

**KNOX**  
your city



September -  
October  
2021

# Knox Seniors Festival

## Knox Over 55s Zest4Life



# Welcome

Welcome to the Knox Seniors Festival and Knox Over 55s Zest4Life program guide. Knox City Council aims to support people to remain active and socially connected within the Knox municipality by offering a mix of activities, workshops and events.

We have modified our program to support COVID-19 restrictions by offering this via Zoom and Teleconference.

For those of you who are looking for a useful list of emergency and support contact numbers in Knox, refer to page 40 (back cover).

## What you need to know

This guide includes a range of activities organised by community groups, community houses, local libraries and Knox City Council. Participants are encouraged to:

- Read through the brochure and choose the events and activities that you would like to participate in
- Ensure you register so that you receive your Zoom or teleconference link
- Face-to-face opportunities are limited due to COVID safe guidelines and could be subject to change. Book early to avoid disappointment
- Meet new people, learn new things and have fun!

**Note:** each venue listed in this booklet is responsible for its own COVID safe plan, if you have any concerns or queries regarding this, please contact the organiser directly. Due to current COVID circumstances, some in-person events may be subject to change at short notice.

# What is Zoom?

Have you seen events and talks advertised as being held on Zoom? Would you like to attend them? Zoom is a program that lets multiple people talk to each other online in real time. It is free and you don't need to set up an account to participate; but you do need a computer, tablet or smart phone. The staff at Eastern Regional Libraries (ERL) have put together a short video to explain Zoom and a sheet of instructions and information to help you get started.

- The video on how to use Zoom a 'tips and tricks' instruction sheet are available from the ERL at:  
<https://www.yourlibrary.com.au/help/>  
or Click on 'Library News' from the website.
- If you have further questions about using Zoom please call your local branch or **1300 737 277** between 9am-5pm Mon-Fri.

## How to use Zoom

To participate in the events listed, you do not need to have a Zoom account. Just prior to the start time for the session, you simply click on a link sent to you by email by the organiser. That will open a screen where you will be asked to provide your name or nickname for the online meeting or event.

For anyone using Zoom for the first time, we suggest you pre-load Zoom onto your computer as this may take you a bit longer. The first time you attend an online meeting, the system will check if you have the Zoom app installed. If you don't have Zoom installed, you will see instructions to install it. You can save time by pre-installing the app, as below.

### **For Apple or Android device (iPad, tablet or phone):**

Install the Zoom Cloud Meetings app from either the Apple App Store or Android Google Play Store.

## For a Windows, Mac or Linux desktop or laptop:

Install the Zoom Client for Meetings from the Zoom Download Center.

Participants can choose to participate with video (camera), audio (microphone) or text chat. You can turn video and audio on and off at any time. The meeting host can enable or disable your audio in order to manage discussion.

### Note:

- Everyone in the meeting will see whatever your camera is pointing at. Ideally your face in full, without anything too distracting in the background. Adjust your position and the position of the camera to suit.
- Sign in five minutes before the advertised start time, so the session can commence on time.
- The first Zoom session will probably take some time before everyone is connected. We appreciate your patience while people connect.
- Please ensure there is no background noise or distractions.
- Some Zoom sessions will be recorded, so check with the organiser if you would prefer to remain anonymous.



# Program of Events

Further details and booking information for each event can be found in the pages that follow.

## Bookings

Please remember that **bookings are essential**, so please contact the event organiser listed under each activity to secure your place or register directly online.

Knox Over 55s Zest4Life			
Event	Format	Time	Page
<b>Wednesday 1, 8 &amp; 15 September 2021</b>			
Chair Yoga series	Zoom	10am to 11am	9
<b>Thursday 2 September 2021</b>			
Mahjong afternoons	In-person	1.30pm	9
<b>Friday 3 September 2021</b>			
Smarter Homes	In-person	10am to 10.45am	10
Essential Oils – Spring cleaning the low-tox way	In-person	1.45pm to 2.45pm	11
<b>Tuesday 7 September 2021</b>			
Pickleball – come and try	In-person	10am to 1pm	11
Introduction to My Aged Care and Home Care support	Zoom	10.30am to 11.30am	12
<b>Thursday 9 September 2021</b>			
Knit and Natter	In-person	1.30pm	12
Introduction to My Aged Care and Home Care support	Telephone	2pm to 3pm	12
<b>Saturday 11 September 2021</b>			
Gully Gardeners: Keeping Chickens with Ella from Chooktopia	In-person	10.30am to 12.30pm	13
<b>Tuesday 14 September 2021</b>			
Discover Health and Fitness Apps	In-person	1pm to 1.45pm	13
Learn to Crochet	In-person	1pm to 3pm	14
<b>Tuesday 21 September 2021</b>			
ATO Scams Session	MS Teams	10.30am to 11.30am	14
<b>Wednesday 22 September 2021</b>			
Gully Gardeners: Small Space Gardening with Kat Leavers	In-person	2pm to 4pm	15
<b>Thursday 23 September 2021</b>			
Author Talk – Lainie Chait	In-person	10.30 am to 11.30 am	16
<b>Saturday 25 September 2021</b>			
Bayswater Makers Market	In-person	10am to 2pm	17
<b>Tuesday 28 September 2021</b>			
Innovative Treatments for Memory Problems	Zoom	10am to 11am	17



<b>Event</b>	<b>Format</b>	<b>Time</b>	<b>Page</b>
<b>Wednesday 29 September 2021</b>			
Movie Day – Jersey Boys	In-person	1pm for 1.20pm start to 3.45pm	18
<b>Thursday 30 September 2021</b>			
Bright Ideas Network meeting	Zoom	2pm to 3.30pm	8
<b>2021 Knox Seniors Festival</b>			
<b>Friday 1 October 2021</b>			
How to get older without getting old	In-person	10.30am to 11.30am	19
Knox Street Orienteering	In-person	10.30am to 11.30am	20
Writing a memoir – tips and tricks with author Nicolas Brasch	In-person	3pm to 4pm	20
<b>Monday 4 October 2021</b>			
Life Hacks	In-person	11am to 12pm	21
Afternoon with Glenn Starr	In-person	1pm to 3.30pm	21
Talking Café special event – card making	In-person	2pm to 4pm	22
<b>Tuesday 5 October 2021</b>			
Taste of Asia	In-person	10am to 1pm	22
<b>Wednesday 6 October 2021</b>			
A Day on the Green	In-person	10am to 2pm	23
Barbecue and Singing – Hanford Lan	In-person	11.30am to 2pm	23
Lunch and lizards in the garden	In-person	12.30pm to 2.30pm	24
Booko-Bingo	In-person	2pm to 3pm	24
<b>Thursday 7, 14, 21 &amp; 28 October 2021</b>			
Active Healthy Ageing and Living	In-person	9am to 12pm	25
Walking Basketball	In-person	10am to 11.30am	26
<b>Thursday 7 October 2021</b>			
Movie Day – Yesterday	In-person	1pm for 1.20pm to 3.30pm	27
Mahjong	In-person	1.30pm to 3.30pm	9
Self-publish your own ebook	In-person	6pm to 7pm	28
<b>Friday 8 October 2021</b>			
An Afternoon of Music for Seniors	In-person	2pm to 4pm	28
<b>Sunday 10 October 2021</b>			
BollyX – The Bollywood Workout	In-person	11am to 12pm	29
<b>Monday 11 October 2021</b>			
Bus tour to Martha Cove	In-person	8.45am to 1.30pm	30
Talking Café special event – Sandi Wallace author talk	In-person	2pm to 4pm	31
<b>Tuesday 12 October 2021</b>			
Bus tour to Martha Cove	In-person	8.45am to 1.30pm	30
<b>Wednesday 13 October 2021</b>			
Bus tour to Martha Cove	In-person	8.45am to 1.30pm	30

<b>Event</b>	<b>Format</b>	<b>Time</b>	<b>Page</b>
<b>Wednesday 13 October 2021</b>			
Knox Seniors Indoor Bowls Carnival	In-person	10.30am to 3.30pm	31
Lunch and singalong in the garden	In-person	12.30pm to 2.30pm	32
Book-folded Birdhouse	In-person	2pm to 3pm	32
<b>Thursday 14 October 2021</b>			
Bus tour to Martha Cove	In-person	8.45am to 1.30pm	30
Knit and Natter	In-person	1.30pm to 2.30pm	12
<b>Friday 15 October 2021</b>			
Bus tour to Martha Cove	In-person	8.45am to 1.30pm	30
<b>Sunday 17 October 2021</b>			
Stringybark Festival – save the date!	In-person	10am to 5pm	33
<b>Thursday 21 October 2021</b>			
Showcase of Living Options for Knox Over 55s	In-person	10am to 5pm	34
<b>Saturday 23 October 2021</b>			
Bayswater Makers Market	In-person	10am to 2pm	17
<b>Weekly - September to October 2021</b>			
<b>Every Monday</b>			
Braintraining (during school term)	In-person	9am to 12pm	35
Conversation Circle	In-person	12pm to 2pm	35
Talking Café – Knox Shopping Centre	In-person	2pm to 3pm	36
Braintraining (during school term)	In-person	3pm to 5pm	35
<b>Every Tuesday</b>			
Good for the Sole – walking	In-person	8am	37
Westfield Walkers	In-person	7.30am	37
Orana Walking Group	In-person	8.30am	37
Lollipop Walkers and Friends	In-person	10am	37
<b>Every Wednesday</b>			
Knox Ramblers	In-person	9.30am	37
Talking Café – Boronia	In-person	10am to 11am	36
Meandering Mates	In-person	3.30pm	37
<b>Every Thursday</b>			
Good for the Sole – walking	In-person	7.30 am	37
Westfield Walkers	In-person	7.30 am	37
Knox Community Chess Enthusiasts	In-person	10.30am to 5pm	36
<b>Every Friday</b>			
Knox Community Chess Enthusiasts	In-person	12.30pm to 1.30pm	36
<b>Saturday – 1<sup>st</sup> of each month</b>			
Heritage Walks	In-person	9.30am	37

# Bright Ideas Network

## Purpose

We are the voice of Over 55s in Knox. We work on events, projects and issues that are important.

## Background

The Bright Ideas Network was established in 2016 and is a collaboration between Knox City Council, residents, community groups and local businesses. We have delivered a number of projects for the community including the 2018 Knox Active Ageing Expo and in 2019, created an ageism photographic exhibition titled Voices of Over 55s: Challenging Ageist Stereotypes.

## How to subscribe

Our newsletter is produced monthly and includes articles of interest, information about community grants, research and details about What's On in Knox. To subscribe, contact the Program Lead Social Connections on **9298 8828**.

## Meetings

Meetings are currently held monthly via Zoom. Come to one, or come to all.

**Date:** Wednesday 30 September 2021

**Time:** 2pm to 3.30 pm (via Zoom)

**To book:** call Program Lead Social Connection on **9298 8828**.





# September

Free  
Event

## Chair Yoga series

### Hosted by Older Women's Network (OWN) NSW

Did you know that you can do gentle yoga on the chair? Join Claire as she leads us through some simple and easy-to-do moves while seated on the chair.

**Dates:** Wednesday 1, 8 & 15 September 2021 (3 sessions)

**Time:** 10am to 11am (via Zoom)

**To book:** Call Knox Library on **9800 6470**

**Additional info:** Wear comfortable clothing. Bring a resistance band if you have one.

Free  
Event

## Mahjong afternoons

### Hosted by Bayswater Library

Join our enthusiastic and friendly Mahjong social group to learn and play Mahjong. Beginners to advanced players of all ages are welcome!

**Dates:** Thursday 2 September 2021

Thursday 7 October 2021

**Time:** 1.30pm

**Location:** Bayswater Library, Shop 26, Mountain Hwy Shopping Centre  
7-13 High Street, Bayswater

**To book:** Call Bayswater Library on **9800 6498** or **[yourlibrary.com.au](http://yourlibrary.com.au)**

# September

Free  
Event

## Smarter Homes

### Hosted by Rowville Library

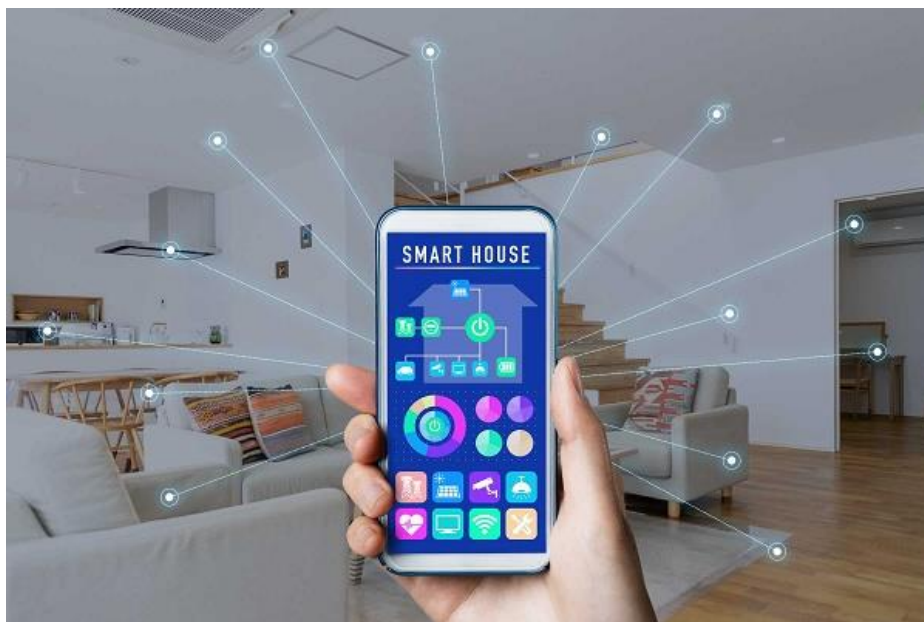
What makes a home 'smart'? We will demonstrate some of the latest tech innovations that can be built into your home or added into an existing home from smart speakers, assistants, lights and power outlets.

**Date:** Friday 3 September 2021

**Time:** 10am to 10.45am

**Location:** Rowville Library, Stud Park Shopping Centre, Stud Road, Rowville

**To book:** Rowville Library on [9800 6443](tel:98006443)



# September

## Essential Oils – Spring cleaning the low-tox way

### Hosted by Community Learning Centre

Participants will make and take home a general-purpose cleaner and a toilet fizzy, both of which will be antibacterial and antimicrobial. Suitable uplifting oils to diffuse in springtime will also be discussed.

**Date:** Friday 3 September 2021

**Time:** 1.45pm to 2.45pm

**Location:** Community Learning Centre, Rowville Community Centre  
40 Fulham Road, Rowville

**Cost:** \$18

**Contact:** Reception on **9764 1166**

**To book:** <https://bit.ly/3lYuZyj>

## Pickleball – come and try

### Hosted by Rowville Community Centre



Free  
Event

Come and try Pickleball! It's a paddle sport that is easy to learn and enjoyed by many all over the world. It has similarities to tennis, badminton, and ping pong and is a sport that's fun for all ages and skill levels.

Pickleball is an easy way to get fit and stay social and is suitable for either friendly games or competitions. An average session can take about 10-25 minutes, and can be played as both doubles or singles.

**Date:** Tuesday 7 September 2021

**Time:** 10am to 1pm

**Location:** Rowville Community Centre, 40 Fulham Road, Rowville

**Contact:** Contact Reception on **9763 7400** or email: [rcc@knox.vic.gov.au](mailto:rcc@knox.vic.gov.au)

**To book:** <https://www.stickytickets.com.au/sk43t>

# September

Free  
Event

## Introduction to My Aged Care and Home Care support Hosted by Knox City Council

Do you or someone you know need help to understand and navigate My Aged Care, so that you can remain living independently in your own home? Find out more about: What home care services are available; What you are eligible for and how to apply; The process of registering with My Aged Care; Assessments and eligibility; Home Care Packages; and the Commonwealth Home Support Program.

**Date:** Tuesday 7 September 2021 from 10.30am to 11.30am (via Zoom)

**To book:** <https://www.stickytickets.com.au/YXSNN>

**Date:** Thursday 9 September 2021 from 2pm to 3pm (via Telephone)

**To book:** <https://www.stickytickets.com.au/AQIX0>

**Contact:** Call Helen Oakley, Coordinator Service Access & Home Assessment on **9298 8235** or email: [Helen.Oakley@knox.vic.gov.au](mailto:Helen.Oakley@knox.vic.gov.au)

Free  
Event

## Knit and Natter

### Hosted by Bayswater Library

Join our monthly knitting and crochet group at Bayswater Library. Share patterns and ideas in a friendly, social environment.

**Dates:** Thursday 9 September 2021

Thursday 14 October 2021

**Time:** 1.30pm

**Location:** Bayswater Library, Shop 26, Mountain Hwy Shopping Centre  
7-13 High Street, Bayswater

**To book:** Call Bayswater Library on **9800 6498** or [yourlibrary.com.au](http://yourlibrary.com.au)

# September

Free  
Event

## Gully Gardeners: Keeping Chickens with Ella from Chooktopia Hosted by Gardens4Harvest

The workshop will cover: chook health, nutrition, housing, protection from predators and pests, as well as the sustainability and circular economy benefits of keeping these delightful animals. Ella will also talk about Council and local law considerations and guidelines to help you plan out a productive chook yard.

**Date:** Saturday 11 September 2021

**Time:** 10.30am to 12.30pm

**Location:** Ferntree Gully Library, 1010 Burwood Hwy, Ferntree Gully

**To book:** Ferntree Gully Library on [9800 6455](tel:98006455) or [events.yourlibrary.com.au](https://events.yourlibrary.com.au)

Free  
Event

## Discover Health and Fitness Apps

### Hosted by Knox Library

Want to know the best ways to keep track of your health on your device? Join us as we explain what your phone can track through apps, wearables and sensors. Improve your physical wellbeing by tracking your steps, physical activity, heart rate, sleep and even stress. Improve your mental health with brain training and mental health apps!

**Dates:** Tuesday 14 September 2021

**Time:** 1pm to 1.45pm

**Location:** Knox Library, 425 Burwood Hwy, Wantirna South

**To book:** Call Knox Library on [9800 6470](tel:98006470)



# September

Free  
Event

## Learn to Crochet

Hosted by Knox Library

Want to learn how to crochet? Just bring yourself and we will get you started! Let us show you how easy it is to make a rug or scarf. Come along and meet other friendly, craft-minded people.

**Dates:** Tuesday 14 September 2021

**Time:** 1pm to 3pm

**Location:** Knox Library, 425 Burwood Hwy, Wantirna South

**To book:** Call Knox Library on **9800 6470**

Free  
Event

## ATO Scams presentation

Hosted by Australian Tax Office

Scams are schemes that criminals use against innocent people, usually in attempts to steal their money and/or identity. If a criminal steals your identity, it can be difficult to obtain employment, apply for a bank loan and government benefits. This presentation explains ways to protect yourself from criminals who swindle people, known as “scammers”.

**Date:** Tuesday 21 September 2021

**Time:** 10.30am to 11.30am (via MS Teams)

**Contact:** Program Lead Social Connections on **9298 8828**

**To book:** <https://www.stickytickets.com.au/LHMRT>

# September

Free  
Event

## Gully Gardeners: Small Space Gardening Hosted by Gardens4Harvest

Small backyard? No worries! With some clever planning, your courtyard, balcony or tiny backyard can become a productive little garden. Come along to this free workshop covering the need-to-know basics of growing food in a small space with permaculture designer and educator, Kat Lavers.

Learn how to plan and design a small space garden, utilise pots and containers, soil health and fertility (including potting mix), compost options, as well as plant selection and placement to get the best yield from small spaces.

**Date:** Wednesday 22 September 2021

**Time:** 2pm to 4pm

**Location:** Ferntree Gully Library, 1010 Burwood Hwy, Ferntree Gully

**To book:** [events.yourlibrary.com.au](https://events.yourlibrary.com.au) or call **9800 6455**



# September

Free  
Event

## Author Talk – Lainie Chait Hosted by Knox City Council

Lainie is an author, performer and stand-up comedian, as well as a client consultant at a Medical Cannabis Clinic. She self-published a book called 'Electro Girl' in 2017 about her 31 year journey living with and managing Epilepsy. Lainie now promotes awareness about brain health and how having a diagnosis of epilepsy takes only two documented seizures. Anyone with a brain can have a seizure. She debunks fears and stigma surrounding Epilepsy and encourages people to take the driver's seat when given a doctor's diagnosis of any kind.

Lainie has taken a holistic approach to managing her health for the last two decades and is now on a mixture of, a small amount of pharmaceutical medication and a commitment to living a life where her triggers are managed via diet, exercise and a healthy mindset. Come share Lainie's journey and knowledge and empower yourself with tools and ideas that might assist you in your own journey of healing.

**Date:** Thursday 23 September 2021

**Time:** 10.30am to 11.30am (via Zoom)

**Contact:** Program Lead Social Connections on **9298 8828**

**To book:** <https://www.stickytickets.com.au/0A7AV>



# September

## Bayswater Makers Market

Free  
Event

### Hosted by Bayswater Makers Market

A mainly indoor market with a variety of high quality goods made by local makers. Stalls include honey, cakes, olive oil, dog biscuits, wood and glass crafts, cards, jewellery, candles, toys, art and many textile crafts.

**Dates:** Saturday 25 September 2021  
Saturday 23 October 2021

**Time:** 10am to 2pm

**Location:** Bayswater Senior Citizens Centre  
790 Mountain Hwy, Bayswater

To book: Julia on **9890 2546** or **[bw1market@bigpond.com](mailto:bw1market@bigpond.com)**

Free  
Event

## Innovative Treatments for Memory Problems

### Hosted by Freya Stockman, Research Officer, Therapeutic Brain Stimulation Team

Researchers from the Epworth Centre for Innovation in Mental Health (ECIMH) will provide an overview of novel treatments for people who experience problems with their memory. Their studies investigate whether non-invasive brain stimulation can improve cognitive symptoms, such as thinking and memory problems, of Alzheimer's disease and in people who meet criteria for Mild Cognitive Impairment (MCI). The treatment methods, study details and how to get involved in the research will be discussed.

**Date:** Tuesday 28 September 2021

**Time:** 10am to 11am (via Zoom)

**Contact:** Program Lead Social Connections on **9298 8828**

**To book:** **<https://www.stickytickets.com.au/MV7NT>**

# September

Free  
Event

## Movie Day – Jersey Boys Hosted by Knox City Council

The story of four young men from the wrong side of the tracks in New Jersey who came together to form the iconic 1960s rock group The Four Seasons.

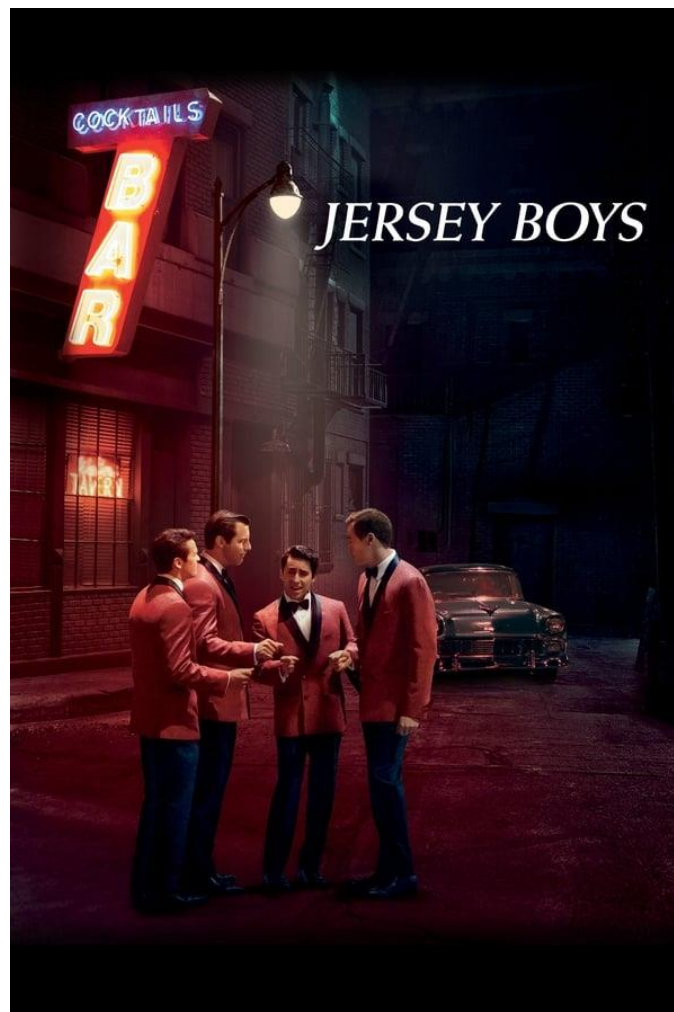
**Date:** Wednesday 29 September 2021

**Time:** 1pm for a 1.20pm start to 3.45pm

**Location:** Knox Community Arts Centre  
cnr Scoresby Rd and Mountain Hwy, Bayswater

**Contact:** Program Lead Social Connections on **9298 8828**

**To book:** <https://www.stickytickets.com.au/001KR>





# October

Free  
Event

## How to get older without getting old

Hosted by Knox City Council with Presenter Linda Black

We will all get older – if we are fortunate – but at the later stages of life getting older is often fused with getting ‘old’. But getting older and getting ‘old’ are not the same and they don’t have to go hand-in-hand. We will explore the difference between them and identify what we can do to continue to get older without getting ‘old’. In addition, there are hidden benefits to getting older that we can appreciate and welcome. This can simply be another stage of life and not the feared notion of ‘getting old’.

**Date:** Friday 1 October 2021 (International Day of Older Persons)

**Time:** 10.30am to 11.30am

**Location:** Knox Community Arts Centre  
Cnr Scoresby Rd and Mountain Hwy, Bayswater

**Contact:** Kylie Johnson on **9298 8850** or email: [kylie.johnson@knox.vic.gov.au](mailto:kylie.johnson@knox.vic.gov.au)

**To book:** <https://www.stickytickets.com.au/29YKW>



Free  
Event

### Street Orienteering Walk Hosted by Knox Street Orienteering Walkers

Join us for a one hour orienteering walk to have fun and exercise your brain as well as your body. We have maps and walk in teams of 2 to 5 people for one hour around local streets finding answers to 20 clues. Walk as slow or fast as you like. Cuppa and chat at a nearby café afterwards.

**Dates:** Friday 1 October 2021  
Friday 15 October 2021  
**Time:** 10.30am to 11.30am (coffee at 12pm)  
**Location:** Colchester Reserve, Beresford Drive, Boronia  
(Carpark entrance opposite Avington Crescent)

**To book:** Contact David by voice or text on [0419 337 311](tel:0419337311)  
or email [david@knoxsof.fun](mailto:david@knoxsof.fun) (RSVP by 5pm the day before the walk)

Free  
Event

### Writing a Memoir – tips and tricks with author Nicolas Brasch Hosted by Knox Library

Memoirs are among the best-selling genre of books. We are fascinated by the way people live and think, what they experience and how they deal with hardship. In this workshop you will learn about various aspects of memoir writing, from researching, structuring and writing a memoir, to dealing with moral and ethical dilemmas, and examining the notion of truth.

**Date:** Friday 1 October 2021  
**Time:** 3pm to 4pm  
**Location:** Knox Library, 425 Burwood Hwy, Wantirna South

**To book:** Contact Knox Library on [9800 6470](tel:98006470)

## October

Free  
Event

### Life Hacks

#### Hosted by Knox City Council

Are you interested in learning how to make your day to day life easier? Come along to this session presented by our Occupational Therapist. We will talk about various tips, tricks and strategies that can help us perform daily tasks easier and safer as we get older, including gadgets and tools we can use to simplify our lives.

**Date:** Monday 4 October 2021

**Time:** 10.30am to 11.30am

**Location:** Knox Community Arts Centre  
Cnr Scoresby Rd and Mountain Hwy, Bayswater

**Contact:** Kylie Johnson on [9298 8850](tel:92988850) or [kylie.johnson@knox.vic.gov.au](mailto:kylie.johnson@knox.vic.gov.au)

**To book:** <https://www.stickytickets.com.au/VZQJM>

### Afternoon with Glenn Starr

#### Hosted by Bayswater Senior Citizens Centre

Join us for a wonderful afternoon listening to Glenn Starr sing songs from the 60s and 70s. Glenn will have you tapping your feet and feeling good. Enjoy a cuppa too.

**Date:** Monday 4 October 2021

**Time:** 1pm to 3.30pm

**Location:** Knox Community Arts Centre, 790 Mountain Hwy, Wantirna South

**Cost:** \$7.50 per person

**Contact:** Knox Community Arts Centre on [9729 7287](tel:97297287)

**To book:** <https://knoxcc.sales.ticketsearch.com/sales>

# October

Free  
Event

### Talking Café special event – card making Hosted by Living our Best Life

Join us at the Living our Best Life Talking Cafe for a special seniors festival event. We'll be enjoying a delicious Devonshire tea and learning how to make personalised greeting cards.

**Date:** Monday 4 October 2021

**Time:** 2pm to 4pm

**Location:** Community Space at Knox City Shopping Centre  
(ground floor near Myer)

**To book:** Call Leanne on **0457 646 384** or email: [livingourbestlifeproject@gmail.com](mailto:livingourbestlifeproject@gmail.com)

### Taste of Asia

#### Hosted by Orana Neighbourhood House

Come along and immerse yourself in this entertaining cooking demonstration. Our chef will teach you tips and techniques in preparing some delicious Asian finger food that will impress your family and friends. Morning tea and tastings included.

**Date:** Tuesday 5 October 2021

**Time:** 10am to 1pm

**Location:** Orana Neighbourhood House, 62 Coleman Road, Wantirna South

**Cost:** \$5

**To book:** Call Lisa on **9801 1895** or email: [oranamanager@netspace.net.au](mailto:oranamanager@netspace.net.au)

# October

Free  
Event

### A Day on the Green

#### Hosted by Ferntree Gully Bowls Club

Want to try your hand at Lawn Bowls? Come along to a day of fun and friendship. A short practice followed by two lawn bowl games. All equipment provided along with some friendly coaching. Light lunch provided.

**Date:** Wednesday 6 October 2021

**Time:** 10am to 2pm

**Location:** Ferntree Gully Bowls Club, Glenfern Park, Glenfern Road, Ferntree Gully

**To book:** Call Rhonda on [9753 5888](tel:97535888) or email: [manager@ftgbowls.com.au](mailto:manager@ftgbowls.com.au)

**Additional information:** Wear flat shoes and bring a hat

Free  
Event

### Barbecue and Singing

#### Hosted by Our Saviour's Lutheran Church

A free community event which includes a barbecue lunch, cake and coffee, followed by a live musical performance with community singing.

**Date:** Wednesday 6 October 2021

**Time:** 11.30am to 2pm

**Location:** Our Saviour's Lutheran Church, 646 Burwood Hwy, Knoxfield

**Cost:** Free, but donation is appreciated

**To book:** Call Judy on [0409 097 294](tel:0409097294) or email: [judy.bowman@lca.org.au](mailto:judy.bowman@lca.org.au)



# October

## Lunch and lizards in the garden

### Hosted by Coonara Community House

Join us in the beautiful Coonara gardens to enjoy a two course lunch, followed by coffee, chocolates and a visit from the Lizard Wizard giving you a hands-on experience of small Australian native animals and birds.

**Date:** Wednesday 6 October 2021

**Time:** 12.30pm to 2.30 pm

**Location:** Coonara Community House, 22 Willow Road, Upper Ferntree Gully

**To book:** Call Reception on [9758 7081](tel:97587081) or email: [enquiries@coonarahouse.org.au](mailto:enquiries@coonarahouse.org.au)

**Additional information:** We will be dining outdoors, under a marquee if necessary. If the weather is poor, we will be indoors.

## Booko-Bingo

### Hosted by Bayswater Library

Join us for a fun-filled afternoon of Bingo based upon your favourite books, characters, quotes and authors.

**Date:** Wednesday 6 October 2021

**Time:** 2pm to 3pm

**Location:** Bayswater Library, Shop 26, Mountain Hwy Shopping Centre  
7-13 High Street, Bayswater

**To book:** Call Bayswater Library on [9800 6498](tel:98006498) or [yourlibrary.com.au](http://yourlibrary.com.au)

# October

Free  
Event

## Active Healthy Ageing and Living Hosted by Knox Chinese Elderly Citizens Club

Join us to experience a variety of active and healthy activities including Tai Chi Qigong exercises, Tai Chi Quan 24, 42, 48 forms, Tai Chi Fan dance, Tai Chi Sword, Table Tennis, Karaoke, Line Dancing and casual socialising.

**Date:** Thursday 7 October 2021

**Time:** 9am to 12pm

**Location:** Hall 2, Rowville Community Centre, 40 Fulham Rd, Rowville

**To book:** Call William on [0411 138 448](tel:0411138448) or [williamwai88@hotmail.com](mailto:williamwai88@hotmail.com)

**Additional information:** If you intend on participating in the exercises, please wear appropriate shoes.



# October

Free  
Event

## Walking Basketball – come and try Hosted by Basketball Victoria

Walking Basketball is a low impact, social and fun way to improve the levels of physical activity for older people, including those recovering from injury. It provides opportunity to support and maintain mobility skills through walking, stopping, turning and transferring of weight.

Walking Basketball is played with a size 5 basketball, on a modified hip- height, or lowered, ring. Five on five game play, with rest breaks where required. This runs over four sessions.

**Date:** Thursdays 7, 14 & 21 and 28 October 2021

**Time:** 10am to 11.30am includes morning tea

**Location:** State Basketball Centre, 291 George St, Wantirna South

**Contact:** Michelle on [9298 8343](tel:92988343) or [michelle.penney@knox.vic.gov.au](mailto:michelle.penney@knox.vic.gov.au)

**To book:** <https://www.stickytickets.com.au/RPJKA>



# October

Free  
Event

## Movie Day – Yesterday Hosted by Knox City Council

A struggling musician realises he's the only person on Earth who can remember The Beatles after waking up in an alternate timeline where they never existed.

**Date:** Thursday 7 October 2021  
**Time:** 1pm for a 1.30pm start to 3.30pm  
**Location:** Knox Community Arts Centre  
cnr Scoresby Rd and Mountain Hwy, Bayswater  
**Contact:** Program Lead Social Connections on [9298 8828](tel:92988828)

**To book:** <https://www.stickytickets.com.au/4G6U9>



# October

Free  
Event

## Self-publish your own ebook Hosted by Rowville Library

Are you a writer with a story to share? Join us at Rowville Library to take matters into your own hands and learn how you can self publish your own eBook.

**Date:** Thursday 7 October 2021

**Time:** 6pm to 7pm

**Location:** Rowville Library, Stud Park Shopping Centre, Stud Road, Rowville

**To book:** Rowville Library on **9800 6443** or  
<https://events.yourlibrary.com.au/event?id=24246>

Free  
Event

## An Afternoon of Music for Seniors Hosted by U3A Knox Inc

U3A Music Groups, all of whom are seniors, will play a selection of songs and music that was popular in years gone by, along with some more recent music that will appeal. Attendees are encouraged to sing along.

**Date:** Friday 8 October 2021

**Time:** 2pm to 4pm

**Location:** U3A Knox Campus, 1a Park Boulevard, Ferntree Gully

**Contact:** Reception on **9752 2737** or email: [president@u3aknox.org.au](mailto:president@u3aknox.org.au)

# October

Free  
Event

## **BollyX – The Bollywood Workout** **Hosted by 2 Happy Feet**

Experience a Bollywood-inspired dance fitness program that combines exhilarating choreography and calorie-burning workouts with upbeat music from around the world. We cater for ALL levels. Come and release those happy hormones and bring a smile to your faces.

**Date:** Sunday 10 October 2021

**Time:** 11am to 12pm

**Location:** St Judes Parish, 49 George St, Scoresby

**To book:** Call Dr Avnika Ruparelia on **0414 112 269** or  
or email: **[2happyfeet.2018@gmail.com](mailto:2happyfeet.2018@gmail.com)**

**Additional information:** Please wear comfortable clothing and shoes. Bring a towel and a water bottle.





## October

Free  
Event

### **Bus tour to Martha Cove** **Hosted by Knox City Council**

Martha Cove is located along the Mornington Peninsula near Safety Beach and Mt Martha. You will have the opportunity to walk the 2.5km return boardwalk, taking in the sites of the large waterfront homes and boats bobbing along the marina. Or if walking isn't your thing, you may prefer to hang out and enjoy a coffee in Martha Cove.

**Dates:** Monday 11 October 2021  
Tuesday 12 October 2021  
Wednesday 13 October 2021  
Thursday 14 October 2021  
Friday 15 October 2021

**Time:** 8.45am for a 9am departure to 1.30pm

**Location:** Meet in the large Westfield Staff Carpark located behind Council (enter via Westfield)

**Cost:** We suggest you bring \$10 to \$15 for morning tea at the Grocer café or you are welcome to BYO to enjoy outdoors

**Contact:** Program Lead Social Connection on [9298 8828](tel:92988828)

**To book:** <https://www.stickytickets.com.au/IXVEA>

**Additional information:** This tour is being offered to Knox residents only. Due to COVID-safe guidelines, there is a maximum of 10 people per bus, so please book early.



## October

Free  
Event

### Talking café special event – Sandi Wallace author talk Hosted by Living Our Best Life Project

Join us for a special event with local author Sandi Wallace who will chat about her successful career writing crime novels. Sandi will speak about what inspires her to set her novels in Victorian locations.

**Date:** Monday 11 October 2021  
**Time:** 2pm to 4pm  
**Location:** Community Space, Knox City Shopping Centre  
(ground floor near Myer)

**To book:** Call Leanne on [0457 646 384](tel:0457646384)  
or email: [livingourbestlifeproject@gmail.com](mailto:livingourbestlifeproject@gmail.com)

Free  
Event

### Knox Seniors Indoor Bowls Carnival Hosted by Rowville Seniors Citizens Club

The indoor bowls carnival is a round robin event. Teams can expect to play up to six matches. Morning tea, afternoon tea and lunch provided. This is a free event. Teams play for a Perpetual trophy.

**Date:** Wednesday 13 October 2021  
**Time:** 10.30am to 3.30pm  
**Location:** Rowville Community Centre, 40 Fulham Rd, Rowville

**To book:** Call Sandra on [0402 811 789](tel:0402811789) or email: [eliz.kuek@gmail.com](mailto:eliz.kuek@gmail.com)

**Additional information:** Please wear soft sole shoes

# October

## Lunch and a singalong in the garden Hosted by Coonara Community House

Join us for a two course community lunch in the beautiful gardens at Coonara. Followed by coffee, chocolates and a singalong with the Singularity Choir.

**Date:** Wednesday 13 October 2021

**Time:** 12.30pm to 2.30pm

**Location:** Coonara Community House, 22 Willow Road, Upper Ferntree Gully

**Cost:** A gold coin donation is appreciated

**To book:** Call Reception on [9758 7081](tel:97587081) or email: [enquiries@coonarahouse.org.au](mailto:enquiries@coonarahouse.org.au)

Free  
Event

## Book-folded Bird House Hosted by Bayswater Library

Relax and enjoy this beginner-friendly craft session to up-cycle some of our old books into a sweet little home decor item. All materials are supplied (see photo on page 39).

**Dates:** Wednesday 13 October 2021

**Time:** 2pm to 3pm

**Location:** Bayswater Library, Shop 26, Mountain Hwy Shopping Centre  
7-13 High Street, Bayswater

**To book:** Call Bayswater Library on [9800 6498](tel:98006498) or [yourlibrary.com](http://yourlibrary.com)

# October

### Stringybark Festival – Save the date! Hosted by Knox City Council

Stringybark Festival is returning to Rowville Community Centre on Sunday 17 October from 10am – 5pm. The event celebrates Our Backyard, and continues to showcase all things home-made, home-grown, outdoors, playful and local to Knox. The community is invited to come along and enjoy a diverse program of performances, workshops, community stallholders, kids activities and more.

The Stringybark Festival will be delivered in compliance with the Victorian Government's current COVID19 restrictions, the festival will be adapted as a virtual, bookable or on site event as required.

**Date:** Saturday 17 October 2021

**Time:** 10am to 5pm

**Location:** Rowville Community Centre, 40 Fulham Rd, Rowville

**Contact:** [events@knox.vic.gov.au](mailto:events@knox.vic.gov.au) or **9298 8310**

**To book:** Pre-registration is required to attend this event and will open late September, visit [www.knox.vic.gov.au/stringybark](http://www.knox.vic.gov.au/stringybark) to secure your spot!



### Showcase of Living Options for Knox Over 55s Hosted by Knox City Council's Bright Ideas Network

Do you have thoughts of downsizing or resizing, but not sure how to take your next step? Perhaps you have an adult child returning home or are thinking about moving to a retirement village, but would like tips on what to consider before making that decision.

Maybe you are keen to hear about some new innovations being piloted across Victoria such as co-housing or home-sharing or are happy with your current home, but would benefit from a bit of decluttering or tweaking to make your home more accessible.

As diverse as your situation may be, come along to our Showcase to hear about the various living options for Knox Over 55s or share with us, what is working for you.

**Date:** Thursday 21 October 2021  
**Time:** 9am for a 9.30am start to 4pm  
**Location:** Knox Community Arts Centre  
cnr Scoresby Road and Mountain Hwy, Bayswater  
**Contact:** Kylie on [9298 8850](tel:92988850) or [kylie.johnson@knox.vic.gov.au](mailto:kylie.johnson@knox.vic.gov.au)

**To book:** <https://www.sticktickets.com.au/zjumw>



# Weekly

Free  
Event

## Braintraining

### Hosted by Knox Library and Mountain District Learning Centre

Come along and challenge yourself! Maintain and improve your brain with fun brain training activities and exercises, including memory, attention, language, executive functions, visual and spatial skills.

**Dates:** Every Monday during school term

**Times:** 9am to 12pm  
3pm to 5pm

**Location:** Knox Library, 425 Burwood Hwy, Wantirna South

**To book:** Call Knox Library on [9800 6470](tel:98006470)

Free  
Event

## Conversation Circle

### Hosted by Bayswater Library

Improve your English language skills in a friendly and supportive environment. Build your confidence, vocabulary and ability to communicate with others in the workplace, community and at home.

**Dates:** Every Monday

**Time:** 12pm to 2pm

**Location:** Bayswater Library, Shop 26, Mountain Hwy Shopping Centre  
7-13 High Street, Bayswater

**To book:** Call Bayswater Library on [9800 6498](tel:98006498) or [your.library.com.au](http://your.library.com.au)

# Weekly

Free  
Event

## Talking Café

### Hosted by Living Our Best Life Project

Drop in and buy a cuppa and join our community connector volunteers for a chat. Some weeks we will have guest speakers talking about their community group or organisation. No booking required. Simply drop in at either or both of the Talking Café groups.

**Dates:** Mondays - 2pm to 3pm  
The Community Space, Westfield Knox Shopping Centre  
(ground floor near Myer)

Wednesdays - 10am to 11am  
Victoria Elixer Coffee Roasters, 15-17 Erica Avenue, Boronia

**Contact:** email [livingourbestlifeproject@gmail.com](mailto:livingourbestlifeproject@gmail.com) or call **0457 646 384**

## Chess

### Hosted by Knox Community Chess Enthusiasts

We encourage you to play or learn the tactical game of chess, from beginners to committed players - all ages and abilities are welcome! Skilled players will be on site to offer assistance.

**Dates:** Thursdays from 10.30am to 5pm  
Knox Community Space  
(Westfield Knox Shopping Centre, ground floor near Myer)

or

Fridays from 12.30pm to 1.30pm  
Rowville Library, Stud Park Shopping Centre, Stud Rd, Rowville

**Contact:** Eddie on [eddie.atacador@hotmail.com](mailto:eddie.atacador@hotmail.com) or **0409 417 719**

# Walking Groups

Join a Walking Group for FREE and enjoy the benefits of improved health, new friends and rewards for achieving walking milestones!

Can't find a walking group in your area? Why not start one yourself? Please contact your Local Coordinator on **9298 8000** today! For more information visit: [www.knox.vic.gov.au/walking](http://www.knox.vic.gov.au/walking)

\* Denotes a non-Heart Foundation Walking Group

	<i>Meeting Point</i>	<i>Day</i>	<i>Time</i>	<i>Walking Organiser</i>
<b>Good for the Sole</b>	<b>UPPER FERNTREE GULLY</b> Brew'd Café, 1226 Burwood Hwy	Tues/Thurs	7.30am	Kaye: 0437 333 346
<b>Westfield Walkers*</b>	<b>Wantirna South,</b> Westfield Knox	Tues/Thurs	7.30am	Concierge: 9814 5001
<b>Orana Walking Group</b>	<b>Wantirna South</b> 62 Coleman Rd	Tues	8.30am	Orana: 9801 1895 onh@netspace.net.au
<b>Eastern Heart and Sole</b>	<b>BORONIA</b> Zagame's Cnr Dorset/Boronia Rds	Tues	9.30am	Julie: 0408 129 553 9778 8363
<b>Lollipop Walkers and Friends</b>	Tim Neville Arboretum – carpark on Dorset Rd, Ferntree Gully	Tues	10am	Karen: 0430 968 890
<b>Knox Ramblers</b>	<b>WANTIRNA STH</b> Westfield Knox Myer Undercover Car Park	Wed	9.30 am	Nola: 0400 525 119
<b>Orana Walking Group*</b> for people with limited mobility	<b>Wantirna South</b> 62 Coleman Rd	Wed	3.30 pm	Orana: 9801 1895 onh@netspace.net.au
<b>Knox Street Orienteering Walkers</b>	<i>Contact for meeting point</i>	1 <sup>st</sup> & 3 <sup>rd</sup> Fri	10.15 am	David: 0419 337 311 david@knoxow.fun <a href="http://www.knoxow.fun">www.knoxow.fun</a>
<b>Heritage Walks</b>	<b>Various locations-</b> <i>Contact for details</i> <i>(does not meet in winter)</i>	1 <sup>st</sup> Sat	9.30 am	Ray: 0488 247 362



# On Demand Bus Service

We have recently amended our On Demand bus service to provide a temporary transport option during the COVID-19 pandemic for Knox residents who have very limited access to any means of connecting to services and community.

This service is for older residents who can be picked up from home and transported to destinations in Knox to do shopping and attend medical centre or outpatient appointments.

A single trip costs \$3 and buses run 9am - 4pm on weekdays.

If you are over 65 years old, frail, mobility impaired or transport disadvantaged, or know of someone who may benefit from this service, call us on [9298 8000](tel:92988000) for more information or to book.



# Eastern Regional Libraries

## Library phone numbers:

Bayswater	Shop 26 Mountain Highway Shopping Centre 7-13 High Street, Bayswater	9800 6498
Boronia	Park Crescent, Boronia	9800 6488
Ferntree Gully	1010 Burwood Highway, Ferntree Gully	9800 6455
Knox	Knox City Shopping Centre 425 Burwood Highway, Wantirna South	9800 6470
Rowville	Stud Park Shopping Centre Stud Road, Rowville	9800 6443



# Important Contact Numbers

<b>Emergency (Police, Fire, Ambulance)</b> 000	<b>Outer East Phone Chat</b> 1800 984 825
<b>Police (non-emergency)</b> 131 444	<b>Knox Infolink (food relief and aid)</b> 9761 1325
<b>Nurse On Call</b> 1300 60 60 24	<b>Bridges 'phone a friend' and 'Knox seniors safety register'</b> 9753 4577
<b>Poison Info Line</b> 13 11 26	<b>Electricity Emergency United Energy (parts of Rowville, Scoresby and Wantirna South)</b> 132 099
<b>State Emergency Service (SES)</b> 132 500	<b>Ausnet (all other Knox suburbs)</b> 13 17 99
<b>Scams and Identity Theft</b> 1800 941 126	<b>Gas Emergency</b> Multinet - 132 691
<b>Beyond Blue</b> 1300 224 636	<b>Water Emergency</b> South East Water - 13 28 12 (24hrs)
<b>Lifeline Crisis Support</b> 13 11 14	<b>Telstra Faults</b> 13 22 03
<b>Centrelink – Older Australians Line</b> 13 23 00	<b>My Aged Care</b> 1800 200 422
<b>Seniors Rights Victoria - Elder Abuse</b> 1300 368 821	<b>Knox City Council</b> 9298 8000
<b>Carers Victoria - Caregiving Advisory Line - 1800 514 845</b>	
<b>Older Person's COVID-19 Support Line</b> 1800 171 866	

