



## Knox Over 55s Zest4Life

June

Welcome to the Knox Over 55s Zest4Life program which aims to support people to remain active and socially connected within Knox through a mix of activities, training and events.

The activities in this guide are organized by community groups, community houses, local libraries and Knox City Council.

Things to note:

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

If you need any further information, then please contact 9298 8828.

### Come and play a “paddle” sport

Rowville Community Centre offers a mix of senior sports activities to support you staying fit and social. New participants are always encouraged regardless of their abilities.

<b>Badminton</b>	- Mondays from 10:00 am to 12:00 pm
<b>Pickleball</b>	- Thursdays from 10:00 am to 12:00 pm
<b>Badminton and Table Tennis</b>	- Fridays from 10:00 am to 12:00 pm

All sessions are \$5.50 per visit, with all equipment supplied.

Location: Rowville Community Centre, 40 Fulham Road, Rowville  
Contact: Reception on 9763 7400 or email: [rcc@knox.vic.gov.au](mailto:rcc@knox.vic.gov.au)



## Safe Driver

This VicRoads-funded safety awareness presentation for older road users covers how to keep older drivers safe and mobile; road rules; the effects of medication; strategies for safe mobility.

Date: Friday June 17, 2022  
Time: 1:30 pm to 2:30 pm  
Where: Orana Neighbourhood House, 62 Coleman Rd, Wantirna South

To book this free session call: 9801 1985

## Understanding your Smart phone

Could you be doing more with your smart phone? Find out how to use the camera; send and receive text messages; block nuisance calls. Then, join these sessions to make the most of your mobile device.

**Understanding your iPhone:** Tuesday 21 June, 10:00 am – 12:00 pm  
**Understanding your android phone:** Tuesday 28 June, 10:00 am – 12:00 pm

To book or find out more call Bridges Connecting Communities on 9753 4577

## Introduction to Round Dancing

Join this free event, brought to you by Knox City Council, to learn some cued social ballroom dance moves that will have you dancing round the room by the end of the class.

Date: Friday 1 July, 2022  
Time: 6:30 pm – 7:30 pm  
Location: Boronia Progress Hall, 134 Boronia Road (near cnr Dorset Rd), Boronia

Bookings essential prior to Friday 24 June. Contact David on 0419 337 311  
Additional information: Smart casual dress. Smooth soled shoes & masks recommended. Refreshment provided.

## Wiser Driver

Join us for an informative, informal and friendly refresher course, to upgrade your knowledge and build on your experience to keep you driving safely. **NO TESTS INVOLVED**

Topics include: changes to road rules; vehicle & driver roadworthiness; building confidence and awareness

Dates: Thursday July 7, 14, 21 & 28  
Time: 1:00 pm to 3:00 pm  
Where: Rowville Community Centre, 40 Fulham Rd, Rowville

For more details, please email [info@communitylcc.org.au](mailto:info@communitylcc.org.au) or contact the office on 9764 1166