

# Age in Focus

AGE-FRIENDLY  
BANYULE

April / May 2026

## Welcome to our start of Autumn edition

Welcome to this action-packed edition, filled with activities and opportunities to help you stay active, connected and involved in the community. Inside, you'll find our Active April/May programs, an inspiring story featuring Anne Mulgrove from Walking Football Macleod, plus details on social lunches, a day trip to Werribee Zoo, and upcoming social support outings. We've also included helpful information on service navigation connecting you to money matters, and a great range of short courses and local clubs to explore.

We hope you find something that sparks your interest and keeps you connected this season!

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# Join us for Walking Football at Macleod YMCA



Every Tuesday from 9.30am to 11.30am, a wonderful group meets at the Macleod YMCA to play Walking Football. It's a gentle, low-impact way to stay active, have fun, and enjoy great company. The session begins with a warm-up, a few announcements, some easy drills, and then a friendly game. After all that, many of the players head over to the Watsonia RSL for a good chat and something tasty to eat.

Anne Musgrove joined the group two years ago after reading a small article about Walking Football starting in the area. She had played tennis and badminton earlier in life but wanted to try something new. From the moment Anne arrived, she felt welcomed.

When the group first began, it was small and many were beginners. Everyone learnt the basics together: how to pass, kick and move around the field. Experienced players were always nearby, offering tips and encouragement. Week by week, friendships formed, and the games became something everyone looked forward to.

The group is lucky to have three wonderful organisers – Alex, Mel and Con. They make sure every session is safe, friendly and full of laughter. Thanks to them,

and the support of one another, the players' skills have grown so much. Today, the group even has its own team colours, proudly worn at special events like Walking Football days at La Trobe University (Home of the Matildas) or "Come and Try" sessions at local venues. These outings are a chance to meet players from Bendigo, Hobsons Bay, Sunbury and other areas – a great way to connect and to represent Banyule Walking Football.

For Anne, Walking Football has brought much more than exercise. It has offered friendship, confidence, and a true sense of belonging. If you're looking for a gentle way to stay active, meet new people, and share a few laughs, the group would love to welcome you. Come along and give it a try!



## Join our Walking Football social program for adults 50+!

📅 Every Tuesday 🕒 9.30am – 11.30am

📍 Macleod YMCA, 157 Wungan St, Macleod

Enjoy a fun, safe and friendly way to stay active – no experience needed. Come along, have a go, and stay for a cuppa and a chat.

To register, contact Alex Straubinger

✉️ [alex.straubinger@inet.net.au](mailto:alex.straubinger@inet.net.au)

# Service Navigation: Connecting You When Money Matters



Rising living costs are placing pressure on many people in our community and financial worries can feel stressful and isolating. Knowing where to turn for help can make all the difference.

Banyule's Service Navigation team is here to help residents connect with the right supports when money matters. If you or someone you know is experiencing financial stress, the team can refer them to local free and confidential financial counselling services.

Financial counsellors can help with:

- budgeting,
- managing bills or debts,
- understanding fines,
- accessing concessions or entitlements.


The Service Navigation team takes the time to listen and understand what each person needs, then connects them with appropriate services; whether that's financial counselling or broader support relating to housing, health or wellbeing.

Reaching out early can help prevent small issues from becoming bigger problems. Support is available, and no concern is too small to discuss.


Banyule's Service Navigation program is independent and non-judgmental, offering practical guidance tailored to each person's situation.




## Contact Banyule Service Navigation

 Monday-Friday

 9am-5pm

 9457 9800

 [service.navigation@banyule.vic.gov.au](mailto:service.navigation@banyule.vic.gov.au)

# Help Shape Banyule

Your ideas and experiences matter.

Shaping Banyule is Council's online space where you can share your views on local places, projects and services. It helps make sure Council projects reflect community knowledge, are sustainable and are right for Banyule.

By signing up, you can:

- Give feedback on facilities, services and infrastructure you use
- Help shape plans and projects across Banyule
- Stay informed about new projects by receiving email updates
- Opt to receive the Community Engagement newsletter

Your participation helps us better understand the needs of our community and make informed decisions for everyone's benefit.



To have your say, visit  
[shaping.banyule.vic.gov.au/Register](https://www.shaping.banyule.vic.gov.au/Register)  
or scan the QR code.

# National Volunteer Week 18 - 24 May

National Volunteer Week (NVW) is Australia's largest annual celebration of volunteering and will be held from 18 -24 May 2026.

The theme for National Volunteer Week 2026 is "Make this your year to volunteer".

National Volunteer Week is a chance for all of us to celebrate and recognise the vital work of volunteers and to say thank you.

Banyule Council acknowledges the contribution volunteers make to our community through our annual Volunteer celebration event each year. It is Council's opportunity to say a BIG thank you to all the volunteers who work tirelessly to support our community each and every day, and contribute to making Banyule a great place to be.

We invite volunteers working in the Banyule community to attend the Banyule Volunteer Celebration to be held on Wednesday 20 May 2026.



For more information on National Volunteers week please visit: [www.banyule.vic.gov.au/Community-services/Volunteer-awards](https://www.banyule.vic.gov.au/Community-services/Volunteer-awards). To book tickets please contact Karen Molinaro on: 9457 9955.

# 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.

## Café n Addictions

📅 Thursday 23 April

🕒 12pm

📍 78 Upper Heidelberg Rd, Ivanhoe

🚗 Transport: 7 mins walk from Ivanhoe train station

🌐 [www.eventbrite.com.au/e/1984517437076](http://www.eventbrite.com.au/e/1984517437076)

## Espresso 3094

📅 Thursday 14 May

🕒 12pm

📍 44 Were St, Montmorency VIC 3084

🚗 Transport: 2 mins walk from Montmorency train station

🌐 [www.eventbrite.com.au/e/1984520135146](http://www.eventbrite.com.au/e/1984520135146)

## Older men looking to make new friends?

Living in Greensborough or nearby?

OM:NI Men's Discussion Groups

A relaxed, welcoming space where older men get together to talk, laugh and enjoy good company.

For more information contact Max: ☎ 0416 243 639





## Day Trip – Werribee Zoo

Join us for a relaxed and enjoyable day trip to Werribee Open Range Zoo! Sit back and enjoy seeing animals in wide open spaces. It's a wonderful day out with great company and plenty of time to explore at your own pace. Bookings open 8.30am on Tuesday 7 April and book out quickly. To reserve a seat, please visit link below or contact customer service on ☎ **9490 4222**. When making your booking, kindly advise us of any dietary requirements.

### 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).

### Pick up locations

📍 **8.30am - Ivanhoe Library and 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.

📍 **9am - Greensborough War Memorial**  
203 Henry St, Greensborough

\* Please enter off McDowell St, Greensborough (free all day parking, no permit required)

📅 Tuesday 26 May

📍 Werribee Zoo –  
K Rd, Werribee South

🎫 \$ 60

📄 Coach travel, entry to zoo and lunch

🌐 [www.eventbrite.com.au/e/1984510644760](http://www.eventbrite.com.au/e/1984510644760)

# Banyule Social Support Outing Group



The Banyule Social Support Outing Group is a new program for active adults aged 65+ (or 50+ for ATSI) who enjoy social outings and exploring Melbourne.

Participants enjoy small group outings to gardens, museums, galleries, cinemas, historical sites, and activity centres. The program supports social connection, independence, and shared experiences in a welcoming group environment.

Transport is provided, with door-to-door pick-up and drop-off where possible. Places are limited.

**Cost:** \$19.80 per outing (Excludes venue entry fees and meals. Activity costs are paid individually on the day.)

## Eligibility

- Aged 65+ (or 50+ for ATSI)
- Registered with My Aged Care
- Reside in the Banyule Council area
- Able to walk independently during outings (Some outings may not be suitable for walking aids.)

## How to Join

- Current Banyule CHSP clients (Social Support, Home Modifications, or Property Maintenance). Call ☎ 9499 4795 or ☎ 0422 758 787 to RSVP.
- Not currently receiving Banyule CHSP services:

1. Contact My Aged Care on ☎ 1800 200 422 for a referral code for “Banyule City Council Group Social Support”
2. Then call Banyule Social Support Group to RSVP.

## Upcoming Outings

### Melbourne Museum

📅 Friday 10 April

🎫 \$14 entry BYO picnic lunch, or option cafe lunch

Enjoy a stroll through the Melbourne Museum. With multiple cafés and the Carlton Gardens nearby, there is plenty to see and enjoy.

### Melbourne General Cemetery Walking Tour

📅 Friday 24 April

🎫 Free. BYO lunch or optional cafe lunch

Walk through one of Melbourne’s most well-known historical sites. This 3-kilometre audio tour explores the resting places of prominent figures in Australian history.

### Palace Cinema Balwyn

📅 Friday 8 May

🎫 \$12 entry + lunch costs

Join us as we unwind with a film at this art-deco cinema. Afterwards, relax at a local cafe and enjoy a scenic walk through the inner suburbs of Balwyn.


For any enquiries or suitability advice contact ☎ 9499 4795 or ☎ 0422 758 787


# Stay Active: April / May Programs

## Age Friendly Community Dance!



Enjoy a fantastic evening of music, dancing, and great company! Join us for a fun, relaxed night designed especially for older adults who love to move, mingle, and enjoy live entertainment.

 Friday 29 May

 6pm - 10pm

 Bundoora Community Centre –  
20 Noorong Ave, Bundoora

 \$15

This event is proudly sponsored by:  
Watsonia 50+ Club,  
Bundoora Italian  
Pensionati Club, and  
Banyule City Council.

**Featuring  
live music from  
The Booyans**


For more information or to book, please contact:  
Dennis – Watsonia 50+ Club on ☎ 0447 575 098.

A chicken and salad dinner is included. Please let us know if you have any dietary requirements when booking.





## COOKING WITH NONNA



 Thursday 16 April

 10.30am – 1pm

 Bellfield Community Centre –  
Level 1, 15 Daphne Crescent,  
Bellfield

 Free

Come and learn how to make traditional gnocchi and focaccia with Nonna Antonietta and enjoy eating a delicious meal together afterwards! This special workshop is in partnership with Bundoora Italian Pensionati Club.

Everyone welcome but places are limited. To reserve your spot, please contact Banyule Customer Service on ☎ 9490 4222 or visit [www.eventbrite.com.au/e/1984520751991](http://www.eventbrite.com.au/e/1984520751991). When booking, kindly advise us of any dietary requirements.

# Stay Active: April / May Programs

## Come & Try Seniors Exercise Park & Croquet

🆓 Free

📅 Friday 24 April & Friday 29 May ⌚ 10am

📍 Lower Heidelberg Rd & Wamba Rd, Ivanhoe

Come along and try the Seniors Exercise Park – an outdoor exercise area designed especially for older adults, that supports balance, strength and flexibility. You'll also have the chance to enjoy a friendly introduction to croquet. It's a great way to keep active, meet others, and have some fun! Light refreshments provided. Bookings essential, please contact Banyule Customer Service on ☎ 9490 4222 or visit

🌐 (24 April) [www.eventbrite.com.au/e/1984522147164](http://www.eventbrite.com.au/e/1984522147164)

🌐 (29 May) [www.eventbrite.com.au/e/1984523171227](http://www.eventbrite.com.au/e/1984523171227)

## Come & Try Lawn Bowling & Morning Tea

🆓 Free

📅 Friday 10 April & Friday 15 May ⌚ 10.30am

📍 Ivanhoe Bowling Club - 1-11 John St, Ivanhoe

Join us for a relaxed morning of lawn bowling and good company. It's a great chance to try something new and enjoy a friendly chat over morning tea. Everyone welcome, come along and give lawn bowling a try!

Bookings essential, please contact Banyule Customer Service on ☎ 9490 4222 or visit

🌐 (10 April) [www.eventbrite.com.au/e/1984524324677](http://www.eventbrite.com.au/e/1984524324677)

🌐 (15 May) [www.eventbrite.com.au/e/1984524490172](http://www.eventbrite.com.au/e/1984524490172)

## Walking together towards a healthy mind, body & heart

Walking groups are a social, supportive and simple way to boost your health and make connections in your community.

Take the first step and join your free local walking group:

### Ivanhoe's Social Striders

📅 Wednesdays ⌚ 9am

📍 Ivanhoe Aquatic - 170 Waterdale Rd, Ivanhoe

Contact: Frances (walk coordinator and facilitator)

✉ [frances.scarrott-goold@banyule.vic.gov.au](mailto:frances.scarrott-goold@banyule.vic.gov.au)

### Greensborough Outdoor Walking Group

📅 Tuesdays ⌚ 9.30am

📍 Meeting Point:

Greensborough Walk, outside WaterMarc –  
1 Flintoff St, Greensborough



## Carers - bring calm and focus to your daily life

Join our accessible and inclusive Wellbeing and Relaxation sessions, specifically tailored for Carers.

📅 Tuesdays ⌚ 11.30am

📍 Olympic Leisure Centre, West Heidelberg

Registrations essential:

Please email your expression of interest to

✉ [carers@banyule.vic.gov.au](mailto:carers@banyule.vic.gov.au) or contact:

☎ 9422 8396

For more information about our Carers Support Program or to register for activities, groups, classes, please visit the program webpage:

🌐 [www.banyule.vic.gov.au/carersupport](http://www.banyule.vic.gov.au/carersupport)



# What's On

## Community Yoga


Join Angela, an experienced yoga practitioner with over 5 years for a 60-minute weekly session. Each session focuses on slow, mindful movements, gentle stretches, and deep rest, providing a space for connection and mindfulness.


Everyone is welcome.

 **Wednesdays**

 **9.45am – 10.45am during school terms**

 **Cost: per session \$5, per term \$40**

 **15 Daphne Crescent, Bellfield  
(Community Room 3)**

For more information or to book, please contact Olympic Neighbourhood House on  9087 1155.




## Dementia Carers Connect, Banyule

Are you looking after someone who has dementia?

Come and join us at our monthly lunches and connect with other carers who truly understand. Share experiences, learn about supports and services, and enjoy time in a relaxed, welcoming environment.

Co-facilitated with Australian Multicultural Community Services

 **Third Thursday each month**  **12pm**

 **A local café in Burgundy Street Heidelberg  
(free, easy parking available)**

 **Free**

Eligibility: You are a caregiver for a person with dementia and you live in Banyule.

Note: Carers only

Registrations essential:

Please email your expression of interest to


 [carers@banyule.vic.gov.au](mailto:carers@banyule.vic.gov.au) or contact

 9422 8396

## Yin & Yoga Nidra


Experience deep relaxation through this slow-paced practice designed to stretch and rejuvenate the body's connective tissues. Release tension, restore balance, and journey inward through yoga Nidra, tapping into your deepest subconscious for profound relaxation and rejuvenation.

 **Mondays**

 **5.30pm – 6.30pm during school terms**

 **Cost: per session \$12 / \$8 Concession**

 **Olympic Leisure Centre Program Studio –  
15 Alamein Rd, Heidelberg West**

For more information or to book, please contact Olympic Neighbourhood House on  9087 1155.



## Older Carers Coffee Group (60+)

A peer support group co-facilitated with Holstep Health Carer Services. Meet other Carers and have a break over a complimentary coffee and cake.

 **First Friday of the month**  **10am**

 **Whispers Café at  
Ivanhoe Library & Cultural Hub  
275 Upper Heidelberg Rd, Ivanhoe**


 **Free**

Eligibility: You are a caregiver over 60 years old and you live in Banyule.

Note: Carers only

Registrations essential:

Please email your expression of interest to







 [meg.yarlagadda@holstephealth.org.au](mailto:meg.yarlagadda@holstephealth.org.au).

For all enquiries contact Council's Carer Support Office on:  9422 8396






# Discover Short Courses, Activities and Community Groups in Greensborough!



Diamond Valley Learning Centre (DVLC) offers a wide range of short courses, activities and community groups. All sessions are face-to-face and are held in a small and friendly environment.

## Courses and Activities available include:

-  Acrylic Painting
-  Digital Essentials (introduction to computers, tablets and smartphones)
-  Floristry
-  Introduction to Microsoft Word and Excel & Introduction to Microsoft Outlook and Email
-  Gita Yoga
-  Tai Chi (starting 22nd April)

## Our community groups include:

-  Creative Connection Craft Group (Monday mornings)
-  Literature for Pleasure (Tuesdays)
-  Words of Wonder (Tuesdays)
-  Exploring Women's Issues Group (Wednesdays)
-  Walking Group (Tuesday morning)

For more information, please contact DVLC on  
 03 9435 9060 or visit our website  
 [www.dvlg.org.au](http://www.dvlg.org.au)



# Age in Focus with Probus

Most health professionals agree that to get the most from your later years you need to:

- Exercise - not necessarily at the gym just keep moving every day
- Socialise - meet with like-minded people regularly and enjoy yourself
- Stay independent - have a good support network so you don't feel isolated

Probus clubs are for active retired and semi-retired seniors and can help provide all of the above and more, including Fun, Friendship and Fellowship - the Probud motto.

Eltham North Probud Club is an active and welcoming club, and so whether you are single or a couple you are invited to join us. You don't need to live in Eltham. We welcome members from anywhere within the Nillumbik and Banyule areas. In fact, about one-third of our members live in the Banyule area.

We meet monthly at Greensborough RSL Club where we deal with club business, listen to a guest speaker and enjoy lunch together. We run regular activities every week including walks, lunches, theatre, day trips and short and longer holidays and tours.

For lots more information on our Club, including contact details, please visit our website at [elthamnorthprobus.org.au](http://elthamnorthprobus.org.au)





## Subscribe now!

Stay up to date with the latest news, tips, and resources to keep connected in the community!

If you haven't already, sign up for the Age in Focus newsletter and have it delivered directly to your mailbox or inbox.

Simply visit [banyule.vic.gov.au/AgelnFocus](http://banyule.vic.gov.au/AgelnFocus) or reach out to our Age Friendly team on [9049 3388](tel:90493388).

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.

## Contact Us

### All enquiries

[PO Box 94,  
Greensborough,  
VIC 3088](mailto:enquiries@banyule.vic.gov.au)

[9490 4222](tel:94904222)

[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](tel:131450) and ask to be connected to Banyule Council on [9490 4222](tel:94904222).

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