

# Age in Focus

AGE-FRIENDLY  
BANYULE

## October/November 2024

October is Seniors Festival month, a time to celebrate Age Friendly Banyule! In addition to this newsletter, you will also see the Seniors Festival booklet, showcasing all that Banyule has to offer in the month of October. Please also visit the Seniors Festival website [www.seniorsonline.vic.gov.au/victorian-seniors-festival](http://www.seniorsonline.vic.gov.au/victorian-seniors-festival) for events outside of Banyule (though the best ones are always here in Banyule!).

In this shorter edition of Age in Focus, you will find social opportunities for lunches, information on National Carers Week events, and the bus trip in November. The bus trip in June was planned for Daylesford however due to circumstances beyond our control the destination had to be changed. We have rescheduled the Daylesford trip to November. The Convent Garden grounds will be even more beautiful in springtime!

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# Older Adults Community Connections Program

Meet new people in your community in a welcoming atmosphere.

## Social lunches

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

No social lunches in October due to the Seniors Festival.

### Scintilla Cafe

📅 Tuesday 12 November

🕒 12.30pm

📍 131 Burgundy Street, Heidelberg

🚌 Catch free Community Bus to Stop 13, 69 Cape St, Heidelberg. 3 minute walk from bus stop to Scintilla Cafe.

### Mr Martins Cafe

📅 Tuesday 26 November

🕒 12.30pm

📍 2D Lambourn Road, Watsonia

🚌 Watsonia Train Station: 12:12 arrival from Hurstbridge, 12:22 arrival from City. 5 minute walk from Watsonia Station to Mr Martins









# Daylesford Convent & Gallery!


This rescheduled bus trip will take you to Daylesford Convent & Gallery, on the crest of Wombat Hill Botanical Gardens. The gallery has 3 levels of fine art in an historic 19th century mansion. Lunch at the convent is also included.


Bookings open 8.30am Tuesday 29 October and often book out quickly. To reserve a seat please contact Banyule Customer Service on  **9490 4222**.

 Tuesday 19 November 2024

 Daylesford Convent & Gallery

 \$80

 8.30am sharp – War Memorial Park, Greensborough  
9.00am sharp – Ivanhoe Library and Cultural Hub

 Includes luxury coach travel, to and from Daylesford, morning tea, entry and tour of the Convent Gallery and 2 course lunch.


Returning approximately 4pm.

## Pick up locations

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

\* Ivanhoe Library & Cultural Hub has a three 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)

## Terms and conditions

### Cancellation of bookings

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

If you cancel within seven 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 six steps into a coach and walk 50 metres unassisted (with walking stick acceptable).

# Golden Rainbow LGBTI+ coffee catch up

**Did you know there is a new regular social catch up for older lesbian, gay, bisexual, transgender and/or intersex (LGBTI+) people who live in, work in, or visit Banyule. We welcome you to cross the creek or river, cross Bell Street, cross the freeway, however you get here!**

We aim to reduce isolation and loneliness through creating friendships and social connection with other community members.

We know some people reading this may not always feel comfortable to show your true self. We know you may have lost connections with people you once knew, or you may not know any other LGBTI+ people in your community. We are here for you. You will be safe, included and welcomed at Golden Rainbow.

We meet on the first Thursday of the month at For Change Café in Bellfield. Since our first catch up in February, we have made some lovely connections with people from Banyule and neighbouring Council areas.

This is a community project developed by members of Banyule's LGBTIQA+ Population Committee with support from Council and Banyule Community Health. There will be a Banyule Council or Banyule Community Health staff member to greet you. These staff are community members (or allies) themselves.

Come for a cuppa with some friendly folk who would love to meet you.



To find out more:

- Find Golden Rainbow on Council's website: [banyule.vic.gov.au/Events-activities/Whats-on](http://banyule.vic.gov.au/Events-activities/Whats-on)
- Search for Golden Rainbow - LGBTI elders on Facebook.
- Call Paula: 0478 853 903



**10.30-11.30am first Thursday of the month**  
**Upcoming dates - 3 October, 7 November,**  
**5 December**



**For Change Co Café, 13 Daphne Crescent,**  
**Bellfield**

### **Accessibility**

Bellfield Community Hub has a ramp to cafe, accessible toilets and convenient parking.

### **Transport**

Parking is available next to the cafe, off Perkins Avenue. You can catch bus 250, bus 350 or bus 549 and get off at the Perkins Avenue/Oriel Road bus stop.

### **I want to come but I am not sure if I can?**

If you would like to come but there are barriers that might stop you, please contact Paula or chat with community members on Facebook, we might be able to help!



# National Carers Week 2024

National Carers Week in October is a time to recognise and celebrate the important work of carers in our community. Banyule Carer Support Program, Nillumbik Carers Hub and Merri Health warmly invite carers living in Banyule and Nillumbik to come along and share good food, join a fun, relaxing or educational activity and connect with other Carers. All events are free.

## Carer Information Sessions

**Thursday 17 October**

**Bellfield Community Hub, 15 Daphne Crescent, Bellfield**

Enjoy a catered lunch with other local carers from 12-1pm, before or after your preferred information session. Or come along to both!

Register at: [banyule.vic.gov.au/CarerSupport](http://banyule.vic.gov.au/CarerSupport)

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

### Session 1: Is Your House in Order? End-of-Life Administrative Planning

11am – 12pm

Join Banksia Palliative Care Service for an insightful session on end-of-life administrative tasks. These conversations can be difficult but are a great gift you can offer to alleviate unnecessary stress.

End-of-life planning tasks

- Tips for difficult conversations
- Organising important documents
- Prepare for the future with confidence and peace of mind

### Session 2: Diabetes Info session: Are you at risk?

1pm – 2pm

Come and learn from a Diabetes Nurse, Dietitian and Exercise Physiologist about how you can help prevent the onset of type 2 diabetes and heart disease.

- Do you have pre-diabetes?
- Are you at risk of diabetes due to family history, high blood pressure, cholesterol, excess weight, an inactive lifestyle, polycystic ovary syndrome or gestational diabetes?
- Register at: [banyule.vic.gov.au/CarerSupport](http://banyule.vic.gov.au/CarerSupport)

## Carers Wellbeing Day 15 October 2024

Step into a world of appreciation, connection, and meaningful moments at Nillumbik Carers Hub in Eltham as we offer a day of relaxing, free and enjoyable activities.

Join us for activities, or simply pop in for a coffee or lunch!

Register and more information:

[www.livinglearningnillumbik.vic.gov.au/Services/Carers-Hub](http://www.livinglearningnillumbik.vic.gov.au/Services/Carers-Hub) or phone 9433 3744



# Spring Outdoors Festival

## Northern Grassland wildflower tour

Sunday, 27 October 2024 | 10:00 AM to 12:00 PM  
Banyule Northern Grasslands, 377 Liberty Parade,  
Heidelberg West, 3081

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.

Learn about our precious grassland ecosystem and enjoy spotting a diverse range of colourful wildflowers. Wear closed toed shoes, weather-appropriate clothing, water and a snack.

Parking is available at the corner of Liberty Parade and Dougharty Road. The meeting point will be roughly 200m north of this entrance along the dirt maintenance track. Signage will be placed at the gate for guidance.

Bookings essential via  
[www.trybooking.com/1256579](http://www.trybooking.com/1256579)

## Banyule Flats frog census

Saturday, 23 November 2024 | 7:30PM to 9:30PM

Meet at Somerset Road carpark, then the Frog Bog and Tawny Pond.

Banyule Flats Reserve, 36-38 Somerset Drive,  
Viewbank, 3084

Join us with Melbourne Water Waterwatch and David De Angelis in this exciting opportunity to survey and learn about some of our intriguing amphibians in Banyule Flats Reserve.

David will share his extensive knowledge of frogs and then we will head out for a frog call hunt. There will also be some time to search for some of our local nocturnal night life. This event will give you a chance to practice your citizen science skills at the same time with the Frog Census app and iNaturalist. If you would like assistance using these, please ensure these apps are downloaded on your tablet or smartphone prior.

Children must be supervised by an adult.



### Be sure to arrive with:

- clothing appropriate for the weather at the time
- smart phone or tablet
- closed toed and sturdy shoes
- drinking water.

Bookings essential via  
[www.trybooking.com/1257373](http://www.trybooking.com/1257373)

## Conservation reserves tour through Banyule

Thursday, 28 November 2024 | 8:30 AM to 4PM

Meeting and drop-off point will be at the Somerset Road Carpark in Viewbank.

Banyule Flats Reserve, 36-38 Somerset Drive,  
Viewbank, 3084

This guided tour will capture a variety of different reserves throughout Banyule, all while in the comfort of a chartered bus.

Along the way you will learn about our natural assets and interesting facts. You will get the chance to meet our local conservation team who ensure these spaces are protected and managed for generations to come.

This is an all-day event and lunch catering is provided for, but please do bring drinking water for the day and a light snack. There will be some walking, but this is mostly a taste of the local reserves.

### Be sure to arrive with:

- clothing appropriate for the weather at the time
- smart phone or tablet
- closed toed and sturdy shoes
- drinking water.

Bookings essential via  
[www.trybooking.com/1257504](http://www.trybooking.com/1257504)

# What's on

## Ivanhoe Aquatic Banyule

### Older Adults Powerlifting Technique and Beginner session

This session is suitable for those 55+ who are new to Powerlifting. In this session, you will learn the 3 principles of Powerlifting: Squat, Deadlift and Bench Press and be guided to perform these exercises with correct techniques safely. This session is also suitable for seasoned powerlifters who want to fine tune their technique.

Wednesday 12PM - 1PM  
Functional Studio, Ivanhoe Aquatic

For bookings call Ivanhoe Aquatic reception on 9490 7111 or online via Xplor Recreation portal link: <https://banyuleleisure.perfectmind.com/>

## Grimshaw Probus

4th Friday of each month at 10 am  
Watsonia Community Hall, Lambourn Road.  
We're a very friendly, welcoming group of both women and men and enjoy dine-outs, trips and activities.

If you are interested in coming to a meeting, please ring 0425 971 179

## Greensborough Social and Activity Club Inc

205 Henry St, GREENSBOROUGH

If you are looking for afternoon activities, come to our friendly club. We hold sessions of Tai Chi, table tennis, cards 500, indoor bowls, scrabble, dancing for beginners and Bingo with tea and bikkies for refreshments.

The first 3 visits are FREE except for Tai-Chi and dancing.

For more information contact  
Pamela Tel 0435 175 214

## Malahang Festival

Malahang Festival is a celebration of our local community and diverse culture. With a range of family-friendly activities, workshops, performances and market stalls, there's something for everyone!

**Sunday 17 November 2024**

**11am – 4pm**

**Malahang Reserve - Southern Rd,  
Heidelberg West**

No booking required - free family event.

Contact: Arts & Culture team –  
email [arts@banyule.vic.gov.au](mailto:arts@banyule.vic.gov.au)  
or visit [Banyule.vic.gov.au/MalahangFestival](https://Banyule.vic.gov.au/MalahangFestival)



## 2025 Community Calendar

If you would like a copy of the 2025 Community Calendar posted to you, please visit our website and complete the form:

**[banyule.vic.gov.au/calendar](https://banyule.vic.gov.au/calendar)**

or phone Customer Service on  
9490 4222.

Calendars will be posted at the end of  
November.



# 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

## 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 على الرقم 131 450. واطلبوا إصالحكم 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 lagu 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.



Participants must take reasonable care for their own health and safety and engage in activities at their own risk.

Whilst accessibility is considered when selecting activities, Council staff and/or volunteers are unable to provide mobility assistance to participants. Those who have mobility concerns should speak to Council staff to ascertain if the activity is suitable for them.

All participants are required to follow the direction of Council staff and/or volunteers facilitating the activity.

There is an expectation that participants are civil, courteous, respectful of others. Our community is made up of diverse cultures, beliefs, abilities, bodies, sexualities, ages, and genders.

We are committed to access, equity, participation, and rights for everyone: principles which empower, foster harmony, and increase the wellbeing of an inclusive community.



# Banyule Seniors Festival

2024



AGE-FRIENDLY  
BANYULE

Victorian  
Seniors  
Festival  
2024

EXPLORE.  
ENGAGE.  
EVOLVE.

# CEO'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 'Explore. Engage. Evolve.' 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 signature events such as our wonderful annual Morning Tea, the 'Age of Creativity' Older Adults Art Exhibition and, in conjunction with Nillumbik Shire Council, an Ageing Well Expo! 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 8 days of free public transport for Victorian Seniors Card holders from 6-13 October.

For more information visit Banyule City Council's Seniors Festival website: [banyule.vic.gov.au/SeniorsFestival](http://banyule.vic.gov.au/SeniorsFestival)


Also visit Seniors Festival Victoria: [seniorsonline.vic.gov.au/festival](http://seniorsonline.vic.gov.au/festival) or scan the QR code.



## Seniors Festival Morning Tea at The Centre Ivanhoe

Free

 Tuesday, 8 October 2024 | 10:30am to 1pm

 The Centre Ivanhoe, 275 Heidelberg Road, Ivanhoe, 3079

We welcome older adults to celebrate the Seniors Festival with music and a delicious morning tea. This popular and fun event is open to all older adults (60+) living in Banyule.

Come along and be entertained by the talents of The Treblettes, a sassy vocal trio performing iconic songs from the 40s, 50s and 60s.

Book by calling our Customer Service Team on 9490 4222 from 8.30 am on Tuesday 17 September 2024.

Bookings are essential and tickets are limited. Maximum 2 people per booking.

Parking is available on-site. Venue is a 7-minute walk from Ivanhoe Train Station. The 510, 548 and 549 bus routes stop at the venue.



# 'Age of Creativity' Older Adults Art Exhibition



Loft 275, Ivanhoe Library and Cultural Hub (ILCH), 275 Heidelberg Road, Ivanhoe  
Parking is available at ILCH.

Venue is a 5-minute walk from Ivanhoe Train Station.  
The 510 and 548 bus routes stop at the venue.

Exhibition opening times:



1-27 October 2024

Sunday 10:00 AM – 5:00 PM

Monday to Thursday 9:00 AM – 9:00 PM

Friday 9:00 AM – 6:00 PM

Saturday 10:00 AM – 5:00 PM

**Free**



## Opening event 'Age of Creativity' Older Adults Art Exhibition

Cost: FREE

Join us for opening afternoon event for this exhibition at 1pm-3pm on Wednesday 2 October 2024.

Bookings essential and tickets are limited. Call our Customer Service Team on 9490 4222 from 8.30am on Thursday 19 September 2024.

Come along and see the amazing creativity of local artists living in our midst here in Banyule.

This Exhibition showcases the talent and inspiration of older adults who live, work or have a strong connection to Banyule. This Exhibition is open when Ivanhoe Library and Cultural Hub is open.

## Ageing Well Expo:

### A Banyule and Nillumbik Council Collaboration

**Free**



Friday, 25 October 2024 | 10am to 3pm



NETS Stadium, 2 Somers Avenue, Macleod, 3085

We are partnering with Nillumbik Shire Council to bring you the Ageing Well Expo to showcase information and support for local older residents.

There will be over 40 stalls of service providers and information, including:

- healthy eating for seniors
- Services Australia
- health and wellbeing programs for older adults in both council areas
- Bolton Clarke
- financial literacy advice
- travelling aids

and much much more.

You can also watch presentations on enduring powers of attorney, technology teasers, sustainable living for older adults and others. Come and try sessions will include tai chi and seating exercise from local providers. There will be a variety of food and coffee available for purchase.

Come along and get local information for all your health and social wellbeing needs.

The 514 and 561 bus routes stop near NETS Stadium. It is a 2-minute walk from Macleod station. Free parking is also available.





# Seniors Festival Program



All event information is correct at the time of printing. Please contact event organisers if you require further information or confirmation of the event.


## BELLFIELD


### Carer Information Sessions

**Free**

 **Thursday 17 October (session times below)**

 **Bellfield Community Hub,  
15 Daphne Crescent, Bellfield**

 **9422 8396**

 **Register at: [banyule.vic.gov.au/CarerSupport](http://banyule.vic.gov.au/CarerSupport)  
Enquiries: [carers@banyule.vic.gov.au](mailto:carers@banyule.vic.gov.au)**

Enjoy a catered lunch with other local carers from 12-1pm, before or after your preferred information session. Or come along to both!

#### **Session 1: Is Your House in Order? End-of-Life Administrative Planning 11am – 12pm**

Join Banksia Palliative Care Service for an insightful session on end-of-life administrative tasks. These conversations can be difficult but are a great gift you can offer to alleviate unnecessary stress.

End-of-life planning tasks

- Tips for difficult conversations
- Organising important documents
- Prepare for the future with confidence and peace of mind

#### **Session 2: Diabetes Info session: Are You at risk? 1pm – 2pm**


Come and learn from a Diabetes Nurse, Dietitian and Exercise Physiologist about how you can help prevent the onset of type 2 diabetes and heart disease.

- Do you have pre-diabetes?
- Are you at risk of diabetes due to family history, high blood pressure, cholesterol, excess weight, an inactive lifestyle, polycystic ovary syndrome or gestational diabetes?
- Register at: [banyule.vic.gov.au/CarerSupport](http://banyule.vic.gov.au/CarerSupport)

## Golden Rainbow LGBTI+ Coffee Catchup

 **Thursday 3 October, 10.30am - 11.30am**

 **For Change Co Cafe,  
15 Daphne Crescent, Bellfield**

 **9422 8396**

**No bookings required.**

**Free**

Did you know there is a new regular social catch up for older lesbian, gay, bisexual, transgender and/or intersex (LGBTI+) people who live in, work in, or visit, Banyule. This is a community project developed by members of Banyule's LGBTIQA+ Population Committee with support from Council and Banyule Community Health.

#### **Accessibility**

Bellfield Community Hub has a ramp to cafe, accessible toilets and convenient parking.

#### **Transport**

There is car parking next to the cafe, off Perkins Avenue. You can catch bus 250, bus 350 or bus 549 and get off at the Perkins Avenue/Oriel Road bus stop.

## BRIAR HILL

### Greensborough Salvation Army - Sunday Afternoon at the Salvos

**Free**

 **Sunday 6 October, 3pm**

 **Greensborough Salvation Army Hall,  
Cnr Glendale Road & Floden Way, Briar Hill**

 **Contact Kevin Drinkwell 0411 853 582**

Free Community Concert at 3pm, featuring the hugely talented 'The Evans Family' and the Camberwell Salvation Army Citadel Band followed by light refreshments after. There is no need to book just turn up early to get a seat!

# BUNDOORA

## Contact Bundoora Community Centre

**Free**

Want to try something new, or improve on skills you already have? Come along to Contacts 'Come and Try' craft and wellbeing sessions. These sessions are free of charge, all materials are supplied, and you will take home your completed project.

### Yoga with Nalini –

Tuesday 15 October 9.30am – 11.30am

### Free Motion Machine Embroidery Group -

Tuesday 15 October 9.45am – 11.45am

### No Brush Art Class with Kathy -

Tuesday 15 October 12.15pm – 2.15pm

### Counted Cross Stitch with Ken -

Tuesday 15 October 12.15pm – 2.15pm

### Cake Decorating with Irene –

Tuesday 15 October 12.15pm – 2.15pm

### Embroidery with Jan -

Wednesday 16 October 9.45am – 11.45am

### Jewellery for Good (make your own earrings) -

Wednesday 16 October 9.45am – 11.45am

### Information session – local Solicitor -

Thursday 17 October 12pm – 2.00pm

(Session covers: Will & Estate Planning, Power of Attorney, Entering a Retirement Village & more.)

**Bookings for classes and the information session are essential.**

Don't want to participate in a class? Come along and see all the classes on offer at Contact. No need to book to look. Refreshments provided.

☎ (03) 9467 6305

✉ [info@contactbundooracomcen.com.au](mailto:info@contactbundooracomcen.com.au)

📍 Bundoora Hall, 20 Noorong Avenue, Bundoora

🖱 <https://contactbundooracomcen.com.au/>



## Heidelberg Life Activities Club - Nine Holes of Golf

📅 Every Friday 8am

📍 Bundoora Public Golf Course, 1069 Plenty Road, Bundoora

🏷 Approx \$20

☎ Contact Peter 0433 604 404

🖱 [lach.com.au](http://lach.com.au)

Bookings essential.

Play nine-holes of golf with the Heidelberg Life Activities Club. Beginners and experienced players are welcome. New members very welcome, current members range from 60 to 90+!

## Seniors Wildflower Walk with Michael Cincotta

📅 Wednesday 16 October, 11am - 12pm

📍 Nangak Tamboree Wildlife Sanctuary,  
La Trobe Avenue, Bundoora

**Free**

What to bring: Sturdy closed toe shoes, weather appropriate clothing and water.

Experience spring at the Nangak Tamboree Wildlife Sanctuary and come on a special tour. Learn about local wildflowers blooming from Banyule City Council's Biodiversity Officer, Michael Cincotta.

Walking distances are about 1km, but can be adjusted on the day depending on the group's ability.



## Old Time & New Vogue Dance

- 📅 Sunday 20 October, 1.30pm – 5.30pm
- 📍 Watsonia 50s Plus Club Inc  
Bundoora Community Hall 20 Noorong Ave,  
Bundoora
- 📞 Dennis Richards 0447 575 098
- ✉️ info@watsonia50splusclub.com
- 🖱️ watsonia50splusclub.com
- 🎫 \$5

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.



## Greenhills Neighbourhood House Crafty Chats: Master Your Mind

Free

- 📅 Thursday 1 October 11am - 1pm
- 📍 Greenhills Neighbourhood House's Stage Room,  
Building 2 Community Drive, Greensborough
- ✉️ admin@ghnh.org.au

Bookings essential via [www.trybooking.com/CTCJK](http://www.trybooking.com/CTCJK)

Find out how to recognise the signs of stress and learn a technique called mindfulness that can help you to better respond to unhealthy stress.

Light snacks with tea and coffee from 11am, presentation at 11:30am and warm lunch from 12-12:30pm.

If you have any access requests or requirements please get in touch with us [admin@ghnh.org.au](mailto:admin@ghnh.org.au)

## Greensborough Social and Activity Club Open Day

Free

- 📅 Wednesday 16 October 12.30pm – 3.30pm
- 📍 205 Henry St, Greensborough
- 📞 Pamela Coutts 0435 175 214

Indoor bowls, cards 500, table tennis, scrabble, and Tai-chi with tea and bikkies



## GREENSBOROUGH

### Greensborough Probus Club

- 📅 Monday 7 October, 10am - 12pm
- 📍 Greensborough RSL, 111 Main Street,  
Greensborough
- 📞 Jenny 0422 091 900
- 🎫 \$3

Come join us for some morning tea and hear about the many and varied fun activities our club offers!

Booking not required.



# GREENSBOROUGH

## Mall walker @ WaterMarc

 Every Tuesday, Wednesday & Thursday,  
7.30am - 8.30am

**Free**

 Level 1, 1 Flintoff Street, Greensborough

 Jenny Bruzzaniti 9422 6111

 enquiries@watermarcbanyule.com.au

 watermarcbanyule.com.au

Come on a social walking group for people of all abilities through the plaza. Stay for a coffee and chat afterwards.

Meet at Greensborough Plaza, level 1 outside Target.

Booking not required.



## Outdoor Walking Group @ WaterMarc

 Every Tuesday, 9.30am - 10.15am

**Free**

 WaterMarc, Ground floor, 1 Flintoff Street,  
Greensborough (meet at front entrance)

 Hannah Gentz 9422 6111

 enquiries@watermarcbanyule.com.au

 watermarcbanyule.com.au

Join a walk through the streets surrounding WaterMarc. Moderate intensity with some gentle hills.

\*\*Weather dependent.

Bookings essential.

Walking Group is free in partnership with the Heart Foundation.



## Seniors Cycle Classes @ WaterMarc

 Every Friday, 8.30am - 9am

**Free**

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

 Jenny Bruzzaniti 9422 6111

 enquiries@watermarcbanyule.com.au

 watermarcbanyule.com.au

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

## Greensborough Social and Activity Club - Dance Dance Dance!

 Thursday 17 October 1.30pm - 3.30pm

 205 Henry St, Greensborough

 Pamela Coutts 0435 175 214

 \$5

Line dance, rock n roll, New Vogue, Old time ballroom and the Chocolate dance. Neil, Pamela and Russell will help beginners. Tea and bikkies included.

## HEIDELBERG

### Breakfast with the Birds

📅 Sunday 27 October 7am - 11.30am

📍 Old Shire Offices, 60 Beverley Road, Heidelberg

**Free**

**What to bring:** Sturdy, closed toed shoes, weather appropriate clothing, drinking water. Breakfast and refreshments provided after the walks.

Banyule City Council's annual Breakfast with the Birds event is a chance to get out into one of our amazing local natural areas, Banyule Flats, to explore and see some amazing local birdlife.

The walks are on pre-designed routes with local bird experts who will help you spot and identify birds you see and teach you some interesting facts too.

The event ends up back at our starting destination where a delicious breakfast will await you and provide the chance to rest, network and listen to some inspiring presentations.



### Heidelberg Historical Society Back to School

📅 Open every Sunday 2pm - 5pm and  
Wed 2 October & Wed 16 October, 1pm - 4pm

📍 Old Heidelberg Court House, Jika St, Heidelberg  
(opposite Heidelberg Gardens)

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

🎟️ \$5

An exhibition on the history of local schools in Heidelberg 1851 - 2000.

## IVANHOE

### Come and Try Watercolour Painting

📅 Wednesday 23 October, 1.30pm - 5pm

📍 Ivanhoe Library and Cultural Hub,  
275 Upper Heidelberg Road, Ivanhoe

✉️ [info@u3abanyule.org.au](mailto:info@u3abanyule.org.au)

📞 Bookings required phone 0418 749 228

**Free**

Have you ever wanted to dabble in watercolour painting? This is an opportunity to come and try your artistic hand.

Paints, brushes and paper will be supplied in a friendly, supportive atmosphere. Some of the members and our tutor will be there to assist your endeavours.

A delectable afternoon tea will also be provided.



### Messy Art

📅 Thursday 3 October, 2.30am - 4pm

📍 Ivanhoe Library and Cultural Hub,  
275 Upper Heidelberg Road, Ivanhoe

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

**Free**

Discover a delightful afternoon of creativity with 'Messy Art' for seniors. Paint without rules or techniques in this free and creative session.

Whether you're rediscovering an old passion or exploring a new hobby, join us for a canvas of laughter, friendship, and vibrant self-discovery.

There will also be afternoon tea.



## IVANHOE

### Come and Try Knitting Event

**Free**

📅 **Wednesday 23 October, 11.30am - 1pm**

📍 **Ivanhoe Library and Cultural Hub,  
275 Upper Heidelberg Road, Ivanhoe**

✉️ **info@u3abanyule.org.au**

📞 **Bookings required phone 0418 749 228**

Come join the Creative Knitting Group for an opportunity to socialise and learn the basics of this craft.

Whether you're a seasoned knitter or just starting out, this event is perfect for those looking to connect with others who share a passion for knitting. Morning tea, wool, needles and patterns provided.



### Ivanhoe Tennis Club

**Free**

📅 **Monday 14 October, 9.30am - 1.30pm**

📍 **Ivanhoe Tennis Club,  
Cnr Young St & John St Ivanhoe**

✉️ **barryatkins7@hotmail.com**

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

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.

## Devonshire Tea

**Free**

📅 **Friday 18 October, 11am**

📍 **Uniting Agewell Seniors Social Group  
19 Seddon Street, Ivanhoe**

✉️ **smcnamee@unitingagewell.org**

🖱️ **unitingagewell.org/our-services/  
socialconnections**

📞 **Sarah McNamee 9965 3800 / 0466 205 983**

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



## MONTMORENCY

### Montmorency Bowling Club Try Bowls Days

**Free**

📅 **Sunday 6 & 13 October, 10am - 4pm**

📍 **Montmorency Bowling Club, Petrie Park,  
Mountain View Road, Montmorency**

🖱️ **montmorency.bowls.com.au**

📞 **0412 527 294**

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

## Stay Safe Online

**Free**

- Monday 14 October, 10am - 11.30am
- Rosanna Fire Station Community House,  
232 Lower Plenty Road, Rosanna
- office@rfsch.org.au
- 9458 1935

Join CommBank Greensborough (at Rosanna Fire Station Community House) for a free “Staying Safe Online” Presentation. The possibilities are endless when it comes to the internet – both for you and for hoaxers. Keeping your information secure can be tricky, but there are some simple ways to avoid the pitfalls. The Presenter will discuss the key things you should know about online security and provide you with practical tips to protect yourself. Followed by light refreshments.

## Be Connected Get Online Week – Digital Device Photo Competition

- Monday 14 October, 1pm -2pm
- Wednesday 16 October 2.15pm - 3pm
- Rosanna Fire Station Community House,  
232 Lower Plenty Road, Rosanna
- office@rfsch.org.au
- 9458 1935

**Free**

For Get Online Week this year we are conducting a fun ‘Seniors Photo Competition’ for seniors 50 and over. Come along to the Community House and take some fun photos around the house. The photo subjects can be:

- A photo of a person
- Landscape,
- In the garden
- Animal photo
- Anything around the house you think would be a good photo

Photos taken on the day to be sent to the Community House to go into the competition. Competition winners will be announced on Friday, 18 October and winners will be notified. Followed by light refreshments.

## Mindful Movement

**Free**

- Wednesday 16 October, 10am - 11am
- Rosanna Fire Station Community House,  
232 Lower Plenty Road, Rosanna
- office@rfsch.org.au
- 9458 1935

This flowing movement class combines Yoga & Pilates to help you feel relaxed, centred & strong.

## Community Lunch

**Free**

- Wednesday 16 October, 12.30pm - 1.15pm
- Rosanna Fire Station Community House,  
232 Lower Plenty Road, Rosanna
- office@rfsch.org.au
- 9458 1935

Join us for a free Community Lunch. Bookings essential for catering purposes.

## How to Use Your Mobile Phone

- Wednesday 16 October, 1.30pm - 2.15pm
- Rosanna Fire Station Community House,  
232 Lower Plenty Road, Rosanna
- office@rfsch.org.au
- 9458 1935

**Free**

Do you struggle using your technical devices? Come along to this “device advice session”, where we will offer you help and assist you with questions you have with your device.



## Latin Dance Class

Free

- 📅 Thursday 17 October, 6pm - 6.45pm
- 📍 Rosanna Fire Station Community House, 232 Lower Plenty Road, Rosanna
- ✉ office@rfsch.org.au
- ☎ 9458 1935

Join this fun free dance class session and learn dance steps from either Latin America, the Cha Cha Cha, Samba, Rumba and Jive. You do not need a partner to join.



## Audacity Choir Singalong

Free

- 📅 Tuesday 1 October, 1pm - 2.30pm
- 📍 Rosanna Uniting Church Hall, Arden Crescent, Rosanna
- ✉ info@u3abanyule.org.au
- ☎ 0418 749 228

Bookings essential via phone or email.

Join the U3A Audacity Choir for an afternoon singalong of old favourites, accompanied by afternoon tea.

Song books (lyrics) will be provided. Prior singing experience not required. Have an enjoyable sing and make new friends.

## Rosanna Ladies Probus

Free

- 📅 Wednesday 9 October, 9.45am
- 📍 Rosanna Uniting Church, Arden Crescent, Rosanna
- ☎ Paula 0417 142 268

'History and Development of the Suburb of Macleod' by Janine Risetti from the Heidelberg Historical Society. Visitors welcome.

## VIEWBANK

### Rightsizing for Retirement

Free

- 📅 Tuesday 29 October, 12pm - 4pm
- 📍 Viewbank Gardens, 26-46 Rutherford Road, Viewbank
- ✉ Lincoln.Emsley@keyton.com.au
- ☎ 0447 272 714

Bookings required. Book via email or phone or scan QR code.



Join us to discover insights into the local property market, learn retirement financial strategies, and understand how to structure your estate.

### Morning Melodies at Viewbank Gardens

Free

- 📅 Monday 28 October, 10.30am
- 📍 Viewbank Gardens, 26-46 Rutherford Road, Viewbank
- ✉ Lincoln.Emsley@keyton.com.au
- ☎ 0447 272 714

Bookings required. Book via email or phone

Jen and Phil will get you singing and swinging to all your favourite songs from the 50s, 60s and 70s.

## WATSONIA

### Pelvic Health for Seniors

Free

- 📅 Wednesday 16 October, 11am - 12pm
- 📍 Watsonia Library, Ibbottson St, Watsonia
- 🖱 yprl.vic.gov.au

Get comprehensive insights into the anatomy and function of the pelvic floor, and common pelvic health issues. Learn about conditions such as incontinence, prolapse and pelvic pain and discover effective exercises and lifestyle changes to improve them. There will be an opportunity to ask questions and talk with a certified pelvic health physiotherapist.

#### Who should attend?

Seniors interested in learning about pelvic health, those experiencing pelvic health issues or seeking preventative measures, and caregivers looking for information to support loved ones.

## WATSONIA



### Wills and Powers of Attorney

**Free**

- 📅 **Wednesday 30 October, 7pm - 8pm**
- 📍 **Watsonia Library, Ibbotson St, Watsonia**
- 🖱️ **yprl.vic.gov.au**

Local lawyer Robert Frajsman will discuss Wills and Powers of Attorney in this question-and-answer session.

Come along to ask questions and learn from the questions of others too.

### Heidelberg Allstars Annual Show

- 📅 **Sunday 5 October, 7pm and 6 October, 2pm**
  - 📍 **Inigo Theatre, Magis Performance Arts Centre, Loyola College, 325 Grimshaw St, Watsonia**
  - 📞 **0418 358 471**
  - 🎟️ **Adults \$30 Children under 12 \$12**  
(discounted group bookings available via Trybooking)
- Ticket sales – 0418 358 471 or [www.trybooking.com/CSGWL](http://www.trybooking.com/CSGWL)

### Tai Chi Qigong

**Free**

- 📅 **Monday 7 October, 10am**
- 📍 **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 10 October, 10am**
- 📍 **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 10 October, 10.45am**
- 📍 **Watsonia 50s Plus Club Inc. Watsonia Community Hall, 37 Lambourn Road, 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.





# WATSONIA



## Cards, 500 & Canasta

 Thursday 10 October, 12pm

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

 Lyn Kearney 0400 154 002

 [info@watsonia50splusclub.com](mailto:info@watsonia50splusclub.com)

 [watsonia50splusclub.com](http://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.

**Free**

## Indoor Carpet Bowls

 Thursday 10 October, 1pm

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

 Dennis Richards 0447 575 098

 [info@watsonia50splusclub.com](mailto:info@watsonia50splusclub.com)

 [watsonia50splusclub.com](http://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.

**Free**



## Scrabble

 Wednesday 9 October, 1pm

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

 Angie Winkler 0410 810 330

 [cwinks@yahoo.com.au](mailto:cwinks@yahoo.com.au)

 [watsonia50splusclub.com](http://watsonia50splusclub.com)

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

**Free**



## Tai Chi

 Thursday 17 October, 9am

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

 Jackie Edwards 0422 067 334

 [jaedwards100@hotmail.com](mailto:jaedwards100@hotmail.com)

 [watsonia50splusclub.com](http://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.

**Free**

## ACROSS BANYULE

### Build Your Financial Capability: How to Manage on a Limited Budget

 **Wednesday 2 October, 1pm - 3pm** **Free**  
 **Diamond Valley Learning Centre,**  
**1 Diamond Creek Road, Greensborough**  
 **courses@dvlc.org.au**  
 **9435 9060**

 **Wednesday 23 October, 12.30pm - 2.30pm**  
 **Watsonia Neighbourhood House,**  
**47 Lambourn Road, Watsonia**  
 **admin@watsonianh.org.au**  
 **9434 6717**

Come to this workshop to develop skills to plan your finances to reduce stress, save money and achieve your goals. The workshop will look at rental and utility costs, food costs and planning your spending.

- Is using credit a trap or a saviour?
- How to access Centrelink benefits and connect to local support
- How can financial counselling help?

After the workshop local service providers will be available to explain accessing emergency relief, financial counselling, and energy saver programs.

Refreshments provided. Bookings are essential.



## Scam Awareness: Be Alert Not Alarmed

 **Monday 14 October, 2pm - 4pm** **Free**  
 **Livingstone Community Centre,**  
**1 Livingstone Street, Ivanhoe**  
 **community@livingstone.org.au**  
 **9497 2014**

Scams affect so many people now. Come to a two hour group workshop to learn:

- what scams are
- types of scams and how to spot them
- how to avoid scams and practical steps you can take to be safer
- where to get help and support

After the session, a financial counsellor will be available to answer your questions and refer to nearby support services for those affected by scams.

Refreshments provided. Bookings are essential

## ONLINE

### Third Age Fitness

**Free**

We are running four live online exercise classes during the Seniors Festival, that will also give older adults a chance to chat with us about their fitness goals:

**Tuesday 1 October, 9.30am - Chair Cardio**

 **Wednesday 9 October, 10am - Building strength**

**Tuesday 15 October, 9.30am - Better Balance**

**Friday 25 October, 10am - Dance Party**

Third Age Fitness is also offering older adults FREE access to all our online workouts for the duration of the festival, so people can keep exercising between classes.

We have more information on our website and will update this with registration information as we get closer to the festival. Residents can register their interest now.

Scan QR code for more information.

For more information on Third Age Fitness, the training we offer to

councils, and the services we offer

older adults, please visit [www.thirdagefitness.com.au](http://www.thirdagefitness.com.au)



# Seniors Festival Calendar 2024

## October

All events are FREE unless otherwise indicated.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<p><b>1</b></p> <p>Mall Walker 7:30am-8:30am pg 6</p> <p>'Age of Creativity' exhibition, 9am-9pm pg 2</p> <p><b>2</b></p> <p>Outdoor Walking Group 9:30am-10:15am pg 6</p> <p>Master Your Mind 11am-1pm pg 5</p> <p>Choir Singalong 1pm-2:30pm pg 10</p> <p>Chair Cardio exercise 9:30am pg 13</p>	<p><b>2</b></p> <p>Mall Walker 7:30am-8:30am pg 6</p> <p>'Age of Creativity' exhibition, 9am-9pm pg 2</p> <p>'Age of Creativity' Exhibition opening 1pm- 3pm pg 2</p> <p>My Money Matters 1pm- 3pm pg 13</p> <p>History of local Schools in Heidelberg \$5 1pm-4pm pg 7</p>	<p><b>3</b></p> <p>Mall Walker 7:30am-8:30am pg 6</p> <p>'Age of Creativity' exhibition, 9am-9pm pg 2</p> <p>Golden Rainbow LGBT+ catch up 10:30am-11:30am pg 3</p> <p>Messy Art 2:30pm-4pm pg 7</p>	<p><b>4</b></p> <p>Seniors Cycle Class 8:30am-9am pg 6</p> <p>'Age of Creativity' exhibition, 9am-6pm pg 2</p> <p>9 Holes of Golf \$20 8am start pg 4</p>	<p><b>5</b></p> <p>'Age of Creativity' exhibition 10am-5pm pg 2</p> <p>Heidelberg Allstars Annual Show \$30 7pm pg 11</p>
<p><b>6</b></p> <p>'Age of Creativity' exhibition, 10am-5pm pg 2</p> <p>Annual Try Bowls Day 10am-4pm pg 8</p> <p>Heidelberg Allstars Annual Show \$30 2pm pg 11</p> <p>History of local Schools in Heidelberg \$5 2pm-5pm pg 7</p> <p>Sunday Afternoon at the Salvos concert 3pm pg 3</p>	<p><b>7</b></p> <p>'Age of Creativity' exhibition, 9am-9pm pg 2</p> <p>Tai Chi Qigong 10am pg 11</p> <p>Greensborough Probuss Club meeting \$3 10am- 12pm pg 5</p>	<p><b>8</b></p> <p>Mall Walker 7:30am-8:30am pg 6</p> <p>'Age of Creativity' exhibition 9am-9pm pg 2</p> <p>Outdoor Walking Group 9:30am-10:15am pg 6</p> <p>Seniors Festival Morning Tea 10:30am-1pm pg 1</p>	<p><b>9</b></p> <p>Mall Walker 7:30am-8:30am pg 6</p> <p>'Age of Creativity' exhibition, 9am-9pm pg 2</p> <p>History and Development of Maaleod 9:45am pg 10</p> <p>Building strength exercise 10am pg 13</p> <p>Scrabble 1pm pg 12</p>	<p><b>10</b></p> <p>Mall Walker 7:30am-8:30am pg 6</p> <p>'Age of Creativity' exhibition, 9am-9pm pg 2</p> <p>Aerobics 10am pg 11</p> <p>Cards 500 &amp; Canasta 12pm pg 12</p> <p>Gentle Aerobics 10:45am pg 11</p> <p>Indoor Carpet Bowls 1pm pg 12</p>	<p><b>11</b></p> <p>Seniors Cycle Class 8:30am-9am pg 6</p> <p>'Age of Creativity' exhibition, 9am-6pm pg 2</p> <p>9 Holes of Golf \$20 8am start pg 4</p>	<p><b>12</b></p> <p>'Age of Creativity' exhibition, 10am-5pm pg 2</p>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>13</b></p> <p>'Age of Creativity' exhibition 10am-5pm pg 2</p> <p>Annual Try Bowls Day 10am-4pm pg 8</p> <p>History of local Schools in Heidelberg \$5 2pm-5pm pg 7</p>	<p><b>14</b></p> <p>'Age of Creativity' exhibition, 9am-9pm pg 2</p> <p>Ianhoe Tennis Club &amp; Lunch 9:30am-1-30pm pg 8</p> <p>Stay Safe Online 10am-11:30am pg 9</p> <p>Digital Device Photo Competition 1pm-2pm pg 9</p> <p>Scam Awareness 2pm-4pm pg 13</p>	<p><b>15</b></p> <p>Mall Walker 7:30am-8:30am pg 6</p> <p>'Age of Creativity' exhibition 9am-9pm pg 2</p> <p>Outdoor Walking Group 9:30am-10:15am pg 6</p> <p>Better Balance exercise 9:30am pg 13</p> <p>Yoga 9:30am-11:30am pg 4</p> <p>Machine Embroidery Group 9:45am-11:45am pg 4</p> <p>No Brush Art Class 12:15pm-2:15pm pg 4</p> <p>Cross Stitch 12:15pm-2:15pm pg 4</p> <p>Cake Decorating 12:15pm-2:15pm pg 4</p>	<p><b>16</b></p> <p>Mall Walker 7:30am-8:30am pg 6</p> <p>'Age of Creativity' exhibition, 9am-9pm pg 2</p> <p>Embroidery 9:45am-11:45am pg 4</p> <p>Make Your Own Earrings 9:45am-11:45am pg 4</p> <p>Mindful Movement 10am-11am pg 9</p> <p>Wildflower Walk 11am-12pm pg 4</p> <p>Pelvic Health for Seniors session 11am-12pm pg 10</p> <p>Greenborough Social &amp; Activity Club Open Day 12:30-3:30 pg 5</p> <p>Community lunch (Rosanna Fire Station) 12:30pm-1:15pm pg 9</p> <p>History of local Schools in Heidelberg \$5 1pm-4pm pg 7</p> <p>How to use your mobile phone 1:30pm - 2:15pm pg 9</p> <p>Digital Device Photo Comp 2:15pm-3pm pg 9</p>	<p><b>17</b></p> <p>Mall Walker 7:30am-8:30am pg 6</p> <p>'Age of Creativity' exhibition, 9am-9pm pg 2</p> <p>Tai Chi 9am pg 12</p> <p>End-of-Life Administration Planning 11am-12pm pg 3</p> <p>Solicitor Info session 12pm-2pm pg 4</p> <p>Diabetes Info session 1pm-2pm pg 3</p> <p>Dance, Dance, Dance \$5 1:30pm-3:30pm pg 6</p> <p>Latin Dance Class 6pm-6:45pm pg 10</p>	<p><b>18</b></p> <p>Seniors Cycle Class 8:30am-9am pg 6</p> <p>'Age of Creativity' exhibition, 9am-6pm pg 2</p> <p>9 Holes of Golf \$20 8am start pg 4</p> <p>Devonshire Tea 11am pg 8</p>	<p><b>19</b></p> <p>'Age of Creativity' exhibition, 10am-5pm pg 2</p>
<p><b>20</b></p> <p>'Age of Creativity' exhibition, 10am-5pm pg 2</p> <p>Old Time &amp; New Vogue Dance \$5 1:30pm-5:30pm pg 5</p> <p>History of local Schools in Heidelberg \$5 2pm-5pm pg 7</p>	<p><b>21</b></p> <p>'Age of Creativity' exhibition, 9am-9pm pg 2</p>	<p><b>22</b></p> <p>Mall Walker 7:30am-8:30am pg 6</p> <p>'Age of Creativity' exhibition, 9am-9pm pg 2</p> <p>Outdoor Walking Group 9:30am-10:15am pg 6</p>	<p><b>23</b></p> <p>Mall Walker 7:30am-8:30am pg 6</p> <p>'Age of Creativity' exhibition, 9am-9pm pg 2</p> <p>Come and Try Knitting Event, 11:30am-1pm pg 8</p> <p>My Money Matters 12:30pm-2:30pm pg 13</p> <p>Come &amp; Try Watercolour Painting 1:30pm-5pm pg 7</p>	<p><b>24</b></p> <p>Mall Walker 7:30am-8:30am pg 6</p> <p>'Age of Creativity' exhibition, 9am-9pm pg 2</p>	<p><b>25</b></p> <p>Seniors Cycle Class 8:30am-9am pg 6</p> <p>'Age of Creativity' exhibition, 9am-6pm pg 2</p> <p>Ageing Well Expo 10am-3pm pg 2</p> <p>9 Holes of Golf \$20 8am start pg 4</p> <p>Dance Party/exercise 10am pg 13</p>	<p><b>26</b></p> <p>'Age of Creativity' exhibition, 10am-5pm pg 2</p>
<p><b>27</b></p> <p>'Age of Creativity' exhibition, 10am-5pm pg 2</p> <p>Breakfast with the Birds, 7am-11:30am pg 7</p> <p>History of local Schools in Heidelberg \$5 2pm-5pm pg 7</p>	<p><b>28</b></p> <p>Morning Melodies at Viewbank Gardens 10:30am pg 10</p>	<p><b>29</b></p> <p>Rightizing for Retirement at Viewbank Gardens 12pm-4pm pg 10</p> <p>Outdoor Walking Group 9:30am-10:15am pg 6</p>	<p><b>30</b></p> <p>Will and Powers of Attorney Q&amp;A 7pm-8pm pg 11</p>	<p><b>31</b></p>		