

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

Also visit Seniors Festival Victoria: 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

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.



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.

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
Enquiries: 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

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

📍 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

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

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

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**

 **\$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**

 **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, 2.30pm - 4pm**

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

 **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
- 🖱 ypri.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, Ibbottson St, Watsonia**
-  **ypri.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

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**
-  **tranceliz@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**
-  **watsonia50splusclub.com**

Free

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

-  **Thursday 10 October, 1pm**
-  **Watsonia 50s Plus Club Inc. Watsonia Community Hall, 37 Lambourn Road, Watsonia**
-  **Dennis Richards 0447 575 098**
-  **info@watsonia50splusclub.com**
-  **watsonia50splusclub.com**

Free

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.



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**
-  **watsonia50splusclub.com**

Free

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



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**
-  **watsonia50splusclub.com**

Free

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.

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



Seniors Festival Calendar 2024

October

All events are FREE unless otherwise indicated.

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

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