

# Monash Seniors Festival October 2021

See inside for details



CITY OF  
MONASH

PALS

positive  
ageing  
lifestyles

Oct-Dec 2021  
Edition

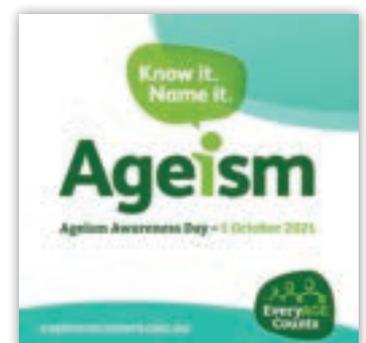


Monash Council is proud to be part of the Every Age Counts campaign to raise awareness of ageism and challenge ageist stereotypes.

## What is **ageism**?

It is when people discriminate or mistreat others solely based on their age. Ageism in the workplace comes from false beliefs and incorrect perceptions that older people have less to offer than younger people. Sometimes people are unaware that they are ageist but their behaviour can have significant effects on others.

We are seeking your support to shine a light on ageism. Please join the Monash Mayor, Councillor Brian Little, in support of the Every Age Counts campaign. Take the two-minute quiz at: [www.everyagecounts.org.au/take\\_the\\_quiz](http://www.everyagecounts.org.au/take_the_quiz) and sign the pledge.



# Positive Ageing Lifestyle Program (PALS)

**PALS is a Positive Ageing Lifestyle Program aimed at promoting healthy, active ageing and social inclusion.**

The program provides older members of our community with information on social activities and healthy living. Any older adult who lives, works or visits Monash can participate.



You can subscribe to receive the PALS Program either electronically or via mail. Simply register your details:

☎ 9518 3552 or @ [pals@monash.vic.gov.au](mailto:pals@monash.vic.gov.au)

## How to book

Please read through the program and choose any events and activities that you would like to participate in. If you are viewing the program electronically via your computer or smart device, please click on the trybooking reference number, which is quoted at the end of the event description, or go to [www.trybooking.com](http://www.trybooking.com) and quote the reference number to make a booking. Please note many of the events have a cap on the numbers of participants.

If you do not have access to a computer or smart device you can make a booking by calling Customer Service on:

☎ 9518 3555

@ [pals@monash.vic.gov.au](mailto:pals@monash.vic.gov.au)

## COVID-19 Safety

### PALS and Monash Seniors Festival

All events that will be held in person will follow all health guidelines and government restrictions. Please do not attend if you feel unwell, have COVID-19 symptoms, have potentially been exposed to COVID-19 in the two weeks prior to the event, have worked or been in hotel quarantine in the past seven days, or have been advised to isolate until you receive a negative test result. During times of restrictions the program will not operate.

*\* Please note - all in-person events may be cancelled at the last minute pending any COVID-19 Government restrictions or lockdowns.*

# Victorian Seniors Festival Reimagined 2021



## WELCOME TO MONASH Seniors Festival 2021

### MAYOR'S MESSAGE

Welcome to the 2021 Monash Seniors Festival. City of Monash is proud to present Monash Seniors Festival in 2021 live, in-person (hopefully) and online.

The theme for 2021 – 'keep'n on' – recognises the resilience of senior Victorians and encourages everyone to stay connected to their community and have a go by taking part in a range of events.



City of Monash,  
Mayor Cr Brian Little

The festival is a wonderful opportunity to have some fun, try something new and make new friends. You will find many Monash clubs, community groups and organisations hosting special events.

We've listed some in this program, including live performances, lunches, walks, comedy and wellbeing presentations.

We're delighted to launch this year's festival on Friday 1 October alongside the International Day of Older Persons with a special guest appearance from Elizabeth Chong AM. Elizabeth is a Chinese-born chef, author, presenter and teacher who was made a Member of the Order of Australia in 2019 for her significant service to the hospitality sector and her promotion of Chinese cuisine. *(Refer to page 4 for further details).*

This year's program aims to combat stereotypes of ageing and celebrate all Monash has to offer. To get the most out of what's happening throughout Monash, read through our program and register early.

Wishing you all the best.

# Monash Seniors Festival October 2021

Monash  
Seniors  
Festival

## Zoom in for Inspiration!

City of Monash is excited to celebrate and launch the 2021 Monash Seniors Festival, with Elizabeth Chong AM and Monash University, on feeling well as we age. Elizabeth Chong AM is regarded as Australia's leading teacher of Chinese cuisine and is one of the most loved and enduring personalities of the Australian food industry. In Melbourne's Chinatown, she is affectionately known as 'The Empress of Chinatown'.



Elizabeth embraces the many aspects of food, both in Australia and overseas and regularly appeared as a celebrity chef on Channel 10's Good Morning Australia with host Bert Newton. It is not uncommon to hear Elizabeth on radio where she continues to appear as a special guest.



Please join Elizabeth as we hear about her success as an Australian celebrity chef and also her journey to ageing positively.

*"We don't stop playing because we grow old. We grow old because we stop playing."*  
- George Bernard Shaw

Following Elizabeth, we will hear from Monash University Provisional Psychologists and learn about the importance of exercise to wellbeing and hear about the connections between exercise, feeling well, and improved physical health. Hear about the many ways you can remain active.

**Date:** Friday 1 October

**Time:** 1pm-2.30pm

**Venue:** ZOOM or call in and listen by phone

**Cost:** Free

**Bookings:**  [www.trybooking.com/BTQXZ](http://www.trybooking.com/BTQXZ)  
 9518 3555. Upon booking you will receive a confirmation email with the Zoom link

**Phone Bookings:** You will receive a confirmation phone call to provide you with the dial-in phone details.

**Pending restrictions.**



# Robert Stolz Viennese Music Society

## Memories of Vienna

Join popular singers Shu-Cheen Yu (soprano), Roy Best (tenor) and others in a musical journey through Old Vienna.

**Bookings required.**

**Date:** Saturday 2 October

**Time:** 2pm-4.15pm

**Venue:** Glen Waverley Uniting Church  
10-12 Bogong Ave, Glen Waverley

**Cost:** \$20

**Bookings:**  [www.trybooking.com/BTMHD](http://www.trybooking.com/BTMHD)

**Pending restrictions.**

**Enquiries:**  0409 160 669

# Vishva Hindul Parishad of Australia Inc

## Anna Daanam “Free Meal”

Join us for a free healthy and wholesome Indian vegetarian meal.

**Date:** Saturday 2 October

**Time:** 12.30pm-2.30pm

**Venue:** 135 Jells Rd, Wheelers Hill

**Cost:** Free/Donations welcome

**Bookings:**  0423 297 666

**Pending restrictions.**

## A spanner in the works

### Alice Anderson talk by Loretta Smith

Join author Loretta Smith to hear about her book on the real-life story of a daring Australian woman who did something extraordinary - then met an early, mysterious end. From the end of the Great War to the 1920s, Alice was a woman of rare achievement who excelled as a motoring entrepreneur and established Australia's first motor service run entirely by women. Her life was brief but extraordinary. An event in partnership with the Monash Libraries Family History Group.

**Date:** Monday 4 October

**Time:** 10.15am-11.30am

**Venue:** Online (Zoom)

**Bookings required:** Yes

**Booking:**  [www.trybooking.com/BTDXV](http://www.trybooking.com/BTDXV)

**Pending restrictions.**

**Enquiries:**  9265 4877

## Fitness Fun

### Mount Street Neighbourhood House

Join fellow seniors for some fun with various fitness classes to try: Gentle Exercise, Strength Training, Dance to Fitness, Yoga, and Pilates. Pending restrictions.

**Date:** Monday 4 October  
to Friday 8 October

**Time:**  9803 8706 for  
information on sessions

**Venue:** Mount Street Neighbourhood House,  
6 Mount St, Glen Waverley

**Cost:** Free

**Bookings:**  9803 8706

**Pending restrictions.**

**Parking:** Street Parking



## Come & Try Leisure Time

This welcome session will let you join in with a friendly and inclusive group as they have fun enjoying activities in a caring and supported way. Plenty of time for a chat and a laugh. Transport available (Glen Waverley only). Bookings essential.

**Date:** Monday 4 October

**Time:** 10.30am-12.30pm

**Venue:** Glen Waverley Uniting Church  
Corner Kingsway & Bogong Ave,  
Glen Waverley

**Cost:** Free

**Bookings:** ☎ 9560 3580

**Pending restrictions.**

## Chadstone Community Drum Circle

Come and join our community drum circle. All welcome, no experience necessary.

**Date:** Wednesday 6 October

**Time:** 1.30pm-3pm

**Venue:** St Marks Church Hall,  
Burton St, Chadstone

**Cost:** \$10/\$5 (concession)

**Bookings:** ☎ 0411 965 417

**Pending restrictions.**



## Waverley Spinners and Weavers

Meet this friendly group of crafters who gather every week to spin and weave, along with knitting and crochet. Beginners welcome.

**Date:** Tuesday 5, 12, 19 and 26 October

**Time:** 10am-3pm

**Venue:** Wadham House,  
52 Wadham Pde, Mount Waverley

**Cost:** Free

**Bookings:** ☎ 9802 2821

**Pending restrictions.**

**Parking:** Onsite street parking



## Seniors Keep Fit Class

### Waverley Life Activities Club

Try our free trial lesson. Have fun keeping fit. Diverse range of exercises. Suitable for both men and women. Work at your own pace and level. No pressure.

**Date:** Thursday 7, 14, 21 and 28 October

**Time:** 10.45am-11.45am

**Venue:** Mount Street Neighbourhood  
House, 6 Mount St, Glen Waverley

**Cost:** Free

**Bookings:** ☎ 0415 466 293 (essential)

**Pending restrictions.**



**ACTIVE  
MONASH**

## Seniors in the Park

### Strong4life – Active Monash

*Class for mature people who want to stay active as they age.*

This class will be a combination of cardiovascular, strength and balance exercises run by a qualified trainer from Active Monash.

**Date:** Starting Thursday 7 October  
last session Thursday 16 December

**Time:** 11.30am

**Venue:** Warrawee Park, Oakleigh

**Cost:** Free

**Bookings:** Via Eventbrite. See codes below.  
Bookings open on Wednesday 1 September.

**Pending restrictions.**

**Parking:** on site street parking

October
Thursday 7 <a href="https://bit.ly/2XviaB4">https://bit.ly/2XviaB4</a>
Thursday 14 <a href="https://bit.ly/3ARYQMT">https://bit.ly/3ARYQMT</a>
Thursday 21 <a href="https://bit.ly/3D0m8Sr">https://bit.ly/3D0m8Sr</a>
Thursday 28 <a href="https://bit.ly/3iWqsub">https://bit.ly/3iWqsub</a>

November
Thursday 4 <a href="https://bit.ly/3iVJCAe">https://bit.ly/3iVJCAe</a>
Thursday 11 <a href="https://bit.ly/3xXOZmP">https://bit.ly/3xXOZmP</a>
Thursday 18 <a href="https://bit.ly/37SLuTZ">https://bit.ly/37SLuTZ</a>
Thursday 25 <a href="https://bit.ly/3geRV8l">https://bit.ly/3geRV8l</a>

December
Thursday 2 <a href="https://bit.ly/3CXic4Z">https://bit.ly/3CXic4Z</a>
Thursday 9 <a href="https://bit.ly/37YQ7fv">https://bit.ly/37YQ7fv</a>
Thursday 16 <a href="https://bit.ly/3geqHit">https://bit.ly/3geqHit</a>



## Try Bowls Day

### Glen Waverley Bowls Club

Introduction to both outdoor and carpet bowls by club coaches. A Sausage Sizzle with tea/coffee and biscuits provided.

**Date:** Sunday 10 October

**Time:** 10am-2.30pm

**Venue:** Glen Waverley Bowls Club,  
690 Waverley Rd, Glen Waverley

**Cost:** Free

**Bookings:** ☎ 0438 352 057

**Pending restrictions.**

**Parking:** Free on site parking

## Monthly Meeting Experience

### Ladies Probus Club of Oakleigh

Join our Probus meeting and experience the speaker. Ladies only.

**Date:** Monday 11 October

**Time:** 10am-12pm

**Venue:** South Oakleigh Bowling Club  
1216 North Rd, Oakleigh South

**Cost:** Free

**Bookings:** ☎ 0421 490 983

**Pending restrictions.**

## Glencare's Meet and Greet Day

### Wavecare Inc.

Glencare is a social support program that has been operating for more than 40 years. Join us for a day of fun, art, music and bingo! Morning tea and a light lunch will also be provided.

**Date:** Tuesday 12 October

**Time:** 10.30am-2pm

**Venue:** Glen Waverley Community Centre,  
Hall C, 700 Waverley Rd, Glen Waverley

**Cost:** \$5

**Bookings:** ☎ 9560 6722

**Pending restrictions.**

# Men's Health in Action

## Monash Men's Shed in partnership with the City of Monash

Come along and join the friendly community at the Monash Men's Shed. Learn how to support the men in your family, and yourself, during these difficult times.

Witness the work of the Men's Shed in action; including woodwork and metalwork.

Hear from health experts on healthy eating and nutrition and other topics related to

positive and active aging. From 12.30pm share a healthy BBQ lunch with neighbours and friends and join an interactive and fun Drumming Workshop.

**Date:** Wednesday 13 October

**Time:** 10am-1pm

**Venue:** Monash Men's Shed, 49-77 Bogong Ave, Glen Waverley  
This event will an online webinar via Zoom if COVID-19 restrictions are in place. You will be contacted with a Zoom link prior to event.

**Cost:** Free, including healthy bbq lunch

**Bookings:**  [www.trybooking.com/BTTSI](http://www.trybooking.com/BTTSI)

 9518 3555

**Pending restrictions.**

**Parking:** Free on site and street parking



*COVID-19 Safety: This will be a COVID-19 safe event following government safety regulations with Council staff supervising indoor and outdoor areas.*



## Open Garden and **Summer Vegetable Workshop**

### **Waverley Garden Club in partnership with the City of Monash**

*To Plant a Garden Today is to believe in tomorrow.*



Join us for a tour of a massive suburban garden featuring an array of gorgeous flowers, towering trees and an enormous vegetable garden. This event is supported and delivered in conjunction with Waverley Garden Club which will be running summer vegetable workshops through the event. Each participant will plant their very own

punnet of summer vegetable seeds to take home and grow. Never underestimate the healing power of a quiet moment in the garden. A light afternoon tea will be provided.

**Date:** Thursday 14 October 2021

**Time:** 12.30pm-2.30pm

**Venue:** Park Orchards, address provided upon booking

**Cost:** Free

**Bookings:**  [www.trybooking.com/BTSNM](http://www.trybooking.com/BTSNM)

 9518 3555

**Pending restrictions.**

**Parking:** On street parking

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## Weekly Social Lunch & Information **Catanzaro Senior Citizens Club of Monash**

An opportunity for Italian Senior Citizens to socialise, get support and find friendship over a delicious home-cooked meal.

**Bookings essential.**

**Date:** Friday 15 October

**Time:** 11am-3.30pm

**Venue:** Monash Community Inn,  
72 Clayton Rd, Clayton

**Cost:** \$13

**Bookings:**  9796 3620 (essential)

**Pending restrictions.**

**Parking:** Onsite parking

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## Intercultural **High Tea Book Club Meeting**

### **Monash Interfaith Gathering**

This club was formed in 2020 at the height of the COVID-19 lockdown to address social isolation and to bring people together for social cohesion; foster intercultural understanding; encourage a love of reading and to share world recipes and discuss current issues.

**Date:** Friday 15 October

**Time:** 10.30am-12pm

**Venue:** Glen Waverley Library,  
112 Kingsway, Glen Waverley

**Cost:** Free

**Bookings:**  0402 436 849

**Pending restrictions.**

# Nurse Next Door's Happy Hour

## In partnership with City of Monash, Nurse Next Door, Aveo Retirement Villages

Happy Hour is designed to give older people the tools and confidence to maintain a sense of purpose and possibility as they age.

The Power of Happier Ageing presentation, provides proven ways to enhance well-being as we age.

Free one-hour hands-on workshop includes activities such as:

- Finding out how old you would be (if you didn't know how old you are!)
- Understanding the difference between a fixed and growth mindset
- Practising the three steps towards identifying and tackling challenges with a sense of possibility
- Identifying daily opportunities to practise intentional happiness and
- Learning simple meditation and mindfulness techniques

Everyone leaves with a happiness tool kit with information and resources to continue practising what has been learnt during the workshop.

**Date:** Friday 15 October

**Time:** 10.30am-11.30am

**Venue:** Oak Tree Hill,  
Aveo Retirement Villages  
37-55 View Mount Rd, Glen Waverley

**Cost:** Free

**Bookings:**  [www.trybooking.com/BTSOE](http://www.trybooking.com/BTSOE)

 9518 3555

**Pending restrictions.**

**Parking:** View Mount Rd or  
St Ronans Crt, Glen Waverley

## Monash Seniors Festival Program

You are welcome to stay around after this event for Aveo Retirement Villages Open Day.

## Aveo Retirement Villages Open Day

A lifestyle community to call home. Come and experience a catered open day at Oak Tree Hill; see our amazing facilities, refurbished units and meet some of our wonderful residents.

**Date:** Friday 15 October

**Time:** 11.30am-1pm

**Venue:** Oak Tree Hill,  
Aveo Retirement Villages  
37-55 View Mount Rd, Glen Waverley

**Cost:** Free

**Bookings:**  0436 925 172

**Pending restrictions.**

**Parking:** View Mount Rd or  
St Ronans Crt, Glen Waverley



# Special Celebratory Gathering

## Combined Probus Club of Monash Central

Join our enthusiastic members for a lively morning tea and hear an exciting presentation by Rob Everett recounting the story of the RACV.

**Date:** Friday 15 October

**Time:** 10am-12pm

**Venue:** Mount Waverley Youth Centre,  
47 Miller Cres, Mount Waverley

**Cost:** Free

**Bookings:** ☎ 0423 050 796

*Pending restrictions.*

# Scottish Country Dancing

## Come & Try Night Waverley Scottish Society Inc.

Scottish country dancing classes provide fitness, fun and friendship. Done to the beat of lively music, no partner or special clothes are necessary, just a pair of soft shoes. Good fitness and mobility required.

**Date:** Monday 18 October

**Time:** 8pm-10pm

**Venue:** St John's Uniting Church Hall,  
37 Virginia St, Mount Waverley

**Cost:** Free

**Bookings:** ☎ 9504 8373 (Margaret)

*Pending restrictions.*

# Come and Try Class Introducing Nia

## Oakleigh Recreation Centre

Come and try a new and exciting Active Older Adults group fitness class at the all-new Oakleigh Recreation Centre.

Nia is an Active Older Adults class that improves cardio conditioning and optimises whole body fitness in a way that is fun and feels good at the same time.

The movement can be adapted to suit all kinds of unique needs. It's a fun and safe way for everyone to be active.

**Date:** Monday 18 October

**Time:** 10.30am-11.15am

**Venue:** Oakleigh Recreation Centre,  
2A Park Rd, Oakleigh

**Cost:** Free

**Bookings:** 🌐 [www.trybooking.com/BTSOK](http://www.trybooking.com/BTSOK)

☎ 9518 3555

*Pending restrictions.*

**Parking:** Free onsite parking



**ACTIVE  
MONASH**



## Monash Seniors Festival Celebration

### Habitat Garden Workshop

Find out about Monash's Gardens for Wildlife program, which supports people in making their gardens friendly to wildlife. As our suburbs have become more developed we are losing vegetation and other habitat that wildlife need to survive. There are easy things we can all do in our gardens to help nature, while making our gardens beautiful and diverse. Our volunteer Garden Guides visit gardens to provide support and advice on how to create an indigenous plant garden and introduce other elements to help our local native birds, insects, skinks and other animals.

Come and hear more about how to create a habitat garden and learn more about the program from our Sustainability team and the Garden Guides.

Stay and enjoy a light morning or afternoon Tea following the event.

**Date:** Tuesday 19 October

**Time:** 10am-12pm

**Venue:** Halcyon Positive Ageing Activity Centre, 915 Waverley Rd (inside the gates of the Glen Waverley Golf Course)

**Cost:** Free

**Bookings:**  [www.trybooking.com/BTSOT](http://www.trybooking.com/BTSOT)

 9518 3555

**Pending restrictions.**

**Parking:** Free parking at the Golf Club

**Please note – this event will be online via Zoom if in lockdown.**

# Monash Seniors Festival Celebration

## Electra Reserve Extravaganza Open Day

Try your hand at bridge, chess, croquet, uno, mindful colouring, drumming and more!

The Monash (Waverley) Bridge Club Inc. & the Monash Croquet Club invite you to their extravaganza open day. Come along and see for yourself how much fun and how social these games can be.

Not only can these games be witty and competitive – they also help to keep your mind active and you socially connected.

**Date:** Wednesday 20 October

**Time:** 10am-1pm

**Venue:** Electra Reserve, 21A Electra Ave, Ashwood (new rear building)

**Cost:** Free

**Bookings:** Refer to trybooking reference number below ☎ 9518 3555

**Pending restrictions.**

**Parking:** Free on-site parking



**Please note bookings are essential and each session runs for 45 minutes and you can book for more than one session. Max 20 people per session. If you do not have access to Trybooking please phone: ☎ 9518 3555.**

Time	Activity	Location	Bookings
10am	Beginner Bridge	Bridge Room	<a href="http://www.trybooking.com/BTSPN">www.trybooking.com/BTSPN</a>
10am	Beginner Chess	Chess room	<a href="http://www.trybooking.com/BTSPO">www.trybooking.com/BTSPO</a>
10.45am	Beginner Croquet lesson	Croquet Field	<a href="http://www.trybooking.com/BTSPZ">www.trybooking.com/BTSPZ</a>
11.30am	Drumming Workshop	Studio 2	<a href="http://www.trybooking.com/BTSQJ">www.trybooking.com/BTSQJ</a>
12pm	Beginner Bridge	Bridge Room	<a href="http://www.trybooking.com/BTSQB">www.trybooking.com/BTSQB</a>
12pm	Beginner Chess	Chess Room	<a href="http://www.trybooking.com/BTSQC">www.trybooking.com/BTSQC</a>
12pm	Croquet come and try social fun	Croquet Field	<a href="http://www.trybooking.com/BTSQF">www.trybooking.com/BTSQF</a>
10am-1pm	Colouring, Uno, Quoits Gap filler activities	Common space activities	No bookings required A registration and common activity space.

\*Free Barista coffee voucher for all pre-booked participants  
Please note – this is a flat sole shoe event

*COVID-19 Safety: This will be a COVID-19 safe event following government safety regulations with Council staff supervising indoor and outdoor areas.*

# Come & Try Lawn Bowls

## Oakleigh Bowling Club

Come and try social lawn bowls! Have some fun and meet new people. Keep active. Bowls supplied but flat-soled shoes required and bookings essential. Light lunch provided.

**Date:** Thursday 21 October

**Time:** 11am-1pm

**Venue:** Oakleigh Bowling Club,  
87-93 Drummond St, Oakleigh

**Cost:** Free

**Bookings:** ☎ 9568 1305

@ oakleighbowls@hotmail.com

**Pending restrictions.**



## Friendship Fridays Launch

### Would you like to be more social and meet new people?

Friendship Fridays is a relaxing place to come together to meet likeminded people, make new friends and socialise. There will be light refreshments and entertainment for the whole family.

**Date:** Friday 22 October

**Time:** 10am-12pm

(Please note: after the launch there will be re-occurring events (1st and 3rd Friday of each month) 10.30am-2.30pm

## Monash Seniors Festival Event

**Venue:** Halcyon Positive Ageing Activity Centre, 915 Waverley Rd  
Inside gates of Glen Waverley Golf Course

**Cost:** Free

**Bookings:** 🌐 [www.trybooking.com/BTNUU](http://www.trybooking.com/BTNUU)

☎ 9518 3555

**Pending restrictions.**

**Parking:** Free parking at the Golf Club



*COVID-19 Safety: This will be a COVID-19 safe event following government safety regulations with Council staff supervising indoor and outdoor areas.*



## Monash Seniors Festival Event

# Seniors Safety Forum and Drumming Workshop

Please join our professional panel of safety experts as they ‘drum’ into you the importance of being aware of the latest scams, fire safety in the home, safely using public transport and basic first aid tips.

Our entertaining drumming workshop will warm you up ready for our MC and the presenters who will keep you engaged & captivated as we run through these important safety topics.

**Bookings essential.**

Free coffee and lunch provided for all pre-booked participants.

**Date:** Friday 22 October

**Time:** 10.30am-1pm

**Venue:** Mackie Road Neighbourhood House, 36-42 Mackie Rd, Mulgrave

**Cost:** Free

**Bookings:**  [www.trybooking.com/BTPFD](http://www.trybooking.com/BTPFD)

 9518 3555

**Pending restrictions.**

**Parking:** Free on-site parking

TIME	SPEAKER	TOPIC
10.30am	Drumming Workshop	
11.00am	Consumer Affairs	Scams to be aware of during COVID-19
11.20am	FRV – Formally MFB	Fire Safety in the Home
11.40am	Metro Trains	Using Public Transport – Safety tips and Myki
12pm	Ambulance Victoria	Basic First Aid tips
12.30pm	Lunch and networking	

Free coffee & Lunch voucher for all pre-booked participants

*COVID-19 Safety: This will be a COVID-19 safe event following government safety regulations with Council staff supervising indoor and outdoor areas.*



## All generation Family Fun Bowls Day

### Mount Waverley Bowls Club

As one of Victoria's most accessible sports, lawn bowls can be enjoyed by anyone regardless of age, gender, experience, or physical ability and can be a fun way to get moving while meeting new people.

Bring your family, friends and neighbours along and join us for a free all-generational family bowls day. There will be activities for all ages including face painting, BBQ, bowling workshops and more.

Only flat-soled shoes or bare feet allowed on the greens.

## Monash Seniors Festival Event

**Date:** Sunday 24 October

**Venue:** Mount Waverley Bowls Club,  
Cnr Alvie Rd and Wadham Pde,  
Mount Waverley

**Cost:** Free

**Parking:** Carpark at entrance to club

### Session 1

**Time:** 12.30pm-2pm

**Booking:**  [www.trybooking.com/BTSVD](http://www.trybooking.com/BTSVD)  
 9518 3555

### Session 2

**Time:** 2.30pm-4pm

**Booking:**  [www.trybooking.com/BTSVF](http://www.trybooking.com/BTSVF)  
 9518 3555

**Note: Please book 1 session only.  
Pending restrictions.**

*COVID-19 Safety: This will be a COVID-19 safe event following government safety regulations with Council staff supervising indoor and outdoor areas.*



## Fallen Diggers

### Waverley Historical Society

The president of Fallen Diggers Inc will talk about the 27 soldiers they have been taken off the missing list. He will explain how they went about searching for these missing Diggers.

**Date:** Sunday 24 October

**Time:** 2pm-3.30pm

**Venue:** Rooms above Mount Waverley Library, (lift available)  
41 Miller Cres, Mount Waverley

**Cost:** Free/Donations welcome

**Bookings:** ☎ 0409 488 868  
@ waverleyhsvic@gmail.com  
(email preferred)

**Pending restrictions.**

## Monash Seniors Festival Event

**Date:** Wednesday 27 October

**Time:** 9am-11am

**Venue:** Valley Conservation Reserve, Education Hub, Corner Waimarie Dr and Wills Rd, Mount Waverley

**Cost:** Free

**Bookings:** 🌐 [www.trybooking.com/BTSVI](http://www.trybooking.com/BTSVI)  
☎ 9518 3555

**Pending restrictions.**

**Parking:** On site



## Bringing Back the Bush

### Valley Conservation Reserve in Flower

Walk and learn with us on a stroll through Valley Conservation Reserve. There will be information from our Aboriginal Elder to help participants look for different plants in flower and identify how the bush is improving. There will be a slower shorter walk and a faster longer walk. This event is supported by Friends of Scotchmans Creek and Waverley Bushwalking Club. Please wear comfortable walking shoes, slip on a hat and slop on some sunscreen. Light morning tea will be provided at the conclusion of the walk, Please bring your own bottle of water.

## Come and try Croquet

### Monash Croquet Club

Come and have a try at playing croquet. Mallets supplied. Enjoy a cup of tea or coffee afterwards.

**Date:** Wednesday 27 October

**Time:** 1pm-3pm

**Venue:** Electra Reserve,  
21A Electra Ave, Ashwood

**Cost:** Free

**Bookings:** ☎ 9803 3053 or 0418 339 458

**Bookings required.**

**Pending restrictions.**



## Cafè Bazaar Seniors Day Celebration

### MiCare Oakleigh

Come and join us for a Seniors Festival open day celebration. Festivities will include a special afternoon tea, music and information stalls about Micare services.

**Date:** Wednesday 27 October

**Time:** 1pm-4pm

**Venue:** Oakleigh Monash Seniors  
Community Hall, 148 Drummond St,  
Oakleigh

**Cost:** \$2.00

**Bookings:** ☎ 0413 588 657

**Pending restrictions.**





## The secret language of flowers

**Presented by Cheralyn Darcey**

Did you know that all flowers hold different meanings? Floriography (the language of flowers) first came to prominence in the Victorian era, and is the art of communicating messages through different types of flowers. What flowers should you give to someone you love?

Or to convey a message of good luck or of sympathy? Join us for this special online event to learn more about flowers and their meanings and symbolism.

Botanical expert and artist Cheralyn Darcey is the author of around 20 gardening titles, and co-hosts a weekly gardening show on the radio and writes for her local newspapers.

**Date:** Thursday 28 October

**Time:** 7pm–8pm

**Location:** Online (Zoom)

**Bookings:** 🌐 [www.trybooking.com/BTHQC](http://www.trybooking.com/BTHQC)

**Pending restrictions. Bookings required.**

**Enquiries:** ☎ 9518 3030

## Social Walk of Scotchmans Creek Trail

### ACTIVE MONASH

#### Pick your pace - from slow & social to fit & fast!

Meet at Oakleigh Recreation Centre for a slow and social or fast and fit walk of Scotchmans Creek Trail.

After the walks we will return to Oakleigh Recreation Centre for refreshments and tour of Centre.

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## Royal Botanic Gardens Cranbourne Day Trip

#### Australian Colours of Spring

Royal Botanic Gardens Cranbourne offers a natural bushland experience alongside the Australian Garden, an award-winning, contemporary botanic garden featuring the plants and ecosystems of south-east Australia. The Australian Garden celebrates the beauty and diversity of Australian landscapes and flora and features approximately 170,000 plants from 1,700 plant varieties.

Join us for a day trip by coach with exclusive guided bus and walking tours of the gardens wrapped up with lunch at the café overlooking the expansive gardens. Limited numbers. **Bookings essential.**

## Monash Seniors Festival Event

Free coffee after the walk and prizes to be won.

**Date:** Friday 29 October

**Time:** 10am

**Venue:** Meet at Oakleigh Recreation Centre Reception, 2A Park Rd, Oakleigh

**Cost:** Free

**Bookings:**  [www.trybooking.com/BTSVL](http://www.trybooking.com/BTSVL)

 9518 3555

**Pending restrictions.**

**Parking:** On site

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## Monash Seniors Festival Event

Be sure to pack your walking shoes, water bottle, sunscreen and a hat.

**Date:** Monday 8 November

**Time:** Departing at 9am and returning at 4pm

**Venue:** Buses will be departing from Central Reserve, 690 Waverley Rd, Glen Waverley to Royal Botanic Gardens, Cranbourne

**Cost:** \$30 per person (payment upon booking)

**Bookings:**  [www.trybooking.com/BTSVQ](http://www.trybooking.com/BTSVQ)

 9518 3555

**Pending restrictions.**

**Parking:** All-day parking available at Central Reserve

**A detailed itinerary will be sent out to you approximately one week prior to the trip.**

# PALS November Programs

## We Remember War memorials of Victoria

War memorials fulfil a need to recognise, remember and learn about the losses and achievements of wartime. They can take many forms, from statues to gates to avenues of honour and can be found in almost every Victoria town and city. As we prepare to mark Remembrance Day 2021, join us for a special virtual presentation

on the history, little known stories and traditions surrounding some of these memorials.

Presented in partnership with the Monash Libraries Family History Group.

**Date:** Monday 1 November

**Time:** 10.15am-11.30am

**Venue:** Online (Zoom)

**Bookings:**  [www.trybooking.com/BTDXX](http://www.trybooking.com/BTDXX)

**Pending restrictions.**

**Bookings required.**

**Enquiries:**  9518 3030



# Bowling with Babies

## Come and try lawn bowls Mount Waverley Bowling Club

Bowling with Babies, or grandbabies, is a fitness and social activity that you can enjoy with your little one.

Have a bowl and chat with free tuition

provided in a relaxed and safe environment.

**Date:** Friday 4, 11, 18 and 25 November

**Time:** 10am-11:30am

**Venue:** Mount Waverley Bowling Club,  
Cnr Alvie Road and Wadham Pde,  
Mt Waverley

**Cost:** Free

**Bookings:** Not required

**Pending restrictions.**

**Enquiries:** ☎ 0412 793 122

**Parking:** On site parking

# The 2021 Intergenerational Games

## Pony Cam Theatre Production presents in partnership with PALS.



Part playful round-robin, part community fair, The 2021 Intergenerational Games is a fun and unique opportunity to connect with people you have never met, participate

in games you haven't played in a while, and rediscover your inner competitor.

Sign-up to take part in the showdown of the century. A one-day festival where young and old will jostle for victory across a series of prestigious events. From horseshoe throwing to egg and spoon racing. From blindfolded portrait-painting, to marshmallow mouth-stuffing - teams will compete in a diverse, and playful series of game-like events.

Rounds are themed, and will start once an hour. Sign-up for one round, or sign-up for all. Upon sign-up, you will be sent a pack with what to expect, and what to bring. Events will be tailored to abilities and needs.

**Date:** Sunday 14 November

**Time:** 2pm-5pm  
(one session per/hour)

**Venue:** Oakleigh Hall,  
142 Drummond St, Oakleigh

**Enquiries:** ☎ 0422 322 816

**Bookings:**

🌐 [forms.gle/mmfaQq6YaHdG5KcU8](https://forms.gle/mmfaQq6YaHdG5KcU8)

**For further information:**

@ [ponycamcollective@gmail.com](mailto:ponycamcollective@gmail.com)

☎ 0422 322 816.

**Pending restrictions.**

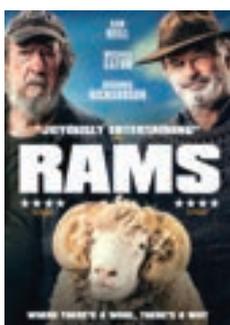
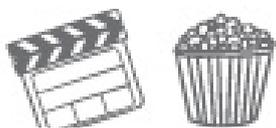
**Parking:** On-street parking or multi-deck carpark Atkinson St, Oakleigh

**Everyone is welcome.**



# PALS Movies in Monash

## RAMS



In remote Western Australia, two estranged brothers, Colin (Sam Neill) and Les (Michael Caton), are at war. Raising separate flocks of sheep descended from their family's prized bloodline, the two men work side by side yet are worlds apart.

**Date:** Thursday 18 November

**Time:** 11am-1pm

**Running Time:** 1 hour 33 minutes

**Venue:** Clayton Community Centre Theatre, 9-15 Cooke St, Clayton

**Cost:** FREE entry and subsidised coffee from the Healthlink Cafe

**Bookings:**  [www.trybooking.com/BTSVT](http://www.trybooking.com/BTSVT)

 9518 3555

**Pending restrictions.**

**Rating:** M, Drama

**Parking:** 3hr parking located at rear of Clayton Community Centre

*COVID-19 Safety: This will be a COVID-19 safe event following government safety regulations with Council staff supervising indoor and outdoor areas.*

## Free Fridays

### Come and try Lawn Bowls

#### Mt Waverley Bowling Club

Everyone is welcome to come and try lawn bowls at the friendly Mount Waverley Bowls Club. Easy to learn and free tuition provided.

This fun and social experience will give you a lifetime of enjoyment - all ages and all abilities welcome.

**Date:** Friday 5, 12, 19 and 26 November

**Time:** 4pm-6pm

**Venue:** Mount Waverley Bowling Club, Cnr Alvie Road & Wadham Pde

**Cost:** Free

**Bookings:** Not required

**Pending restrictions.**

**Enquiries:**  0412 793 122

 [info@mwbc.com.au](mailto:info@mwbc.com.au)

**Parking:** On-site parking



# FRIENDSHIP FRIDAYS

Would you like to be more social and meet new people?



## Friendship Fridays might be for you!

Come and enjoy this relaxing place where you can pop in at any time, meet likeminded people, make new friends, socialise and try your hand at the vast array of activities on offer. They include knitting circle, technology support, arts and crafts, exercise, gardening and so much more.

For more info:  0466 028 918

### First and third Friday of every month

10.30am-2.30pm

*Pop in any time and stay as long as you like.*

### Halcyon Positive Ageing Activity Centre

915 Waverley Road,  
Glen Waverley

*Located inside the gates of the Glen Waverley Golf Course*

**Cost:** Gold coin donation for tea/coffee

**Book:** TryBooking  [www.trybooking.com/BTNUU](http://www.trybooking.com/BTNUU)

or  Customer Service on 9518 3555



*COVID-19 Safety: This will be a COVID-19 safe event following government safety regulations with Council staff supervising indoor and outdoor areas.*

# PALS December Programs

## End of Year Celebration Afternoon Tea

### At Huntingdale Golf Club

A delightful end-of-year celebration that includes high tea and entertainment. Pop on your dancing shoes or simply get ready for some toe-tapping beats with the entertaining Sarah and Terry. The duo is ready to celebrate with you in style with a scrumptious high tea at Monash's world-renowned Huntingdale Golf Course.

**Date:** Wednesday 1 December

**Time:** 2pm-4pm

**Venue:** Huntingdale Golf Club, Windsor Ave, Oakleigh South

**Cost:** \$15, includes high tea and entertainment

**Bookings:**  [www.trybooking.com/BTSWW](http://www.trybooking.com/BTSWW)

 9518 3555

**Pending restrictions.**

**Parking:** On site parking

Sarah and Terry



# PALS Movies in Monash

## Last Christmas



Influenced by ambivalence, Katarina, an aspiring singer, works as an elf in Central London. However, she gains a new perspective on life when she meets Tom.



**Date:** Monday 13 December

**Time:** 11am-1pm

**Running Time:** 1 hour 43 minutes

**Venue:** Clayton Community Centre Theatre, 9-15 Cooke St, Clayton

**Cost:** Free. Coffee/Tea & Christmas treat provided!

**Bookings:**  [www.trybooking.com/BTSVX](http://www.trybooking.com/BTSVX)

 9518 3555

**Pending restrictions.**

**Rating:** PG, Romance/Comedy

**Parking:** 3hr parking located at rear of Clayton Community Centre

## Extension of the COVID-19 Support Line

The Older Persons COVID-19 Support Line has been extended until 31 December 2021 to ensure senior Australians get the services and assistance they need during the COVID-19 pandemic.

The Older Persons COVID-19 Support Line was set up to provide information, support and connection for older Australians during the period of social distancing measures in response to the pandemic.

The Support Line is a joint initiative between COTA Australia, National Seniors, Dementia Australia and the Older Person's Advocacy Network supported by funding from the Australian Government.

Older Australians, their families, friends and carers can Freecall  1800 171 866.



# Health and Wellbeing

## Oakleigh Recreation Centre

The wait is over! The \$25 million redevelopment of Oakleigh Recreation Centre has finished and our fantastic facility is now open. (COVID-permitting.)

Put your health and fitness first this year and get involved in Active Adults at Monash. To help you get started you can access a FREE Active Adults class at Oakleigh Recreation Centre by presenting the voucher below.

For more information visit:  
[www.activeorc.com.au](http://www.activeorc.com.au)

# FREE CLASS\*

First Name:

Surname:

Contact Number:

Offer valid from 1 Sept - 30 Dec 2021 for any Active Adult class. Valid at Oakleigh Recreation Centre only. COVID-permitting.

## Monash Customer Service

Our service centres at the Monash Civic Centre (293 Springvale Road, Glen Waverley) and the Oakleigh Service Centre (3 Atherton Road, Oakleigh) are closed (due to COVID-19 restrictions). Subject to change. Check the Monash Council website for the latest update.

You can also contact us:

📞 9518 3555 @ [mail@monash.vic.gov.au](mailto:mail@monash.vic.gov.au)  
🌐 [www.monash.vic.gov.au](http://www.monash.vic.gov.au) (webchat)

National Relay Service (for people with hearing or speech impairments)

📞 1800 555 660

🌐 [www.monash.vic.gov.au/pals](http://www.monash.vic.gov.au/pals)

@ [PALS@monash.vic.gov.au](mailto:PALS@monash.vic.gov.au)

## COVID-19

### Where to go for help and information

There's support you can access if you are feeling isolated, worried or need someone to talk to:

- **Community Connector**

If you call the COVID-19 hotline 📞 **1800 675 398** and select "option three", you will be connected to an Australian Red Cross volunteer. The volunteers are trained to help callers who may be feeling distressed or anxious about COVID-19.

- **The Older Persons COVID-19 Support Line** 📞 **1800 171 866**

A dedicated free call support line that provides information and support to senior Australians, their families and carers. The support line operates Monday to Friday (excluding public holidays) from 8.30am to 6pm.

- **Friend Line Telephone Support service-1800 4 CHATS**

📞 **1800 424 287**

Friend Line offers a free and anonymous telephone service that provides senior Australians with the opportunity to chat with a volunteer. The service is available seven days a week between 10am and 8pm.

- **Coronavirus Mental Wellbeing Support Service** 📞 **1800 512 348**

A free 24/7 support service specifically designed to help people through the COVID-19 pandemic offered by Beyond Blue.

## Language Assist

普通话 9321 5485

Ελληνικά 9321 5482

廣東話 9321 5481

සිංහල 7005 3002

हिंदी 7005 3000

Việt Ngữ 9321 5487

தமிழ் 7005 3003

தமிழ் 9321 5484

Italiano 9321 5483

Bahasa Indonesia 7005 3001