

WHITEHORSE SENIORS FESTIVAL 2024



**POSITIVE
AGEING**

Victorian
Seniors
Festival
2024

EXPLORE.
ENGAGE.
EVOLVE.



Welcome to the 2024 Whitehorse Seniors Festival



Whitehorse City Council is proud to present this year's Whitehorse Seniors Festival, which will take place from 1 October – 31 October 2024.

The theme for this year's festival – Explore. Engage. Evolve. – encourages residents to stay curious and connected by exploring new activities, meeting new people and changing how we think of ageing.

Across Whitehorse we are lucky to have many vibrant and varied community groups that have contributed to this year's program, offering an array of activities and events.

I congratulate and thank the remarkable clubs and groups who have embraced the spirit and participated. These offerings provide an invaluable opportunity for everyone to embark on new adventures or rekindle their passions.

Our festival launches with the grand opening event at the Nunawading Hub, hosted by U3A Nunawading on Sunday 6 October. Here you'll be treated to live music, dance, crafts and more.

Throughout the program, you'll find more than 160 Council and community-run events, which are either free or low-cost, including film screenings, dance classes, craft classes, health and wellbeing sessions, guided walks, karaoke and more. Don't miss our grand finale, Yacht Rock Revival, which will be showcased in our state-of-the-art theatre, The Round.

I hope you embrace this opportunity to enjoy our Seniors Festival and the variety on offer.

Simon McMillan
Chief Executive Officer



HOW TO USE THIS FESTIVAL PROGRAM?

To enjoy the diverse activities, workshops, and events available throughout October, please take your time to read through the program. It is organised by date and includes events at various locations across Whitehorse, as well as some in neighbouring councils.



HOW TO BOOK AND IS THERE A COST?

Contact Information: Each event listing in the program includes a contact for enquiries.

Booking Requirements: If bookings are required, there will be either a contact number or a link to a booking system. Refer to the booking information under each event listing for specific details.

Cost of Events: Events listed are free unless a cost is stated.

Whitehorse Seniors Festival is part of the statewide Victorian Seniors Festival. To view the statewide program please visit: www.seniorsonline.vic.gov.au/victorian-seniors-festival

Whitehorse Seniors Festival Grand Opening

Proudly hosted by U3A Nunawading and supported by Whitehorse Positive Ageing



U3A showcases the amazing talents of our local community. Entertainment by the swing band, choir and guitar classes plus dance and exercise. Art and craft exhibitions and refreshments available throughout the day.

Date: Sunday 6 October

Time: 10am-3pm

Venue: Nunawading Hub, 96-106 Springvale Road, Nunawading

Enquiries: ☎ 9878 3898 ✉ admin@u3anunawading.org.au



The Role of Health and Exercise Information Session

Eastern Health Institute

Professor Petreris Darzins world leader in Dementia Research, Clinical Service Director along with Peter Mellow, Sport Scientist and Director of Learning and Teaching, will share practical information, advice and things we all can do to remain healthy as we age.



Date: Friday 11 October

Time: 2pm-3.30pm

Venue: Box Hill Community Arts Centre
Arbour Room, 470 Station Street, Box Hill

Enquiries: ☎ 0404 458 702

Bookings: 🌐 www.trybooking.com/CTZHC



What's Age got to do with it?

Eastern Elder Abuse Network

Engaging workshop exploring assumptions and stereotypes about ageing.



Date: Wednesday 2 October

Time: 10am-12.30pm

Venue: Knox Library, Westfield Knox

Date: Thursday 3 October

Time: 10am -12.30pm

Venue: Realm Library, Ringwood Town Square

Enquiries: ☎ 1300 325 200

Bookings: 🌐 <https://t.ly/eHoec>



THURSDAY 10 OCTOBER (PAGE 13)

Supported by Whitehorse Active Transport Team

Walk with Care Pedestrian Safety

Learn about the benefits of walking, pedestrian safety and being visible. Light refreshments provided.

Driver Safety

Join us for road safety awareness presentation for seniors. Light refreshments provided.

TUESDAY 22 OCTOBER (PAGE 21)

Supported by Whitehorse Sustainability Team

FOGO Facility Tour

Join a trip to our food and garden organics (FOGO) processor with education about food waste recycling.



Underground Cabaret: Beating up the Beatles

Charlee Watt promises a celebration of Beatles music and an entertaining evening as she looks for hints and tips about love within The Beatles catalogue. Charlee is overjoyed to debut her award-winning show, Beating Up the Beatles to the Underground Cabaret crowd. This performance showcases improvised jazz arrangements performed by legends like Ella Fitzgerald and Nina Simone. LGBTI+ communities and allies welcome.

Date: Friday 11 October

Time: 8pm

Cost: \$15 (limited special price ticket for Whitehorse Seniors Festival)

Venue: The Round Studio, 379-399 Whitehorse Road, Nunawading

Bookings:  www.theround.com.au



Rainbow Trivia

Put on your thinking caps and join the excitement with Val's LGBTI Ageing and Aged Care trivia. Win fabulous prizes, enjoy a delightful afternoon tea, and hear the beautiful Rainbow Voices choir. Whether you're part of the LGBTI community or an ally, everyone is warmly welcomed to this vibrant and inclusive event. Don't miss out on the fun – come celebrate and connect!



Date: Tuesday 15 October

Time: 1.30pm to 3.30pm

Venue: The Round, 379-399 Whitehorse Road, Nunawading

Bookings:  www.trybooking.com/CTCEX

Book Bingo

for LGBTI People (50+) and Allies

Join us for an evening of bingo hosted by the fabulous Jane Clifton featuring LGBTI book and music icons. Connect with friends old and new, enjoy refreshments, and win prizes all while celebrating LGBTI+ culture. Come for the fun, stay for the community. Let's celebrate together! Bookings are essential to ensure this event is safe, welcoming, and inclusive.



Date: Friday 25 October

Time: 6pm-8pm
(refreshments served at 5.30pm)

Venue: Nunawading Library
379 Whitehorse Road, Nunawading

Bookings:  <https://tinyurl.com/4krk4w5y>

FRIDAY 25 OCTOBER (PAGE 22)

Supported by Whitehorse Active Transport Team

Free Bike Checks

Dust off your bike and get ready to ride! Book a free bike safety check to make sure it's ready.



TUESDAY 29 OCTOBER (PAGE 23)

Supported by Whitehorse Sustainability Team

Solar Savers

Learn how to electrify your home, making it more comfortable and energy efficient with Solar Savers.





Whitehorse Seniors Festival Grand Finale

An audience-inspired two-hour show of 70s/80s soft rock classics, with delicious morning tea.

Whitehorse Seniors Festival Grand Finale is set to dazzle and delight with extraordinary entertainment and memorable experiences. From the moment you arrive, prepare to be captivated and inspired. You will be treated to an array of entertainment that will leave you with cherished memories.

Date: Monday 28 October

Time: 10.00am-1.00pm

Cost: \$15.00 (10+ \$13.50)

Venue: The Round, 379-399 Whitehorse Road, Nunawading

Bookings:  bit.ly/4cQlrLt or  9262 6555

THE
ROUND



Praise Dance and Exercise Class

Exercise and dance with Christian music (Mandarin lyrics), all welcome for fun and exercise.

Host: Crossway Praise Dance and Exercise Class

Enquiries: ☎ 0412 857 636

When: Every Tuesday, 10am-11.45am, starting 1 October

Where: Crossway Baptist Church, 2 Vision Drive, Burwood East

Booking required: Yes, by phone

Aqualink Membership for Seniors Festival

Benefit from \$0 joining fee and two-weeks free (one month commitment).

Host: Aqualink

Enquiries: ☎ 9843 2900

When: From 1-31 October

Where: Aqualink Nunawading and Aqualink Box Hill

Cost: Discount

Booking required: No

Online Exercise Class

Chair cardio.

Host: Third Age Fitness

Enquiries: ☎ 0411 246 741

When: Tuesday 1 October, 9.30am

Where: Online

Booking required:

🌐 <https://bit.ly/seniorsfest24>

Dance Scottish for Fun

Fun, fitness and friendship – enjoy a month of Scottish dancing tailored to beginners.

Host: Box Hill and District Scottish Society, Inc.

Enquiries: ☎ 0419 899 488

When: Every Tuesday, 7.30-10pm, starting 1 October

Where: Surrey Hills Uniting Church Hall, Cnr Canterbury Rd and Valonia Ave, Surrey Hills

Cost: Free, gold coin welcome

Booking required: Yes, by phone



What's Age got to do with it?

Engaging workshop exploring assumptions and stereotypes about ageing.

Host: Eastern Elder Abuse Network

Enquiries: ☎ 1300 325 200

When: Wednesday 2 October, 10am-12:30pm

Where: Knox Library, Westfield Knox

When: Thursday 3 October, 10am-12.30pm

Where: Realm Library, Ringwood Town Square

Booking required:

🌐 <https://t.ly/eHoec>

Research your Box Hill Family

Come along and enjoy some interesting family discoveries.

Host: Box Hill Historical Society Inc.

Enquiries: ☎ 9285 4808

When: First four Tuesdays, 11am-3.30pm, starting 1 October

Where: Local History Room, Suite 7, Box Hill Hall Hub

Cost: Free, donation welcome

Booking required: Yes, by phone



Table Tennis

Join us for a friendly game of table tennis.

Host: Whitehorse Activities Club

Enquiries: ☎ 9878 2223

When: Every Tuesday and Friday, 1-4pm, starting 1 October

Where: Mahoneys Pavilion, 138 Mahoneys Rd, Forest Hill

Booking required: Yes, by phone

English Corner

Enjoyment of language and relaxed community conversation for all to participate.

Host: English Corner

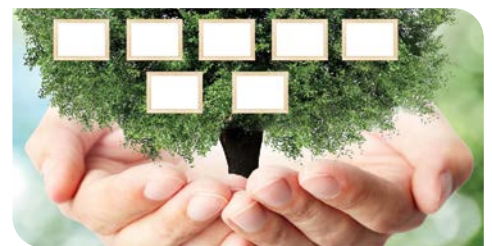
Enquiries: ☎ 0488 884 365

✉ minwenwu@hotmail.com

When: Every Tuesday, 10am-12noon, starting 1 October

Where: Level 2, 14-16 Prospect St, Box Hill

Booking required: No



Mindfulness in Daily Life

Learn the art of vegetable and fruit carving, afternoon tea provided.

Host: The Melbourne Thai Buddhist Temple

Enquiries: ☎ 0460 295 554

When: Wednesday 2 October, 2-3pm

Where: The Melbourne Thai Buddhist Temple, 489 Elgar Rd, Mont Albert

Booking required:

🌐 www.trybooking.com/CTYIC

Chinese Calligraphy

Learning and practising Chinese calligraphy. Chinese brushes, paper, and ink will be provided.

Host: Chinese Cancer and Chronic Illness Society of Victoria

Enquiries: ☎ 9898 9575

When: Wednesday 2 and 9 October, 1-3pm

Where: 784 Station St, Box Hill North

Booking required: Yes, by phone

Bush Dancing

A fun time with some good old bush dancing with Cathy.

Host: Whitehorse Activities Club

Enquiries: ☎ 0402 490 149

When: Every 1st and 3rd Wednesday 2.15-4.15pm, starting 2 October

Where: Forest Hill Hall, Cnr Canterbury and Springvale Rds, Forest Hill

Booking required: Yes, by phone

Model Boats

Come along to building and sailing radio controlled model boats at Surrey Park Lake. Family friendly.

Host: Surrey Park Model Boat Club

Enquiries: ☎ 0417 788 328

When: Every Wednesday and Sunday, 9am-12noon, starting 2 October

Where: Surrey Park Lake, enter from Standard Ave, Box Hill

Booking required: No



Solo Card Game

Come along and learn to play. You can also challenge Shirley and friends if experienced.

Host: Whitehorse Activities Club

Enquiries: ☎ 0417 169 167

When: The 1st, 3rd and 5th Wednesday, 12.30pm, starting 2 October

Where: Whitehorse Community Resource Centre, 1st floor 79 Mahoneys Rd, Forest Hill

Booking required: Yes, by phone



Pilates

Join us for a great strength training session with Penny.

Host: Whitehorse Activities Club

Enquiries: ☎ 9842 6811

When: Every Wednesday, 11.15am-12.15pm, starting 2 October

Where: 1st Nunawading Scout Hall, 1 Mark Place, Nunawading

Booking required: Yes, by phone



Barefoot Bowls

Join our friendly barefoot bowls club for an enjoyable evening of bowls.

Host: Vermont South Club

Enquiries: ☎ 0409 615 618

When: Wednesday 2, 9, 16, 30 October, 6-9pm

Where: Vermont South Club, 30A Livingston Rd, Vermont South

Booking required: No

Gentle Exercise

Come along and enjoy a relaxing gentle exercise class with instructor Sue.

Host: Whitehorse Activities Club

Enquiries: ☎ 0427 987 320

When: Every Wednesday, 10-11am, starting 2 October

Where: 2nd Nunawading Scout Hall, 1 Mark Place, Nunawading

Booking required: Yes, by phone

Badminton

Join us for a social badminton.

Host: Whitehorse Activities Club

Enquiries: ☎ 0407 802 830

When: Every Wednesday, 9am-12noon, starting 2 October

Where: Mahoneys Pavilion, 138 Mahoneys Rd, Forest Hill

Booking required: Yes, by phone

Senior's Bollywood Party

An engaging dance event led by a salsa or Bollywood instructor. Refreshments provided.

Host: Australian Multicultural Community Services

Enquiries: ☎ 9689 9170

When: Wednesday 2nd October, 11am-12.30pm

Where: Strathdon House and Orchard Precinct, 449-465 Springvale Road, Forest Hill

Booking required:

🌐 www.trybooking.com/CTSIC



Making a Flower from Flax

Making a flower from NZ flax (all materials provided).

Host: Basket makers of Victoria Inc.

Enquiries: ☎ 0409 188 937

When: Wednesday 2, 23, 30 October, 11am-12.30pm

Where: The Cottage at Wattle Park, 1012 Riverside Road, Surrey Hills

Booking required:

🌐 www.trybooking.com/CTQTS

Tour of Stables and Cottage

Tour of The Cottage at Wattle Park, Surrey Hills.

Host: Basket makers of Victoria Inc

Enquiries: ☎ 0491 165 817

When: Wednesday 2, 23, 30 October, 1-2.30pm

Where: The Cottage at Wattle Park, 1012 Riverside Road, Surrey Hills

Booking required:

🌐 www.trybooking.com/CTQUK



Try Lawn Bowls

Come along for some lawn bowls fun. No prior experience required and all are welcome.

Host: Heatherdale Recreation and Bowls Club

Enquiries: ☎ 0409 258 645

When: Every Thursday, 3pm starting 3 October

Where: 114 Heatherdale Road, Mitcham

Booking required: No



Social Tennis

Come along for a social hit of tennis.

Host: Whitehorse Activities Club

Enquiries: ☎ 9878 4230

When: Every Thursday, 8am starting 3 October

Where: Vermont Tennis Club, 12 Nunkeri St, Vermont

Booking required: Yes, by phone

500 Card Game

Keeping your mind active – come to join some card games.

Host: Whitehorse Activities Club

Enquiries: ☎ 0409 258 032

When: Every Thursday, 12.30-3pm, starting 3 October

Where: Whitehorse Community Resource Centre, 1st floor 79 Mahoneys Rd, Forest Hill

Booking required: Yes, by phone

Chinese Cultural Dancing

Come along for some traditional dancing. All are welcome.

Host: Whitehorse Activities Club

Enquiries: ☎ 9848 1132

When: Every Thursday, 9.30-11.30am, starting 3 October

Where: Nunawading Community Hub, 96-106 Springvale Road, Nunawading

Booking required: Yes, by phone

Line Dancing

Come to experience the fun and energy of line dancing.

Host: Whitehorse Activities Club

Enquiries: ☎ 0411 653 368

When: Every Thursday, 7-9.30pm, starting 3 October

Where: The Pines Blackburn Senior Citizens Hall, 25 Central Rd, Blackburn

Booking required: Yes, by phone

Rummikub Game

Come along and join us for some fun playing rummikub game.

Host: Whitehorse Activities Club

Enquiries: ☎ 0432 262 413

When: 1st, 2nd 3rd and 5th Thursday, 10am-12noon, starting 3 October

Where: Whitehorse Community Resource Centre, 1st floor 79 Mahoneys Rd, Forest Hill

Booking required: Yes, by phone



Morning Melodies with Morning Tea

Join us for all your favourite 50's-70's tunes in a relaxed and friendly atmosphere.

Host: Keyton Retirement Villages

Enquiries: ☎ 0429 893 571

When: Thursday 3 October, 10.30am-12.30pm

Where: Goodwin Close Retirement Village, 2 St James Crt, Blackburn South

Booking required: Yes, by phone



New Vogue Dance

Introduction to New Vogue ballroom and dance demonstration, two hours of social dance party.

Host: Senior New Vogue Dance Association

Enquiries: ☎ 0403 178 230

✉ joe_zhou02@yahoo.com

When: Friday 4 and 18 October, 4-7.30pm

Where: Studio 2, Nunawading Community Hub, 96-106 Springvale Road, Nunawading

Booking required: Yes, by phone or email

Zumba Gold in the Park

A modified Zumba class that recreates the original moves you love, at a lower-intensity.

Host: Nunawading Community Hub

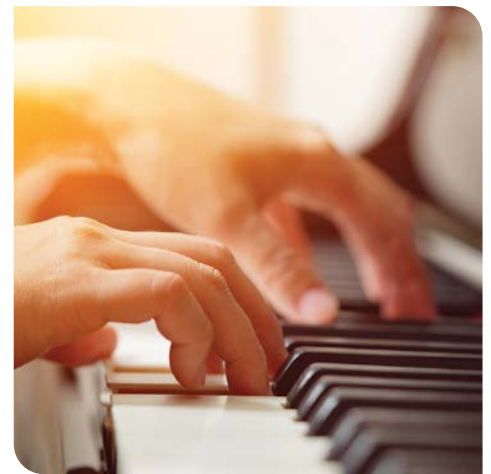
Enquiries: ☎ 9878 4576

When: Friday 4 October, 10am

Where: Nunawading Community Hub, 96-106 Springvale Road, Nunawading

Booking required:

🌐 www.trybooking.com/CURYK



English Corner

Enjoyment of language and relaxed community conversation for all to participate online together.

Host: English Corner

Enquiries: ☎ 0488 884 365

✉ minwenwu@hotmail.com

When: Every Thursday, 7.30-9pm, starting 3 October

Where: Online

Booking required: ONLINE

Zoom: 🌐 <https://us02web.zoom.us/j/85024752000?pwd=ME10Q21RT3IGbFBXcktPc3B4Nyt5QT09> Meeting ID: 850 2475 2000 Passcode: 671044

Table Tennis

Join us for a friendly game of table tennis.

Host: Whitehorse Activities Club

Enquiries: ☎ 9874 1670

When: Every Friday, 9.15-11.30am, starting 4 October

Where: Mahoneys Pavilion 138 Mahoneys Rd, Forest Hill

Booking required: Yes, by phone



Grandparent and Grandchild Arts and Crafts

Arts and crafts activity making cards and afternoon high tea. Great activity during the school holidays.

Host: Vermont South Neighbourhood House

Enquiries: ☎ 9803 2335

When: Thursday 3 October, 1-4pm

Where: Vermont South Neighbourhood House 1 Karonbran Drive, Vermont South

Cost: \$30 for grandparent and 1 child

Booking required: Yes, by phone

Ten Pin Bowling

Come and join in on the fun of ten pin bowling.

Host: Whitehorse Activities Club

Enquiries: ☎ 0413 004 385

When: 1st, 3rd and 5th Fri, 1.15pm, starting 4 October

Where: Forest Hill Chase Zone Bowling 270 Canterbury Rd, Forest Hill

Cost: \$7 per game

Booking required: Yes, by phone

Piano singalong

Celebrate your golden vocals with a group singalong.

Host: Uniting AgeWell

Enquiries: ☎ 0498 273 639

When: Friday 4 October, 1-2pm

Where: Uniting AgeWell Centre, 9 Jolimont Rd, Forest Hill

Booking required:

✉ MGilbert@unitingagewell.org

Film Screening

Free Film "The Miracle Club". Supper included and optional discussion afterwards.

Host: Whitehorse Film Society

Enquiries: ☎ 0476 937 121

When: Saturday 5 October, 7.30pm

Where: Willis Room, Whitehorse Civic Centre, Nunawading

Booking required:

🌐 trybooking.com/CRVBG

Folk Dancing

Come try and join in for one free class.

Host: Seniors Happy Life Club Inc.

Enquiries: ☎ 0402 985 812

When: Every Saturday, 1.30-3pm starting 5 October

Where: East Burwood Hall, 310 Burwood Hwy, Burwood East

Cost: 1 class Free

Booking required: Yes, by phone

Line Dancing

Come try and join in for one free class.

Host: Seniors Happy Life Club Inc.

Enquiries: ☎ 0402 985 812

When: Every Saturday, 12noon-1.30pm, starting 5 October

Where: East Burwood Hall, 310 Burwood Hwy, Burwood East

Cost: 1 class Free

Booking required: Yes, by phone



English Corner

Enjoyment of language and relaxed community conversation for all to participate.

Host: English Corner

Enquiries: ☎ 0488 884 365

✉ minwenwu@hotmail.com

When: Every Saturday, 10.30am-12noon, starting 5 October

Where: Box Hill Mall: near the Red Activation Pod and the main entrance of the shopping centre

Booking required: No

Chinese Sing Along Popular Folk Tunes from East and West

Join in with Melbourne Chinese Choir for popular folk tunes from the east and west.

Host: Melbourne Chinese Choir

Enquiries: ☎ 0490 047 606

When: Every Saturday in October, 4.30-6.30pm, starting 5 October

Where: Drycraft East Studio, Box Hill Community Arts Centre, 470 Station Street, Box Hill

Booking required: Yes, by phone



Dance Performances

Come along and enjoy some dancing to original and popular Chinese and English songs. Morning tea \$2.

Host: Victoria Chinese Culture and Arts Association and Melbourne Chinese Orchestra

Enquiries: ☎ 0481 554 678

When: Saturday 5 October, 10.30-11.30am

Where: Rentoul Hall 16 Livingstone Close, Burwood

Booking required: Yes, by phone

Learn to Dance Session

Learn rhythmic dance, social dance. Morning tea \$2.

Host: Victoria Chinese Culture and Arts Association and Melbourne Chinese Orchestra

Enquiries: ☎ 0481 554 678

When: Saturday 5 October, 11.30-12.30am

Where: Rentoul Hall 16 Livingstone Close, Burwood

Booking required: Yes, by phone

Karaoke

Chinese and English, songs to sing along with according to personal preference. Tea \$2.

Host: Victoria Chinese Culture and Arts Association and Melbourne Chinese Orchestra

Enquiries: ☎ 0481 554 678

When: Saturday 5 October, 1.30-2.30pm

Where: Rentoul Hall 16 Livingstone Close, Burwood

Booking required: Yes, by phone

Group Singing

Chinese and English group singing "Edelweiss" and more. Tea \$2.

Host: Victoria Chinese Culture and Arts Association and Melbourne Chinese Orchestra

Enquiries: ☎ 0481 554 678

When: Saturday 5 October, 2.30-3.30pm

Where: Rentoul Hall 16 Livingstone Close, Burwood

Booking required: Yes, by phone

Chinese Culture Showcase

Come along and join us for painting exhibition, calligraphy, tea ceremony and tastings, dance and music.

Host: Laolaile Seniors Activity Centre

Enquiries: ☎ 0449 783 598

When: Saturday 5 October, 9.30am-12.30pm

Where: Nunawading Community Hub 96-106 Springvale Rd, Nunawading

Cost: \$10pp

Booking required: Yes, by phone





Let's Sing

Group and solo singing activities.

Host: Lianmeng AusChina Senior Choir

Enquiries: ☎ 0432 372 142

When: Saturday 5 October, 11.30am-12.30pm

Where: Studio 2 Nunawading Community Hub, Nunawading

Booking required: Yes, by phone

Wildflower Walk

Join Tony and Wendy on a guided walk to discuss some of the wildflowers growing in our bushland.

Host: Blackburn Lake Sanctuary Visitor Centre

Enquiries: ☎ 0412 959 044

When: Sunday 6 October, 2-4pm

Where: Blackburn Lake Sanctuary Visitor Centre, 95 Central Rd, Blackburn

Cost: Gold Coin Donation

Booking required: Yes, by phone

Carpet Bowls

Come to have some fun playing bowls with morning tea provided.

Host: Whitehorse Activities Club

Enquiries: ☎ 9893 3247

When: Every Monday, 9am-12noon, starting 7 October

Where: Mahoneys Pavilion, 138 Mahoneys Rd, Forest Hill

Booking required: Yes, by phone



Super Veterans Tournament

Join Mitcham Bowling Club's Annual Tournament for lawn bowlers aged over 80, spectators welcome.

Host: Mitcham Bowling Club

Enquiries: ☎ 9874 4659

When: Sunday 6 October, 9.30am onwards

Where: Mitcham Bowling Club, 306 Mitcham Rd, Mitcham

Cost: \$20 per player

Booking required: Yes, by phone

Bush Dancing

Come along for some fun bush dancing learning.

Host: Whitehorse Activities Club

Enquiries: ☎ 9893 1126

When: Every Monday, 7-9pm, starting 7 October

Where: The Pines Blackburn Senior Citizens Hall, 25 Central Rd, Blackburn

Booking required: Yes, by phone

Seniors Festival Grand Opening

Join us for the grand opening event supported by U3A! Enjoy music, dance, crafts and more.

Host: U3A Nunawading

Enquiries: ☎ 9878 3898

✉ admin@u3anunawading.or.au

When: Sunday 6 October, 10am-3pm

Where: Nunawading Community Hub

Booking required: No



Model Catwalk

Come try and join in for one free class.

Host: Seniors Happy Life Club Inc.

Enquiries: ☎ 0402 985 812

When: Every Sunday, 5.15-6.30pm, starting 6 October

Where: Studio 1, Nunawading Community Hub, 96-106 Springvale Road, Nunawading

Cost: 1 class Free

Booking required: Yes, by phone

Knitting and Crocheting

Knitting and crocheting with conversation tea and coffee.

Host: Box Hill South Neighbourhood House

Enquiries: ☎ 9898 8270

When: Monday 7 October, 1-2.30pm

Where: 47 Kitchener St, Box Hill South

Booking required: Yes, by phone

Dance for Fitness

Tutor Viona Lowenthal shows us the perfect way to have fun and get fit, no experience necessary.

Host: Box Hill Community Arts Centre

Enquiries: ☎ 9895 8888

When: Monday 7 October, 1-2pm

Where: 470 Station St, Box Hill
Parking permit available

Booking required: Yes, by phone



Falls Prevention Seminar with Trainer

Enhance balance, strength and safety to help you stay active and independent.

Host: Aqualink Box Hill

Enquiries: ☎ 9843 2900

When: Tuesday 8 October, 6pm

Where: Leisure and Recreation Services – Aqualink Box Hill
31 Surrey Drive, Box Hill

Booking required:

🌐 <https://aqualink.perfectgym.com.au/ClientPortal2/#/Login>

Tai Chi for Arthritis

Designed to help relieve pain, improve flexibility and benefit general fitness.

Host: Bennettswood Neighbourhood House

Enquiries: ☎ 9888 0234

When: Tuesday 8 October, 1-1.45pm

Where: Bennettswood Neighbourhood House
7 Greenwood Street, Burwood

Booking required:

🌐 www.socialplanet.com.au/activity/view?id=24945

Zumba

Join us for a combination of gentle movement and dance to lively music whilst seated.

Host: Uniting Agewell

Enquiries: ☎ 0498 273 639

When: Tuesday 8 October, 1.00pm-1.45pm

Where: Uniting AgeWell Centre, 9 Jolimont Rd, Forest Hill

Booking required:

✉ MGilbert@unitingagewell.org

Various Card Games

Come and join in on some fun card games from 500 to Euchre and more.

Host: Vermont South Club

Enquiries: ☎ 0409 615 618

When: Monday 7 and 14 October, 2pm

Where: Vermont South Club
30A Livingston Rd, Vermont South

Booking required: Yes, by phone



Peace and Quiet

Chair yoga and meditation, afternoon tea provided.

Host: The Melbourne Thai Buddhist Temple

Enquiries: ☎ 0460 295 554

When: Wednesday 9 October, 2-3pm

Where: The Melbourne Thai Buddhist Temple, 489 Elgar Rd, Mont Albert

Booking required:

🌐 www.trybooking.com/CTYIL

Gentle Exercise for Over 60's

Positive health for over 60's session facilitated by Snap Fitness.

Host: Vermont South Neighbourhood House

Enquiries: ☎ 9803 2335

When: Tuesday 8 October, 10am-11am

Where: Vermont South Neighbourhood House
1 Karonbran Drive, Vermont South

Booking required: Yes, by phone



Stroke Prevention

Join us and the Stroke Foundation to learn how to recognise the signs and prevent a stroke.

Host: Vermont South Library

Enquiries: ☎ 9872 8650

When: Wednesday 9 October, 2-3pm

Where: Pavey Place, Vermont South

Booking required:

🌐 <https://tinyurl.com/4cu9pe2d>

Gentle Fitness

Gentle exercises for all ability levels, with many chair based.

Host: Bennettswood Neighbourhood House

Enquiries: ☎ 9888 0234

When: Tuesday 8 October, 12.15-1pm

Where: Bennettswood Neighbourhood House
7 Greenwood Street, Burwood

Booking required:

🌐 www.socialplanet.com.au/activity/view?id=24947

High Tea

healthAbiliTEA, a high-tea information session on healthy ageing with food, activities and music.

Host: healthAbility

Enquiries: ☎ 9430 9100

When: Tuesday 8 October, 10.30am-1pm

Where: healthAbility Box Hill, Ground Floor Seminar Room, 43 Carrington Road, Box Hill

Booking required:

🌐 www.trybooking.com/CTVDP



Ballet Open Day

Open studio and display.

Wu Tao 9.45am

Ballet (experienced) 11.15am

Ballet (beginners) 12.45pm

Host: Box Hill Ballet Association

Enquiries: ☎ 7067 3310

When: Wednesday 9 October, 9.45am-2pm

Where: The Studio, Box Hill Ballet Association, 1015a Whitehorse Road, Box Hill

Booking required: Yes, by phone

Safe Driver

Road safety awareness

presentation for seniors.

Light refreshments provided.

Host: Whitehorse City Council

Enquiries: ☎ 9873 4587

When: Thursday 10 October, 10.30-11.30am

Where: Mitcham Community House, 19 Brunswick Road, Mitcham

Booking required: ✉ info@mitchamcommunityhouse.org

CERES Organics and Sustainability

CERES guest speaker – organics, sustainability, indigenous plants, composting. Supper included.

Host: Vermont Garden Club Inc.

Enquiries: ☎ 9878 1702

When: Thursday 10 October, 8pm

Where: Whitehorse Horticultural Centre, 82 Jolimont Road, Forest Hill

Booking required: Yes, by phone

Discover Dementia Seminar

Seminar by Dr. Nakisa Malakooti to discuss insights on dementia. Followed by afternoon tea.

Host: Australian Multicultural Community Services

Enquiries: ☎ 9689 9170

When: Wednesday 9 October, 2-3.30pm

Where: Strathdon House and Orchard Precinct, 449-465 Springvale Road, Forest Hill

Booking required:

🌐 www.trybooking.com/CTSJD

Walk with Care Pedestrian Safety

Benefits of walking, pedestrian safety and being visible. Light refreshments provided.

Host: Whitehorse City Council

Enquiries: ☎ 9873 4587

When: Thursday 10 October, 12noon-1pm

Where: Mitcham Community House, 19 Brunswick Road, Mitcham

Booking required: ✉ info@mitchamcommunityhouse.org



Indigenous Plant Workshop

Indigenous plant propagation, tour of nursery, seed collection and planting. Morning tea provided.

Host: Greenlink Box Hill Inc

Enquiries: ☎ 0414 443 203

When: Thursday 10 October, 10am-12noon

Where: Greenlink Box Hill Nursery, 41 Wimmera Street, Box Hill North

Booking required:

🌐 www.trybooking.com/CTTTI

Online Exercise Class

Building strength.

Host: Third Age Fitness

Enquiries: ☎ 0411 246 741

When: Wednesday 9 October, 10am

Where: Online

Booking required:

🌐 <https://bit.ly/seniorsfest24>



Gentle Exercise

Introduction to pilates poses useful for improving body posture, boost mobility and wellbeing.

Host: Louise Multicultural Centre

Enquiries: ☎ 9285 4850

When: Thursday 10 October, 12.30pm

Where: 8/27 Bank Street, Town Hall Hub, Box Hill

Booking required: Yes, by phone



Scrabble Board Game Fun

Come along for a fun Scrabble board game.

Host: Whitehorse Activities Club

Enquiries: ☎ 0499 785 141

When: 2nd and 4th Thursday, 1-3pm, starting 10 October

Where: Whitehorse Community Resource Centre, 1st floor 79 Mahoneys Rd, Forest Hill

Booking required: Yes, by phone

Coffee and Walk Session

A 30-minute walk through the local area followed by a free coffee.

Host: Nunawading Community Hub

Enquiries: ☎ 9879 4576

When: Thursday 10 and 17 October, 10am

Where: Nunawading Community Hub, 96-106 Springvale Road, Nunawading

Booking required:

🌐 www.trybooking.com/CURXJ

🌐 www.trybooking.com/CURXQ

Adult Ballet Taster Class and Display

Adult taster classes.
Adult Wu Tao class 10am
Adult ballet class 11am

Host: Box Hill Ballet Association

Enquiries: ☎ 7067 3310

When: Thursday 10 October, 10-11.45 am

Where: The Studio, Box Hill Ballet Association, 1015a Whitehorse Road, Box Hill

Booking required: Yes, by phone

FOGO Facility Tour

Join a trip to our food and garden organics processor with education about food waste recycling.

Host: Whitehorse City Council

Enquiries: ☎ 9262 6333

When: Thursday 10 October, 9.30am-1.30pm

Where: Pick up and return front of Nunawading Library

Booking required: 🌐 <https://events.humanitix.com/fogo>

Cooking For One or Two

Tips and tricks – come and share your experiences and learn new recipes.

Host: Box Hill South Neighbourhood House

Enquiries: ☎ 9898 8270

When: Friday 11 October, 11am-12noon

Where: 47 Kitchener St, Box Hill South

Booking required: Yes, by phone

Plus Mind and Motion

Better brain health for seniors. Three short presentations and morning tea.

Host: MS Plus

Enquiries: ☎ 9845 2793

When: Friday 11 October, 10-11am

Where: 54 Railway Road, Blackburn

Booking required:

🌐 www.trybooking.com/CTURI

Card Making

Card making – greeting cards.

Host: St Francis Xavier – St Clare Parish

Enquiries: ☎ 9401 6371

When: Thursday 10 October, 10am-12noon

Where: Friars Room, St Francis Xavier Church Precinct, 1087 Whitehorse Road, Box Hill

Cost: \$5

Booking required:

🌐 www.trybooking.com/CTQVS



Underground Cabaret: Beating up The Beatles

Join Charlee Watt and her jazz quartet re-interpreting the classics. LGBTI+ communities and allies welcome.

Host: Whitehorse City Council

Enquiries: ☎ 9262 6555

When: Friday 11 October, 8.00pm

Where: The Round, Nunawading

Cost: \$15

Booking required:

🌐 www.theround.com.au



The Role of Health and Exercise Information Session

Prof. Petreris Darzins, Dementia Researcher and Peter Mellow, Sport Scientist, share health and ageing advice, including refreshments.

Host: Eastern Health Institute

Enquiries: ☎ 0404 458 702

When: Friday 11 October, 2pm-3.30pm

Where: Box Hill Community Arts Centre Arbour Room, 470 Station St, Box Hill

Booking required:

🌐 www.trybooking.com/CTZHC



Traditional Chinese Dance

Performance plus games, singing, and interaction. Refreshments provided.

Host: Dan Feng Chao Yang Dance Incorporated

Enquiries: ☎ 0423 837 322

When: Saturday 12, 19 and 26, 1-4pm

Where: Studio 2, Nunawading Community Hub, 96-106 Springvale Road, Nunawading

Booking required: Yes, by phone

Breakfast with the Birds

Spot beautiful bird life then relax with breakfast (provided). Bring your binoculars and good walking shoes.

Host: Blackburn Lake Sanctuary Visitor Centre

Enquiries: ☎ 0412 959 044

When: Saturday 12 October, 8.30am

Where: Blackburn Lake Sanctuary Visitor Centre, 95 Central Rd, Blackburn

Cost: Gold Coin Donation

Booking required: Yes, by phone

Walk the Yarran Dheran and Antonio Park Bushland

A three hour circuit walk and talk by Yarran Dheran Advisory Committee. Shorter walks with various stops are available on the journey. Explore buildings and enjoy an optional BYO picnic lunch.

Host: Whitehorse City Council and Yarran Dheran

Enquiries: ☎ 0419 008 992

When: Sunday 13 October, 9am-12noon

Where: Visitors Centre at Yarran Dheran

Booking required: Yes, by phone

Spanish for Beginners

Spanish class for beginners. Tea and coffee provided.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336

When: Monday 14 October, 12.30-1.30pm

Where: U3A Box Hill, Strabane Hall, 29 Strabane Ave, Mont Albert North

Booking required: No

Paint with Watercolour

"Colourful Spring" theme, learn techniques to create a beautiful watercolour. Materials included.

Host: Box Hill Community Arts Centre

Enquiries: ☎ 9895 8888

When: Monday 14 October, 10am-12noon

Where: 470 Station St, Box Hill (Parking permit available)

Cost: \$25

Booking required: Yes, by phone



61st Annual General Exhibition

Stitched works in tapestry, cross stitch, bargello, assisi work, crochet and knitting and more.

Host: Needlework Tapestry Guild of Victoria

Enquiries: ☎ 0400 644 086

When: Monday 14 to Sunday 20 October, 12.30-1.30pm

Where: Box Hill Community Arts Centre, 470 Station St, Box Hill

Booking required: Yes, by phone

Knitting for Charity

Come and join our friendly group for an afternoon of knitting and chatting.

Host: Mitcham Community House

Enquiries: ☎ 9873 4587

When: Monday 14 October, 1-3pm

Where: Mitcham Community House, 19 Brunswick Road Mitcham

Booking required: Yes, by phone



Sikh Temple Visit

Learn about the Sikh religion and culture with a tour, followed by an enjoyable free vegetarian meal.

Host: SGNSS Gurdwara Blackburn

Enquiries: ☎ 9894 1800

When: Monday 14 October, 12.30-2pm

Where: 127 Whitehorse Road, Blackburn

Booking required: Yes, by phone

Writing Group

Writing group. Tea and coffee provided.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336

When: Tuesday 15 October, 2-3.30pm

Where: U3A Box Hill, Strabane Hall, 29 Strabane Ave, Mont Albert North

Booking required: No



Morning Melodies with Morning Tea

Join us for all your favourite 50's -70's tunes in a relaxed and friendly atmosphere.

Host: Keyton Retirement Villages

Enquiries: ☎ 0429 893 571

When: Tuesday 15 October, 10.30am-12.30pm

Where: Forest Hills Retirement Village, 264-272 Springvale Rd, Nunawading

Booking required: Yes, by phone

Managing Photos on Your Device

Create photo albums and slideshows; learn to edit, share and declutter your photos. BYO device.

Host: Mitcham Community House

Enquiries: ☎ 9873 4587

When: Tuesday 15 October, 1-3pm

Where: Mitcham Community House, 19 Brunswick Road, Mitcham

Booking required: Yes, by phone

Afternoon High Tea and Talk

Bring your friends and enjoy some yummy afternoon tea with us.

Host: Kerrimuir Neighbourhood House

Enquiries: ☎ 9899 7660

When: Wednesday 16 October, 1-2pm

Where: Kerrimuir Neighbourhood House, 57 Linda Avenue, Box Hill North

Cost: \$5.00

Booking required: Yes, by phone



Rainbow Trivia

Trivia fun, afternoon tea and the Rainbow Voices choir. LGBTI communities and allies welcome.

Host: Whitehorse City Council and Val's LGBTI Ageing and Aged Care

Enquiries: ☎ 9262 6333

When: Tuesday 15 October, 1.30-3.30pm

Where: The Round

Booking required:

🌐 www.trybooking.com/CTCEX



Military History and your Memorabilia

Bring family military memorabilia to the RSL for historical information about its origins.

Host: Blackburn RSL

Enquiries: ☎ 0412 342 426

When: Tuesday 15 October, 10am-4pm

Where: Blackburn RSL, Sub Branch 2 Diggers Way, Blackburn

Booking required: Yes, by phone



Sensational Succulents

Create a unique potted succulent to take home.

Host: Uniting AgeWell

Enquiries: ☎ 0498 273 639

When: Thursday 24 October, 1.00pm-2.00pm

Where: Uniting AgeWell, 9 Jolimont Rd, Forest Hill

Booking required:

✉ MGilbert@unitingagewell.org

Online Exercise Class

Better balance.

Host: Third Age Fitness

Enquiries: ☎ 0411 246 741

When: Tuesday 15 October, 9.30am

Where: Online

Booking required:

🌐 <https://bit.ly/seniorsfest24>

Come and Try Fitness

Tone muscles, boost coordination, balance, and core strength and enhance overall health.

Host: Kerrimuir Neighbourhood House

Enquiries: ☎ 9899 7660

When: Wednesday 16 October, 10-10.45am

Where: Kerrimuir Neighbourhood House, 57 Linda Avenue, Box Hill North

Booking required: Yes, by phone

The Positive Side of Life

Learn how to see the positive side of life, afternoon tea provided.

Host: The Melbourne Thai Buddhist Temple

Enquiries: ☎ 0460 295 554

When: Wednesday 16 October, 2-3pm

Where: The Melbourne Thai Buddhist Temple, 489 Elgar Rd, Mont Albert

Booking required:

🌐 www.trybooking.com/CTYIS

Resin Crafts

Resin crafts for beginners, all materials will be provided.

Host: Chinese Cancer and Chronic Illness Society of Victoria

Enquiries: ☎ 9898 9575

When: Wednesday 16 and 23, October, 1-3pm

Where: 784 Station St, Box Hill North

Booking required: Yes, by phone

Morning Movie Matinee "80 for Brady"

Friends live life to the fullest, embarking on a trip to see their hero play in the Super Bowl.

Host: Nunawading Library

Enquiries: ☎ 9872 8600

When: Wednesday 16 October, 10.30am-12noon

Where: 379 Whitehorse Rd, Nunawading

Booking required:

🌐 <https://tinyurl.com/5n883k5w>

E-Bike and E-Trike

An information session on choosing an E-Bike or E-Trike.

Host: Whitehorse Active Transport Action Group (WATAG)

Enquiries: ☎ 0431 915 198

When: Wednesday 16 October, 4pm

Where: Studio 2, Nunawading Community Hub

Cost: Gold Coin Donation

Booking required: Yes, by phone



Come and Try Walking Netball

Come and try walking netball sessions.

Host: Whitehorse Netball Association

Enquiries: ☎ 0400 822 708

When: Wednesday 16 and 23 October, 10.30am

Where: Sportlink, 2 Hanover Road, Vermont South

Booking required: Yes, by phone

Social Philosophy

Social philosophy. Tea and coffee provided.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336

When: Thursday 17 October, 2-3.30pm

Where: U3A Box Hill, Strabane Hall, 29 Strabane Ave, Mont Albert North

Booking required: No

Walk and Talk

Walking within our local area, we usually stop for a coffee so bring along some change.

Host: Mitcham Community House

Enquiries: ☎ 9873 4587

When: Wednesday 16 October, 9.30-10.30am

Where: Mitcham Community House, 19 Brunswick Road, Mitcham

Booking required: Yes, by phone

Mahjong

Play Mahjong, with tea and coffee provided.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336

When: Thursday 17 October, 1-3.30pm

Where: U3A Box Hill, Strabane Hall, 29 Strabane Ave, Mont Albert North

Booking required: No

Paint and Pizza Event

A creative and social activity where seniors can paint while enjoying pizza and tea/coffee.

Host: Australian Multicultural Community Services

Enquiries: ☎ 9689 9170

When: Wednesday 16 October, 1-3pm

Where: Strathdon House and Orchard Precinct, 449-465 Springvale Road, Forest Hill

Booking required:

🌐 www.trybooking.com/CTSPH

Belly Dancing

A beautiful ancient art, belly dancing is great for fitness in a fun environment.

Host: Mitcham Community House

Enquiries: ☎ 9873 4587

When: Wednesday 16 October, 11.30am-12.30pm

Where: Mitcham Community House, 19 Brunswick Road, Mitcham

Booking required: Yes, by phone



Falls Prevention Seminar with Trainer

Enhance balance, strength and safety to help you stay active and independent.

Host: Aqualink Nunawading

Enquiries: ☎ 9878 4576

When: Thursday 17 October, 12noon

Where: Aqualink Nunawading, Fraser Place, Forest Hill

Booking required:

🌐 <https://aqualink.perfectgym.com.au/ClientPortal2/#/Login>



Coffee and Walk Session

A 30-minute walk through the local area followed by a free coffee.

Host: Nunawading Community Hub

Enquiries: ☎ 9879 4576

When: Thursday 17 and 31 October, 2pm

Where: Nunawading Community Hub, 96-106 Springvale Road, Nunawading

Booking required:

🌐 www.trybooking.com/CURXV

🌐 www.trybooking.com/CURYD

Flower Photography

Learn how to create unforgettable images of flowers and gardens (smartphones and digital cameras).

Host: Nunawading Library

Enquiries: ☎ 9872 8600

When: Thursday 17 October, 10.30-11.30am

Where: 379 Whitehorse Rd, Nunawading

Booking required:

🌐 <https://tinyurl.com/3h73zz9t>

Come and try Badminton

Be active – join us for a fun badminton session.

Host: Thornburn Ladies Badminton Association

Enquiries: ☎ 0418 310 916

When: Thursday 17 October, 10am-12noon

Where: Stadium at Nunawading Community Hub

Booking required: Yes, by phone



Come and try Qigong, Ba-duan-jin, Tai-chi, Yoga

Qigong, Ba-duan-jin, tai-chi, yoga come and try. All are welcome.

Host: Melbourne Chinese U3A

Enquiries: ☎ 0494 065 046

When: Thursday 17 October, 9.45-10.45am

Where: Box Hill Seniors Citizens Club, 79 Carrington Rd, Box Hill

Booking required: Yes, by phone



Learn Photography

Enjoy learning photography in a friendly setting.

Host: Melbourne Chinese U3A

Enquiries: ☎ 0494 065 046

When: Thursday 17 October, 11am-12.30pm

Where: Box Hill Seniors Citizens Club, 79 Carrington Rd, Box Hill

Booking required: Yes, by phone

Stretching Exercises

Stretching exercises for all abilities.

Host: Melbourne Chinese U3A

Enquiries: ☎ 0494 065 046

When: Thursday 17 October, 11am-12.30pm

Where: Box Hill Seniors Citizens Club, 79 Carrington Rd, Box Hill

Booking required: Yes, by phone



Introducing our MCU3A Programmes

Introducing our MCU3A Programs. Come watch our video of activities.

Host: Melbourne Chinese U3A

Enquiries: ☎ 0494 065 046

When: Thursday 17 October, 11am-12.30pm

Where: Box Hill Seniors Citizens Club, 79 Carrington Rd, Box Hill

Booking required: Yes, by phone

Come and try Gentle Exercise

Join us with trained instructor to keep fit, healthy and improve mobility.

Host: Clota Cottage Neighbourhood House

Enquiries: ☎ 9899 0062

When: Thursday 17 October, 10-11am

Where: Clota Cottage Neighbourhood House, 31 Clota Avenue, Box Hill

Booking required: Yes, by phone



Come and Try Mahjong

Enjoy a social game of western style Mahjong, beginners welcome.

Host: Kerrimuir Neighbourhood House

Enquiries: ☎ 9899 7660

When: Friday 18 October, 9.30-11.30am

Where: Kerrimuir Neighbourhood House, 57 Linda Avenue, Box Hill North

Booking required: Yes, by phone

Film Screening

Free film "A Beautiful Day in the Neighbourhood". Supper included and optional discussion afterwards.

Host: Whitehorse Film Society

Enquiries: ☎ 0476 937 121

When: Saturday 19 October, 7.30pm

Where: Willis Room, Whitehorse Civic Centre, Nunawading

Booking required:

🌐 [trybooking.com/CRVFF](https://www.trybooking.com/CRVFF)



Oil Painting

Oil painting. Tea and coffee provided.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336

When: Friday 18 October, 9.15-11.45am

Where: U3A Box Hill, Strabane Hall, 29 Strabane Ave, Mont Albert North

Booking required: No

Morning Tea

Relax with a cuppa in a friendly cosy setting. Enjoy casual conversation with like minded locals.

Host: Clota Cottage Neighbourhood House

Enquiries: ☎ 9899 0062

When: Thursday 17 October, 11am-12noon

Where: Clota Cottage Neighbourhood House, 31 Clota Avenue, Box Hill

Booking required: Yes, by phone



Spin and Devonshire Tea

Hands-on spinning workshop, celebrate by weaving together the threads of history.

Host: Strathdon House

Enquiries: ☎ 9262 6158

When: Saturday 19 October, 2-4pm

Where: Mountain View Room, Strathdon House and Orchard Precinct, Forest Hill

Cost: \$33

Booking required: Yes, by phone

Spinning and Weaving Open Day

Demonstrations of our amazing spinning and weaving, many fibre and processing tool displays.

Host: Box Hill Hand Spinners and Weavers

Enquiries: ☎ 0416 087 206

When: Thursday 17 October, 10.30am-12.30pm

Where: Box Hill Community Arts Centre, 470 Station St, Box Hill

Booking required: Yes, by phone

Vocal Toning and Yoga Nidra

Gentle vocal toning and singing, then move into a calming yoga nidra session.

Host: Strathdon House

Enquiries: ☎ 9262 6158

When: Friday 18 October, 10-11am

Where: Mountain View Room, Strathdon House and Orchard Precinct, Forest Hill

Booking required: Yes, by phone

Board Games

Come along to a board games afternoon to have some fun.

Host: St Francis Xavier – St Clare Parish

Enquiries: ☎ 9401 6371

When: Saturday 19 October 1-3pm

Where: Friars Room St Francis Xavier Church Precinct, 1087 Whitehorse Road, Box Hill

Booking required:

🌐 www.trybooking.com/CTQWE

Come and try Welsh Folk Dancing

Enjoy an afternoon of Welsh folk dancing tailored to beginners.

Host: Box Hill and District Scottish Society, Inc.

Enquiries: ☎ 0419 899 488

When: Sunday 20 October, 2-4.30pm

Where: The Avenue Church of Christ hall, 1 The Avenue, Surrey Hills

Cost: Free, gold coin welcome

Booking required: Yes, by phone

Alcove Art Shop Artists Demonstration

Come along to Alcove Art Shop. Members will demonstrate art practices. Refreshments provided.

Host: Alcove Art Shop

Enquiries: ☎ 0405 909 210

When: Sunday 20 October, 11am-1pm

Where: Box Hill Community Arts Centre, 470 Station St, Box Hill

Booking required: Yes, by phone

Line Dancing

Come along to learn to line dance or join in the fun if experienced. All welcome.

Host: Stars -in- Line

Enquiries: ☎ 0412 296 827

When: Monday 21 and 28 October, 11am-12noon and 6pm-7pm

Where: Forest Hill Uniting Church, 333a Canterbury Rd, Forest Hill

Booking required: Yes, by phone

Phrenology

Author historian Dr Alex Roginski explores the study of the shape of people's skulls.

Host: Box Hill Historical Society Inc

Enquiries: ☎ 9285 4808

When: Sunday 20 October, 2pm

Where: Bert Lewis Room, 1st Floor, Box Hill Library, 1040 Whitehorse Rd, Box Hill

Cost: Free, donation welcome

Booking required: Yes, by phone



Walk and Talk

Boost energy and improve wellbeing. After walking together, joining in for a group conversation.

Host: Louise Multicultural Centre

Enquiries: ☎ 9285 4850

When: Tuesday 22nd October, 10am

Where: Louise Multicultural Community Centre, 8/27 Bank Street, Town Hall Hub, Box Hill

Booking required: Yes, by phone

Musical Appreciation

Musical appreciation. Tea and coffee provided.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336

When: Monday 21 October, 9.45-11.15am

Where: U3A Box Hill, Strabane Hall, 29 Strabane Ave, Mont Albert North

Booking required: No



Grandparent and Grandchild Ceramics

Together, create a seasoning cellar and spoon rest out of clay. Materials included.

Host: Box Hill Community Arts Centre

Enquiries: ☎ 9895 8888

When: Sunday 20 October, 1-2pm

Where: 470 Station St, Box Hill (Parking permit available)

Cost: \$33

Booking required: Yes, by phone

Eastern Mahjong

Play Eastern Mahjong. Tea and coffee provided.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336

When: Monday 21 October, 1-3.30pm

Where: U3A Box Hill, Strabane Hall, 29 Strabane Ave, Mont Albert North

Booking required: No

Learn to Draw with Peta

Learn to draw with Peta.

Host: Kerrimuir Neighbourhood House

Enquiries: ☎ 9899 7660

When: Tuesday 22 October, 10am-12noon

Where: Kerrimuir Neighbourhood House, 57 Linda Avenue, Box Hill North

Booking required: Yes, by phone



FOGO Facility Tour

Join a trip to our food and garden organics processor with education about food waste recycling.

Host: Whitehorse City Council

Enquiries: ☎ 9262 6333

When: Tuesday 22 October, 9.30am-1.30pm

Where: Pick up at the front of Nunawading Library

Booking required: 🌐 <https://events.humanitix.com/fogo>

Introduction to Mindfulness

Mindfulness discussed and explained, afternoon tea provided.

Host: The Melbourne Thai Buddhist Temple

Enquiries: ☎ 0460 295 554

When: Wednesday 23 October, 2-3pm

Where: The Melbourne Thai Buddhist Temple, 489 Elgar Rd, Mont Albert

Booking required:

🌐 www.trybooking.com/CTYIV



Getting off Gas Stoves

Traditional meal preparation using induction cooktops. Enjoy a live Asian cooking demonstration!

Host: Nunawading Library

Enquiries: ☎ 9872 8600

When: Wednesday 23 October, 10.30-11.30am

Where: 379 Whitehorse Rd, Nunawading

Booking required:

🌐 <https://tinyurl.com/3ys7e4vu>

Popcorn Time – Movie Day

Classic Charlie Chaplin movie (no language barriers). Popcorn and afternoon tea provided.

Host: Australian Multicultural Community Services

Enquiries: ☎ 9689 9170

When: Wednesday 23 October, 10am-12noon

Where: Strathdon House and Orchard Precinct, 449-465 Springvale Road, Forest Hill

Booking required:

🌐 www.trybooking.com/CTSPO



Community Lunch

Enjoy our delicious and nutritious lunch in a friendly social setting with others in the community.

Host: Clota Cottage Neighbourhood House

Enquiries: ☎ 9899 0062

When: Wednesday 23 October, 12noon-1pm

Where: Clota Cottage Neighbourhood House, 31 Clota Avenue, Box Hill

Cost: \$5

Booking required: Yes, by phone

Internet Technology Talk

Stay up to date with the latest technological tricks and tips in the IT talk session.

Host: Whitehorse Activities Club

Enquiries: ☎ 9848 1132

When: Thursday 24 October, 10am-12noon

Where: Whitehorse Community Resource Centre, 1st floor, 79 Mahoneys Rd, Forest Hill

Booking required: Yes, by phone



Garden Tour and Morning Tea

View Strathdon House and Orchard Precinct, hear historical information and past orchardist families.

Host: Strathdon House

Enquiries: ☎ 9262 6158

When: Thursday 24 October, 10-11am

Where: Mountain View Room, Strathdon House and Orchard Precinct, Forest Hill

Cost: \$5

Booking required: Yes, by phone



Card Making

Card making – create a beautiful card for someone special.

Host: Uniting AgeWell

Enquiries: ☎ 0498 273 639

When: Thursday 24 October, 1.00pm-2.00pm

Where: Uniting AgeWell Centre, 9 Jolimont Rd, Forest Hill

Booking required:

✉ MGilbert@unitingagewell.org

Free Bike Checks for Seniors

Dust off your bike and get ready to ride! Book a free bike safety check to make sure it's ready.

Host: Whitehorse City Council

Enquiries: ☎ 9845 2433

When: Friday 25 October, 10am-12noon

Where: Whitehorse Civic Centre, Nunawading

Booking required:

🌐 www.trybooking.com/CTRHT

Book Bingo

Hosted by Jane Clifton, featuring LGBTI book and music icons. Enjoy refreshments and win prizes!

Host: Whitehorse Manningham Libraries

Enquiries: ☎ 9872 8600

When: Friday 25 October, 5.30pm-8pm

Where: Nunawading Library, 379 Whitehorse Rd, Nunawading

Booking required:

🌐 <https://tinyurl.com/4krk4w5y>

Model Citizens Exhibition by George Mifsud

Model Citizens: George Mifsud and the Surrey Park Model Boat Club.

Host: Box Hill Town Hall / All Nations Foyer and Surrey Park Model Boat Club

Enquiries: ☎ 9262 6250

When: Launch on Saturday 2 November, 2-4pm.

Exhibition 26 October to 14 December, Tue-Fri 10am-4pm, Sat 12noon-4pm

Where: All Nations Foyer – Box Hill Town Hall, 1022 Whitehorse Rd, Box Hill

Booking required: No

Reignite your Passion for Learning

LinkedIn offers thousands of online courses including art, video, business, technology and more!

Host: Box Hill Library

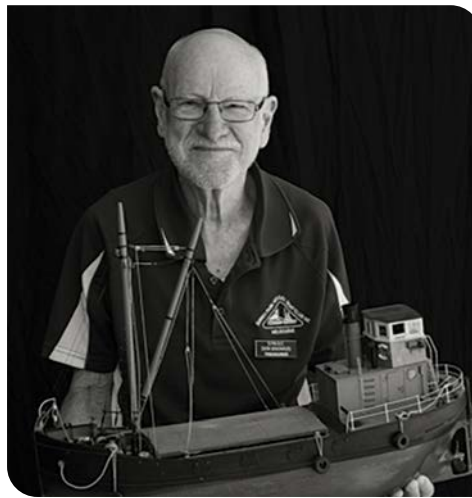
Enquiries: ☎ 9896 4300

When: Friday 25 October, 10.30-11.15am

Where: 1040 Whitehorse Road, Box Hill

Booking required:

🌐 <https://tinyurl.com/3s39f4hf>



Online Exercise Class

Dance Party.

Host: Third Age Fitness

Enquiries: ☎ 0411 246 741

When: Friday 25 October, 10am

Where: Online

Booking required:

🌐 <https://bit.ly/seniorsfest24>

Grand Finale Yacht Rock Revival

An audience-inspired two-hour show of 70s/80s soft rock classics, with delicious morning tea.

Host: Whitehorse City Council

Enquiries: ☎ 9262 6555

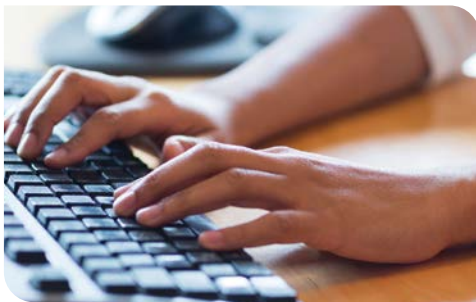
When: Monday 28 October, 10am-1pm

Where: The Round, Nunawading

Cost: \$15

Booking required:

🌐 bit.ly/4cQlRlt



Devonshire Tea

Make new friends or reignite old friendships over a cuppa and scone. Bookings essential.

Host: Blackburn North Neighbourhood House

Enquiries: ☎ 9878 6632

When: Friday 25 October, 1.30-3pm

Where: Blackburn North Bowling Club, 93 Springfield Rd, Blackburn North

Booking required: Yes, by phone

Open Day

Free classes and workshops, market stalls, art and craft, food stalls and entertainment.

Host: The Avenue Neighbourhood House

Enquiries: ☎ 9808 2000

When: Saturday 26 October, 10am-2pm

Where: 87 Eley Rd, Blackburn South

Booking required: No



Hand and Foot Card Game

Come and try something new or join in on some card playing.

Host: Whitehorse Activities Club

Enquiries: ☎ 0409 019 388

When: Monday 28 October, 12.30-3pm

Where: Whitehorse Community Resource Centre, 1st floor, 79 Mahoneys Rd, Forest Hill

Booking required: Yes, by phone

Writing Group

Writing Group. Tea and coffee provided.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336

When: Tuesday 29 October, 2-3.30pm

Where: U3A Box Hill, Strabane Hall, 29 Strabane Ave, Mont Albert North

Booking required: No

Insights into Meditation

Get an insight into meditation, afternoon tea provided.

Host: The Melbourne Thai Buddhist Temple

Enquiries: ☎ 0460 295 554

When: Wednesday 30 October, 2-3pm

Where: The Melbourne Thai Buddhist Temple, 489 Elgar Rd, Mont Albert

Booking required:

🌐 www.trybooking.com/CTYIZ

Sleep for Seniors

Dr Melinda Jackson discusses the benefits of a good night's sleep and the impact of sleep disturbance.

Host: Blackburn Library

Enquiries: ☎ 9896 8400

When: Monday 28 October, 2-3pm

Where: Cnr Blackburn and Central Roads, Blackburn

Booking required:

🌐 <https://tinyurl.com/4byvc5fe>



Solar Savers Information Session

Learn how to electrify your home, making it more comfortable and energy efficient with Solar Savers.

Host: Whitehorse City Council

Enquiries: ☎ 9262 6333

When: Tuesday 29 October, 7-8pm

Where: Nunawading Community Hub, Studio 1

Booking required:

🌐 www.bit.ly/SolarSaversSeniors



Mindful Moments: Tai Chi

Relaxing tai chi session guided by an experienced instructor. Morning tea provided.

Host: Australian Multicultural Community Services

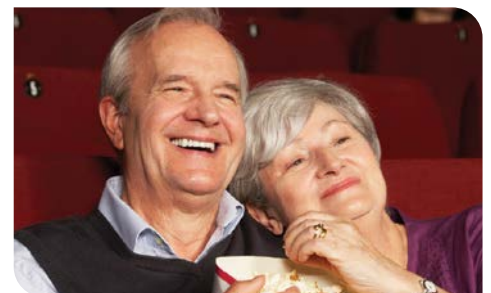
Enquiries: ☎ 9689 9170

When: Wednesday 30 October, 10-11.30am

Where: Strathdon House and Orchard Precinct, 449-465 Springvale Road, Forest Hill

Booking required:

🌐 www.trybooking.com/CTSPQ



Current Affairs

Interested in current affair? Come for a discussion. Tea and coffee provided.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336

When: Tuesday 29 October, 12.30-2pm

Where: U3A Box Hill, Strabane Hall, 29 Strabane Ave, Mont Albert North

Booking required: No

Healthy Eating Demonstration

Healthy ideas of what to cook for yourself! Come along and find some inspiration in the kitchen.

Host: Kerrimuir Neighbourhood House

Enquiries: ☎ 9899 7660

When: Wednesday 30 October, 11.30am-12.30pm

Where: Kerrimuir Neighbourhood House, 57 Linda Avenue, Box Hill North

Booking required: Yes, by phone

Films – Theatre Days

Join our friendly group for planned theatre days in October. Call us for more information.

Host: Whitehorse Activities Club

Enquiries: ☎ 0419 377 885

When: Enquire for dates and times

Where: Contact us for location

Cost: Price of ticket on the day

Booking required: Yes, by phone

Let's go on an adventure – 8 Days of free public transport!

From 6-13 October take advantage of free public transport with your Senior myki and Victorian Senior Card. Explore Melbourne and regional Victoria or experience the many live Seniors Festival events. Catch public transport and save on petrol and the stress of finding a car park.

For more information: 🌐 www.seniorsonline.vic.gov.au/free-travel

Plan your journey at Journey planner – Public Transport Victoria

🌐 ptv.vic.gov.au

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Community Events

Please note some events and activities in this program are not organised by Whitehorse City Council. Whitehorse City Council takes no responsibility for activities and events planned and managed by community groups and other organisations. All events and activities are correct at the time of printing. However, they are subject to change without notice.

Acknowledgement of Country

Whitehorse City Council acknowledges the Wurundjeri Woi-wurrung people of the Kulin Nation as the Traditional Owners of the land. We pay our respects to their Elders past, present and emerging.

Whitehorse Welcomes Everyone

Whitehorse is a community of diverse cultures, languages, beliefs, lifestyles, identities, interests, and aspirations. Whitehorse City Council is proud of this diversity and the vibrancy it brings to community life.



Whitehorse Positive Ageing e-news

Subscribe today to receive Whitehorse's Positive Ageing e-news and stay up to date with all things Positive Ageing in Whitehorse. The newsletter promotes healthy ageing and social connection for those who live, work or visit Whitehorse:

🌐 www.whitehorse.vic.gov.au/subscribe-positive-ageing



Whitehorse Positive Ageing contact

✉️ PositiveAgeing@whitehorse.vic.gov.au

☎️ 9262 6333

Telephone Interpreter Service

Communicate with Council in a language other than English by calling our Telephone Interpreter service and request to be connected to Whitehorse City Council.

☎️ TIS – 131 450

National Relay Service

If you are deaf or have a hearing or speech impairment, you can call Council through the National Relay Service:

☎️ Voice calls: **133 677**

☎️ Speak and listen: **1300 555 727**

☎️ SMS relay: **0423 677 767**

🌐 Internet relay: www.accesshub.gov.au

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**POSITIVE
AGEING**

For all your Whitehorse
Seniors Festival News

