 October

🕒 1.00pm

Join a friendly game of play scrabble. All level of players is welcome. Afternoon tea available.

**Bookings essential.**

Watsonia 50s Plus Club Inc.

📍 Watsonia Community Hall, 37 Lambourn Rd.

📞 Angie Winkler - 0410 810 330

@ acwinks@yahoo.com.au

📧 watsonia50splusclub.com



### Carpet Bowls

FREE

Thursday 13 October

🕒 12.30pm

Carpet bowls is a popular choice of activity because of its relaxed pace and light physical demands. Beginners always welcomed and enjoy afternoon tea. **Bookings essential.**

Watsonia 50s Plus Club Inc.

📍 Watsonia Community Hall, 37 Lambourn Rd.

📞 Dennis Richards - 0447 575 098 / 9016 8238

@ info@watsonia50splusclub.com

📧 watsonia50splusclub.com

### Indoor Carpet Bowls

FREE

Every Monday

🕒 1.15pm - 3.00pm

Enjoy a fun and friendly game of indoor Carpet Bowls with the Heidelberg Life Activities Club. Beginners and experienced players are welcome.

**Bookings essential.**

Watsonia RSL

📍 6 Morwell Ave Watsonia.

📞 Rose-Marie - 9456 9505

📧 lach.com.au

### Old Time & New Vogue Dance

Sunday 23 October

🕒 1.00pm - 5.00pm

💰

Gold coin

Dancing is good for the heart and brain, as exercise, socialising is very good for reducing our risk of dementia. Come along and try our sessions

**Bookings essential.**

Watsonia 50s Plus Club Inc.

📍 Watsonia Community Hall, 37 Lambourn Rd.

📞 Dennis Richards - 0447 575 098 / 9016 8238

@ info@watsonia50splusclub.com

📧 watsonia50splusclub.com

### Libraries After Dark: Chess for fun

Thursday 13 October

🕒 7.00pm - 9.00pm

FREE

Come along to a social game of chess with coach David Cannon. Improve your skills and practice with others. Refreshments are provided.

**Bookings essential.**

Watsonia Library.

📍 4-6 Ibbottson St, Watsonia

📞 9435 2397 Lynne Siejka

@ lsiejka@yprl.vic.gov.au

📧 yprl.vic.gov.au



### Gentle Aerobics

Thursday 13 October

🕒 10.45am

FREE

To keep a reasonable level of fitness join us for gentle aerobics and chair based activities. Come along for a free trial and morning tea.

**Bookings essential.**

Watsonia 50s Plus Club Inc.

📍 Watsonia Community Hall, 37 Lambourn Rd.

📞 Barbara Pike - 0419 579 954

@ bandrpike@gmail.com

📧 watsonia50splusclub.com

# Seniors Festival Program

## WATSONIA

### Discussion group

Tuesday 11 October

🕒 10.30am - 12.00pm

Join our monthly discussion group for a cuppa, and chat about current topics, lifestyle issues, and reminiscences. **Bookings essential.**

Watsonia Library

📍 4-6 Ibbottson St, Watsonia.

📞 Lynne Siejka - 9435 2397

@ lsiejka@ypri.vic.gov.au

🌐 ypri.vic.gov.au

FREE

### Garden group

Every Tuesday

🕒 10.00am - 12.00pm

Join our weekly garden group to share tips, make friends, and help look after the Watsonia community garden. **Bookings essential.**

Watsonia Library

📍 4-6 Ibbottson St, Watsonia.

📞 Lynne Siejka - 9435 2397

@ lsiejka@ypri.vic.gov.au

🌐 ypri.vic.gov.au

FREE

### Craft Circle at Watsonia Library

Wednesday 12 October &

Wednesday 26 October

🕒 1.00pm - 3.00pm

Bring along your current craft project and connect with others over a cuppa during our fortnightly crafting sessions.

**Bookings essential.**

Watsonia Library.

📍 4-6 Ibbottson St, Watsonia.

📞 Lynne Siejka - 9435 2397

@ lsiejka@ypri.vic.gov.au

🌐 ypri.vic.gov.au

FREE

## ROSANNA

### Music Therapy Presentation

Wednesday 12 October

🕒 9.45am

Learn more about music therapy and how it can support people living with dementia. Guest speaker Zara Thompson, music therapist at the University of Melbourne will be presenting her research. **Bookings essential.**

Rosanna Ladies Probus Club

📍 Rosanna Uniting Church Hall, Arden Crescent

📞 Pauline Atkins - 0417 142 268

@ batkins@netspace.net.au

FREE

### U3A Choir: Audacity Concert

Tuesday 25 October

🕒 1.00pm - 2.30pm

Come along to the U3A choir concert for the chance to see the performance of 40 singers presenting a variety of work.

For more information contact U3A office.

📍 Rosanna Uniting Church Hall, Arden Crescent

📞 0418 749 228

🌐 u3abanyule.org.au

FREE

## MACLEOD

### Play Table Tennis

Every Monday

🕒 10.00am - 12.00pm

Come along and join the Heidelberg Life Activities Club for a fun and friendly game. Beginners and experienced players are welcome. 3 weeks free then \$3 per week

**Bookings essential.**

Life Activities Club Heidelberg

📍 Macleod Scout Hall, 30 McNamara St

📞 Bruce - 9459 6112 or 0402 839 145

🌐 lach.com.au

FREE

For more information  
phone 9490 4222