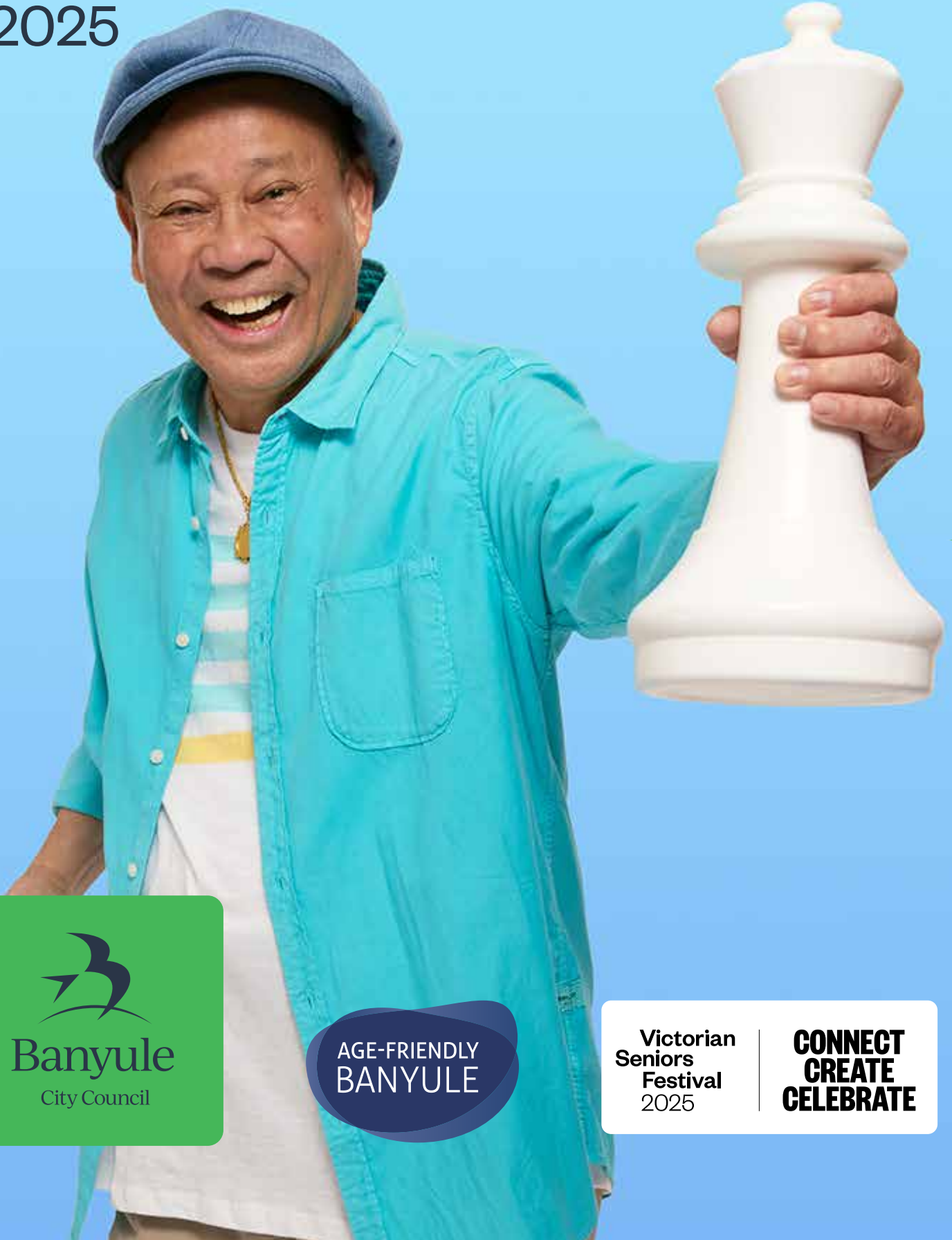


Banyule Seniors Festival

2025




Banyule
City Council

AGE-FRIENDLY
BANYULE

Victorian
Seniors
Festival
2025

**CONNECT
CREATE
CELEBRATE**

Mayor's welcome

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

This year's theme is 'Connect, Create, Celebrate' and there is something for everyone. We've got lawn bowls, carpet bowls, aerobics, dancing, golf and nature walks close to home, just to name a few. Plus coffee and chat sessions at Macleod Village and information on Carers Week.

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

Don't forget there are Seniors Festival events all over Victoria and free public transport for Victorian Seniors Card holders from 5-12 October. For more information visit seniorsonline.vic.gov.au or scan the QR code.

Have a fabulous Seniors Festival!

Cr Elizabeth Nealy

Mayor



Seniors Festival morning tea

Hosted by Positive Ageing Warrior Carol O'Halloran

Join us for a delicious morning tea and live entertainment
by Honey Bee and the Stingers

Friday 24 October, 10.30am – 1.00pm
The Centre Ivanhoe, 275 Upper Heidelberg Rd, Ivanhoe

Bookings open Wednesday 1 October at 8.30am by calling customer service
on Tel: 9490 4222 or book online via TryBooking link below.
Bookings essential and tickets are limited (maximum of 2 tickets per person).

Please advise if you have any dietary requirements when booking.
If you would like to sit with someone, you may nominate only one person;
however, please note that seating together is not guaranteed.

3 hour parking is available on-site.
Venue is a 7-minute walk from Ivanhoe Train Station.
Bus routes: 510, 548 and 549 stop at the venue.

Register now at:
Trybooking.com/DCXCF

    @banyulecouncil


Banyule
City Council

Carers Week 2025

National Carers Week is a special time to recognise and celebrate the incredible carers in our Banyule community — the family members and friends who give their time, energy, and love to support others.

This year, Banyule Council is proud to host a range of Carers Week events that focus on self-determination, wellbeing, and building meaningful social connections. We warmly invite carers to join us in honouring your vital role and taking some well-deserved time for yourself.

 **Thursday 16 October**

 **Bellfield Community Hub**

11.00am - 12.30pm

Preparing for your future, an interactive workshop

Planning ahead for older age can be hard - but it is an important and empowering process.

Holstep Health and Access Health* will take you through Justice Connect's free conversation guide to help you plan an older age that's right for you.

- Who you trust to make decisions on your behalf
- Who you trust to take care of your money
- What medical treatments you want and don't want
- Where you would like to live

A delicious lunch will be served between the sessions.

Please email your full name to carers@banyule.vic.gov.au if interested in coming along.

Let us know which session/s you would like to attend and kindly advise if you have any dietary requirements.

**Access Health North East Metro Connect program works with carers of people challenged by mental health and/or alcohol and other drug use.*

1.00pm - 2.00pm

Gut health seminar

Learn from a Holstep Health dietitian about healthy eating and simple dietary and lifestyle changes to improve your gut health.

- Expert advice: learn why gut health is important
- The latest information on foods that support a healthy gut
- Learn how to use your diet and lifestyle choices to improve your gut health
- Opportunities to ask questions



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

Find your flow - movement, music, breathwork and connection

Tuesday 28 October, 12.30pm - 2.30pm

Bellfield Community Hub,
15 Daphne Crescent, Bellfield

9087 1155

oae.vic.edu.au

\$5

A facilitated journey into movement and sound. Find your flow, access your inner world, connect with your body. Unique authentic expression, beyond form. Adjusted for diverse mobility.

Join Olympic Seniors Social Group for this special event. Relieve stress, social connection, expand your network. Stay for the afternoon. **Bookings essential.**

BUNDOORA

Nine holes of golf

Every Friday, 8.00am

Bundoora Public Golf Course, 1069 Plenty Road,
Bundoora

Peter 0433 604 404

lach.com.au

Approx \$22

Join us for a relaxing nine hole golf game!

Come and enjoy a friendly round of golf with the Heidelberg Life Activities Club. Whether you're a beginner or an experienced player, everyone is welcome!

We're a warm and inclusive group with members aged from 60 to 90+, and we'd love to see some new faces. If you're looking for a fun way to stay active and social, come along and give it a try! **Bookings essential.**

Explore craft & wellbeing: come and try sessions

Free

Tuesday 21, Wednesday 22, Thursday 23
October, 9.45am - 11.45am or 12.15pm - 2.15pm

Contact Community Centre – 20 Noorong Ave,
Bundoora

9467 6305

info@contactbundooracomcen.com.au

contactbundooracomcen.com.au

Looking to try something new or build on your creative skills? Join us at Contact Bundoora Community Centre for our 'come and try' craft and wellbeing sessions during Seniors Week.

All sessions are free, all materials provided. Take home your completed project.

Whether you're a beginner or a seasoned maker, there's something for everyone. **Bookings are essential.** Bring a friend—or invite someone who'd love to get involved!

Visit our website to see the full list of classes available.

Old Time and New Vogue dance

Sunday 19 October, 2.00pm

Bundoora Community Hall,
20 Noorong Ave, Bundoora

Dennis Richards 0447 575 098

info@watsonia50splusclub.com

watsonia50splusclub.com

\$5

Come and join our Old Time and New Vogue dance class, specifically designed for the over 50s.

Proven by medical journals and university studies worldwide, dancing provides a range of health benefits. Apart from being a lot of fun, you'll also enjoy benefits of gentle, low impact movements and will help you keep mobile and feeling young.

Come along for a free trial and join us for afternoon tea. **Bookings essential.**

All profits will be donated to MND Victoria.

BUNDOORA

A day of culture, connection & celebration

-  **Friday 31 October, 12.00pm - 3.30pm**
-  **Bundoora Hall, 20 Noorong Avenue, Bundoora**
-  **Antoinette 0413 832 467**
-  **\$10**

Come along to a day filled with Italian music and dancing, delicious food and treats, and a special showcase of our members' talents in art and crafts.

Explore our photo exhibition, where each image tells a personal story of why we came "For a better life."

Indulge in homemade zeppole (Italian doughnuts) and other tasty offerings available for a nominal cost. Tea and coffee are complimentary.





Visitors are welcome to BYO lunch, snacks, and soft drinks. Come celebrate with us and share in the joy of community, creativity, and culture!

Bookings essential.



GREENSBOROUGH

Dancing for beginners

-  **Every Thursday (except for public holidays) 1.30pm - 3.30pm**
-  **205 Henry St, Greensborough**
-  **Pamela 0435 175 214**
-  **\$5**

Have you ever wanted to learn line dancing, ballroom or New Vogue or are afraid to try? Pamela, Neil or Russell will guide you through simple steps in a relaxed and social environment. Tea/coffee and bikkies provided.



Outdoor Heart Foundation walking group

Free

-  **Every Tuesday, 9.30am - 10.15am**
-  **WaterMarc, Ground floor, 1 Flintoff Street, Greensborough (meet at front entrance)**
-  **Hannah Gentz 9422 6111**
-  **enquiries@watermarcbanyule.com.au**
-  **watermarcbanyule.com.au**

Looking for a relaxed way to stay active and connect with others?

Come along for a 45-minute walk through the Plenty River Trail or around the surrounding area.

After the walk, gather for a coffee at a local café (participants pay their own way). Bookings not required.

Mall Walker @ WaterMarc







Free

-  **Every Tuesday, Wednesday & Thursday, 7.30am - 8.15am**
-  **Meet at Greensborough Plaza, level 1 outside Target, 25 Main St, 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. Booking not required.

Greensborough Probus Club General Meeting, special guest speaker “My adventures in Morocco”

-  Monday 6 October, 10.00am - 12.00pm
-  Greensborough RSL, 111 Main Street,
Greensborough
-  Jenny 0422 091 900
-  greensboroughprobusclub@gmail.com
-  probussouthpacific.org/microsites/
Greensborough
-  \$3 (own cost if staying for lunch)

Come join us for a morning of fun, friendship, and discovery! Our guest speaker will share an exciting journey through Morocco – full of vibrant culture, stunning landscapes, and unforgettable experiences.

Enjoy morning tea, connect with fellow members, and learn about the varied activities our club offers.

Bookings preferred but not essential.

Seniors cycle classes @ WaterMarc




-  Every Friday, 8.30am (arrive at
reception 5-10 mins prior to start time)
-  Level 1, 1 Flintoff Street, Greensborough
-  Jenny Bruzzaniti 9422 6111
-  enquiries@watermarcbanyule.com.au
-  watermarcbanyule.com.au

Seniors cycle is a fun 30 minute low intensity class. Perfect for beginners!

Bookings essential.



Eltham Copper Butterfly larvae count

-  Tuesday 7, 14, 21 & 28 October,
Thursday 2, 9, 16, 23 & 30
8.00pm - 10.00pm
-  Andrew Yandell Habitat Reserve,
1 Community Drive, Greensborough
-  Jared Stott 9457 9928
-  jared.stott@banyule.vic.gov.au or
eliza.johnston@banyule.vic.gov.au
-  To book visit
banyule.vic.gov.au/SpringOutdoors

Free





Join Council's Bushland team in surveying one of our endangered species, the Eltham Copper Butterfly.

Guided by our passionate Bushland staff, we will be setting out under torch light to locate and record the larvae of this unique species.

Warm clothing and enclosed shoes are essential. We reschedule counts if it has been raining, or if it's particularly windy as larvae are sensitive to inclement weather and won't emerge under these conditions. If the counts are rescheduled, you will receive an email that afternoon. **Bookings essential.**



Dementia Carers Connect - lunch gathering

-  Friday 17 October, 12.00pm - 1.30pm
-  Greensborough local cafe
-  Council's Carer Support Officer 9422 8396
-  carers@banyule.vic.gov.au

Free

Are you caring for someone living with dementia?

You're invited to join us for a relaxed and friendly lunch at a local café in Greensborough. Enjoy a delicious meal, connect with others who understand your journey, and discover helpful supports and services available to you and your loved one. **Bookings essential.**

HEIDELBERG/HEIDELBERG HEIGHTS/HEIDELBERG WEST

Breakfast with the birds

Free

-  **Sunday 12 October, 7.00am - 11.30am**
-  **Old Shire Offices, 60 Beverley Road, Heidelberg**
-  **Jared Stott 9457 9928**
-  **jared.stott@banyule.vic.gov.au or**
-  **To book visit**
banyule.vic.gov.au/SpringOutdoors

Our 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.

Our 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. **Bookings essential.**



Banyule Men's Shed Open Day

Free

-  **Friday 24 October, 12.00pm - 2.00pm**
-  **Banyule Mens Shed, Corner St Hellier & Edwin St, Heidelberg West**
-  **Jack 0429 551 536**

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

Spotlight walk

Free

-  **Saturday 4 October, 6.00pm - 9.00pm**
-  **Banyule Northern Grassland Reserve, Cnr Liberty Parade & Dougharty Road, 377 Liberty Parade, Heidelberg West**
-  **Jared Stott 9457 9928**
-  **jared.stott@banyule.vic.gov.au or**
-  **To book visit**
banyule.vic.gov.au/SpringOutdoors

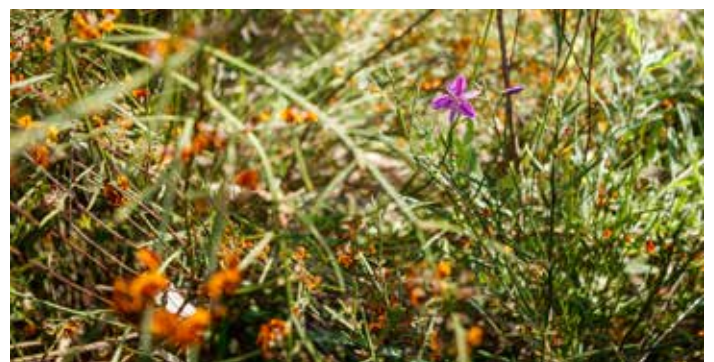
Join the Friends of Darebin Creek and Banyule Park Rangers to observe nocturnal activity, including Possums, Gliders, and Tawny Frogmouths, along Darebin Creek at the Banyule Northern Grassland Reserve. **Bookings essential.**

Wildflower walk

Free




-  **Sunday 26 October, 10.00am - 12.00pm**
-  **Banyule Northern Grassland Reserve, Cnr Liberty Parade & Dougharty Road, 377 Liberty Parade, Heidelberg West**
-  **Jared Stott 9457 9928**
-  **jared.stott@banyule.vic.gov.au or**
-  **To book visit banyule.vic.gov.au/SpringOutdoors**

Learn about our precious grassland ecosystem and enjoy spotting a diverse range of colourful wildflowers. Come and join our local Park Ranger and Friends of Darebin Creek to enjoy a walk in these amazing grasslands. Meeting point will be approximately 200m north of the dirt maintenance track. Signage will be placed at the gate for guidance. **Bookings essential.**



Woodworking sessions

Free

-  **Every Monday, Wednesday, Thursday, Friday, 11.00am - 3.00pm**
-  **Banyule Mens Shed, Corner St Hellier & Edwin St, Heidelberg West**
-  **melissa.bryan@holstephealth.org.au**

For men of all ages to be involved in woodwork for themselves and others. No experience required. Everyone welcome.

Women of West Heidelberg social activities

Free

Craft Group

First Friday of the month, 12.00pm - 3.00pm

Social Group

Fourth Thursday of the month, 12.00pm - 3.00pm

Catch-up Day Group

Second Tuesday of the month, 12.00pm - 3.00pm

Fundraising Stall

Every Friday, 9.00am - 1.00pm

Holstep Health, 21 Alamein Road,
Heidelberg West

Wendy Ogden 9450 2000

holstephealth.org.au

Women with links to the West Heidelberg community. Participants are ladies who like to get together to socialise, take part in a range of fun and creative activities.

The Heidelberg of the Heidelberg Artists exhibition

Wednesday 8 October, 1.00pm - 4.00pm

Old Heidelberg Courthouse, Jika St Heidelberg

history@heidelberghistoricalsociety.com.au

heidelberghistoricalsociety.com.au

\$5

What was Heidelberg like when the Heidelberg artists painted there in the summers of the 1880s and 1890s?

IVANHOE

Fun with clay for seniors

Free

Thursday 2 October, 2.30pm - 4.00pm

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

9497 5780

ivayprl@ypri.vic.gov.au

ypri.vic.gov.au

Discover the joy of clay in this fun and messy creative session. We will complete a few fun warm up activities before creating ornaments, pinch pots, small bowls, brooches and more.

Note we will be using air dry clay for this workshop. Please wear clothes that are ok to get messy. There will also be afternoon tea. **Bookings essential.**

Delicious Devonshire Tea

Free

Friday 10 October, 12.00pm - 2.00pm

Uniting Agewell Seniors Social Group
19 Seddon Street, Ivanhoe

Sarah McNamee 0466 205 983

smcnamee@unitingagewell.org

unitingagewell.org/our-services/
socialconnections

Join our social connections group for an enjoyable afternoon with the company of friendly locals.

Serving freshly baked scones and homemade condiments served with freshly brewed coffee and an assortment of teas. **Bookings essential.**



Intergenerational playgroup and morning tea

Free

Monday 20 October, 10.30am - 12.00pm

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

Kim Phu 9049 3388

kim.phu@banyule.vic.gov.au

Join us for our intergenerational playgroup, a morning full of fun and connection at Ivanhoe Library and Cultural Hub!

Enjoy stories, songs, dancing, and playful activities including arts and crafts, books, games, and morning tea. Come on your own or bring your grandchildren. Everyone is welcome at this free, joyful event!

Bookings essential.

IVANHOE

Come and try watercolour painting

Free

- 📅 Wednesday 22 October, 2.00pm - 4.30pm
- 📍 Ivanhoe Library and Cultural Hub,
275 Upper Heidelberg Road, Ivanhoe
- 📞 Bookings required phone 0418 749 228
- ✉ info@u3abanyule.org.au

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. **Bookings essential.**



Come & try croquet sessions

Free

- 📅 Every Friday, 10.00am - 12.00pm,
Every Saturday 1.00pm - 3.00pm
- 📍 132 Lower Heidelberg Road, Ivanhoe East
- 📞 9488 6089
- ✉ ivanhoeparkcc@gmail.com
- 🖱 ivanhoeparkcroquet.com.au

Join us for a relaxed and welcoming come and try croquet session – perfect for beginners, families, and anyone looking for a new way to enjoy the outdoors. **Bookings essential.**



Seniors Exercise Park come & try session with BBQ lunch

Free

- 📅 Friday 31 October, 10.30am - 12.00pm
- 📍 Ivanhoe Seniors Exercise Park,
Cnr Wamba Rd & Lower Heidelberg Rd, Ivanhoe
- 📞 Kim Phu 9049 3388
- ✉ kim.phu@banyule.vic.gov.au

Looking to improve your balance, strength, functional movement, joint range of motion and mobility?

Join us to learn how to use the equipment safely with trained instructors at the Ivanhoe Seniors Exercise Park session followed by a BBQ lunch! **Bookings essential.**

Handmade greeting card workshop

Free

- 📅 Thursday 16 October, 9.30am - 11.30am
- 📍 Ivanhoe Library and Cultural Hub,
275 Upper Heidelberg Road, Ivanhoe
- 📞 Bookings required phone 0418 749 228
- ✉ info@u3abanyule.org.au

Roll up your sleeves and prepare to channel your inner craftiness as you are shown how to create beautiful handmade greeting cards. Yours to take home and send out to friends and family for their special celebrations. You'll also have the opportunity to connect with new friends, chat and have some laughs in this workshop. A light morning tea will be provided.

Come & try social tennis

Free

- 📅 Every Monday, 9.30am - 11.30am
- 📍 Ivanhoe Tennis Club,
Cnr Young St & John St Ivanhoe
- 📞 Barry 0407 837 421 or Kathy 0421 676 028
- ✉ barryatkins7@hotmail.com

Join us for a friendly game of tennis at Ivanhoe Tennis Club! Meet our members and make new friendships. **Bookings are essential.**

Macleod Village Seniors Month Coffee & Chat

10AM TO 12PM **FREE EVENT!**

Wednesday 1st October 2025 Jiji's Cafe	Saturday 11th October 2025 Melody Cafe
Wednesday 15th October 2025 Mr Macleod Cafe	Saturday 25th October 2025 Macleod Milkbar

**Must show your seniors card to qualify*

Macleod Village Seniors Month snack and chat sessions **Free**

Thursday 23 October, 12.00pm - 1.00pm

Macleod Village Fish and Chips,
40 Aberdeen Rd, Macleod

Visit Macleod Fish and Chip shop to receive a free fish and chip snack pack.

Friday 31 October, 12.00pm - 1.00pm

Meet at Macleod Rotunda, opposite the shops in
Aberdeen Rd, Macleod

Join us at Macleod Rotunda with free General Chicken Co snack packs and live music.

Must show your valid Seniors Card to qualify.



Play table tennis **Free**

Every Monday, 10.00am - 12.00pm
 Nets Stadium, 2 Somers Ave, Macleod
 Bruce 9459 6112 or 0402 839 145
 lach.com.au

Come along and join the Heidelberg Life Activities Club for a fun and friendly game. Beginners and experienced players are welcome.





First 3 weeks free then \$4 per week.

Bookings essential.



MONTMORENCY

Sing along

-  **Wednesday 1, 15, 29 October 2.00pm - 3.30pm**
-  **16 Mountainview Road, adjacent to Petrie Park Hall, Montmorency**
-  **Sophie on 0422 989 035**
-  **programs@montyhub.org**
-  **montyhub.org**
-  **\$5**

Sing along to old favourites around the piano with David George. Don't worry if you think you can't sing, just come along and enjoy yourself. Lyric notes, tea & coffee provided. Everyone is welcome.

Thursday Walkers

Free

-  **Thursday 2, 9, 16, 23, 30 October at 9.30am**
-  **Meet at the Monty Hub, 16 Mountainview Road, adjacent to Petrie Park Hall, Montmorency**
-  **Sophie on 0422 989 035**
-  **programs@montyhub.org**
-  **montyhub.org**

Take a relaxing walk around Petrie Park Oval at your own pace, then join us for a cuppa and a chat at the hub afterwards. Everyone's welcome!

Montmorency Bowling Club try bowls days



Free

-  **Sunday 5 & 12 October, 10.00am - 4.00pm**
-  **Montmorency Bowling Club, Petrie Park, Mountain View Road, Montmorency**
-  **0412 527 294**
-  **montmorency.bowls.com.au**

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

Montmorency Village Seniors Week pop up

Free

-  **Saturday 4 October, 10.00am - 1.00pm**
-  **Montmorency Village Reserve Area, Were Street, Montmorency**

Demonstrations, giveaways and information stands.

Free regular coffee and scone.

***Must show your seniors card to qualify.**

ROSANNA



Chatty crafters





Free

-  **Monday 6 October, 10.00am - 12.00pm**
-  **Rosanna Fire Station Community House, 232 Lower Plenty Road, Rosanna**
-  **9458 1935**
-  **office@rfsch.org.au**
-  **rfsch.org.au**

Come along and be part of a welcoming, self-run group of craft and sewing enthusiasts who enjoy creating in a relaxed and friendly environment. Feel free to bring along any unfinished projects. Light refreshments provided. **Bookings essential.**

Friendly Faces Social Club






Free

-  **Monday 6 October, 1.00pm - 2.30pm**
-  **Rosanna Fire Station Community House, 232 Lower Plenty Road, Rosanna**
-  **9458 1935**
-  **office@rfsch.org.au**
-  **rfsch.org.au**

Our friendly group offers a range of activities to suit everyone. Meet new people, make friends, & create lasting connections. Carers are welcome. Enjoy light refreshments. **Bookings essential.**

Mindful movement

Free

-  **Wednesday 8 October, 9.30am - 10.30am**
-  **Rosanna Fire Station Community House, 232 Lower Plenty Road, Rosanna**
-  **9458 1935**
-  **office@rfsch.org.au**
-  **rfsch.org.au**

Join this flowing movement class that combines yoga and pilates to help you feel relaxed, centred and strong. Please stay for light refreshments which are provided. **Bookings essential.**

Community lunch

Free

- 📅 Wednesday 8 October, 12.30pm - 1.15pm
- 📍 Rosanna Fire Station Community House, 232 Lower Plenty Road, Rosanna
- ☎ 9458 1935
- ✉ office@rfsch.org.au
- 🖱 rfsch.org.au

Join us for a warm and welcoming community lunch, open to everyone in the community.

It's a special afternoon of good food and great company – we'd love to see you! **Bookings essential.**

Chatty cafe

Free

- 📅 Wednesday 8 October, 1.30pm - 2.30pm
- 📍 Rosanna Fire Station Community House, 232 Lower Plenty Road, Rosanna
- ☎ 9458 1935
- ✉ office@rfsch.org.au
- 🖱 rfsch.org.au

Join our Chatty café, have a chat, a cuppa and connect with others in a relaxed and friendly environment. Carers are welcome too. **Bookings essential.**



Latin dance

Free

- 📅 Wednesday 8 October, 10.45am - 11.30am
- 📍 Rosanna Fire Station Community House, 232 Lower Plenty Road, Rosanna
- ☎ 9458 1935
- ✉ office@rfsch.org.au
- 🖱 rfsch.org.au

For those who want to learn the popular 4 Latin dances but don't have a partner, this one's for you. Learn to dance cha cha cha, samba, jive & rumba without a dance partner. No experience is required. Everyone is welcome. Light refreshments provided. **Bookings essential.**

VIEWBANK

Melodies and memories at Viewbank Gardens

Free

- 📅 Tuesday 14 October, 1.00pm - 2.30pm
- 📍 Viewbank Gardens, 26-46 Rutherford Road, Viewbank
- ☎ 0447 272 714
- ✉ lincoln.emsley@keyton.com.au
- 🖱 keyton.com.au

Join us for a heartwarming afternoon filled with timeless tunes and cherished memories with vocalists Jen and Lisette.

WATSONIA

Tai Chi for arthritis

Free

- 📅 Wednesday 8 October, 10.00am
- 📍 Watsonia Community Hall, 37 Lambourn Road, Watsonia
- ☎ Marline Parmenter 0467 293 368
- ✉ marlineparmenter@gmail.com
- 🖱 watsonia50splusclub.com

Studies have shown that Tai Chi for arthritis program relieves pain, maintains and improves health and quality of life. Come along for a free trial and morning tea. No bookings necessary.



Tai Chi Qigong

Free

- 📅 Monday 6 October, 10.00am
- 📍 Watsonia 50s Plus Club Inc. Watsonia Community Hall, 37 Lambourn Road, Watsonia
- ☎ Marline Parmenter 0467 293 368
- ✉ marlineparmenter@gmail.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 morning tea. No bookings necessary.

WATSONIA

Aerobics

Free

📅 Thursday 9 October, 10.00am

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

📞 Barbara Pike 0419 579 954

✉ info@watsonia50splusclub.com

🖱 watsonia50splusclub.com

Enjoy a fun aerobics class which combines all elements of fitness to improve cardiovascular capacity, posture and balance. Come along for a free trial and morning tea. No bookings necessary.

Gentle aerobics

Free

📅 Thursday 9 October, 10.45am

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

📞 Barbara Pike 0419 579 954

✉ info@watsonia50splusclub.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. No bookings necessary.

Cards, 500 & Canasta

Free

📅 Monday 13 October, 12.00pm

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

📞 Lyn Kearney 0400 154 002

✉ lynjk1@bigpond.com

🖱 watsonia50splusclub.com

Beginners or long-term card players – all welcome. Playing cards offer several health benefits, as well as keeping the mind sharp and active. Come along for a free trial and afternoon tea. No bookings necessary.



Indoor carpet bowls

Free

📅 Thursday 9 October, 1.00pm

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

📞 Dennis Richards 0447 575 098

✉ info@watsonia50splusclub.com

🖱 watsonia50splusclub.com

Carpet bowls is a popular choice of activity, because of its relaxed pace and light physical demands. Beginners always welcome. Enjoy afternoon tea. No bookings necessary.

Scrabble

Free

📅 Wednesday 15 October, 1.00pm

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

📞 Angie Winkler 0410 810 330

✉ cwinks@yahoo.com.au

🖱 watsonia50splusclub.com

Join us for a friendly game of scrabble and afternoon tea. All levels of players welcome.

No bookings necessary.

Tai Chi

Free

📅 Thursday 16 October, 9.00am

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

📞 Marline Parmenter 0467 293 368

✉ marlineparmenter@gmail.com

🖱 watsonia50splusclub.com

Tai Chi may help improve your health, strength, balance, concentration, and wellbeing. Come along for a free trial and join us for morning tea. No bookings necessary.

Table tennis

Free

📅 Thursday 16 October, 1.00pm

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

📞 Patty Chow 0481 718 136

✉ pattychow@hotmail.com

🖱 watsonia50splusclub.com

Get your heart pumping with our friendly table tennis games every Thursday afternoon. Table tennis is a great way to improve hand-eye coordination and reflexes, and it is also a fun way to get some aerobic exercise. And don't worry, we'll keep you refreshed with free tea, coffee and biscuits! No bookings necessary.

ACROSS BANYULE

Freedom of Entry Parade and Ceremony

Free



Sunday 5 October,
Parade commences at 9.30am



The parade will start on Were St, Montmorency.
We will then march to Petrie Park to hold an
official ceremony, followed by morning tea.



9490 4222



arts@banyule.vic.gov.au

Banyule City Council is proud to partner with the Defence Force School of Signals to exercise their Freedom of Entry to the City of Banyule, by holding a parade and ceremony in Montmorency.

Freedom of Entry was originally a longstanding European tradition wherein an allied army would be granted authority to march through a town or city. As it was rarely sanctioned, it was accompanied with ceremonial parades that demonstrated a large degree of trust and pride between the two communities.

We welcome our community to join us for this customary event. No bookings required.

ONLINE

Third Age Fitness

Free

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

Wednesday 1 October - 10.30am Chair cardio

Friday 3 October - 10.30am Chair strength

Monday 6 October - 1.30pm Better balance

Wednesday 8 October - 8.30am Pilates

Tuesday 14 October - 10.30am Building strength

Friday 17 October - 10.30am Stretches & relaxation

Wednesday 22 October - 10.30am Cardio walking

Friday 24 October - 10.30am Strength and relaxation

To register visit <https://bit.ly/2025FestivalBookings>

For more information contact,



Carol 0411 246 741



carol@thirdagefitness.com.au



www.thirdagefitness.com.au

LGBTI+ FUN DAY OUT

Join us for a vibrant celebration of community, diversity,
and pride during Seniors Festival!

Monday 13 October 2025,
11.00am – 3.00pm
Preston City Hall, 284 Gower Street, Preston

With trivia quiz, live music, singalong, information stalls,
and more!

Come along to this free event – lunch included.

Bookings essential via **trybooking.com/DCVAK**

PROUDLY SUPPORTED BY VAL'S LGBTI AGEING & AGED CARE, MATRIX GUILD OF
VICTORIA, DAREBIN LGBTI+ SENIORS GROUP - THE ROSELLAS AND THE CITY OF
WHITTLESEA SILVER RAINBOWS.

SPONSORED BY



Banyule
City Council



City of
Whittlesea

Seniors Festival Calendar 2025

October

All events are FREE unless otherwise indicated.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Mall Walker 7.30am pg 4 Woodworking session 11.00am pg 6 Coffee & Chat at Jiji's Café 10.00am pg 9 Sing along 2.00pm \$5 pg 10 Online - Chair cardio 10.30am pg 13	2 Mall Walker 7.30am pg 4 Dancing for beginners \$5 1.30pm pg 4 Eltham Copper Butterfly larvae Count 8.00pm pg 5 Woodworking session 11.00am pg 6 Fun with clay for seniors 2.30pm pg 7 Thursday Walkers 9.30am pg 10	3 Nine holes of golf \$22 8.00am start pg 3 Seniors cycle class 8.30am pg 5 Woodworking session 11.00am pg 6 Women of West Heidelberg - Craft Group 12.00pm pg 7 Women of West Heidelberg - Fundraising Stall 9.00am pg 7 Come and try croquet sessions 10.00am pg 8 Online - Chair strength 10.30am pg 13	4 Spotlight walk 6.00pm pg 6 Come and try croquet sessions 1.00pm pg 8 Montmorency Village Seniors Week Pop up 10.00am pg 10
5 Montmorency Bowling Club try bowls days 10.00am pg 10 Freedom of Entry Parade & Ceremony 9.30am pg 13	6 Greensborough Probus Club - General Meeting 10.00am \$3 pg 5 Woodworking session 11.00am pg 6 Come & try social tennis 9.30am pg 8 Play table tennis 10.00am pg 9 Chatty crafters 10.00am pg 10 Friendly Faces Social Group 1.00pm pg 10 Tai Chi - Qigong 10.00am pg 11 Online - Better balance 1.30pm pg 13	7 Mall Walker 7.30am pg 4 Outdoor Heart Foundation walking group 9.30am pg 4 Eltham Copper Butterfly Larvae count 8.00pm pg 5	8 Mall Walker 7.30am pg 4 Woodworking session 11.00am pg 6 Heidelberg Artists exhibition \$5 1.00pm pg 7 Mindful movement 9.30am pg 10 Community lunch 12.30pm pg 11 Chatty café 1.30pm pg 11 Tai Chi for arthritis 10.00am pg 11 Latin dance 10.45am pg 11 Online - Pilates 8.30am pg 13	9 Mall Walker 7.30am pg 4 Dancing for beginners \$5 1.30pm pg 4 Eltham Copper Butterfly larvae count 8.00pm pg 5 Woodworking session 11.00am pg 6 Thursday Walkers 9.30am pg 10 Gentle aerobics 10.45am pg 12 Indoor carpet bowls 1.00pm pg 12 Aerobics 10.00am pg 12	10 Nine holes of golf \$22 8.00am start pg 3 Seniors cycle class 8.30am pg 5 Woodworking session 11.00am pg 6 Women of West Heidelberg - Fundraising Stall 9.00am pg 7 Delicious Devonshire Tea 12.00pm pg 7 Come and try croquet sessions 10.00am pg 8	11 Come and try croquet sessions 1.00pm pg 8 Coffee & Chat at Melody Cafe 10.00am pg 9

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12 Breakfast with the birds 7.00am pg 6 Montmorency Bowling Club try bowls days 10.00am pg 10	13 Woodworking session 11.00am pg 6 Come & try social tennis 9.30am pg 8 Play table tennis 10.00am pg 9 Cards 500 & Canasta 12.00pm pg 12 LGBTI+ Fun Day Out 11.00am pg 13	14 Mall Walker 7.30am pg 4 Outdoor Heart Foundation walking group 9.30am pg 4 Eltham Copper Butterfly larvae count 8.00pm pg 5 Women of West Heidelberg - Catch Up Day Group 12.00pm pg 7 Melodies and memories at Viewbank Gardens 1.00pm pg 11 Online - Building strength 10.30am pg 13	15 Mall Walker 7.30am pg 4 Scrabble 1.00pm pg 12 Woodworking session 11.00am pg 6 Coffee & Chat at Mr Macleod Cafe 10.00am pg 9 Sing along 2.00pm \$5 pg 10	16 Gut health seminar 1.00pm pg 2 Prepare for your future 11.00am pg 2 Dancing for beginners 1.30pm \$5 pg 4 Mall Walker 7.30am pg 4 Eltham Copper Butterfly Larvae count 8.00pm pg 5 Woodworking session 11.00am pg 6 Handmade greeting cards workshop 9.30am pg 8 Thursday Walkers 9.30am pg 10 Table tennis 1.00pm pg 12 Tai Chi 9.00am pg 12	17 Nine holes of golf \$22 8am pg 3 Dementia Carers Connect - lunch gathering 12.00pm pg 5 Seniors cycle class 8.30am pg 5 Woodworking session 11.00am pg 6 Women of West Heidelberg - Fundraising Stall 9.00am pg 7 Come and try croquet session 10.00am pg 8 Online - Stretches & relaxation 10.30am pg 13	18 Come and try croquet sessions 1.00pm pg 8
19 Old Time and New Vogue dance \$5 2.00pm pg 3	20 Woodworking session 11.00am pg 6 Intergenerational playgroup & morning tea 10.30am pg 7 Come & try social tennis 9.30am pg 8 Play table tennis 10.00am pg 9	21 Explore craft & wellbeing sessions 9.45am or 12.15pm pg 3 Mall Walker 7.30am pg 4 Outdoor Heart Foundation walking group 9.30am pg 4 Eltham Copper Butterfly larvae count 8.00pm pg 5	22 Explore craft & wellbeing sessions 9.45am or 12.15pm pg 3 Mall Walker 7.30am pg 4 Woodworking session 11.00am pg 6 Come & try watercolour painting 2.00pm pg 8 Online - Cardio walking 10.30am pg 13	23 Explore craft & wellbeing sessions 9.45am or 12.15pm pg 3 Mall Walker 7.30am pg 4 Dancing for beginners 1.30pm \$5 pg 4 Eltham Copper Butterfly Larvae count 8.00pm pg 5 Woodworking session 11.00am pg 6 Women of West Heidelberg - Social Group 12.00pm pg 7 Snack & chat Macleod Village Fish and Chips 12.00pm pg 9 Thursday Walkers 9.30am pg 10	24 Seniors Festival morning tea 10.30am pg 1 Nine holes of golf \$22 8am pg 3 Seniors cycle class 8.30am pg 5 Woodworking session 11.00am pg 6 Banyule Men's Shed Open Day 12.00pm pg 6 Women of West Heidelberg - Fundraising Stall 9.00am pg 7 Come and try croquet session 10.00am pg 8 Online - Strength and relaxation 10.30am pg 13	25 Come and try croquet sessions 1.00pm pg 8 Coffee & Chat Macleod Milkbar 10.00am pg 9
26 Wildflower walk 10.00am pg 6	27 Woodworking session 11.00am pg 6 Come & try social tennis 9.30am pg 8 Play table tennis 10.00am pg 9	28 Find your flow 12.30pm \$5 pg 3 Outdoor Heart Foundation walking group 9.30am pg 4 Mall Walkers 7.30am pg 4	29 Mall Walkers 7.30am pg 4 Woodworking session 11.00am pg 6 Sing along 2.00pm \$5 pg 10	30 Dancing for beginners 1.30pm \$5 pg 4 Mall Walkers 7.30am pg 4 Eltham Copper Butterfly Larvae count 8.00pm pg 5 Woodworking session 11.00am pg 6 Thursday Walkers 9.30am pg 10	31 Nine holes of golf \$22 8am pg 3 A day of culture, connection & celebration \$10 12.00pm pg 4 Seniors cycle class 8.30am pg 5 Woodworking session 11.00am pg 6 Women of West Heidelberg Stall 9.00am pg 7 Seniors Exercise Park come & try session with BBQ lunch 10.30am pg 8 Come and try croquet session 10.00am pg 8 Snack & chat General Chicken Co 12.00pm pg 9	