

Age in Focus

AGE-FRIENDLY
BANYULE

October/November 2023

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

It is also the United Nations International Day of Older Persons on October 1. The day is celebrated annually and provides an opportunity to acknowledge the wisdom, dignity and needs of older people.

A copy of the Seniors Festival Activity Program is included with this newsletter, containing exciting community activities and events (mostly free or low cost) taking place in Banyule throughout October.

Contents

Seniors Festival Morning Tea	2
Celebrating Georgia	3
Older Adults Community Connections Program	4
Day Trip	5
National Carers Week	6
What's On	7 - 8



Banyule
City Council



Banyule City Council invites you to celebrate Seniors Festival 2023

Morning Tea and Concert

Featuring Heidelberg Allstars and a live band

The Centre Ivanhoe, Great Hall

275 Heidelberg Rd, Ivanhoe

Tuesday 17 October

10.00am – 12.30pm

Morning tea with sweet and savoury items. Tea and coffee will be provided.

Please advise if you have any dietary requirements.

Bookings open Monday 2 October at 8.30am by calling customer service on 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.



Now calling for nominations to join Banyule City Council's Age Friendly Committee


The Committee, established in 2014, supports Banyule in being a World Health Organisation Age-friendly City. The Committee provides advice to Council about a range of topics that relate to older adults. It assists Council to identify, articulate and respond appropriately to issues and to develop and implement policies, plans and services that benefit older adults.

Nominees must meet the following selection criteria:

- Live, work, study, or have an affinity to Banyule
- Knowledge and understanding of issues related to older people and healthy ageing

- Interest and involvement in local and/or broader projects, activities, advocacy or networks which relate to older people
- Direct links to the local community and/or relevant organisations in Banyule City Council

Please contact **Laura Cattapan, Community Connections Coordinator**

 **0403 189 307**

 **laura.cattapan@banyule.vic.gov.au**



AGE-FRIENDLY
BANYULE

Age Friendly Champions assist Council to develop, promote, and deliver a range of Age Friendly initiatives and programs for older adults in Banyule.

If you would like to be involved in the Age Friendly Champions program, contact:

Jenna Gandolfo
Community Connections Team Leader

 **9098 8001**

 **jenna.gandolfo@banyule.vic.gov.au**

Celebrating Georgia: An example of positive ageing and community spirit

As we come together to celebrate the Seniors Festival 2023, we are delighted to introduce you to an individual who truly exemplifies positive ageing, resilience, and community spirit.

Georgia's story is one of continuous exploration and growth, proving that age is no barrier to trying new things and conquering challenges.

Georgia is an 86-year-old resident in Viewbank, who has an extraordinary life, filled with meaning, enthusiasm, and dedication to giving back to others. Georgia's family stretches across three generations, including 3 children, 7 grandchildren, and 5 great-grandchildren. Family is at the heart of her life, with strong connections to those she loves and cares about.

At the age of 51, she took the plunge and learnt how to swim. Starting in a beginner's class, she discovered a newfound appreciation for the water. Driven by a sincere desire to give back to her community, she transitioned her paid instructor role into a volunteer role.

In 1995, Georgia began her journey into Tai Chi out of concern for her back and found great relief in the flowing movements of Tai Chi, describing it as a form of "moving meditation". By 2000, Georgia stepped into the role of a Tai Chi instructor at Rosanna Fire Station Community House.

From her early days working in a sewing factory, to making wedding dresses and garments for family and friends, Georgia now teaches eager sewers at Rosanna Fire Station Community House to create and design their own outfits.

Georgia's involvement in the community extends beyond the classroom. She's the president of the Comunità Montana Club (affiliated with the Veneto Club). Being a part of the community house and the club, where she connects with likeminded individuals, brings meaning, happiness and fulfillment to Georgia.



"Georgia Rizzato is a remarkable tutor who has been associated with Rosanna Fire Station Community House for the past 30 years. Her expertise is Tai Chi and Sewing. She teaches sewing and Tai chi to adults both at a beginner and advanced levels. She is very committed and reliable volunteer who donates her time and skills with heart.

Georgia maintains a high level of fitness by being a dedicated Tai Chi practitioner herself and is an excellent role model for other seniors in the Community as well. Along with her teaching role in the Community House, in a voluntary capacity, Georgia has been conducting free weekly community Tai Chi sessions to advance participants in Heidelberg Park for many years."

**Jasdip Singh –
Rosanna Fire Station Community House**

2024 Community Calendar

If you would like a copy of the 2024 Community Calendar posted to you, please visit our website and complete the form: banyule.vic.gov.au/calendar or phone customer service on 9490 4222.

Older Adults Community Connections Program

(Formerly known as the Older Adults Recreation Program)

Coffee Connect

Meet new people in your community in a welcoming atmosphere.


Coffee Connect is an opportunity for residents to meet up every fortnight for a cuppa at a local cafe. You'll also be supporting Banyule's social enterprise cafes. Participants pay for their own drinks and food.


Bookings are not required, but you are welcome to contact Banyule Customer Service on **9490 4222** for more information and to let us know you are coming.


As October is an action packed month celebrating the Seniors Festival, we will postpone the Coffee Connect program until November.




Guided Tour of Ivanhoe Library & Cultural Hub and coffee catch up


 Mondays Fortnightly
6 & 20 November


 Tour 10am, Coffee 10.45am


 275 Upper Heidelberg Rd, Ivanhoe


 Meet at Reception Desk
5 mins walk from Ivanhoe Train Station

Morning walk and coffee catch up at For Change Café, Bellfield


 Thursdays fortnightly
2, 16, 30 November


 Walk 10am, Coffee 11am


 13 Daphne Cres, Bellfield


 Meet in front of the cafe
Catch Bus route 250 then
2 mins walk from
Perkins Ave/Oriel Rd

Parkland walk & coffee catch up at The Social Brew Coffee Bean

 Fridays fortnightly
10 & 24 November

 Walk 10am, Coffee 11am


 75 Turnham Ave,
Rosanna (Rosanna
Train Station)


 Meet in front of the cafe
at Rosanna Train Station


Social lunches

Join us for lunch to meet new people, catch up with friends and stay connected in your community. Participants pay for their own lunch. Bookings essential, contact Customer Service on 9490 4222.

Espresso54

 Tuesday 14 November

 12pm

 54 Aberdeen Road, Macleod

 5 Mins from Macleod Railway Station

Banyule NETS (Boomers) Strength Training and Pilates Group

Come along to the Strength and Pilates training sessions then join us for a free coffee afterwards. Weights and mats are provided or bring your own. Booking not required. For more information, contact Linda on M: 0402 910 240

NETS Stadium – 2 Somers Ave, Macleod
Tuesday Strength Training

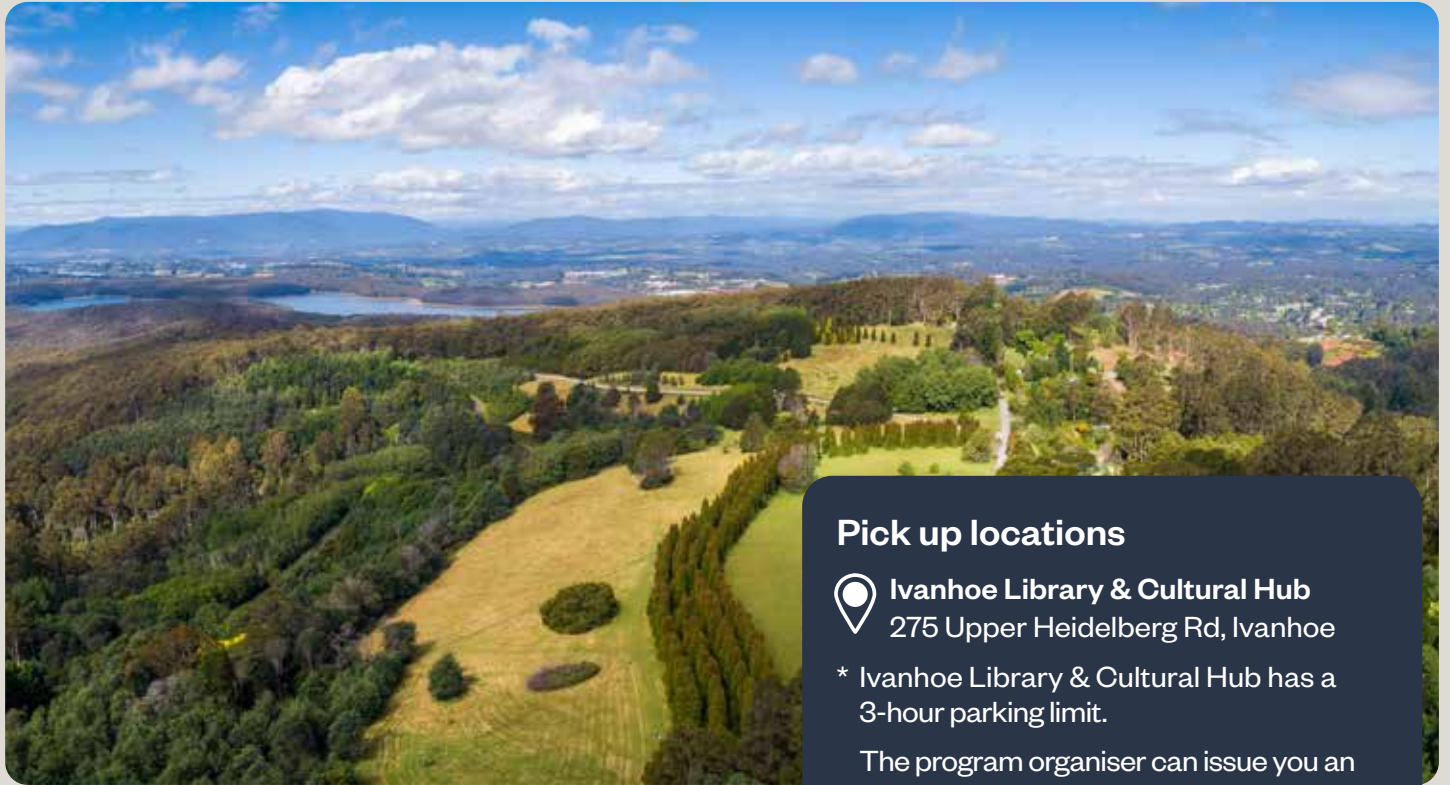
9.30am – 10.30am | Cost: \$10 casual or
\$50 for 6 sessions

Wednesday Pilates

9.30am – 10.30am | Cost: \$15 Casual or \$95 per
school term (no refund for non-attendance)

Thursday Strength Training

10.00am – 11.00am | Cost: \$10 casual or
\$50 for 6 sessions



Dandenong Ranges Botanical Garden

Join us on a day trip to Olinda and visit the Dandenong Ranges Botanical Garden formally known as the National Rhododendron Garden.

Enjoy morning tea, followed by a relaxing open-air minibus ride through the gardens amongst brilliantly coloured blooms, mainly rhododendrons, azaleas, camellias, cherries and daffodils. You will then board the coach for a delicious two course lunch at the Olinda Creek Hotel before returning home. Bookings open Wednesday 1 November and usually book out quickly. To reserve a seat please contact Banyule Customer Service on ☎ **9490 4222**.

📅 Wednesday 29 November 2023

📍 Olinda, Victoria

🎫 \$77

🕒 8am sharp – War Memorial Park, Greensborough
8.30am sharp – Ivanhoe Library and Cultural Hub

📌 Coach travel, morning tea, open-air minibus garden tour, 2 Course lunch at Olinda Creek Hotel

Pick up locations

📍 **Ivanhoe Library & Cultural Hub**
275 Upper Heidelberg Rd, Ivanhoe

* Ivanhoe Library & Cultural Hub has a 3-hour parking limit.

The program organiser can issue you an all-day parking permit. You must 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.

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 and we are not able to find a replacement, no refund/credit will be issued. This is due to Council pre-paying for the bus trip.

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

All participants attending the day trip must be independent and mobile. Participants will need to climb multiple steps into a coach and walk 50 metres unassisted (walking sticks are acceptable).

National Carers Week 2023

15 - 21 October 2023

Do you provide unpaid support to a family member or friend with a disability or chronic health condition? Council warmly invites you to join us during National Carers Week at the following FREE events, as we celebrate and recognise Carers in the Banyule community.

Online workshop - Carer Communication & Advocacy - The Art of Being Assertive

📅 Wednesday 18 October, 10.30am - 11.30am

Online workshop

Hosted by the Banyule Carer Support Program and run by Carers Victoria.

This online workshop will give you skills to support your caring role and help you navigate complex support service systems.

Bookings essential. For more information or to book, please contact Natasha Coleman on ☎ 9422 8396 or ✉ carers@banyule.vic.gov.au

Financial & Material Support for Carers - Information Session & Lunch

📅 Wednesday 18 October, 11.30am - 1pm

📍 Bellfield Community Hub, 15 Daphne Crescent Bellfield

Hosted by the Banyule Carer Support Program. Presented by BANSIC and Centrelink

Are you an unpaid carer struggling to make ends meet? Hear from local agencies about ways to ease that burden and join us afterwards for a delicious catered lunch. Bookings essential. For more information or to book, please contact Natasha Coleman on ☎ 9422 8396 or ✉ carers@banyule.vic.gov.au

Gentle Yoga for Carers - Fall in love with taking care of yourself

📅 Thursday 19 October, 11am - 12pm

📍 Watsonia Neighbourhood House, 47 Lambourn Road, Watsonia

Hosted by the Banyule Carer Support Program and run by Sindhu Sivadas.

Learn the self-care tools to celebrate the miracle of life!

A free inclusive session, accessible to all Carers. Sindhu is a professional Yoga Teacher with years of experience in guiding & empowering participants through her Gentle Yoga and Wellbeing classes.

This session is part of a 4-week series of Free Gentle Yoga Classes for Carers. Carers can attend this session only or the whole series.

Bookings essential. For more information or to book, please contact Natasha Coleman on ☎ 9422 8396 or ✉ carers@banyule.vic.gov.au

From Exhaustion to Ease - 3 ways to find relief when demands are high

📅 Friday 20 October, 11.30am - 1pm

📍 Greenhills Neighbourhood House, 2 Community Drive, Greensborough

Hosted by the Banyule Carer Support Program and run by Rachel Stefaniak, Occupational Therapist.

A nourishing session for those caring for an autistic, ADHD or otherwise neurodivergent family member with practical strategies that respect the demands carers face. A short presentation, a nourishing simple Qigong practice (moving meditation) and a delicious catered lunch. Bookings essential.

For more information or to book, please contact Natasha Coleman on ☎ 9422 8396 or ✉ carers@banyule.vic.gov.au

These events are hosted by Banyule City Council through our Carer Support Program. Banyule City Council acknowledges the support of the Victorian Government.

What's on



Learn to Cook Easy & Healthy Meals

📅 Every Monday 30/10 - 4/12, 10am – 12.30pm

📍 Bellfield Community Hub,
15 Daphne Crescent, Bellfield

Oz Harvest's NEST (Nutrition Education Skills Training) program is a fun 6-week cooking and nutrition program designed to help you make lasting changes for better health!

You will learn how to:

- Save money on your food budget
- Store food safely
- Understand food labels
- Plan meals and reduce waste
- Cook easy and healthy recipes

At the end of the 6-week program you'll receive a certificate, take home resources, and your own OzHarvest Everyday Cookbook. Limited spots available, bookings essential.

Sign up for this FREE program by contacting Customer Service on 9490 4222. Bookings open Wednesday 4 October.

Heidelberg Men's Probus

📅 Tuesday 10 October, 11.00am

📍 RSL Club, Upper Room – 180 Bell St,
Heidelberg Heights

Join the Heidelberg Men's Probus Club monthly gathering and hear from guest speaker Geoff Scully presenting on "Organ Transport". Bookings essential.

For more information or to book, contact Robert Erbacher on T: 0408 179 553 or E: roberterbacher@hotmail.com

Come & Try Indoor Walking Football with morning tea!

Join our Walking Football Social Program for older adults 55+ and play football in a fun, social and safe environment. Prior experience not required. For more information or to register for this FREE event, please contact Abraham on ☎ 0403 335 888.

📅 Tuesday 24 October, 11am – 12pm

📍 Grace Park Community Hall, Duncan Avenue Reserve, 135 Henry St, Greensborough

📅 Wednesday 25 October, 11am – 12pm

📍 La Trobe Sports Stadium, Bundoora

📅 Thursday 26 October, 1pm – 2pm

📍 YMCA Macleod, 157 Wungan St, Macleod



Safer Driver session with morning tea

📅 Wednesday 11 October, 10.30am - 12.30pm

📍 Banyule City Council – Olympia/Hawdon Room, Level 4, 1 Flintoff Street, Greensborough

Join our safe driver seminar to refresh your driving skills in a friendly group environment!

The session explores how age-related changes can impact driving, provides tips to enhance your safety, and information about buying safer vehicles and planning for the future.

This session is free, but bookings are required.





To book please call Customer Service on 9490 4222 or enquiries@banyule.vic.gov.au

For more information contact Michelle Herbert, T: 9490 9824 or E: transport@banyule.vic.gov.au

Northern Indoor Carpet Bowls Tournament & Come and Try for Beginners

Join us to watch a friendly competition between seniors' clubs from Whittlesea and Banyule City Council as they battle it out for the 2023 Cup at the Northern Indoor Carpet Bowls Tournament.

If you're a beginner and would like to learn how to play, join the come and try sessions with an experienced instructor. Free morning tea and lunch will be provided. Bookings essential.

-  Thursday 26 October, 9.00am – 3.30pm
-  Thomastown Recreation and Aquatic Centre, 52 – 54 Main St, Thomastown
-  Free (Morning tea and lunch provided)
-  For more information or to book, please contact Con Constantinou on M: 0439 007 455 or E: con.constantinou@whittlesea.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

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 بانويل 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.

Banyule Seniors Festival

2023



AGE-FRIENDLY
BANYULE

Victorian
Seniors
Festival
2023



Mayor's welcome

To celebrate Victorian Seniors Festival, we are delighted to present a jam-packed program of Council and community events throughout October.

This year's theme is 'Learn. Love. Live.' and Banyule's Seniors Festival certainly reflects this in our joyful, vibrant and engaging program of events. There really is something for everyone! We've got morning teas, lawn bowls, table tennis, dancing, golf and nature walks, 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 1 – 8 October. Visit seniorsonline.vic.gov.au for more information.

Have a fabulous Seniors Festival!

Mayor Cr Peter Castaldo



Banyule City Council invites you to celebrate Seniors Festival 2023

Morning Tea and Concert

Featuring Heidelberg Allstars and a live band

The Centre Ivanhoe, Great Hall

275 Heidelberg Rd, Ivanhoe

Tuesday 17 October

10.00am – 12.30pm

Morning tea with sweet and savoury items. Tea and coffee will be provided.

Please advise if you have any dietary requirements.

Bookings open Monday 2 October at 8.30am by calling customer service on 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.



Seniors Festival Program



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 prior to attendance to confirm the event is going ahead.

BELLFIELD

Olympic Seniors Social Club Open Day

Tuesday 3, 10, 17, 24 and 31 October **Free**
11.30am – 3.00pm

Olympic Seniors Social Club
Bellfield Hub 15 Daphne St, Bellfield

Anne 0400 426 294 / Betty 0409 522 717

Come along to the Olympic Seniors Social Club Open Day and join many activities. You will be welcomed with a cuppa upon arrival. Our group hosts light exercise, afternoon tea, bus excursions and weekly bingo.

Bookings essential.

BUNDOORA



Nine Holes of Golf

Every Friday 8.00am

Approx \$20

Bundoora Public Golf Course
1069 Plenty Rd, Bundoora

Peter 0433 604 404

lach.com.au

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

Old Time & New Vogue Dance

Sunday 22 October 1.30pm – 5.30pm

\$5

Watsonia 50s Plus Club Inc
Bundoora Community Hall
20 Noorong Ave, Bundoora

Dennis Richards 0447 575 098

info@watsonia50splusclub.com

watsonia50splusclub.com

Join our dance group. Dancing promotes cardiovascular and cognitive health, and physical and mental well-being. You can choose to dance, or simply enjoy the music and its positive effect.

Bookings essential.



Morning Tea & Activity Tour **Free**

Tuesday October 10 and
Wednesday October 11

10.30am – 11.30am

Contact Bundoora Community Centre
Bundoora Hall, 20 Noorong Ave, Bundoora

9467 6305

classes@contactbundooracomcen.com.au

contactbundooracomcen.com.au


Join us for morning tea and explore the many classes on offer. Come along to an informal tour to connect with others in the community and learn new skills.

Bookings essential.

GREENSBOROUGH



Seniors Cycle Classes **Free**

 Every Tuesday 8.30am – 9.00am

 WaterMarc - Cycle Studio
Level 1, 1 Flintoff St, Greensborough

 Jenny Bruzzaniti 9422 6111

 enquiries@watermarcbanyule.com.au


 watermarcbanyule.vic.gov.au

Connect with others in this easy to moderate intensity class set to great music. Perfect for beginners!

Bookings essential.



Outdoor Walking Group **Free**

 Every Tuesday 10.30am – 11.45am

 WaterMarc - Cycle Studio,
Level 1, 1 Flintoff St, Greensborough

 Jenny Bruzzaniti 9422 6111

 enquiries@watermarcbanyule.com.au

 watermarcbanyule.vic.gov.au

Join a walk through the streets surrounding WaterMarc. Lead by a fitness instructor. Moderate intensity with some gentle hills. ****Weather dependant.**

Bookings essential.

Mall Walker **Free**

 Every Tuesday, Wednesday and Thursday
7.30am – 8.30am

 WaterMarc
Cycle Studio, Level 1,
1 Flintoff St, Greensborough

 Jenny Bruzzaniti 9422 6111

 enquiries@watermarcbanyule.com.au

 watermarcbanyule.vic.gov.au


Come on a social walking group for people of all abilities through the plaza. Stay for a coffee and chat afterwards. Meeting at Greensborough Plaza, level 1 outside Target. **Booking not required.**

Greensborough Probus Club

 Monday 2 October 10.00am – 12.00pm

 \$3


 Greensborough Probus Club
Greensborough RSL
111 Main St, Greensborough


 Jenny 0422 091 900

Join us for morning tea and hear about the many and varied activities our club offers! You are welcome to stay for lunch. All participants must pay for their own food and drinks. **Booking not required.**

Sunday Afternoon Free Concert **Free**

 Sunday 8 October 3.00pm

 Greensborough Salvation Army
Corner Glendale Rd & Flodden Way,
Greensborough/ Briar Hill


 0411 853 582

Join us for a live performance featuring the Box Hill Salvation Army Band & Opera Soprano Suzanna Shakespeare. Free nibbles following the concert. Everyone is welcome. **Booking not required.**



Safe Driver Session and Morning Tea

 Wednesday 11 October 10.30am – 12.30pm

 To book please call customer service on 9490 4222

 Banyule City Council
Olympia/Hawdon Room -
Level 4, 1 Flintoff St, Greensborough

 Michelle Herbert 9490 9824

 enquiries@banyule.vic.gov.au

If you're an older adult and drive, we invite you to join our Safe Driver presentation. The session explores how age-related changes can impact driving, provides tips to enhance your safety, and information about buying safer vehicles and future planning. This is a seminar style session with free morning tea.

Bookings essential. Bookings open Friday 1 September at 8.30am

Fun and Food at Greenhills Neighbourhood House Free

 Wednesday 11 October 11.30am – 3.00pm

 Tai Chi 11.30am – 12.30pm

 Lunch 1.00pm – 2.00pm

 All abilities Ballroom dance with Eve Dance
2.00pm – 3.00pm

 Greenhills Neighbourhood House
Community Drv, Greensborough

 Janelle Dunstan 9435 9287

 coordinator@ghnh.org.au

 ghnh.org.au

Come along to Greenhills for an open day with a difference. Try out a Tai Chi class, enjoy a delicious lunch and stay for a ballroom dancing class. All activities are free, you can pick and choose or stay for all activities. **Bookings essential.**

Greensborough Social and Activity Club Open Day Free

 Wednesday 18 October 12.30pm – 3.30pm

 Greensborough Social and Activity Club Inc.
Community Hall - 203 Henry St, Greensborough

 Pamela Coutts 0435 175 234

Join us for a fun, action packed afternoon with indoor bowls, cards500, scrabble, table tennis and Tai Chi. Refreshments included. **Bookings essential.**

HEIDELBERG

Eye Spy Exhibition

 Sunday 1, 8, 15, 22, 29 October 2.00pm – 5.00pm

 \$5 adults, Free for Children under 16

 Heidelberg Historical Society
Old Heidelberg Courthouse,
Corner Jika St and Park Lane, Heidelberg

 heidelberghistoricalsociety.com.au

Bring the grandchildren to play 'Eye Spy' with more than 180 objects from the past. You'll know what they are, but the grandchildren won't!

Bookings not required.



Banyule Mens Shed Open Day Free

 Friday 20 October 12.00pm – 2.00pm

 Banyule Mens Shed
Corner St Hellier & Edwin St, West Heidelberg

 Banyule Mens Shed 0429 551 536


Join us on a tour to learn more about Banyule Mens Shed and enjoy a BBQ afterwards.

Trivia, Board Games, Card Games and Afternoon Tea

 Thursday 5 October 1.00pm – 4.00pm

 Gold coin


 Life Activities Club of Heidelberg
Hawdon St Community Hall,
78-80 Hawdon St, Heidelberg


 David 0414 449 951 / Rose-Marie 9456 9505

 lach.com.au

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

Come & Try Group Social Cycling

 Friday 6 October & 20 October 9.15am

 Banyule Bicycle Users Group
Warringal Park (Meet in the carpark
near cricket nets), Beverley Rd, Heidelberg

Free

 Peter Gurney 0417 116 236

 banyulebug.org.au

Join the Banyule Bicycle Users Group for a 25 km club ride on trails and quiet streets. Confident cyclists only. **Bookings essential.**



Breakfast with the Birds **Free**

 Sunday 15 October 7.00am – 11.30am

 Banyule City Council
Old Shire Offices - 60 Beverley Rd, Heidelberg

 Paul Davis 8673 4353

 paul.davis@banyule.vic.gov.au

 banyule.vic.gov.au/SpringOutdoors

We are excited to hold our annual Breakfast with the Birds event again in 2023. You can enjoy a walk around Banyule Flats Reserve which will be guided by local bird experts from La Trobe University and Warringal Conservation Society. Upon return, you can enjoy breakfast, catch up with others, reflect on your morning of bird sighting, and do the annual bird sighting call. Walks will vary in ability, with some all-abilities accessible. Please let us know on the day and we will ensure you are paired with the appropriate guide to accommodate you. **Bookings essential.**

What to bring


- weather appropriate clothing
- sturdy, closed-toe shoes
- drinking water
- binoculars- if you have them.



Northern Grassland Reserve Wildflower Tour

Free

 Sunday 29 October 10.00am – 12.00pm

 Banyule City Council
Banyule Northern Grasslands
377 Liberty Parade, Heidelberg West
*Parking is available at the corner
of Liberty Pde and Dougharty Rd.

 Paul Davis 8673 4353

 paul.davis@banyule.vic.gov.au

 banyule.vic.gov.au/SpringOutdoors

Join the Bush Crew and the Friends of Darebin Creek at Banyule Northern Grassland Reserve to observe a range of beautiful wildflower species and learn about the unique management and ecology of our endangered grasslands.

Before you arrive

Wear closed toed shoes, weather-appropriate clothing, water and a snack.

IVANHOE

Presentation: The Man Who Never Was **Free**

Thursday 5 October 3.15pm – 4.45pm

trybooking.com/CJUMU

Banyule U3A
Community Rooms 1 & 2
Ivanhoe Library & Community Hub
275 Upper Heidelberg Rd, Ivanhoe



0418 749 228

smkarasmanis@gmail.com

u3abanyule.org.au

Join Jane Davies as she presents the captivating World War II story, how German intelligence was fooled by a non-existent man. **Bookings essential.**



Italian Choir Performance: Veneto Club Choir Melbourne **Free**

Thursday 5 October 1.00pm – 2.00pm

Uniting Agewell Seniors Social Group
19 Seddon St, Ivanhoe

Sarah McNamee 9965 3800 / 0466 205 983

smcnamee@unitingagewell.org

unitingagewell.org/our-services/social-connections

Celebrate Italian culture through the music of the Veneto Club Choir. Enjoy traditional Italian and Friulian songs and piano accordion accompaniment. Afternoon tea provided. **Bookings essential.**



Creative Knitting Come & Try **Free**

Wednesday 11 October 11.00am – 1.00pm

trybooking.com/CJUOC

Banyule U3A
Community Rooms 1 & 2
Ivanhoe Library & Community Hub
275 Upper Heidelberg Rd, Ivanhoe



0418 749 228

smkarasmanis@gmail.com

u3abanyule.org.au

U3A knitters will teach new participants the essentials of knitting. Needles, wool, patterns and delicious morning tea will be supplied. **Bookings essential.**

Devonshire Tea **Free**

Friday 13 October 12.00pm – 2.00pm

Uniting Agewell Seniors Social Group
19 Seddon St, Ivanhoe

Sarah McNamee 9965 3800 / 0466 205 983

smcnamee@unitingagewell.org

unitingagewell.org/our-services/social-connections

Join our social group for Devonshire Afternoon Tea. Includes freshly baked scones and homemade condiments served with freshly brewed coffee and an assortment of tea's. **Bookings essential.**





Scam Protection and Security Workshop **Free**

Monday 16 October 2.00pm – 3.30pm

Yarra Plenty Valley Library - Ivanhoe
Ivanhoe Library and Cultural Hub
Yarra-Me Djila Theatre
275 Upper Heidelberg Rd, Ivanhoe



9497 5780

ypri.vic.gov.au/events

Learn how to be safe and confident online! Yarra Plenty Regional Library is hosting Remy Coll from Redacted Information Security to give a workshop on scams and online security. **Bookings essential.**



Social Tennis & Lunch **Free**

Monday 16 October 9.30am – 1.30pm

Ivanhoe Tennis Club
Cnr Young St & John St, Ivanhoe

Barry 0407 837 421 or Kathy 0421 676 028

barryatkins7@hotmail.com

Come join a game of tennis on the magnificent courts at Ivanhoe Tennis Club. Meet the members and make new friendships. Games, prizes, and lunch included. **Bookings essential.**

Capture your Memories Workshop!

Monday 16 October 2.00pm – 4.00pm

Yarra Plenty Valley Library - Ivanhoe
Ivanhoe Library and Cultural Hub
Computer Room – 1st floor
275 Upper Heidelberg Rd, Ivanhoe

Free

Jane 9497 5780

ivayprl@ypri.vic.gov.au

ypri.vic.gov.au/events



Have fun turning your memories into a newspaper-style story! Come with a good story and a USB with a couple of photos.

Public Lecture - Fire Safety for Seniors **Free**

Monday 23 October 2.15pm - 3.45pm

Banyule U3A
Ivanhoe Library & Cultural Hub
1 & 2, 275 Upper Heidelberg Rd, Ivanhoe

0418 749 228

u3abanyule.org.au

Join us for an informative and practical session about Fire Safety in the home and community. The session has been designed by Fire Safety Victoria especially for seniors. It will be presented by a retired fire safety officer representing Fire Safety Victoria. The session will be followed with afternoon tea. **Bookings essential.**

Intergenerational Playgroup and Morning Tea **Free**

Monday 23 October 10.30am – 12.00pm

Ivanhoe Library & Cultural Hub
275 Upper Heidelberg Rd, Ivanhoe

Catherine 9242 3471

Catherine.corbett@banyule.vic.gov.au

Come along to our Intergenerational Playgroup to join our fun activities! We will read, sing, dance, and have a fun morning of play. There will be live entertainment, arts and crafts, books, games and morning tea! You can come on your own or bring your grandchildren to join you. Everyone is welcome to this fun free event at Ivanhoe Library and Cultural Hub! **Bookings essential.** Bookings open Monday 4 September.

Make your own Shaker Cards Workshop

📅 Wednesday 25 October 2.00pm – 4.00pm

📍 Yarra Plenty Valley Library - Ivanhoe
Ivanhoe Library and Cultural Hub
Clara Southern Room
275 Upper Heidelberg Rd, Ivanhoe

Free

☎ Jane 9497 5780

✉ ivayprl@ypri.vic.gov.au

👉 ypri.vic.gov.au/events



Come along to a card making workshop. Shaker Cards include a photo with a section that contains shakeable sequins. Bring your own photo or use the one provided to make your own cards.



Seniors Exercise Park Come and Try Session with BBQ Lunch

Free

📅 Friday 27 October 10.00am – 12.00pm

📍 Ivanhoe Seniors Exercise Park
Cnr Wamba Rd & Lower Heidelberg Rd, Ivanhoe

☎ Catherine 9242 3471

✉ Catherine.corbett@banyule.vic.gov.au

Do you want to improve your balance, strength, functional movement, joint range of motion and mobility? Join us to learn how to use the equipment safely with trained instructors at the Ivanhoe Seniors Exercise Park session followed by a BBQ lunch! **Bookings essential.** Bookings open Mon 4 September

MACLEOD

Play Table Tennis

Free

📅 Every Monday 10.00am – 12.00pm

📍 Life Activities Club Heidelberg
Macleod Scout Hall
30 McNamara St, Macleod

☎ Bruce 9459 6112 or 0402 839 145

👉 lach.com.au

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.**

MONTMORENCY



Annual Try Bowls Day

Free

📅 Sunday 1 and 8 October 10.00am – 4.00pm

📍 Montmorency Bowling Club
Petrie Park, Mountain View Rd, Montmorency







☎ 0412 527 294

👉 montmorency.bowls.com.au

Montmorency Bowling Club invites you to their annual Try Bowls Days followed by a sausage sizzle. Please wear flat soled shoes or thongs. **Bookings essential.**

ROSANNA

Gentle Exercises

-  Tuesday 3 October 11.15am – 12.00pm
-  Gold coin
-  Rosanna Fire Station Community House
232 Lower Plenty Rd, Rosanna
-  Jasdip Singh 9458 1935
-  office@rfsch.org.au
-  rfsch.org.au

Come along to the Gentle Exercise class focusing on gentle, mindful movements to improve function, balance, strength, and mobility. **Bookings essential.**



U3A Audacity Singalong

-  Tuesday 3 October 1.00pm – 3.00pm
-  trybooking.com/CJUMF
-  Banyule U3A
Rosanna Uniting Church Hall
21 Arden Cres, Rosanna
-  Kevin Whiting 0419 310 307
-  kevinwhiting@bigpond.com
-  u3abanyule.org.au

Singalong with the choir to piano accompaniment. Books with songs familiar to those aged 65+ will be provided. **Bookings essential.**









Rosanna Fire Station Community House Senior's Festival Celebration

-  Wednesday 4 October 9.45am – 3.00pm
-  Gold coin for each activity
-  • Tai Chi 9.45am – 10.45am
-  • Community Lunch 12.30pm – 1.15pm
-  • Seniors Right Presentation 1.30pm – 2.30pm
-  • Dance performance 2.30pm – 3.00pm
-  Rosanna Fire Station Community House
232 Lower Plenty Rd, Rosanna
-  Jasdip Singh 9458 1935
-  office@rfsch.org.au
-  rfsch.org.au

Come and enjoy an action-packed day at the Rosanna Fire Station Community House. There will be a variety of events. Everyone is welcome. **Bookings essential.**

Presentation: Planning for the Future


-  Wednesday 11 October 1.30pm – 2.30pm
-  Gold coin
-  Rosanna Fire Station Community House
232 Lower Plenty Rd, Rosanna
-  Jasdip Singh 9458 1935
-  office@rfsch.org.au
-  rfsch.org.au

Join a presentation on funeral preplanning. We will explore the benefits of funeral preplanning, discuss why funeral insurance may not be the most cost-effective option and explain the difference between funeral insurance and prepaid funerals. Prepaid funerals offer greater flexibility, cost-effectiveness, & peace of mind when compared to funeral insurance. Funeral preplanning is an act of love & consideration for your family. By talking about this often-overlooked subject, you can take proactive steps to make your wishes known and alleviate the burden on your loved ones during a difficult time. Make informed decisions about your final arrangements with this session on Planning for the Future. **Bookings essential.**



Presentation: Preserving Memories for a Lasting Legacy

Free

 Wednesday 11 October 9.45am

 Rosanna Ladies Probus Club
Rosanna Uniting Church
21 Arden Crescent, Rosanna

 Pauline Atkins 0417 142 268

Join the Rosanna Ladies Probus Club for morning tea, followed by a presentation by author and poet Leigh Hay on “Preserving memories for a lasting legacy”. **Bookings essential.**



Get Online Week – Digital Bingo

 Wednesday 18 October 10.00am – 12.00pm

 Gold coin

 Rosanna Fire Station Community House
232 Lower Plenty Rd, Rosanna

 Jasdip Singh 9458 1935

 office@rfsch.org.au


 rfsch.org.au

Do online searches, download articles or images, take photos & more. Have a fun morning & learn something new. There will be a major raffle prize draw & spot prizes. In partnership with Good Things Foundation. **Bookings essential.**

VIEWBANK



4 Week Introductory Series of Qigong

 Monday 9, 16, 23, 30 October 2.00pm

 Keyton Retirement Village
Viewbank Gardens
26-46 Rutherford Rd, Viewbank

Free

 Lincoln Emsley 0447 272 714

 Lincoln.Emsley@keyton.com.au

 keyton.com.au

To celebrate the 2023 Seniors Festival, join Viewbank Gardens for a complimentary 4-week introductory series of Qigong. Instructor Emma from Move for Life Qigong will build your practice over 4 weeks in the gardens of retirement village Viewbank Gardens. Qigong is a mind-body exercise form that uses meditation, breathing, and movement to increase energy and enable the body to heal itself. The exercise and healing techniques used were developed in ancient China and Tibet. Each low impact session will lead us through a range of Qigong practices to leave us feeling relaxed and energised. Following each session, a light afternoon tea will be provided. **Bookings essential.**



Forest Therapy Walk **Free**

 Friday 20 October 10.00am – 12.30pm

 Banyule City Council - Somerset Rd Carpark
36 – 38 Somerset Drv, Viewbank

 Paul Davis 8673 4353

 paul.davis@banyule.vic.gov.au

 banyule.vic.gov.au/SpringOutdoors


Come on a guided forest therapy walk this Spring at Banyule Flats Reserve. We encourage you to slow down on this mindful wander amongst the river red gums and billabongs. Our accredited guide, Emma Swan, will offer different ways for you to reconnect your senses and immerse yourself in nature. This walk is about 1.5 km on sealed and unsealed tracks. We will finish with a Japanese-inspired tea ceremony with Australian bush tea and sweets.

Before you arrive

Mosquitoes may be present for the walk so please bring insect repellent. Wear weather-appropriate clothing and shoes (you may be invited to walk barefoot through some sections).

First Nations Culture Session **Free**

 Tuesday 24 October 12.00pm – 4.00pm

 Banyule City Council
Somerset Rd Carpark
36 – 38 Somerset Drv, Viewbank
*Parking is in Somerset Drive Carpark, then follow Event Here signs to event start location.

 Paul Davis 8673 4353

 paul.davis@banyule.vic.gov.au

 banyule.vic.gov.au/SpringOutdoors

A unique experience to listen, learn and connect with First Nations craft and culture. Cassie Leatham from Wild Blak Arts will provide an insight into First Nations art and culture.

There will also be a chance to learn from local Wurundjeri Woi-wurrung man Thaine Garvey-Gannaway, who will guide you on a walk around Banyule Flats Reserve as you learn about cultural life along the Birrarung (Yarra River) and how Traditional Owners cared for the landscape.

Be sure to arrive with

- weather appropriate clothing
- sturdy, closed toed shoes
- drinking water and a snack.

WATSONIA

Tai Chi Qigong **Free**

 Monday 9 October at 10.00 am

 Watsonia 50s Plus Club Inc.
Watsonia Community Hall,
37 Lambourn Road, Watsonia

 Jackie Edwards 0422 067 334


 jaedwards100@hotmail.com

 watsonia50splusclub.com

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. Come along for a free trial and a morning tea. **Booking essential.**




Aerobics **Free**

 Thursday 12 October 10.00 am

 Watsonia 50s Plus Club Inc.
Watsonia Community Hall,
37 Lambourn Road, Watsonia

 Liz Triance 0402 047 665

 trianceliz@gmail.com

 watsonia50splusclub.com

Enjoy a fun aerobics class which combines all elements of fitness to improve cardiovascular capacity, posture, and balance. Morning tea available. **Bookings essential.**




Gentle Aerobics **Free**

 Thursday 12 October 10.45 am

 Watsonia 50s Plus Club Inc.
Watsonia Community Hall,
37 Lambourn Rd, Watsonia

 Babara Pike 0419 579 954


 bandrpike@gmail.com

 watsonia50splusclub.com

Chair based strength aerobics, designed for the less active, to maintain a reasonable level of fitness. Come along for a free trial and join us for morning tea. **Bookings essential.**




Cards 500 & Canasta **Free**

 Thursday 12 October 12.00 pm

 Watsonia 50s Plus Club Inc.
Watsonia Community Hall,
37 Lambourn Rd, Watsonia

 Dennis Richards 0447 575 098


 info@watsonia50splusclub.com

 watsonia50splusclub.com

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




Indoor Carpet Bowls **Free**

 Thursday 12 October 1.00pm

 Watsonia 50s Plus Club Inc.
Watsonia Community Hall,
37 Lambourn Rd, Watsonia

 Dennis Richards 0447 575 098

 info@watsonia50splusclub.com

 watsonia50splusclub.com

Join us for carpet bowls and afternoon tea. Carpet bowls is a popular choice of activity due to the relaxed pace and light physical demands. Beginners welcome. **Bookings essential.**



Carers Information Session **Free**

 Monday 16 October 12.30pm – 2.00pm

 Natasha Coleman 9422 8396

 carers@banyule.vic.gov.au

Join us for a delicious lunch and learn more about e-resources and tech help at the library. **Bookings essential.**

This event is co-hosted by Banyule City Council's Carer Support Program and Yarra Plenty Regional Libraries.



Craft **Free**

 Wednesday 18 October 10.00am

 Watsonia 50s Plus Club Inc
Watsonia Community Hall,
37 Lambourn Rd, Watsonia

 Lorraine McLellan 0407 556 367

 info@watsonia50splusclub.com

 watsonia50splusclub.com

Unleash your creativity with our craft activities. Crafting is not just a fun way to pass the time – it can also help improve fine motor skills, promote relaxation, and provide a sense of accomplishment when you create something beautiful with your own hands.

Bookings essential.

Scrabble **Free**

 Wednesday 18 October 1.00 pm

 Watsonia 50s Plus Club Inc
Watsonia Community Hall,
37 Lambourn Rd, Watsonia

 Angie Winkler 0410 810 330

 acwinks@yahoo.com.au

 watsonia50splusclub.com

Join us to play a friendly game of scrabble with afternoon tea. **Bookings essential.**



Tai Chi **Free**

 Thursday 19 October at 9.00 am

 Watsonia 50s Plus Club Inc
Watsonia Community Hall,
37 Lambourn Rd, Watsonia

 Jackie Edwards 0422 067 334

 jaedwards100@hotmail.com

 watsonia50splusclub.com

Tai chi can help improve your health, strength, balance, concentration, and wellbeing. Come along for a free trial and join us for morning tea. **Booking essential.**

Table Tennis **Free**

 Thursday 19 October 1.00pm

 Watsonia 50s Plus Club Inc
Watsonia Community Hall,
37 Lambourn Rd, Watsonia.

 Dennis Richards – 0447 575 098

 info@watsonia50splusclub.com

 watsonia50splusclub.com

Get your heart pumping with our friendly table tennis games every Thursday afternoon. Table tennis is a great way to improve hand-eye coordination and reflexes, and it's also a fun way to get some aerobic exercise. We'll keep you refreshed with free coffee, tea, and biscuits! **Bookings essential.**

Learn more about your Family History **Free**

 Friday 20 October 11.00am – 12.00pm

 Yarra Plenty Valley Library – Watsonia
4-6 Ibbottson St, Watsonia

 9435 2397

 ypri.vic.gov.au/events



Research your family history with the help of an experienced tutor. Make the most of free resources at Yarra Plenty Regional Library including Ancestry Library Edition, FindMyPast Library Edition, British Newspapers Archive, Gale Primary Sources and so much more! **Bookings essential.**

October Seniors Festival Calendar 2023

All events are FREE unless otherwise indicated. Please note, there are no events on Saturdays.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Annual Try Bowls Day @ 10.00am – 4.00pm. Ref p7</p> <p>Eye Spy Exhibition @ 2.00pm – 5.00pm. Ref p3</p>	<p>2</p> <p>Greensborough Probus Club @ 10.00am – 12.00pm. Ref p2</p> <p>Play Table Tennis @ 10.00am – 12.00pm. Ref p7</p>	<p>3</p> <p>Mall Walk @ 7.30am – 8.30am. Ref p2</p> <p>Cycle Classes @ 8.30am – 9.00am. Ref p2</p> <p>Outdoor Walking Group @ 10.30am – 11.45am. Ref p2</p> <p>Gentle Exercises @ 11.15am – 12.00pm. Ref p8</p> <p>Olympic Seniors Social Club Open Day @ 11.30am – 3.00pm. Ref p1</p> <p>U3A Audacity Singalong @ 1.00pm – 3.00pm. Ref p8</p>	<p>4</p> <p>Mall Walk @ 7.30am – 8.30am. Ref p2</p> <p>Rosanna Fire Station Community House Senior's Festival Celebration @ 9.45am – 3.00pm. Ref p8</p>	<p>5</p> <p>Mall Walk @ 7.30am – 8.30am. Ref p2</p> <p>Italian Choir Performance: Coro Furlan Men's Choir @ 1.00pm – 2.00pm. Ref p5</p> <p>Trivia, Board Games, Card Games and Afternoon Tea. @ 1.00pm-4.00pm. Ref p4</p> <p>Presentation: The Man Who Never Was @ 3.15pm – 4.45pm. Ref p5</p>	<p>6</p> <p>Come & Try Group Social Cycling @ 9.15am. Ref p4</p> <p>Nine Holes of Golf @ 8.00am. Ref p1</p>
<p>8</p> <p>Annual Try Bowls Day @ 10.00am – 4.00pm. Ref p7</p> <p>Eye Spy Exhibition @ 2.00pm – 5.00pm. Ref p3</p> <p>Sunday afternoon Concert @ 3.00pm. Ref p2</p>	<p>9</p> <p>Tai Chi Qigong @ 10.00am. Ref p10</p> <p>Play Table Tennis @ 10.00am – 12.00pm. Ref p7</p> <p>4 Week Introductory Series of Qigong @ 2.00pm. Ref p9</p>	<p>10</p> <p>Mall Walk @ 7.30am – 8.30am. Ref p2</p> <p>Cycle Classes @ 8.30am – 9.00am. Ref p2</p> <p>Morning Tea and Activity Tour @ 10.30am – 11.30am. Ref p1</p> <p>Outdoor Walking Group @ 10.30am – 11.45am. Ref p2</p> <p>Olympic Seniors Social Club Open Day @ 11.30am – 3.00pm. Ref p1</p>	<p>11</p> <p>Mall Walk @ 7.30am – 8.30am. Ref p2</p> <p>Presentation – Preserving memories for a lasting legacy @ 9.45. Ref p9</p> <p>Morning Tea and Activity Tour @ 10.30am – 12.30pm. Ref p1</p> <p>Safe Driver Session @ 10.30am – 12.30am. Ref p3</p> <p>Creative Knitting Come & try @ 11.00am – 1.00pm. Ref p5</p> <p>Fun and Food at Greenshills Neighbourhood House @ 11.30am – 3.00pm. Ref p3</p> <p>Presentation – Planning for the future @ 1.30pm – 2.30pm. Ref p8</p>	<p>12</p> <p>Mall Walk @ 7.30am – 8.30am. Ref p2</p> <p>Aerobics @ 10.00am. Ref p10</p> <p>Gentle Aerobics @ 10.45am. Ref p11</p> <p>Cards 500 & Canasta @ 12.00pm. Ref p11</p> <p>Indoor Carpet bowls @ 1.00pm. Ref p11</p>	<p>13</p> <p>Devonshire Tea @ 12.00pm- 2.00pm. Ref p5</p> <p>Nine Holes of Golf @ 8.00am. Ref p1</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>15</p> <p>Breakfast with the Birds @ 7.00am – 11.30pm. Ref p4</p> <p>Eye Spy Exhibition @ 2.00pm – 5.00pm. Ref p3</p>	<p>16</p> <p>Social Tennis & Lunch @ 9.30am – 1.30pm. Ref p6</p> <p>Play Table Tennis @ 10.00am – 12.00pm. Ref p7</p> <p>Careers Information Session @ 12.30pm – 2.00pm. Ref p11</p> <p>Scam Protection and Security Workshop @ 2.00pm - 3.30pm. Ref p6</p> <p>Capture your Memories Workshop @ 2.00pm – 4.00pm. Ref p6</p> <p>4 Week Introductory Series of Qigong @ 2.00pm. Ref p9</p>	<p>17</p> <p>Mall Walk @ 7.30am – 8.30am. Ref p2</p> <p>Cycle Classes @ 8.30am – 9.00am. Ref p2</p> <p>Seniors Festival Morning Tea @ 10.00am – 12.30pm. Ref inside cover</p> <p>Outdoor Walking Group @ 10.30am – 11.45am. Ref p2</p> <p>Olympic Seniors Social Club Open Day @ 11.30am – 3.00pm. Ref p1</p>	<p>18</p> <p>Mall Walk @ 7.30am – 8.30am. Ref p2</p> <p>Craft @ 10.00am. Ref p12</p> <p>Get Online Week - Digital Bingo @ 10.00am – 12pm. Ref p9</p> <p>Greensborough Social and Activity Club Open Day @ 12.30pm - 3.30pm. Ref p3</p> <p>Scrabble @ 1.00pm. Ref p12</p>	<p>19</p> <p>Mall Walk @ 7.30am – 8.30am. Ref p2</p> <p>Tai Chi @ 9.00am. Ref p12</p> <p>Table Tennis @ 1.00pm. Ref p12</p>	<p>20</p> <p>Come & Try Group Social Cycling @ 9.15am. Ref p4</p> <p>Forest Therapy Walk @ 10.00am – 12.30pm. Ref p10</p> <p>Learn more about your Family History @ 11.00am – 12.00pm. Ref p12</p> <p>Banyule Mens Shed Open Day @ 12.00pm – 2.00pm. Ref p3</p> <p>Nine Holes of Golf @ 8.00am. Ref p1</p>
<p>22</p> <p>Old Time & New Vogue Dance @ 1.30pm – 5.30pm. Ref p1</p> <p>Eye Spy Exhibition @ 2.00pm – 5.00pm. Ref p3</p>	<p>23</p> <p>Play Table Tennis @ 10.00am – 12.00pm. Ref p7</p> <p>Intergenerational Playgroup & Morning Tea @ 10.30am – 12.00pm. Ref p6</p> <p>4 Week Introductory Series of Qigong @ 2.00pm. Ref p9</p> <p>Public Lecture - Fire Safety for Seniors @ 2.15pm – 3.45pm. Ref p6</p>	<p>24</p> <p>Mall Walk @ 7.30am – 8.30am. Ref p2</p> <p>Cycle Classes @ 8.30am – 9.00am. Ref p2</p> <p>Outdoor Walking Group @ 10.30am – 11.45am. Ref p2</p> <p>Olympic Seniors Social Club Open Day @ 11.30am – 3.00pm. Ref p1</p> <p>First Nations Culture Session @ 12.00pm - 4.00pm. Ref p10</p>	<p>25</p> <p>Mall Walk @ 7.30am – 8.30am. Ref p2</p> <p>Make your own Shaker Cards Workshop @ 2.00pm – 4.00pm. Ref p7</p>	<p>26</p> <p>Mall Walk @ 7.30am – 8.30am. Ref p2</p>	<p>27</p> <p>Seniors Exercise Park Come & Try with BBQ lunch @ 10.00am – 12.00pm. Ref p7</p> <p>Nine Holes of Golf @ 8.00am. Ref p1</p>
<p>29</p> <p>Northern Grassland Reserve Wildflower Tour @ 10.00am – 12.00pm. Ref p4</p> <p>Eye Spy Exhibition @ 2.00pm – 5.00pm. Ref p3</p>	<p>30</p> <p>Play Table Tennis @ 10.00am – 12.00pm. Ref p9</p> <p>4 Week Introductory Series of Qigong @ 2.00pm. Ref p9</p>	<p>31</p> <p>Mall Walk @ 7.30am – 8.30am. Ref p2</p> <p>Cycle Classes @ 8.30am – 9.00am. Ref p2</p> <p>Outdoor Walking Group @ 10.30am – 11.45am. Ref p2</p> <p>Olympic Seniors Social Club Open Day @ 11.30am – 3.00pm. Ref p1</p>			

Please note, there are no events on Saturdays