

March, April, May 2024

Knox Over 55s Zest4Life

- 50+ events inside
- Zest4Life bus trips – 15 & 22 March
- Find Your Joy event 30 May

knox



Welcome

Welcome to Knox Over 55s Zest4Life.

Knox Over 55s Zest4Life aims to support people to remain active and socially connected within the Knox municipality by offering a mix of activities, training and events.

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
- Take note of whether bookings are required and the booking information – whether registration is online or by phone
- Book early to avoid disappointment (please note most events have restrictions on numbers)
- Turn up, meet new people, learn new things and have fun!



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** for most activities, so to avoid any disappointment, please contact the event organiser listed under each activity to secure your place. We recommend you book in early, to avoid missing out!



Access guide available online to help you plan your visit, via the venue's website or www.accessabilityaustralia.com/access-keys-2

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Expression of Interest - Intergenerational programs

Applications close Sunday 31 March

FREE
EVENT

Intergenerational programs provide many benefits and learning opportunities for older and younger people in the same setting at the same time. These programs aim to strengthen intergenerational linkages and foster connections between all generations within the community.

After a successful intergenerational program in 2023 at Your Library, Knox Express we are looking to open another similar program in 2024.

The programs will cover different activities including board games, digital literacy and building connections with younger people. Programs will run weekly for a 10 week period starting in Term 2 and limited spots are available.

Please **scan the QR code** and complete the form if you are interested in participating.



Should you have any further queries, please feel free to email intergenerational@knox.vic.gov.au

Please submit interest via QR code or email intergenerational@knox.vic.gov.au



Knox Nature Stewards - 2024

**Saturdays 13 April – 22 June 2024,
excluding King’s Birthday long weekend
Ferntree Gully Library & Arts Centre**

Nature Stewards is a 10-week program that connects curious people with their local environment and wider habitats. It’s a great way to gain knowledge, learn practical skills, and meet like-minded others in the local community. You will discover all sorts of ways to help nature at home and through local volunteering.

Learn from experts in ecology, botany, climate science, citizen science, volunteering, and ways to care for Country and manage private property.

Time 9.30am – 12.30pm

Venue 1010 Burwood Highway,
Ferntree Gully

More information or apply

[vnpa.org.au/programs/
nature-stewards-3/](http://vnpa.org.au/programs/nature-stewards-3/)

Cost \$350 full fee, \$90

Concession (Concession:
healthcare card holder,
pensioner, full-time student)



March

Wellbeing

Friday 1 March Boronia Library

Presented by Mountain District Learning Centre this class explores creative activities, gentle fitness exercises, gratefulness and mindfulness to help meet the challenges of everyday living.

Time 11am - 12pm

Venue Park Crescent, Boronia

Bookings

Call 9800 6488 or online at events.yourlibrary.com.au

FREE
EVENT

Parkinson's Support Group

Friday 1 March Boronia Library

Living with Parkinson's disease? Join the monthly relaxed support group, share your stories, find out information and spend time with other people who understand your experiences.

Other dates 5 April and 3 May

Time 1pm - 2pm

Venue Park Crescent, Boronia

Bookings

Call 9800 6488 or online at events.yourlibrary.com.au

FREE
EVENT



Knox Fest

Saturday 2 March

Wally Tew Reserve

FREE
EVENT

Knox Fest is a free community event welcoming locals to come together and celebrate community life. Featuring a range of activities for the whole family including arts and outdoor play, food trucks, thrilling rides, community stalls, amazing stage programs, sports, 'come and try' activities and heaps more.

Time 10am - 10pm

Venue Brenock Park Drive,
Ferntree Gully

Bookings No bookings required



Miller's monthly plant, produce, seed & recipe swap

FREE
EVENT

Monday 4 March

Miller's Homestead

Join like-minded gardening enthusiasts in the tranquil, historic surrounds of Miller's Homestead, to share seedlings, cuttings, plants, seeds, recipes and gardening knowledge with each other. We will finish each session with a Q&A, an opportunity to ask advice and share garden tips. The Seed Library will be open for donations/borrowing and the kettle will be on for tea and coffee.

Time 1.30pm - 2.30pm

Venue Dorrigo Dr & Melrose Crt,
Boronia

Bookings

Call 0438 284 989 or online at
events.yourlibrary.com.au



March

Knox Seniors Exercise Park exercise class

FREE
EVENT

Tuesdays

March 5, 12, 19 & 26

Carrington Park

The Seniors Exercise Park is a great place to train your balance, strength, coordination and flexibility. It is also the perfect place to make new friends. Best of all, it is free to use, all day, every day. Come and exercise with the guidance of the Senior Champions who will show you how it all works and the best way to utilise it for your ability. Bring a drink bottle, hat and a snack and remember to wear comfortable shoes.

Time 9.30am - 11am

Venue 20 O'Connor Rd, Knoxfield

Bookings No bookings required



I love Paris

Tuesday 5 March
**Knox Community
Arts Centre**

Renowned and award winning Concert pianist, William Schmidt and International soprano, Alison Jones transport you to Paris, France in a show brimming with famous music inspired by the most magical city in the world. From Chopin to Gershwin, the Eiffel Tower to the Moulin Rouge, compere Christopher McKenna will guide you through a romantic, dramatic and fun musical vacation.

Time 11am - 12.15pm

Venue Cnr Scoresby Rd &
Mountain Hwy, Bayswater

Bookings Call 9729 7287 or
online at knox.vic.gov.au

Cost Adult \$22, Concession \$20



Miller Park Tennis Club



Tuesday 5 March Millers Reserve

Join in at the club for a delightful evening of tennis where the emphasis is on fun, camaraderie, and enjoyment rather than fierce competition. Whether you're a seasoned player or just picking up a racquet for the first time, our social nights are designed to cater to all ages, genders and skill levels.

Time 6pm - 9.30pm

Venue Mountain Hwy & Liverpool Rd, The Basin

Bookings Not Required, just come along any Tuesday evening, call 0413 111 582 for any queries



Bolly X dance class

Tuesday 5 March St Judes Parish

Come experience a fun, Bollywood inspired dance fitness program that combines exhilarating choreography and calorie burning workouts with upbeat music from around the world.

Time 7pm - 7.45pm

Venue 49 George St, Scoresby

Bookings No bookings required

Cost Casual \$17



March

Wiser Driver refresher course for over 50'

FREE
EVENT

Wednesday 6 March Millers Homestead

Join this free refresher course designed to help people over 50 to stay safe on the road in a friendly, informal thought provoking program with no testing. In 4 x weekly 2 hour sessions, cover: changes to road rules, vehicle & driver roadworthiness, handling challenging road conditions & building confidence and awareness.

Time 1pm - 3pm

Venue Dorrigo Dr & Melrose Crt,
Boronia

Bookings

Call 0438 284 989 or online at
events.yourlibrary.com.au



2024 Wood Dragon feng shui & solar astrology

FREE
EVENT

Wednesday 6 March Ferntree Gully Library

Come along to Ferntree Gully for the Wood Dragon feng shui and solar astrology workshop, presented by Salwa Abboud. In this workshop Salwa will explain what the Wood Dragon will bring to the world, your home and your life.

At the time of booking please provide your date of birth as Salwa is preparing a personalised reading for all attendees.

Time 10am - 12pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings

Call 9800 6455 or online at
events.yourlibrary.com.au



Solar Savers information session

FREE
EVENT

Wednesday 6 March
Knox Civic Centre

Find out how we can support your transition to solar! Solar Savers is a local government initiative designed to make solar easy and affordable for Knox residents. Representatives from Solar Savers will explain how the program can support your entire solar journey. Topics covered in the webinar include: benefits of installing a solar PV system for your home, assessing if solar is suitable for your home, estimating energy bill cost savings, quotation and installation process, additional support for pension and low-income households.

Time 10.30am - 12pm

Venue 501 Burwood Hwy,
Wantirna

Bookings Register for your session at Stickytickets.com.au



Creative time with watercolour pencils

FREE
EVENT

Wednesday 6 March
Boronia Library

This class will assist you to learn to use watercolour pencils and is staff-led on the first Wednesday with practice time on the other Wednesdays. Staff-led dates: Wednesdays 6 March (Fruit/Vegies), 3 April (Companion animals), 1 May (Water), No bookings required.

Time 2pm - 3pm

Venue Park Crescent, Boronia

Bookings

Call 9800 6488 or online at events.yourlibrary.com.au



March

Walks for carers Thursday 7 March Orana Neighbourhood House

FREE
EVENT

Join the monthly walks for carers with Orana Neighbourhood House. For more information on dates check out nhvic.org.au/ncc-walks-knox

Time 9.30am

Venue 62 Coleman Rd,
Wantirna Sth

Bookings Please contact
Belinda.Carney@knox.vic.gov.au



Knox Community Chess Enthusiasts Friday 8 March Rowville Library

FREE
EVENT

Gather with fellow chess enthusiasts every week at the friendly and competitive chess group meet up. Whether you're a beginner or a pro, you'll enjoy the chance to play against a variety of opponents, learn new skills, and make new friends. Join us for a fun and engaging evening of chess!

Time 12.30pm

Venue Stud Park Shopping
Centre, Stud Rd, Rowville

Bookings
Call 9800 6443 or online at
events.yourlibrary.com.au



Miller's Matinee

Friday 8 March

Miller's Homestead

FREE
EVENT

Enjoy an afternoon movie in the cozy Parlour at the beautiful Miller's Homestead. We'll be showing everything from classics to the latest flicks!

Miller's Matinees runs a monthly movie, check yourlibrary for monthly updates.

Time 1.30pm - 3.30pm

Venue Dorrigo Dr & Melrose Crt, Boronia

Bookings

Call 0438 284 989 or online at events.yourlibrary.com.au



A nutritional approach to weightloss

FREE
EVENT

Tuesday 12 March

Ferntree Gully Library

Join Kathryn Messenger from Whole Naturopathy who will present a talk on the nutritional approach to weight loss.

Time 6.30pm - 7.30pm

Venue 1010 Burwood Hwy, Ferntree Gully

Bookings Bookings essential, call 9800 6455 or online at events.yourlibrary.com.au



March

Cardio tennis

Tuesday 12 March
Orana

Ferntree Gully Tennis Club

A fun not overly strenuous cardio workout for all ages. Also available Tuesday 19 March.

Time 6.30pm - 7.30pm

Venue 2A Glenfern Rd,
Ferntree Gully

Bookings

knox.vic.gov.au/MoveYourWay

FREE
EVENT

Fast4 Pop Tennis

Thursday 14 March
Ferntree Gully
Tennis Club

Pop Tennis is played on smaller courts with shorter paddles and low compression balls, a twist on paddle tennis dating back to 1898. This will be outdoors at the FTG Tennis club. Also operating on Thursday 21 March.

Time 7pm - 8:30pm

Venue 2A Glenfern Rd,
Ferntree Gully

Bookings

knox.vic.gov.au/MoveYourWay

FREE
EVENT

Zest4Life bus tour
The Nobbies Reserve,
Phillip Island

Friday 15 & 22 March
Collection from Carrington
Park Leisure Centre

Join us as we travel to the Nobbies Reserve to take a stroll along the boardwalk and enjoy the coast. Stopping for lunch in San Remo and some free time to explore the town. This tour requires a moderate fitness level and includes steps and limited spaces are available. Please bring money to purchase your own morning tea and lunch (we suggest you bring \$30-\$40).

Time 8.30am - 4pm

Venue 20 O'Connor Rd, Knoxfield

Bookings Expression of interest,
call 9298 8828

via stickytickets.com.au/8SOOP

Cost Bus \$10



Our local Butterflies

FREE
EVENT

Friday 15 March Miller's Homestead

In this presentation Ross will discuss the variety of butterflies found in the Dandenong Ranges and Eastern Suburbs, and what plants you can grow to encourage them to visit and breed on your property.

Time 2pm - 3pm

Venue Dorrigo Dr & Melrose Crt, Boronia

Bookings Bookings required, call 0438 284 989 or online at events.yourlibrary.com.au

Boronia Bowls Club come and try

FREE
EVENT

Friday 15 March Boronia Bowls Club

Come and try lawn bowls on Friday, 15 March with the Boronia Bowls Club. All equipment provided. Wear flat soles or barefoot.

Time 2pm - 7pm

Venue 5 Marie St, Boronia

Bookings

knox.vic.gov.au/MoveYourWay

Guided Cultural Walk

FREE
EVENT

Saturday 16 March Wally Tew Reserve

Join Chris Hume, a Yorta Yorta/Bunurong man and local Aboriginal leaders for a guided walk through Wally Tew Reserve. Please meet at the entrance to the Knox Environmental Society. Chris will share Aboriginal knowledge, perspectives and uses of native plants. The walk will end near the Knox Environmental nursery where you can browse some plants for your garden.

Time 10am - 11.30am

Venue 6 Lyndale Crt, Ferntree Gully

Bookings knox.vic.gov.au/whats-happening/news/bookings-now-open-move-your-way



March

Knox Photographic Society 50th anniversary exhibition

FREE
EVENT

**Tuesday 19 March - 17 May
Miller's Homestead**

Be prepared for a visual treat as Miller's Homestead showcases the work of the Knox Photographic Society in celebration of their 50th anniversary. A friendly and very active photography club, KPS are based in Boronia at the foot of the Dandenong Ranges.

Time 9.30am - 4.30pm

Venue Dorrigo Dr & Melrose Crt,
Boronia

Bookings

No bookings required



Become a Dementia Friend

FREE
EVENT

**Wednesday 20 March
Knox City
Council Civic Centre**

Council has partnered with Dementia Australia to implement a Dementia Friendly Communities Program throughout Knox. A dementia friendly community is made up of people like you, who have become a Dementia Friend. Come along and learn more about dementia, the challenges faced by people living with dementia and how to help them remain socially connected.

Time 1.30am - 3pm

Venue 511 Burwood Hwy,
Wantirna South

Bookings

stickytickets.com.au/JOBZ3



Let's talk
about
dementia

Tai Chi taster

Thursday 21 March
Rowville Community Learning Centre

FREE
EVENT

Try out a free taster class with an experienced Tai Chi trainer and discover the benefits that this ancient art has on the body and mind. This session will provide an introduction to Tai Chi movements, breathing and relaxation techniques, and strategies to improve your balance and posture. To be delivered at the Community Learning Centre (located inside Rowville Community Centre).

Time 11.45am - 12.30pm

Venue 40 Fulham Rd, Rowville

Bookings

knox.vic.gov.au/MoveYourWay



Meet the author: Heather Morris

FREE
EVENT

Thursday 21 March
Knox Library

The captivating new novel from the multimillion-copy bestselling author of *The Tattooist of Auschwitz*, *Three Sisters* and *Cilka's Journey*, *Sisters under the Rising Sun* is a story of women in war: a novel of resilience, bravery and friendship in the darkest of circumstances.

Time 6.30pm - 7.30pm

Venue 425 Burwood Hwy,
Wantirna South

Bookings essential

events.yourlibrary.com.au



March

Dame Nellie Melba biographical talk

Friday 22 March
Knox Express

Dame Nellie Melba was Australia's earliest and much loved Opera Singers. Join this biographical journey into her life and achievements.

Time 2pm - 3pm

Venue Shop 1001,
509 Burwood Hwy, Wantirna Sth

Bookings essential

call 9800 6470 or online at
events.yourlibrary.com.au

FREE
EVENT

Eat and learn with Tracey: Celiac/Gluten free

Friday 22 March
Knox City
Boronia Library

Ever wondered what to cook for a person with diabetes, or a person who is celiac? Come to these tech events with a difference! Find out about apps and other sources of information about dietary requirements, while taste-testing some recipes with Tracey.

Time 2pm - 3pm

Venue Park Crescent, Boronia

Bookings

Call 9800 6488 or online via
events.yourlibrary.com.au
- bookings open 12 March 2024

FREE
EVENT



Gully Gardeners: growing begonias

FREE
EVENT

Monday 25 March
Ferntree Gully Library

Join Marilyn from the Begonia Society for an informative session on begonias, including learning about the different varieties and success with growing and taking cuttings. Marilyn will be selling (cash only) some potted plants at the end of the session.

Time 2pm - 3pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings

Call 9800 6455 or online at
events.yourlibrary.com.au



An introduction to artificial intelligence

FREE
EVENT

Tuesday 26 March
Knox Express

Artificial Intelligence (AI) is becoming more and more prevalent in our everyday lives. It's important to know how it works for you now, and what it might look like going forward. Join this discussion on the basics of AI as it works now, including taking a look at ChatGPT, and what AI could mean for us in the future.

Time 11am - 12pm

Venue Shop 1001,
509 Burwood Hwy, Wantirna Sth

Bookings essential

call 9800 6470 or online at
events.yourlibrary.com.au



March

Emily Dickenson: Women in history talk

FREE
EVENT

Tuesday 26 March Ferntree Gully Library

Renowned as being Australia's first female war correspondent, Emily Dickenson was truly an inspiring woman. Join this talk to hear her story.

Time 10am - 11am

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings

Call 9800 6455 or online at
events.yourlibrary.com.au



How to self publish a book

FREE
EVENT

Thursday 28 March Knox Express

Multi-published author Rania Battany will show you how to successfully self-publish your book, from uploading on various global distribution platforms, to marketing, to understanding royalties, and much more. A Q&A discussion will follow.

Time 6pm - 7.30pm

Venue Shop 1001,
509 Burwood Hwy, Wantirna Sth

Bookings essential

Call 9800 6470 or online at
events.yourlibrary.com.au



April

Silvie Paladino live performance

Tuesday 9 April
**Knox Community
Arts Centre**

Back by popular demand, Silvie is one of Australia's most versatile and talented entertainers. She has starred in musicals such as Mamma Mia, Cats and Les Misérables in Australia and on London's West End and is also well known as a regular on Carols by Candlelight.

Time 11am - 12.10pm & 2pm - 3.10pm

Venue Cnr Scoresby Rd & Mountain Hwy, Bayswater

Bookings Call 9729 7287 or online at knox.vic.gov.au

Cost Adult \$22 Concession \$20



Volunteer adult literacy tutor information session

FREE EVENT

**Wednesday 10 April
Boronia Library**

Are you interested in sharing your love of reading and writing? Do you have skills or knowledge that could help others? We need volunteer adult literacy tutors! No experience necessary, with initial and ongoing training and support provided.

Come to the next volunteer information session to find out more!

Time 11.30am – 12.30pm

Venue Park Crescent, Boronia

Bookings No bookings required, for more information call 9800 6488



Volunteer
Tutors
Needed

Card making with The Basin community house

FREE EVENT

**Friday 12 April
Boronia Library**

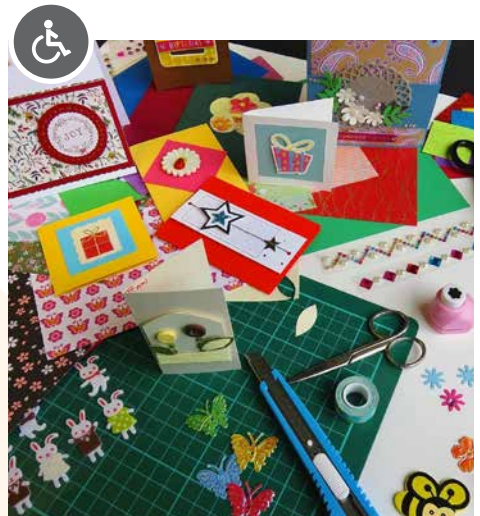
Join the talented Sue from The Basin Community House for this card making workshop! Learn how to make beautiful cards for family and friends.

Time 2pm

Venue Park Crescent, Boronia

Bookings

Call 9800 6488 or online at events.yourlibrary.com.au



Capture the magic of autumn with leafy impressions

FREE
EVENT

Monday 15 April
Knox Express

Join this class to learn how to print fine details of each leaf, tonal colours and textures at their peak. Collage and turn into beautiful artwork and cards. Everyone can participate without prior art experience.

Time 11am - 12.30pm

Venue Shop 1001,
509 Burwood Hwy, Wantirna Sth

Bookings Open 16 March 2024,
call 9800 6470 or online at
events.yourlibrary.com.au



Running Rabbits military history talk: Our ANZAC history

Tuesday 16 April
Ferntree Gully Library

Join Graham Hutchings, military history enthusiast from the Running Rabbits History Museum for a talk about our ANZAC history.

Time 2pm - 3pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings essential,
call 9800 6455 or online at
events.yourlibrary.com.au



Romance author's panel

FREE
EVENT

Thursday 18 April
Knox Library

Dive into an enchanting evening of romance and suspense with Melbourne's finest authors! Join featured writers: Sandra Carmel (steamy romance), Michelle Somers (romantic suspense), Savannah Blaize (paranormal romance), Esther Del Zuanne (paranormal romantic comedy) Captivating discussions, thrilling readings, and an interactive Q&A.

Time 6pm - 7.30pm

Venue 425 Burwood Hwy,
Wantirna Sth

Bookings Open 19 March 2024,
call 9800 6470 or online at
events.yourlibrary.com.au



Malta take 2: Armchair travel talk

FREE
EVENT

Friday 19 April
Boronia Library

Join Tracey as she shares some tips about travelling, her travel video and enjoy a tasting of Maltese food.

Time 2pm - 3pm

Venue Park Crescent, Boronia

Bookings Open 9 April 2024,
call 9800 6488 or online at
events.yourlibrary.com.au



Scam Prevention session

Friday 19 April
Carrington Park

Bridges Connecting Communities is proud to host the National Anti-Scam Centre (NASC) presenting this informative session on the best ways to keep yourself and loved ones safe from scams.

Time 10.30am - 12pm

Venue 20 O'Connor Rd,
Knoxfield

Bookings Open 4/3/24
call 9753 4577 or online at
trybooking.com/CPDQF



Costa Rica adventures

FREE
EVENT

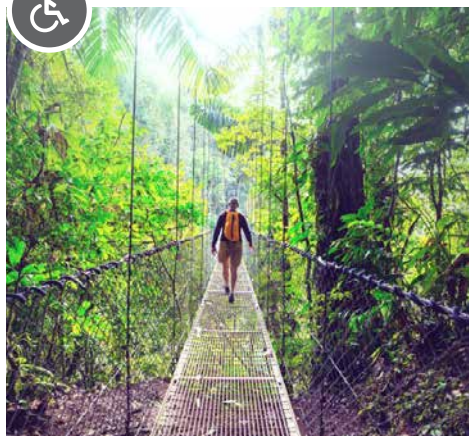
Monday 22 April
Knox Library

Join Nicole as she recounts her adventures in the incredible country of Costa Rica. From spotting sloths and other beautiful wildlife, amazing scenery, and adventure activities like canyoning and zip lining. This country has it all!

Time 11am - 12.30pm

Venue 425 Burwood Hwy,
Wantirna Sth

Bookings Open 23 March 2024,
call 9800 6470 or online at
events.yourlibrary.com.au



Dancing with Dementia

Monday 22 April
Knox Community Baptist Church

This is a fun session designed to bring joy to anyone with (or without) dementia. Facilitator Lisa Koba, is a qualified dance therapist and can quickly assess and adapt the session depending on your physical ability, sensory limitation and musical interest, making this event suitable for all individuals. If you enjoy dancing and/or tapping along to familiar songs, this session is for you!

This session is fully accessible - walkers and wheelchairs are welcome.

Time 10am - 11am

Venue 17 - 19 Falconer Rd,
Boronia

Cost \$2 entry/\$2 per book

Bookings For catering purposes please register online at tickytickets.com.au/1D23J or call 9298 8827



Hearing aids: troubleshooting tips and the latest technology

FREE
EVENT

Tuesday 23 April
Knox Library

Hearing Australia is presenting this free community information session that covers off on the latest hearing aid technology and troubleshooting tips for common hearing aid problems. For any adults interested, Hearing Australia specialists can also conduct free hearing and wax checks after the session.

Time 11am - 12pm

Venue 425 Burwood Hwy,
Wantirna Sth

Bookings Open 24 March 2024,
call 9800 6470 or online at
events.yourlibrary.com.au



Historical buildings of Knox

FREE
EVENT

Saturday 27 April
Knox Library

Join this talk for a fascinating look at the history of some of Knox's historical buildings. From schools to hotels to churches to houses and many more buildings that have defined the Knox area for over 100 years. We will look at the history of many buildings which were built in a bygone era and have stood the test of time.

Time 2pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings

Call 9800 6455 or online at
events.yourlibrary.com.au



Understanding food labels

Wednesday 1 May
Knox Library

Join “The Label Decoder” workshop with Pilar Oyarzun, an experienced Food Technologist specialising in food compliance and product development. Gain hands-on practice on how to interpret labels for your dietary needs, allergies, and more. This workshop will help you make smarter choices get an insight into the food industry and take control of your food choices.

Time 11am - 12pm

Venue 425 Burwood Hwy,
Wantirna Sth

Bookings Open 20 April,
call 9800 6470 or online at
events.yourlibrary.com.au



**FREE
EVENT**

Comedy Festival Roadshow Thursday 2 May Knox Community Arts Centre

Australia’s biggest and best comedy spectacular is setting off on its 26th annual road trip around the country! Showcasing the finest talents from the 2024 Melbourne International Comedy Festival, we’re delivering a dose of laughter right to your doorstep! Please note, performances often contain course language, adult themes, sexual references and material that may offend some people. It is recommended for mature audiences aged 15 years or older.

Time 7.30pm

Venue Cnr Scoresby Rd &
Mountain Hwy, Bayswater

Cost From \$37

Bookings

Call 03 9729 7287 or online
knox.vic.gov.au/whats happening



Craft-along author's talk with Kate Solly

FREE
EVENT

Friday 3 May Miller's Homestead

Join local author Kate Solly, at Miller's Homestead for a craft-along author's talk, books and crafting! Bring your crochet, knitting, needlework, or just your good self, and listen to Kate talk about her debut novel "Tuesday evening with the Copeton Craft Resistance", a tale of friendship, community and yarn-based subterfuge. Books will be available for purchase.

Time 2pm - 3.30pm

Venue Dorrigo Dr & Melrose Crt, Boronia

Bookings Call 0438 284 989 or online events.yourlibrary.com.au



Practically Perfect - The music of Julie Andrews

Tuesday 7 May Knox Community Arts Centre

Practically Perfect celebrates the life and music of the legendary Dame Julie Andrews. Featuring some of her best known songs from shows such as Mary Poppins, My Fair Lady, The Sound of Music, Victor Victoria and more, interwoven with stories of her life both on and off the stage, be taken on an all-singing, all-dancing journey from the West End to Broadway and onto Hollywood.

Time 11am

Venue Cnr Scoresby Rd & Mountain Hwy, Bayswater

Bookings

Call 03 9729 7287 or online knox.vic.gov.au/whats happening

Cost Adult \$22, Concession \$20



Photographing people - with the Knox Photographic Society

**Wednesday 8 May
Millers Homestead**

Learn some tips and tricks on taking beautiful photos of your favourite people in this free workshop by members of the Knox Photographic Society.

Time 10am - 12pm

Venue Dorrigo Dr & Melrose Crt, boronia

Bookings Call 0438 284 989 or events.yourlibrary.com.au



FREE
EVENT

Music takes me back Thursday 9 May Knox Community Baptist Church

FREE
EVENT

Music is powerful and can have a profound effect on people with (or without) dementia. It can unify, inspire, boost or sooth our mood and help us relax. Josephine of Melbourne Bilingual Music Therapy will demonstrate the full benefits of music, while performing songs you can sing and/or tap along to. This session is fully accessible – walkers and wheelchairs are welcome.

Time 10.30am - 12pm

Venue 17 - 19 Falconer Rd, Boronia

Bookings essential for catering purposes, call 9298 8827 or online at stickytickets.com.au/VVOE5



Meet the author : Barbara McCarthy

FREE
EVENT

Tuesday 14 May Ferntree Gully Library

Meet Barbara McCarthy, local author of three books 'Just a Hint of Autumn' and 'My windows, my views...my life and travels'. Barbara will be talking about her new book 'Never Just Anybody', which is due for release early in 2024.

Time 2pm - 3.30pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings essential,
call 9800 6455 or online at
events.yourlibrary.com.au



Eat and learn with Tracey - No fail recipes for fussy eaters

FREE
EVENT

Friday 17 May Boronia Library

Ever wondered what to cook for a person with diabetes, or a person who is celiac? Come to these tech events with a difference! Find out about apps and other sources of information about dietary requirements, while taste-testing some recipes with Tracey.

Time 2pm - 3pm

Venue Park Cresecent, Boronia

Bookings Open 7 May,
Call 9800 6488 or online via
events.yourlibrary.com.au



Detox your home day

Sunday 19 May
Knox Operations
Depot

FREE
EVENT

A free service to safely dispose of unwanted toxic household chemicals

Time 9am - 4pm

Venue 14 Henderson Rd,
Knoxfield

Bookings You must register to book your FREE place
detoxknox2023.eventbrite.com.au



Healthy Brains with Dr Cassandra Szoeka

FREE
EVENT

Tuesday 21 May
Knox Library

The secret to healthy ageing is a healthy brain. Professor Cassandra Szoeka will discuss how the brain changes as we age and brain diseases like dementia, cognitive impairment and mental health, including identify warning signs. Plus, she will share how lifestyle choices can help protect the brain from further decline and provide strategies to improve brain and mental health.

Professor Cassandra Szoeka is a general physician, consultant neurologist and multi-award-winning clinical researcher, author of the book *Secrets of Women's Healthy Ageing* and the Principle investigator of the Age Happy Healthy Ageing Project.

Time 1.30pm - 3pm

Venue Westfield Knox
Level 1 - 425 Burwood Hwy,
Wantirna South
(Elevator and escalator access)

Bookings Register online at
stickytickets.com.au or
call 9298 8827.
Walk ins welcome.



Gully Gardeners flower pressing workshop

FREE
EVENT

Wednesday 22 May Ferntree Gully Library

Join Ajne and Pam for a sustainable flower pressing workshop, where you will learn how to press flowers using a discarded book and some baking paper. All materials will be supplied however you are welcome to bring some flowers from your garden to share if you wish.

Time 11am - 12pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings

Call 9800 6455 or online at
events.yourlibrary.com.au



Biggest morning tea Thursday 23 May Ferntree Gully Library

Come along and enjoy a cuppa and a sweet treat for the cost of a gold coin donation. Amazing raffle prizes to be won, so be sure to bring some money for your lucky raffle ticket. All proceeds raised will be donated to Cancer Council Victoria.

Time 10am - 12pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings not required.



Australia's
**Biggest
Morning
Tea**



Bring your horoscope alive with astrology

FREE
EVENT

Wednesday 29 May Ferntree Gully Library

Come along to Ferntree Gully Library and meet Astrologer Cheryl Ford for an introduction to your Horoscope and Astrology. Your Horoscope only tells a small piece of the puzzle about who you are and what lies ahead for you. It is based on your Star / Sun sign when you were born. Astrology brings your birth chart alive by including where all the planets were located at birth and where they will be in the future.

Time 10am - 12pm

Venue 1010 Burwood Hwy, Ferntree Gully

Bookings

Call 9800 6455 or online at
events.yourlibrary.com.au



Find Your Joy event - Resize. Repurpose. Reimagine.

FREE
EVENT

Thursday 30 May

Fairpark multi-purpose facility

The 'Find Your Joy' event is a celebration of the unique strengths, talents, and experiences that come with age. Through interactive exhibits, engaging workshops, and a supportive community, we aim to facilitate and encourage your zest for life.

Free activities on the day will include:

Workshops on cooking, gardening & décor information
& market stalls

Time 9.30am - 2pm

Venue Manuka Drive, Ferntree Gully

Bookings No bookings required. Please register interest at stickytickets.com.au/SIIYB



Community Events

Many of the events listed in this program are run by community groups and/or organisations other than Knox City Council. Knox City Council does not take responsibility for the management of these community events. We try to make sure that all event details are correct at the time of printing. However, details are subject to change without notice.

If you would like to run a community event as part of our 2024 Knox Over 55s Zest4Life program, please contact the Program Lead Social Connections on 9298 8828.

Feedback

The program aims to provide a diverse selection of events and activities that are relevant, enjoyable and interesting to our older Knox residents. Your feedback, ideas and suggestions are welcomed to ensure the program is continuously evolving. If you have any feedback, please contact the Program Lead Social Connections on 9298 8828.





KNOX



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 [knoxccouncil](https://www.facebook.com/knoxccouncil)

 [knoxcc](https://twitter.com/knoxcc)

 [knoxccouncil](https://www.instagram.com/knoxccouncil)

 Interpreter
131 450

National Relay Service
133 677