



Knox Over 55s Zest4Life

March

Welcome to the Knox Over 55s Zest4Life program which aims to support our community to remain active and socially connected within Knox through a mix of activities, training and events. The activities in this guide are organised by community groups, community houses, local libraries and Knox City Council.

Things to note:

- Face-to-face opportunities are limited due to COVID-19 guidelines and could be subject to change - register early to avoid disappointment
- Each venue is responsible for its own COVID-19 safe plan - if you have any concerns or queries about this, please contact the organiser directly

For any further information, please contact 9298 8474.

Knox Festival is back – Come say “Hello!”

On Saturday March 5, the fabulously engaging Knox Festival returns to the Wally Tew Reserve, starting at 10:00am.

You'll find the Community Access and Support Department in their own marquee – so why not pop in and say hello (it would be great to see you in person!). You'll also be able to learn more about the new Seniors Exercise Park.

Come and see what the Social Connections team has planned for the year - including news about Zest4Life programs, the Bright Ideas Network, Community Transport and Meals on Wheels.

For more information, visit knox.vic.gov.au/knoxfestival or call Sally Clark on 9298 8828.

Move Your Way - A Day on the Green

Ever wanted to try lawn bowls? Now's your chance. Come enjoy this FREE session of lawn bowls at the Ferntree Gully Bowls Club – followed by some light refreshments.

Date: March 2 2022

Time: 10:30am to 1:00pm

Location: Ferntree Gully Bowling Club, Glenfern Park, Glenfern Road, Ferntree Gully 3156

To book or for more information, contact Sara Barnes on 9298 8000 or sara.barnes@knox.vic.gov.au

Move Your Way - Walking Basketball



Join us for Walking Basketball - a low impact, social and fun way to improve your mobility, including for those recovering from injury.

On court time is 45 minutes, followed by morning tea.

Dates: March 3, 10 and 17

Time: 10:00 am to 11:30 am

Location: State Basketball Centre, 291 George St, Wantirna 3152

To book this FREE event, contact Sara Barnes on 9298 8000 or sara.barnes@knox.vic.gov.au

Bayswater Maker's Market

This much-loved market returns to bring back all the clever creations from local crafters and artists.

Date: March 26 2022

Time: 10 am to 2 pm

Location: Bayswater Senior Citizens Hall, 790 Mountain Highway, Bayswater 3153

Future dates are on the 4th Saturday of each month from March-November.

For more information, you can call Julia on 9890 2546 - or stall holder bookings to: bw1market@bigpond.com

Always a Work in Progress

Hosted by Knox City Council with Presenter, Linda Black.

We often hear the phrase 'a work in progress' and it's usually used in the context of younger people. But what if it's ALWAYS true, no matter our age? Join this FREE interactive online session to explore that missing piece and find out *why* you've never stopped being a work in progress and how you can reconnect with that sense of yourself.

Date: April 12 2022

Time: 2:00pm to 2:50pm

Location: Online via Zoom

To book, please visit <https://www.stickytickets.com.au/rr2b3>. For more information, contact Sally Clark on 9298 8828 or sally.clark@knox.vic.gov.au