

# Knox Over 55s Zest4Life



- Bright Ideas Network
- Pickleball & badminton - weekly
- Zest4Life bus trips - 22 July & 6 August

# 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 and 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.knox.vic.gov.au/our-services/children-family-and-community-services/disability-and-accessibility](http://www.knox.vic.gov.au/our-services/children-family-and-community-services/disability-and-accessibility)

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# Program of Events

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# Program of Events

Refer to full program for further event details, bookings and admission prices.

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# 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 projects for the community including the 2018 Knox Active Ageing Expo, a photographic exhibition titled Voices of over 55s: Challenging Ageist Stereotypes in 2019, Showcase of Living Options in 2022 and Find Your Joy event in 2024.

## 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, please use the QR code below or contact Social Connections on **9298 8828** or e-mail [socialconnections@knox.vic.gov.au](mailto:socialconnections@knox.vic.gov.au)

## Meetings

Meetings are held every six weeks at various locations in Knox. Details for the meetings are listed in the Bright Ideas Newsletter.

## For more information:

Call Social Connections on **9298 8828**





## Senior Sports - Badminton

**Monday 3 June**

**Rowville Community Leisure Centre**

Rowville Community Centre's Senior Sports play Badminton every Monday & Friday from 10am-12pm throughout the year.

There are no membership fees and the cost is \$6.00, pay as you play, with all equipment supplied. New members are always welcome regardless of their fitness level or skill levels.

So grab some friends, or just yourself, and come along and enjoy what this fantastic group has to offer.

\*Please note this is not a facilitated session, so a basic understanding of the rules is encouraged before attending for the first time.

**Time** 10am - 12pm

**Venue** 40 Fulham Rd, Rowville

**Bookings** Call 9763 7400 or Please phone the centre for information

**Cost** \$6 per session



## Senior Sports - Pickleball

### Monday 3 June Rowville Community Leisure Centre

You're invited to come and join the growing pickleball community. There are plenty of sessions throughout the week to keep you playing, active and having fun.

**Mondays 1pm-3pm -**  
All levels senior sports

**Tuesday 10am-12pm -**  
All levels senior sports

**Thursdays 10am-12pm -**  
Intermediate senior sports

**Thursdays 1pm-3pm -**  
Advanced senior sports  
Pickleball is a fun, social and friendly game that is easy for anyone to learn. All equipment is supplied.

**Venue** 40 Fulham Rd, Rowville

### Bookings

Call 9763 7400 or please phone the centre for information

**Cost** \$6 per session

## The Songs of Shirley Bassey

### Tuesday 4 June Knox Community Arts Centre

Award winning songstress, Danielle Matthews sings the hit songs of the legendry Shirley Bassey. Iconic songs that have made her one of the most famous performers of our time, including Goldfinger, , Big Spender, Diamonds Are Forever and Where Do I Begin. Join Danielle for this wonderful celebration of the music and life of the one and only Dame Shirley Bassey.

**Time** 11am

**Venue** Cnr Scoresby Rd & Mountain Hwy, Bayswater

### Bookings

Call 9729 7287 or online at [knox.vic.gov.au/whats-happening](http://knox.vic.gov.au/whats-happening)

**Cost** Adult \$22 / Concession \$20



## Crafty Connections Ladies Group

### Wednesday 5 June Rowville Community Learning Centre

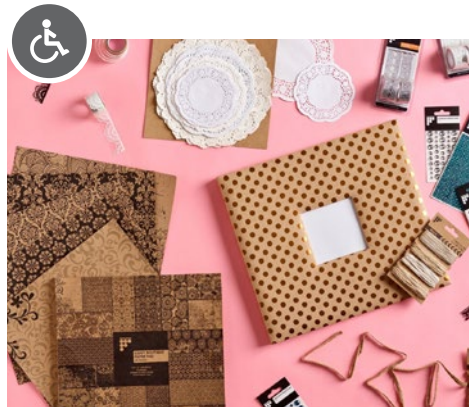
This crafty ladies group is open to lovers of cardmaking, scrapbooking, collage and other mixed media crafts to bring their own projects in to work on over a coffee & chat! Other dates at 10 July and 7 August.

**Time** 9am - 11am

**Venue** 40 Fulham Rd, Rowville

**Bookings** Call 9764 1166 or email: [info@communitylc.org.au](mailto:info@communitylc.org.au)

**Cost** \$2



## Words Aloud Poetry

### Wednesday 5 June Miller's Homestead

FREE  
EVENT

These sessions are a place for you to connect and be inspired by other wordsmiths and have a chance to perform your works to a respectful and inclusive audience.

Not a writer but would love to hear the writing of others? Each session will begin with a guest performer and will be followed by an open mic session.

**Time** 6pm

**Venue** Dorrigo Dr & Melrose Crt, Boronia

### Bookings

via [events.yourlibrary.com.au](https://events.yourlibrary.com.au) or phone 0438 284 989



## Leyland Jones and Kate Pengelly

### Thursday 6 June Our Saviours Lutheran Church

Leyland Jones is a Bass and Multi-Instrumentalist from Southwest Victoria and is studying Voice at the Melbourne Conservatorium. As a member of The Choir of Trinity College, Melbourne, he has toured internationally and his repertoire embraces a passion for contemporary music and cabaret. Kate Pengelly is a young mezzo-soprano, studying at The Melbourne Conservatorium of Music.

**Time** 11.30am - 2pm

**Venue** 646 Burwood Hwy,  
Knoxfield

#### **Bookings**

Call 0409 097 294 or email:  
soupandsinging@gmail.com

**Cost** Gold coin donation

## In Stitches

### Friday 7 June Rowville Community Learning Centre

Bring along your current project “anything with a needle” whether it is crochet, knitting, or sewing! Meets each Friday from 10.00am - 12.00pm at the Community Learning Centre.

**Time** 10am - 12pm

**Venue** 40 Fulham Rd, Rowville

**Bookings** Call 9764 1166 or  
email: [info@communitylc.org.au](mailto:info@communitylc.org.au)

**Cost** \$2 per week



## Conversation & friendship group

Friday 7 June

The Basin

Community House

Join this group on the first Friday every month for a cuppa and chat. This group has been created to meet new people, form friendships and enjoy the company of others in a relaxed and welcoming environment. This is a flexible group that will meet at the Basin Community House, but may also enjoy outings depending on the week. If you would like to get out of the house and meet new people, this group could be perfect for you.

**Time** 10am - 12pm

**Venue** 21 Liverpool Rd, The Basin

**Bookings** Call 9761 0209 or go to [thebasincommunityhouse.org.au](http://thebasincommunityhouse.org.au)

**Cost** Gold coin donation



## Art for wellbeing

Monday 10 June

Boronia Library

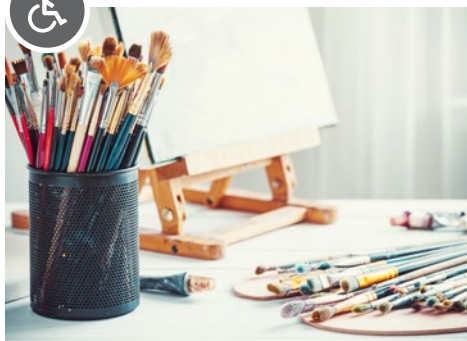
With art, there is no right or wrong! Thinking differently helps increase confidence and improves mental and physical health. Come and try some creative activities with Mountain District Learning Centre.

**Time** 9pm - 7pm

**Venue** Park Crescent, Boronia

**Bookings** Call 9800 6488 for more information, no bookings required

**Cost** \$2



## Knox Genies at Millers Homestead

FREE EVENT

**Tuesday 11 June**  
**Millers Homestead**

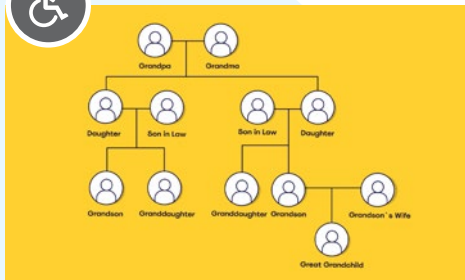
Join this friendly group of enthusiastic family historians to swap research tips and share stories and advice, over a cup of tea. People starting out on their family history journey are most welcome.

**Time** 9.30am - 12pm

**Venue** Dorrigo Dr & Melrose Crt, Boronia

### Bookings

Call 0438 284 989 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au)



## Gully Gardeners: Rose cutting swap

FREE EVENT

**Wednesday 12 June**  
**Ferntree Gully Library**

Come along to Ferntree Gully library, bring along your rose cuttings from your winter pruning for your chance to swap with fellow rose gardening enthusiasts. Please label the cuttings with the colour and variety of rose if known.

**Time** 11am - 12pm

**Venue** 1010 Burwood Hwy, Ferntree Gully

### Bookings

Call 9800 6455 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au)



## Meet the Author: Tom Petsinis

**Thursday 13 June**  
**Knox Library**

Tom Petsinis has published nine books of poetry, including *Four Quarters*, which won the Wesley Michel Wright Poetry Prize, and most recently *Steles* and *isolation*. His play *The Drought* was short-listed for the Victorian Premier's Literary Award. Tom's new book of poetry, *Zero's Whisper*, furthers his literary work drawing on the rich domain of mathematics with the aim of humanising the subject. Copies of *Zero's Whisper* will be available for sale on the night.

**Time** 6.30pm - 7.30pm

**Venue** 425 Burwood Hwy  
Westfield Knox, Wantirna South

### Bookings

Call 9800 6470 or online at  
[events.yourlibrary.com.au](https://events.yourlibrary.com.au)



FREE  
EVENT

## In Line for Line Dancing - WEAAD event

**Friday 14 June**  
**Rowville Community  
Leisure Centre**

In recognition of World Elder Abuse Awareness Day (WEAAD), we invite you to come along and enjoy a 1 hour line dancing class (all abilities welcome), guest speaker Denise Budge, information stalls from Eastern Community Legal Centre, Eastern Health and Orange Door. Light refreshments provided.

**Time** 10.30am - 12.30pm

**Venue** 40 Fulham Rd, Rowville

**Bookings** Call 9298 8828 or via  
link - <https://tix.yt/DCS>



FREE  
EVENT

## Dancing with Dementia

FREE EVENT

**Monday 17 June**  
**Knox Community Baptist Church**

Come along to a fun session designed to bring joy to anyone with (or without) dementia. Facilitator Lisa 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 even suitable for everyone. If you enjoy dancing and or tapping along to familiar songs, this session is for you!

**Time** 10am - 11.30am

**Venue** 17/19 Falconer Rd, Boronia

### Bookings

Call 9298 8827 or via link [www.stickytickets.com.au/GPLLN](http://www.stickytickets.com.au/GPLLN)



## Digital assistance for impaired vision

FREE EVENT

**Wednesday 19 June**  
**Rowville Library**

Come along to the technology club for digital assistance for impaired vision.

**Time** 2pm

**Venue** Stud Park Shopping Centre, Stud Rd, Rowville

### Bookings

Call 9800 6443 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au)



## Tai Chi

FREE EVENT

**Thursday 20 June**  
**Knox Leisureworks**

Tai Chi is a moving meditation in the form of a series of gentle exercises that create harmony between mind and body.

**Time** 11.30am - 12.15pm

**Venue** 35 Tormore Rd, Boronia

### Bookings

[www.knoxleisureworks.com.au/contact-us/get-in-touch](http://www.knoxleisureworks.com.au/contact-us/get-in-touch)





## Meet the Author: Glenna Thomson

FREE  
EVENT

### Thursday 20 June Knox Library

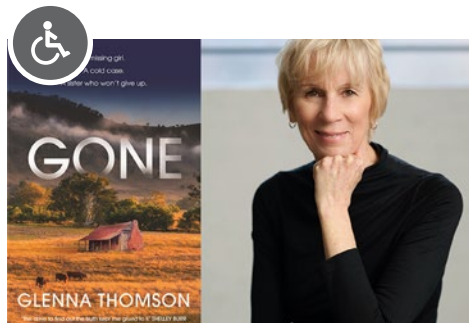
Set in the highlands of rural Victoria, *Gone* is a spellbinding narrative that delves deep into the complexities of grief, resilience, and the enduring bonds of family. Glenna Thomson (nee Handasyde) grew up in Wantirna South, on a third-generation apple orchard (on the corner of Stud Road and Burwood Hwy – directly opposite Knox Shopping Centre). She is also the author of *Blueberry* and *Stella and Margie*.

**Time** 6.30pm - 7.30pm

**Venue** 425 Burwood Hwy  
Westfield Knox, Wantirna South

#### Bookings

Call 9800 6470 or online at  
[events.yourlibrary.com.au](http://events.yourlibrary.com.au)



## Seniors morning tea at Boronia Library

### Friday 21 June Boronia Library

Chat with friendly senior citizens while enjoying a cuppa and a biscuit at Boronia Library. Please bring a gold coin to cover the costs of refreshments.

**Time** 11am - 12pm

**Venue** Park Crescent, Boronia

#### Bookings

Call 9800 6488 for more  
information, bookings not  
required

**Cost** Gold coin donation



## Technology club Wednesday 26 June Rowville Library

FREE  
EVENT

Join in every week for an exciting exploration of all things tech. Whether you're a beginner curious about the digital world or a seasoned enthusiast looking to expand your knowledge, this is the perfect space for you. Trainers from Rowville Community Learning Centre will be here each week to answer your questions and help with whatever you need.

**Time** 2pm - 4pm

**Venue** Stud Park Shopping Centre, Rowville

**Bookings** Call 9800 6443 for more information, bookings not required



## Meet the Author: Cheryl Wright Thursday 27 June Knox Library

FREE  
EVENT

Cheryl Wright has written over one hundred books in the past seven years alone and found her niche in writing historical romantic suspense.

To learn more about this local author who has always believed she was born to be a writer, book your place now. Books written by Cheryl will be available for purchase on the night.

**Time** 6.30pm - 7.30pm

**Venue** 425 Burwood Hwy Westfield Knox, Wantirna Sth

### Bookings

Call 9800 6470 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au)



## Get Rhythm - The Johnny Cash & June Carter Tribute

### Friday 28 June - Knox Community Arts Centre

Husband and wife duo Mark and Joanne Caligiuri lead a fantastic ensemble as country music's favourite couple, Johnny Cash and June Carter. Get Rhythm is a high-energy show with a few laughs along the way. Get Rhythm will take you on a musical journey you will never forget!

**Time** 8pm

**Venue** Cnr Scoresby Rd & Mountain Hwy, Bayswater

#### **Bookings**

Call 9729 7287 or online at [knox.vic.gov.au/whats-happening](http://knox.vic.gov.au/whats-happening)

**Cost** Adult \$33 /  
Concession \$30



## Recipe swap at Bayswater

FREE  
EVENT

### Monday 1 July Bayswater Library

Join the Bayswater Library for a monthly casual get together where we chat about food and cooking.

This is a fun social activity to share some of your recipes as well as expanding your personal recipe book!

**Time** 1.30pm - 2.30pm

**Venue** Shop 26, Mountain High Shopping Centre, Bayswater

#### Bookings

Call 9800 6496 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au)



## Women of the 60s - Featuring Gina Hogan

### Tuesday 2 July Knox Community Arts Centre

This high class show will take you back in time to the fabulous music of the 60s, featuring songs by artists such as Dusty Springfield, Dionne Warwick, Shirley Bassey, The Supremes, Petula Clarke, Lulu and more. The show features the amazingly versatile talents of Gina Hogan who has a string of music theatre credits to her name, Gina, backed by her slick 4 piece band, captures the essence of this exciting era, one of the most memorable decades of our time.

**Time** 11am

**Venue** Cnr Scoresby Rd & Mountain Hwy, Bayswater

#### Bookings

Call 9729 7287 or online at [knox.vic.gov.au/whats-happening](http://knox.vic.gov.au/whats-happening)

**Cost** Adult \$22 / Concession \$20



## NDIS connection desk

FREE  
EVENT

### Wednesday 3 July Ferntree Gully Library

Join the team from Latrobe Community Health Service to learn about the NDIS. If you need to find out about getting access, or you have questions about a current plan, or you just want general information, come and have a chat.

**Time** 2pm - 4pm

**Venue** 1010 Burwood Hwy,  
Ferntree Gully

### Bookings

Call 9800 6455 for more information, bookings not required



## Hanford Lan and students

### Thursday 4 July Our Saviours Lutheran Church

Hanford is a music teacher, accompanist, and performer, who enjoys bringing music and education to everyone in an enjoyable manner. He has performed locally and internationally, as soloist and orchestral member, and brings to his classroom a wide perspective on music. Western Art Music is a vast topic and Hanford would love to share with you some great works since the Renaissance!"

**Time** 11.30am - 2pm

**Venue** 646 Burwood Hwy,  
Knoxfield

**Bookings** Call 0409 097 294  
or Via phone or email  
[soupandsinging@gmail.com](mailto:soupandsinging@gmail.com)

**Cost** Gold coin donation



## Meet the Author: Lisa Ireland

FREE  
EVENT

**Thursday 4 July**  
**Knox Library**

Author Lisa Ireland talks about her latest release, *The Studio Girls*. A sumptuous, nostalgic journey back to the glamorous Golden Age of cinema and the intoxicating world of Tinseltown, where nothing is quite what it seems. Set in 1955, we follow four talented young women who become best friends while living at the Hollywood Studio Club, the famous boarding house for young women seeking a career in the movie industry.

**Time** 6.30pmm - 7.30pm

**Venue** 425 Burwood Hwy  
Westfield Knox, Wantirna South

### Bookings essential

Call 9800 6470 or online at  
[events.yourlibrary.com.au](http://events.yourlibrary.com.au)



## Gin Rummy Social Group

FREE  
EVENT

**Tuesday 9 July**  
**Knox Library**

Join this monthly Gin Rummy Social Group where everyone is welcome. Learn to play and meet other players.

**Time** 1pm - 3pm

**Venue** 425 Burwood Hwy  
Westfield Knox, Wantirna South

### Bookings essential

Call 9800 6470 or online at  
[events.yourlibrary.com.au](http://events.yourlibrary.com.au)



## Chess at Bayswater Wednesday 10 July

FREE  
EVENT

### Bayswater Library

Come along to Bayswater Library to play some fun games of chess against new people! Everyone welcome. Bookings open 10 June.

**Time** 2.30am - 3.30pm

**Venue** Shop 26, Mountain High  
Shopping Centre, Bayswater

### Bookings

Call 9800 6498 or online at  
[events.yourlibrary.com.au](http://events.yourlibrary.com.au)



## Get crafty - cross stitch

FREE  
EVENT

**Monday 15 July**  
**Bayswater Library**

Are you a little bit Crafty? Join the Bayswater Library and learn how to make a new craft project every month. New members are always welcome.

**Time** 1.30pm - 3pm

**Venue** Shop 26, Mountain High Shopping Centre, Bayswater

### **Bookings essential**

Call 9800 6498 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au), opens for bookings 15 June.



## Food for Books - A special collectors' book sale

FREE  
EVENT

**Monday 15 July -  
Saturday 20 July**  
**Boronia Library**

Calling all collectors and lovers of old and rare books! Boronia Library is hosting a special book sale of out of print books collected over many years. Lots of non-fiction, including history, art and quirky topics, plus some fiction sure to bring back memories. As part of a fundraiser for Knox Infolink, please swap groceries, including non-perishable food and toiletries, for books. The book sale will run in opening hours for the week.

**Time** 10am - 5pm

**Venue** Park Crescent, Boronia

**Bookings** No bookings required



## Less waste presentation with The Urban Nanna

FREE EVENT

**Tuesday 16 July**  
**Knox Library**

Come and meet The Urban Nanna and learn simple, systems-based ways to manage the waste streams in and around your home, whether you live in a rental or own your own property. The Urban Nanna will cover ways to reduce and manage waste such as food, garden, paper, glass and plastic, general household and textile waste.

**Time** 2pm - 3.30pm

**Venue** 425 Burwood Hwy  
Westfield Knox, Wantirna Sth

### Bookings

Call 9800 6470 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au)



## Crafternoons

FREE EVENT

**Wednesday 17 July**  
**Millers Homestead**

Craft, chat, drink tea, share skills, and chat some more at this monthly gathering of craft-lovers at the beautiful Miller's Homestead. Bring whatever project you're working on and spread out on the large table in The Boardroom. Crafternoon sessions will be held on the 3rd Wednesday of the month at 1pm.

**Time** 1.30pm - 3.30pm

**Venue** Dorrigo Dr & Melrose Crt,  
Boronia

**Bookings** No bookings required





## Cuppa and chat: free activities to enjoy at home

FREE  
EVENT

**Thursday 18 July**  
**Knox Library**

Did you know you can borrow more than just books from any of the Your Library branches throughout Knox? There are magazines, newspapers and e-books. Plus, access to streaming services enabling you to watch a movie or explore Ancestry.com - while in the comfort of your own home.

The extensive Dementia Care Collection is designed for people living with dementia and their carers. The huge range of materials include robotic pets, photobooks, puzzles, tools and other objects designed to stimulate the mind and keep people entertained. Come along for a cuppa and chat and see what is available to borrow.

**Time** 10am - 11.30am

**Venue** 425 Burwood Hwy  
Westfield Knox, Wantirna Sth

**Bookings** Via [www.stickytickets.com.au/Q5YWW](http://www.stickytickets.com.au/Q5YWW) or 9298 8827 for more information



## Atmospheric Folk in the Parlour with Emmy-Jean and Jamie

FREE  
EVENT

**Friday 19 July**  
**Millers Homestead**

Join in at Miller's for this blend of reflective acoustic music to old classics, contemporary folk and original tunes. With influences ranging from Bob Dylan and Emmylou Harris to Harmony Byrne and The Milk Carton Kids, this duo combines the familiar with the new into their own blend of atmospheric folk.

**Time** 5.30pm - 6.30pm

**Venue** Dorrigo Dr & Melrose Crt,  
Boronia

### **Bookings**

Call 0438 284 989 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au)



## Zest4Life Morning Melodies - The Real Paul Hogan

**Monday 22 July**  
**Caldermeade Farm**

Join this trip to Caldermeade Farm to the Christmas in July Morning Melodies event featuring entertainer Paul Hogan. The Christmas lunch will cost \$21.95 and will need to be pre-ordered, otherwise there is a cafe menu available on the day.

\*Please note that morning tea and lunch will be at your own cost. There are limited seats for this trip, the program lead will contact those waitlisted to advise if successful and take payment the week prior to departure. Bookings open 9am on 24 June

**Time** 9am - 4pm

**Venue** 4385 Sth Gippsland Hwy, Caldermeade

**Bookings** Call 92988828 or via link - <https://tix.yt/w3R>

**Cost** \$15\*



## Volunteer Adult Literacy Tutor Information Session

**Wednesday 24 July**  
**Bayswater Library**

Are you interested in sharing your love of reading and writing? Do you have skills or knowledge that could help others? Volunteer adult literacy tutors are needed! No experience necessary. Initial and ongoing training and support provided. Come to our next volunteer information session to find out more!

**Time** 11.30am - 12.30pm

**Venue** Shop 26, Mountain High Shopping Centre, Bayswater

**Bookings** Call 9800 6498 for more information

FREE  
EVENT



## Community National Tree Day 2024

### Sunday 28 July - Koolamara Waters Reserve

FREE  
EVENT

We have 3,000 indigenous trees, shrubs, and ground cover to plant at one of Knox's waterbird hot spots... Koolamara Waters Reserve, Ferntree Gully.

This event is free to join and family friendly. Come and support local biodiversity and help Knox City Council with our goal of increasing the tree canopy in Knox to 30% by 2050. Transform this patch of lawn

into a habitat corridor for local fauna and flora linking Koolamara Waters Reserve to nearby areas such as the Dandenong Ranges and enjoy a free BBQ.

**Time** 10am - 12pm

**Venue** 22 Koolamara Blvd,  
Ferntree Gully

**Bookings** Via link - <https://treeday.planetark.org/site/10029551>



## Bowen therapy and Emmett technique with Trina

FREE EVENT

**Monday 29 July**  
**Knox Library**

Join Trina from Sacred You and learn about the powerful modalities of Bowen Therapy and Emmett Technique. Fast becoming a popular alternative for physical pain relief, you will learn some easy moves that you can take away and use at home.

**Time** 10am - 11am

**Venue** 425 Burwood Hwy  
Westfield Knox, Wantirna South

### Bookings

Call 9800 6470 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au)



## Making your money work for you in retirement

FREE EVENT

**Wednesday 31 July**  
**Bayswater Library**

Are you retired, or looking to retire, and want to make sure you're utilising your finances effectively? Join Wayne from Services Australia to learn about preparing for retirement, the ins and outs of superannuation, and your different income stream options for retirement. This event is facilitated by Services Australia.

**Time** 1.30pm - 2.30pm

**Venue** Shop 26, Mountain High Shopping Centre, Bayswater

**Bookings** Call 9800 6498 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au)



# August

## Brendan Scott

### Thursday 1 August Our Saviours Lutheran Church

Experienced entertainer brings his one-man show that has toured around Australia and America to Knox.

**Time** 11.30am - 2pm

**Venue** 646 Burwood Hwy,  
Knoxfield

#### Bookings

Call 0409 097 294 or email  
soupandsinging@gmail.com

FREE  
EVENT

## Feeling Fit

### Thursday 1 August Knox Leisureworks

A welcoming and friendly 45-minute class for intermediate to fit people (50yrs+). Activities involve using bands, balls, steps and weights that will improve balance, core strength and flexibility.

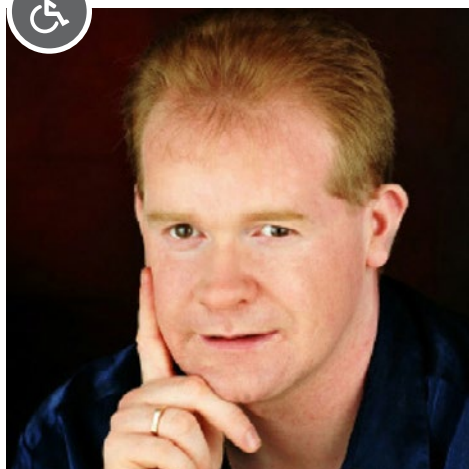
**Time** 12.30pm - 1.15pm

**Venue** Tormore Rd, Boronia

#### Bookings

[www.knoxleisureworks.com.au/  
contact-us/get-in-touch](http://www.knoxleisureworks.com.au/contact-us/get-in-touch)

FREE  
EVENT



# August

## Zest4Life Morning Melodies - Joe Piastrino Legends of Rock

### Tuesday 6 August - Caldermeade Farm

Join this trip to Caldermeade Farm to the Morning Melodies event featuring Joe Piastrino. Cafe menu available on the day, for menu options please view Caldermeade menu on the website .

Bookings open 9am Monday  
15 July

**Time** 9am - 4pm

**Venue** 4385 Sth Gippsland Hwy,  
Caldermeade

**Bookings** Call 9298 8828 or via  
link - <https://tix.yt/x3R>

**Cost** \$15



## The Dusty Springfield Show featuring Wendy Stapleton

**Tuesday 6 August**  
**Knox Community Arts Centre**

Wendy Stapleton presents the outstanding tribute to the songs and career of Dusty Springfield, who endured a 35 year career in music because of her unique heart breaking voice, and her unflinching belief in song writers such as Carol King, Gerry Goffin, Randy Newman, John Kander, Burt Bacharach and Hal David just to name a few. This show takes you on a colourful journey through all the hits of the 60's 70' 80's & 90's.

**Time** 11am - 12pm

**Venue** Cnr Mountain Hwy and Scoresby Rd, Bayswater

### Bookings

Call 9729 7287 or online at [knox.vic.gov.au/whats-happening](http://knox.vic.gov.au/whats-happening)

**Cost** Adult \$22 / Concession \$20



## Aged care and elder rights

**Friday 9 August**  
**Boronia Library**

Presented by Elder Rights Advocacy (ERA), this session will help you better understand and navigate the aged care system. Enjoy a cuppa while you listen to, and ask questions about, topics such as: Charter of Age Care Rights, Providers' responsibilities and types of support from Elder Rights when you navigate the Aged Care System.

**Time** 1.30pm - 3pm

**Venue** Park Crescent, Boronia Library

**Bookings** Bookings open 3 June, Call 9800 6488 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au)



# August

## Become a Dementia Friend

### Tuesday 13 August - Ferntree Gully Library

FREE  
EVENT

Are you part of our Knox Community and want to know more about how to either live well with dementia, care for a loved one with dementia or serve your customers who have dementia in a more respectful and inclusive manner?

Join Council Officers from Knox City Council for this informative session where you will learn more about dementia, types of

dementia, findings from the 2022 Knox Dementia Friendly Survey, key actions of Knox Dementia Friendly strategy, how to get involved, questions and upcoming events.

**Time** 6.30pm - 7.30pm

**Venue** 1010 Burwood Hwy,  
Ferntree Gully

**Bookings** Call 9298 8827 or  
online at [events.yourlibrary.com.au](https://events.yourlibrary.com.au)





## The Eagles Story

### Friday 16 August - Knox Community Arts Centre

The Eagles Story - Australia's Premier Eagles Experience is a celebration of the iconic American rock band, The Eagles.

With incredible attention to detail, the performers bring the band's legendary music to life in a way that is both authentic and electrifying. The Eagles Story is a must-see for fans of the band, as well as anyone who loves classic rock music. Whether

you're a die-hard fan or simply enjoy great music, this show is an unforgettable experience that will leave you wanting.

**Time** 8pm

**Venue** Cnr Scoresby Rd & Mountain Hwy, Bayswater

#### **Bookings**

Call 9729 7287 or online at [knox.vic.gov.au/whats-happening](http://knox.vic.gov.au/whats-happening)

**Cost** Adult \$33 / Concession \$30



# August

## A visit to the Running Rabbits Military History Museum

**Thursday 22 August**  
**Upwey**

Join Graeme Hutchings for a fascinating tour of the Running Rabbits Military History Museum, view their comprehensive Australian war historical artefacts, and hear Graeme talk about where the items came from. Morning Tea will be served at the conclusion of the tour. Cost per person is \$10.00, which covers entry to the Museum and morning tea. Meet at the front entrance of the Running Rabbits Military History Museum at 9.45am for a 10am tour.

**Time** 10am - 11.30am

**Venue** 3158/1 Mast Gully Rd, Upwey

### **Bookings essential,**

Call 9800 6455 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au)

**Cost** \$10

## Tech Talk: big Purple Phone

**Monday 26 August**  
**Ferntree Gully Library**

Terrified by smart tech, but still want to stay connected with family and friends? Need a smartphone with a little less 'smart'? The BigPurplePhone might be right for you. It's designed for seniors, using large buttons and icons, without all the fuss of modern smartphones. Features have older users in mind, from the interface to the functions. It even has an alert function, perfect for users who do not want to wear alert technology. Get hands on with a BigPurplePhone so you can see how it works, and whether it's right for you or someone you care for.

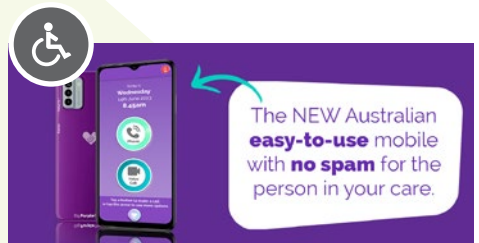
**Time** 2pm -3pm

**Venue** 1010 Burwood Hwy, Ferntree Gully

### **Bookings**

Call 9800 6455 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au)

FREE  
EVENT



## Digitise your family history photos and documents

FREE  
EVENT

**Tuesday 27 August**  
**Knox Library**

Do you have lots of old family photos and documents that you are wanting to preserve? Join this workshop to learn how and why we digitise family history photos and documents. Please bring your device with you and some photos you would like to scan. Bookings open 28 June

**Time** 2pm - 3pm

**Venue** 425 Burwood Hwy  
Westfield Knox, Wantirna South

### Bookings

Call 9800 6470 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au)



## Online Safety: Scams

FREE  
EVENT

**Wednesday**  
**28 August**  
**Orana Neighbourhood House**

In this informative presentation, there will be basic tips for how to recognise a scam, what to do if you are the victim of a scam, and how to stay safe online.

**Time** 11am - 12pm

**Venue** 62 Coleman Rd,  
Wantirna Sth

**Bookings** Call 9801 1895 or  
booking essential via phone or  
[info@orananh.org.au](mailto:info@orananh.org.au)



# August

## Wills and Powers of Attorney

FREE  
EVENT

### Thursday 29 August Knox Library

Presented by the Eastern Community Legal Centre, this session will look at our rights as we get older, future decision making (including powers of attorney and medical treatment decisions), Wills and family agreements.

**Time** 6pm - 7.30pm

**Venue** 425 Burwood Hwy  
Westfield Knox, Wantirna South

#### Bookings

Call 9800 6470 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au)



## What is the Cloud?

FREE  
EVENT

### Friday 30 August Knox Library

What is the cloud? How does it work? Is it safe? We will cover all these questions and more in this cloud storage introduction session. Find out how you can use the cloud to manage the files on your device, increase your device storage and safely back up your photos and documents. We will explain cloud terminology including 'data' and 'storage', and will provide practical advice to set up and use your cloud.

**Time** 2pm - 3pm

**Venue** 425 Burwood Hwy  
Westfield Knox, Wantirna South

#### Bookings

Call 9800 6470 or online at [events.yourlibrary.com.au](http://events.yourlibrary.com.au)





make new friends



Did you know that, as we age, being more socially active and connected to community not only makes us happier but can also be good for both our physical and mental health and wellbeing? Do you need help to find a social or recreational activity that will suit you?

Are you a little nervous about joining something new?

The Living our best life program can help:

- Trained volunteer community connectors can assist you to make the connections
- Talking Café groups are a great way to start to make new friends and find out what is available.

**Ph** 0457 646 384

**Email** [livingourbestlifeproject@gmail.com](mailto:livingourbestlifeproject@gmail.com)


**online** <https://livingourbestlife.org.au>

# Senior Citizen Centres


**Senior Citizen Clubs in Knox offer opportunities to engage with your local community in a fun and accepting way.**

## Bayswater Senior Citizens Centre

The Centre provides weekly activities, shows, day trips and entertainment.

 President - TBA

 790 Mountain Highway, Bayswater 3153


 Tuesday, 12.30pm - 3.30pm - Cards  
Thursday, 12pm - 3pm - Bingo  
Friday, 1pm - 3.30pm - Bowls

 Hall hire is available


## Life Activities Club Knox

The club provides over 24 various activities, regular walking groups during the week and weekend, weekly cards on Monday night (500) from 7-10pm and Tuesday afternoons (500) from 1pm until 4pm. Several monthly dine out groups and coffee groups plus regular live theatre outings and places of interest.


Interested persons can attend 3 activities before having to decide whether to join the club.


 Lorraine - 0438 068 334


 Wattle Tree Hall, 160 Underwood Road, Ferntree Gully 3156

 Hall hire is available

## Seniors Association Inc


 President Suraj Dip – surajdip@bigpond.net.au


 Bayswater Primary School, Cnr Mountain Highway and Birch Street, Bayswater 3153


 1st Sunday of the month from 2pm – 5pm


## Knox Chinese Elderly Citizens Club

The Club provides activities including Tai Chi, badminton, table-tennis, karaoke, travel and tours, fan and sword dancing, and Chinese festivals are celebrated.

 William Wai, President – 0411 138 448  
Leisure Centre – 9763 7400

 williamwai88@hotmail.com

 Rowville Community Centre, 40 Fulham Road, Rowville 3178

 Thursday, 10am – 3pm


# Senior Citizen Centres

## Knox Hungarian Senior Citizens Club

The Club provides activities including singing, outings, interstate tours, billiards, bingo, cards and chess.

 msanyi@bigpond.com

 Hungarian Community Centre, 760 Boronia Road,  
Wantirna South 3152


 03 8821 4757

## Knox Italian Senior Citizens Club Inc

Activities including cards, bingo, outings, bocce, shows and dinner dances. A luncheon is served once a month.

 Club room - 9764 2868

 99 Karoo Road, Rowville 3178


 Thursday, 1pm - 5pm

 Hall hire is available




## Knoxfield 55 Plus Club

The Club provides activities including exercises for seniors, outings and entertainers on an ad hoc basis.


 9762 6997 or 0429 361 641

 Carrington Park Activity Centre, 20 O'Connor Road,  
Knoxfield 3180


 Monday 10.15am - 11.15am - Seniors Exercise  
Thursday 9-10am & 10.15-11.15am - Seniors Exercise  
Thursday 12.30pm-3.30pm - Bingo


## The Palesviaki Enosis Senior Citizens Group

The Senior Citizens Group encourages friendly relationships and promotes and maintains basic Greek characteristics, national traditions, customs and habits.

 9729 1101

 26 Waldheim Road, Bayswater 3153


 Wednesdays, 10am - 3pm  
1st Sunday of each month, 1pm - 5pm

 [palesviaki.org.au](http://palesviaki.org.au)


# Senior Citizen Centres


## Polish Senior Citizens Club

The Club provides social meetings for seniors over 50 years.

 9795 0522 or 9700 1364

 polishseniorclubrowville@gmail.com


 "Syrena", 1325 Stud Road, Rowville 3178


 Thursday every two weeks, 11am - 4pm

## Rowville Senior Citizens

If you are 55+ come along and join this friendly group at the Rowville Community Centre Fulham Road, Rowville. There are also various outings to local theatre, morning melodies or places of interest throughout the year. Come and make new friends, have some fun and get some gentle exercise for the brain or body at Rowville Seniors Group.

COST: \$10 annual membership + \$4 a day to play

 Rowville Community Centre - 9763 7400  
Deb - 0419 310 951; Sandra - 0402 811 789

 Rowville Community Centre, 20 Fulham Road, Rowville 3178

 Wednesday and Friday, 1pm - 3.30 pm

# Community Events

Many of the events listed in this program are delivered 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. All efforts are made to include accurate event details at the time of printing.

If you would like to run a community event as part of our future Knox Over 55s Zest4Life program, please contact 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 senior Knox residents. Your feedback, ideas and suggestions are welcomed to ensure the program is continuously evolving. If you have any feedback, please contact Social Connections on 9298 8828.





# KNOX



Knox City Council  
511 Burwood Highway,  
Wantirna South, VIC 3152  
[knox.vic.gov.au](http://knox.vic.gov.au)

T 9298 8000

E [knoxcc@knox.vic.gov.au](mailto:knoxcc@knox.vic.gov.au)

 [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