

Knox Seniors Festival

Knox Over 55s Zest4Life

60+
events
inside

- Royal Australian Navy Band performance
- Free movie screening
- Age awareness workshops

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. Bookings are essential for most activities, so to avoid any disappointment, please contact the event organiser listed under each activity to secure your place.
- Turn up, meet new people, learn new things and have fun.

Access guides are available online for a number of venues, please visit our website to help plan your visit at knox.vic.gov.au



Victorian Seniors Festival

The Victorian Seniors Festival returns this October with entertainment and events celebrating older Victorians across Victoria. This year, older Victorians can take their pick of an anticipated 2,000 events and activities. From concerts and live music to dances, exhibitions, film festivals and activities - there's something for everyone.



For the latest updates, visit Seniors Online: seniorsonline.vic.gov.au or scan the QR code.

The free travel period

Victorian Seniors Card and Seniors Business Discount Card cardholders can enjoy eight days of free public transport throughout Victoria from 6 to 13 October 2024. This includes travel across all metropolitan services, V/Line train and coach services, and selected regional bus services outside of the myki-enabled area.

Remember to carry your Seniors myki and Victorian Seniors Card with you on public transport. Touch on and off as usual, you won't be charged.

On regional services that don't use myki, just show your Victorian Seniors Card to the conductor or bus driver.

Victorian
Seniors
Festival
2024

EXPLORE.
ENGAGE.
EVOLVE.

Where you can travel

You can travel for free in economy class on all public transport in Victoria, including: Melbourne trains, trams and buses/regional trains, coaches and buses (including regional town bus services). Reserve a seat on long distance V/Line trains and some coaches.

To book a seat on V/Line services requiring reservations, visit your nearest station, agent or call 1800 800 007 from 10am on Tuesday 10 September. Seats can fill quickly so book early! You'll need to collect your tickets within 48 hours.

To make a group booking for up to 19 travelling on a V/Line train service or 12+ travelling on a V/Line coach service, visit your nearest station or agent. Please submit a group booking request from 10am on Tuesday 10 September at: www.vline.com.au/grouptravel

Remember to cancel your booking if you can't travel.

September

Blossom & Verse - Spring Poetry Festival

FREE
EVENT

**Monday 2 September -
Saturday 30 November
Miller's Homestead**

Open Monday to Friday throughout Spring, Blossom & Verse has inspiring workshops and exciting special guests. Come and get creative on the "wall of words" or add a piece of your own making to the Miller's "Poet-tree", with a fresh theme each month.

Time 9.30am - 5pm

Venue Dorrigo Dr & Melrose Ct,
Boronia

Bookings Not required



"That was really interesting!" Memoirs and memories

FREE
EVENT

**Monday 2 September
Boronia Library**

Everyone's story is unique. It can be a gift, a message for a younger generation and/or help for your family to know their heritage. Join local award-winning journalist, author and ghost-writer, Alistair Smith, to make a start on your memoir, overcome obstacles and find solutions to problems.

Time 2pm - 4pm

Venue Park Crescent, Boronia

Bookings

Call 9800 6488 or
events.yourlibrary.com.au



500 card game

Monday 2 September

Miller's Homestead

FREE
EVENT

Join this friendly 500 card game session. Whether you are an experienced player or a complete beginner, everyone is welcome.

Time 12pm - 3pm

Venue Dorrigo Dr & Melrose Ct, Boronia

Bookings Not required



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

FREE
EVENT

Monday 2 September

Miller's Homestead

Join like-minded gardening enthusiasts in the tranquil, historic surround of Miller's Homestead.

Time 1.30pm - 2.30pm

Venue Dorrigo Dr & Melrose Ct, Boronia

Bookings

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



Introduction to indoor plants

FREE
EVENT

Tuesday 3 September

Bayswater Library

Join an expert gardener for this presentation on indoor plants to learn about best care for these plants.

Time 2.30pm - 3.30pm

Venue Mountain Hwy Shopping Centre, Bayswater

Bookings

Call 9800 6498 or events.yourlibrary.com.au



September

Street Orienteering Walk **Friday 6 & 27 September** **Rowville Community** **Southern Reserve**

Join Knox Street Orienteering (teams of 2-5 people) for a one-hour walking challenge to search for the answers to 20 clues shown on a map. Enjoy a coffee and chat at a nearby café at the end of the walk.

Time 10.15 - 11.30

Venue Community Centre carpark, Southern end of Rupert Drive, Mulgrave

Bookings

Call 0419 337 311 or via david@knoxsof.fun

Cost Entry fee \$2

Dave O'Neil - Comedy Show **Friday 6 September** **Bayswater Seniors Club**

Funny man Dave O'Neil is taking his brand new stand-up show, Overweight Lightweight on the road after playing to sold out audiences across the Melbourne International Comedy Festival.

Time 8pm - 10pm

Venue Cnr Mountain Hwy & Scoresby Rd, Bayswater

Bookings

knox.vic.gov.au/whats-happening or call 9729 7287

Cost Concession \$22, Adult \$24



Tai Chi for beginners

Saturday 7 September

Rowville Library

FREE
EVENT

Tai Chi combines movement and breathing while gently stretching the whole body. It is beneficial to improve coordination, balance, breathing, relaxation, posture and muscle tone.

Time 11am - 12pm

Venue Stud Park Shopping Centre, Rowville

Bookings

events.yourlibrary.com.au
or call 9800 6443



Eco Burial info session at Miller's

Monday 9 September

Miller's Homestead

FREE
EVENT

Come along to this information session to learn about some ecofriendly end-of-life alternatives which consider the impact on the environment.

Time 2pm - 3pm

Venue Dorrigo Dr & Melrose Ct, Boronia

Bookings

events.yourlibrary.com.au
or call 0438 284 989



Abstract painting demonstration

FREE
EVENT

Wednesday 11 September

Miller's Homestead

Join this demonstration of abstract painting with vibrant artist, Vivi Van Koomen, from the Ringwood Art Society.

Time 10am - 12pm

Venue Dorrigo Dr & Melrose Ct, Boronia

Bookings

events.yourlibrary.com.au or
call 0438 284 989



September

Gully Gardeners: Preparing for summer veggies workshop

FREE
EVENT

Saturday 14 September
Ferntree Gully Library

This workshop, presented by Maria Ciavarella, will cover how to get your soil to work for you, which veggies grow well over the warmer months and how to get the best out of them.

Time 10am - 12pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings

events.yourlibrary.com.au or
call 9800 6455



Book folding

FREE
EVENT

Monday 16
September
Rowville Library

Upcycle pre-loved books into art in this book folding workshop with Rachael and April from Folded by Me.

Time 2pm - 3pm

Venue Stud Park Shopping
Centre, Rowville

Bookings

events.yourlibrary.com.au
or call 9800 6443



Bingo for Seniors

FREE
EVENT

Tuesday 17
September
Ferntree Gully Library

Join Pam for a fun game of bingo, a cuppa and morning tea.

Time 10am - 11am

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings

events.yourlibrary.com.au
or call 9800 6455



Quilting demo and practice

**Monday 23
September
Boronia Library**

Interested in learning how to quilt? Come to this fun and informative session with Sue from The Basin Community House.

Time 1.30pm - 3.30pm

Venue Park Cr, Boronia

Bookings events.yourlibrary.com.au or call 9800 6488

FREE
EVENT

Chat & crochet

**Monday 30
September
Knox Library - Ngarrgoo**

Want to learn how to crochet? Just bring some plain light coloured wool (8ply) and a crochet hook (at least 4mm). Come along and meet other friendly, craft-minded people.

Time 1.30pm - 3pm

Venue Westfield Shopping Centre, Burwood Hwy, Wantirna South

Bookings events.yourlibrary.com.au or call 9800 6470

FREE
EVENT





Knox Seniors Festival 2024

Welcome to the Knox Seniors Festival edition. We're thrilled to have you join us for a month dedicated to providing low cost or no cost events in line with this year's theme - **Explore. Engage. Evolve.**

This year, we're launching our festival with a special performance by the Royal Australian Navy Band at the Rowville Community Leisure Centre.

With a rich history of serving Australia with distinction since 1923, the Band will set the perfect tone for an event focused on staying active and vibrant. Get ready for a fantastic month of fun, fitness, and community spirit as we come together to embrace every moment.

To round out this jam-packed month of activities we have The High Street Boys at the Knox Seniors Dance on Friday 25 October and a mystery bus trip for those adventurers among us!

knox.vic.gov.au/seniorsfestival

October

Coonara Open Day

Wednesday

2 October

Coonara Community House

Join Coonara for small informal session on superfoods, The Home Instead service and painting a gift card. Morning tea of scones, jam and cream.

Time 10am - 12pm

Venue 22 Willow Road,
Upper Ferntree Gully

Bookings Call 9758 7081

FREE
EVENT



Chinese Elderly Citizens Open Day

Thursday 3 October

Rowville Leisure Centre

Come along and join in all the action at Chinese Elderly Citizen Club in celebration of Seniors Festival. Activities include Tai Chi Qigong, Tai Chi, Table tennis, and Line dancing.

Time 9am - 12pm

Venue 40 Fulham Rd,
Rowville

Bookings Not required

FREE
EVENT



Knox Seniors Festival presents The Royal Australian Navy Band

Wednesday 2 October - Rowville Community Leisure Centre

Join us for the Knox Seniors Festival opening event with the wonderful Royal Australian Navy Band. Renowned for their exceptional musicality and rich, resonant performances, this esteemed big band ensemble brings a touch of naval tradition and grandeur to the stage.

Time 10.30am - 12.30pm

Venue 40 Fulham Road,
Rowville

Bookings

[knoxcc.sales.ticketsearch.com/
sales/salesevent/137937](http://knoxcc.sales.ticketsearch.com/sales/salesevent/137937)
or call 9298 8828

Cost All tickets \$10



FREE
EVENT

What's Age Got To Do With It?



Age Awareness Workshops

Are you interested in understanding more about the assumptions that are made about older people, including some you might believe about yourself?

Do you sometimes feel side-lined in your community? Invisible in shops?



Joanna Maxwell from the Australian Human Rights Commission will facilitate these engaging workshops that will look at the assumptions and stereotypes that are commonly made about ageing and older adults.

There will be plenty of time for group discussion and sharing ideas. Light refreshments are provided following each workshop.

Workshop 1:

Wednesday, 2 October
10:00AM - 12:30PM

Knox Library - Ngarrgoo
(Program Room)
Westfield Knox
425 Burwood Hwy
Wantirna South

Workshop 2:

Thursday, 3 October
10:00AM - 12:30PM

Realm Library
(Level 2, Rooms 1 & 2)
Ringwood Town Square
179 Maroondah Hwy
Ringwood

FREE

These are free events however bookings are essential as places are limited. Book for one workshop only. Please register with the QR code on the right, or the following link <https://t.ly/eHoec>



www.eclc.org.au | 1300 32 52 00 | eclc@eclc.org.au

The Eastern Elder Abuse Network (EEAN) is supported by the Victorian Government

Street Orienteering Walk

Friday 4 & 18 October

Tomore Reserve

Join Knox Street Orienteering (teams of 2-5 people) for a one hour walking challenge to search for the answers to 20 clues shown on a map. Enjoy a coffee and chat at a nearby café at the end of the walk.

Time 10.15am - 11.30am

Venue Tomore Reserve carpark, Tomore Rd, Boronia

Bookings Call 0419 337 311 or david@knoxsof.fun

Cost \$2

Life Activities Fashion Parade

Friday 4 October
Wattle Hall

A Fashion Parade by 'U and I Designs' displaying clothes for ladies from sizes 8 to 20. Purchases can be made, and orders made if sizes are not available on the day. Afternoon tea supplied.

Time 1.30pm - 4pm

Venue 160 Underwood Rd, Ferntree Gully

Bookings Essential via secretary@knoxlife.org.au

Cost All tickets \$5



October

Seniors Bingo Night Friday 4 October Carrington Park Leisure Centre

Knoxfield 55+ Club presents Seniors Bingo night. 15 games to be played with lucky draw prizes. Supper is provided and no alcohol permitted.

Time 7pm - 11pm

Venue 20 O'Connor Rd,
Knoxfield

Bookings Essential call
9762 6997 / 0429 361 641 or
email [knoxfield55plusclubinc@
gmail.com](mailto:knoxfield55plusclubinc@gmail.com)

Cost Entry \$2 and
books \$2 each



MyGov Assist Day Monday 7 October Carrington Park Leisure Centre

FREE
EVENT

This session aims to assist community members in navigating and using the myGov platform effectively. Bridges Connecting Communities is proudly hosting Services Australia, who will offer limited time slots to support local seniors in, accessing, linking services or troubleshooting any challenges you may be encountering.

Time 9.30am - 12pm

Venue 20 O'Connor Rd,
Knoxfield

Bookings Registration essential
via appointment:
trybooking.com/125970
or call 9753 4577



The U3A Knox Music Muster & The Strummers

Tuesday 8 October Fairpark Reserve Multipurpose Complex

The U3A Knox Music Muster & The Strummers groups invite you to join them for a “Songs of the Sixties” morning. Come and be entertained, sing along, tap your toes, and enjoy with duo In Harmony.

Time 10am - 12pm

Venue 1A Park Blvd,
Ferntree Gully

Bookings Call 9752 2737

FREE
EVENT



Seniors Festival - In Harmony

Wednesday, 9 October Our Saviours Lutheran Church

Come along and enjoy the songs you know and love, featuring guitars, flute, tin whistle, squeeze boc, tenor recorder and harmonica.

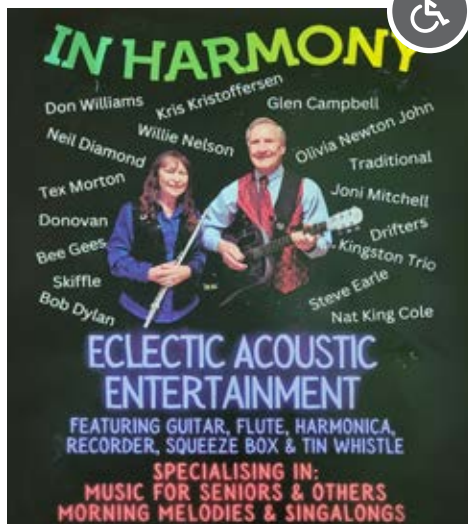
Time 11.30am - 2pm

Venue 646 Burwood Hwy,
Knoxfield

Bookings

Registration essential email
soupandsinging@gmail.com
or call 0409 097 294

Cost Gold coin donation



A Dance with Murder: **In conversation** **with crime fiction writer,** **Elizabeth Coleman**

FREE
EVENT

Wednesday 9 October
Ferntree Gully Library

The latest book from Elizabeth Coleman is a cheekily charming murder mystery. Edwina 'Ted' Bristol's latest case is proving tricky. Ballerina Giselle Tereiti is the target of a stalker, but she's also the ex-wife of Ted's new flame homicide detective Spike. Author Elizabeth Coleman is a scriptwriter on the Phryne Fisher TV series - and she's happy to take audience questions when she discusses all things 'cosy' crime' with interviewer Claire Halliday.

Elizabeth will be selling her books and signing after the event.

Time 11am - 12pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings essential

events.yourlibrary.com.au or call
9800 6455

Cultural Awareness **Training**

FREE
EVENT

Wednesday 9
October

Online via Zoom

Join Council's Community Wellbeing team online to gain a deeper understanding of the different values of the Knox community for an improved, inclusive, safe and healthy municipality.

Time 7pm - 9pm

Venue Online

Bookings essential

knox.vic.gov.au/whats-
happening or email
communitytraining@
knox.vic.gov.au



Knox Seniors Festival age awareness presentation

FREE
EVENT

Thursday 10 October
Fairpark Reserve
Multipurpose Complex

Join this engaging age awareness presentation with Knox resident Linda Black. Explore the topic of Ageism, who it affects and the impacts. This informative presentation will also discuss challenging myths, assumptions and stereotypes, as well as highlighting what Knox City Council is doing to combat ageism. Don't miss this opportunity to learn, speak up and make a difference!

Time 11am - 1pm

Venue Manuka Dr, Ferntree Gully

Bookings essential

Registration essential tix.yt/knox-seniors-festival-2024-age-awareness or call 9298 8315



Knox Seniors Festival Line Dancing

FREE
EVENT

Friday 11 October
Rowville Leisure Centre

U3A presents the Knox Seniors Festival Line Dancing class. Join this fun, and free event (all abilities welcome) lead by instructor Jeff Lovegrove.

Time 10am - 12pm

Venue 40 Fulham Rd, Rowville

Bookings

tix.yt/knox-seniors-festival-2024-line-dancing or call 9298 8828



Reclaim your energy and health with Lyndal from Unrefined Nutrition

FREE EVENT

Friday 11 October
Boronia Library

Do you want to improve your health and energy? Meet with functional nutritionist Lyndal Harris from Unrefined Nutrition to find information and inspiration for looking after your digestive health.

Time 1.30pm - 2.30pm

Venue 7 Park Cres, Boronia

Bookings

events.yourlibrary.com.au
or call 9800 6488



Social Chess: boosting connection & cognitive health in seniors

FREE EVENT

Saturday 12 October
Knox Library - Ngarrgoo

Knox Community Chess Enthusiasts invite you to this event at the Knox Library, Community Rooms 1 & 2, in celebration of the Knox Seniors Festival. Join this fun free event with light refreshments, coffee, and tea.

Time 10.30am - 4.30pm

Venue Westfield Shopping Centre, Burwood Hwy, Wantirna South

Bookings

Call Eddie on 0409 417 719



Seniors Festival Exercise Park fitness & fun session

FREE
EVENT

Tuesday 15 October - Carrington Park Leisure Centre

Kickstart your day at the Seniors Festival - fitness and fun session at the Seniors Exercise Park!

10am: start with a barista-made coffee on arrival

10.30am - 11.30am: hear an insightful nutrition talk from EACH, titled "Finding Joy in Eating Well"

11:15am - 12:30pm: join the volunteers at the exercise park for a session with a focus on movement (not strenuous exercise) and having fun.

You will also have the chance to explore various activities on site including pickleball, racquetball, and the interactive court compliments of the Victorian Raquet Club.

Time 10am - 11.30am

Venue 425 Burwood Hwy
Westfield Knox, Wantirna Sth

Bookings Via <http://tix.yt/knox-seniors-festival-2024-exercise-park>
or for more information 92988296



Viv's Recare luncheon & dance

FREE EVENT

Wednesday 16 October St Simons Parish Centre

Join Viv's Recare for the Seniors Festival luncheon and dance. This luncheon offers a nutritious and delicious freshly cooked two-course meal in a fun, friendly, and safe environment. This group is for those experiencing dementia, terminal illness, or loneliness and it is a chance to relax and chat with others in similar situations.

Time 11.30am - 2.30pm

Venue Cnr Taylors Lane & Wellington Rd, Rowville

Bookings Registration essential call Brian on 0429 090 770



Digital games & technology talk

FREE EVENT

Thursday 17 October Rowville Leisure Centre

The Rowville Community Learning Centre invites you to an afternoon tea with digital games and a presentation on how to connect and improve social connections.

Time 1.45pm - 3.45pm

Venue Community Learning Centre - 40 Fulham Rd, Rowville

Bookings Call 9762 1166 or email info@communitylc.org.au



History of the Flagstaff Gardens

FREE EVENT

Friday 18 October Knox Library - Ngarrgoo

Join tour guide, Chris to hear about the fascinating history and many transformations of The Flagstaff Gardens, West Melbourne, both before and since it became a public space in 1862.

Time 2pm - 3pm

Venue Westfield Knox, 425 Burwood Hwy, Wantirna South

Bookings events.yourlibrary.com.au or call 9800 6470



Services Australia - fraud and scams

FREE
EVENT

Friday 18 October
Rowville Library

This session will help you to stay safe from phone and email scams and tell you how you can protect yourself. Includes a Chinese interpreter.

Time 2.30pm - 3.30pm

Venue Stud Park Shopping Centre, Rowville

Bookings

events.yourlibrary.com.au
or call 9800 6443



Bayswater Seniors presents an afternoon with Glenn Starr

Monday 21 October
Bayswater Seniors Club

Enjoy the dynamic Glenn Starr singing the songs of the 60's & 70's in his one man show. Afternoon tea provided. All welcome.

Time 1pm - 3pm

Venue Cnr of Scoresby & Mountain Hwy, Bayswater

Bookings Call 0439 518 898
or email bayswatersenior
citizens@gmail.com

Cost Members \$5 and
Non members \$10



Indoor Bowls and Darts open day

FREE
EVENT

Tuesday 22 October
Boronia Bellbird Centre

U3A Knox invites you to the Indoor Bowls and Darts open day. Make your way to the Bellbird Centre for a fun afternoon.

Time 1.30pm - 3.30pm

Venue Cnr Erica Ave, Genista Ave & Chandler Rd, Boronia

Bookings Call U3A Knox
Office on 9752 2737



Seniors Festival movie screening- Quartet

FREE
EVENT

Wednesday 23 October
Knox Community Arts Centre

Calling all movie lovers! As part of our Knox Seniors Festival, you are invited to a special free screening of the heartwarming film Quartet. Join us as the once popular opera diva Jean arrives at Beecham House and watch this charming story unfold.

Time 11am - 12.45pm

Venue Cnr Mountain Hwy & Scoresby Rd, Bayswater

Bookings tix.yt/knox-seniors-festival-2024-quartet or call 9298 8828



Healthy brains session with Professor Cassandra Szoeka

FREE
EVENT

Wednesday 23 October
Knox Community Arts Centre

Back by popular demand Professor Cassandra Szoeka is a general physician, consultant neurologist and multi-award-winning clinical researcher who is Director of the Healthy Ageing Program at the University of Melbourne. She is also author of Secrets of Women's Healthy Ageing book and the principle investigator of the AgeHappy Healthy Ageing Project.

Time 1.30pm -3pm

Venue Cnr Mountain Hwy & Scoresby Rd, Bayswater

Bookings tix.yt/knox-seniors-festival-healthy-brains or call 9800 8296



Dancing for Health

Thursday 24 October

Knox Community Baptist Church

FREE EVENT

The Haven Day Centre invites you to this one-hour low impact, seated dance and movement session led by facilitator, Lisa, who is a qualified dance therapist. Dancing is for everyone and is joyful, and a therapeutic mind and body workout. The session can be adapted to all abilities and is part of the Knox Seniors Festival.

Time 1.30pm - 3pm

Venue 17-19 Falconer Rd, Boronia

Bookings

Call 9762 8423 or email info@thehavendaycentre.org.au



Best practice financials for community groups & clubs

FREE EVENT

Thursday 24 October

Knox Civic Centre

This session is aimed at new or small groups and clubs wishing to learn about best practice financials. Financial literacy is important to ensure your group thrives.

Time 7pm - 8.30pm

Venue 511 Burwood Hwy, Wantirna South

Bookings

knox.vic.gov.au/whats-happening or email communitytraining@knox.vic.gov.au



FINANCIAL LITERACY

Knox Seniors Festival Dance

Friday 25 October - Rowville Community Leisure Centre

Join us for the Knox Seniors Festival Dance 2024.

Get ready to hit the dance floor and enjoy an afternoon with The High Street Boys band as they play your favourite tunes from the 50's and 60's. Light refreshments will be provided.

Payment can be made at Rowville Community Centre in person or by phone.

Time 1.30pm - 4pm

Venue 40 Fulham Road, Rowville

Register your interest

tix.yt/knox-seniors-dance-2024
or call 9298 8828

Cost All tickets \$10



Take a walk in virtual reality

FREE
EVENT

Monday 28 October Ferntree Gully Library

Immerse yourself in the fascinating world of VR. In this 60-minute session, you'll be able to experience virtual reality and explore interesting new worlds using one of our VR headsets.

Time 1pm - 2pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings

events.yourlibrary.com.au
or call 9800 6455



Superfood for Seniors

FREE
EVENT

Tuesday 29 October Orana Neighbourhood House

Are you interested in superfood and would like to know more. This event will highlight the 12 brain-boosting health foods and the impact they can have to improve brain health. Lunch will be provided incorporating superfoods.

Time 1pm - 3pm

Venue 62 Coleman Rd,
Wantirna South

Bookings Call 9801 1895



October

Seniors Festival mystery bus trip

Tuesday 29 October - Pick up Carrington Park Leisure Centre carpark

Do you have a sense of adventure and would like to join the mystery bus trip?

Join this trip as part of the Knox Seniors Festival 2024 for a day out and something different.

Lunch is at your own cost and bookings open 9am Monday, 6 October.

Time 9am - 4pm

Venue 20 O'Connor Rd, Knoxfield

Bookings tix.yt/knox-seniors-festival-2024-mystery-bus-trip or call 9298 8828.

Cost Bus trip \$10



November

Street Orienteering Walk

Friday 1 & 15 November

Guy Turner Reserve

Join Knox Street Orienteering (teams of 2-5 people) for a one hour walking challenge to search for the answers to 20 clues shown on a map. Enjoy a coffee and chat at a nearby café at the end of the walk.

Time 10.15am - 11.30am

Venue end of Amber St, Bayswater

Bookings

Email david@knoxsoy.fun or call 0419 337 311

Cost Entry fee \$2

Managing the cost of living crisis

FREE EVENT

Friday 1 November

Boronia Library

Are you struggling to pay bills or buy food? Do you need information on creditors, bankruptcy or possible government assistance? Join Bridget from EACH for information and help.

Time 2.30pm - 3.30pm

Venue Park Cr, Boronia

Bookings Not required



Sionnach Rua's Great Irish songbook

Friday 1 November

Knox Community Arts Centre

Sionnach Rua Great Irish Songbook is back by popular demand to deliver this lively session of Celtic music. It will feel like you are immersed in an Irish bar for an evening of entertainment.

Time 8pm - 10pm

Venue Cnr Mountain Hwy & Scoresby Rd, Bayswater

Bookings knox.vic.gov.au/whats-happening or call 9729 7287

Cost Concession \$30/
Adult \$33/ Group 6+ \$28



November

Zest4Life bus trip - Dolphin Research Institute

**Thursday 7 & Tuesday 19
November**

Pick up Knox Community Arts Centre Carpark

Join us for a day out on this educational journey, exploring the fascinating world of dolphin behaviour and conservation efforts led by passionate experts. There are limited seats for this trip, so be sure to book in early. Pick up will be from Knox Community Arts Centre. Bookings will open Thursday 10 October.

Time 9am - 4pm

Venue 790 Mountain Hwy,
Bayswater

Bookings essential,
<http://tix.yt/zest4life-dophins> or
call 9298 8828

Cost Bus trip \$15
Entry to Institute \$14



Boronia craft exchange

**Thursday 7 November
Boronia Library**

Meet other craft-minded people and share ideas, experiences and your latest craft project. Bring in spare fabric, wool and sealed clay and paints to swap with other people.

Time 10am - 12pm

Venue 7 Park Cres, Boronia

Bookings Not required

FREE
EVENT



The Golden Years - timeless classic songs

Tuesday 12 November
Knox Community Arts Centre

The Golden Years showcases a carefully curated selection of timeless song, transporting you to a bygone era.

Time 11am - 12.10pm

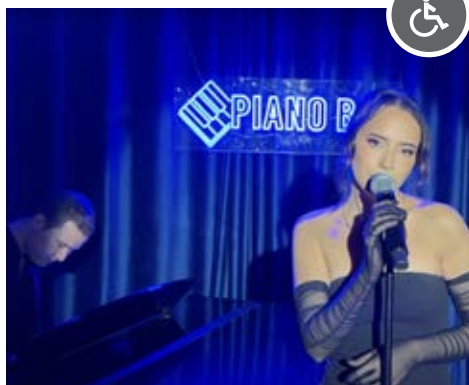
Venue Cnr Mountain Hwy & Scoresby Rd, Bayswater

Bookings

knox.vic.gov.au/whats-happening or call 9729 7287

Cost

Concession \$20 & Adult \$22



Introduction to medicinal plants

FREE
EVENT

Tuesday 12 November
Bayswater Library

Discover the fascinating world of medicinal plants in our one-hour presentation. Ideal for anyone interested in natural remedies and enhancing their well-being with plants.

Time 1.30pm - 2.30pm

Venue Mountain High Shopping Centre, Bayswater

Bookings events.yourlibrary.com.au or call 9800 6498



November

Online safety: recognising scams

FREE
EVENT

**Tuesday 12
November**

Ferntree Gully Library

This informative presentation will give you some basic tips on how to remain safe online, recognise a scam and phishing techniques.

Time 6pm - 7.30pm

Venue 1010 Burwood Hwy,
Ferntree Gully

Bookings

events.yourlibrary.com.au
or call 9800 6455



Urban Nanna: waste less - effectively managing your waste system

FREE
EVENT

**Saturday 16 November
Boronia Library**

Join Anna, The Urban Nanna, to learn about simple, systems-based ways to manage the waste streams in and around your home.

Time 10.30am - 12pm

Venue 7 Park Cres, Boronia

Bookings events.yourlibrary.
com.au or call 9800 6488



Get Crafty - Christmas baubles

FREE
EVENT

**Monday 18 November
Bayswater Library**

Are you a little bit crafty? Join in at Bayswater Library and learn how to make a new craft project every month. Open for bookings 19 October.

Time 1.30pm - 3pm

Venue Mountain High Shopping
Centre, Bayswater

Bookings

events.yourlibrary.vic.gov.au
or call 9800 6498



Crafternoons at Miller's Homestead

Wednesday 20 November

Miller's 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.

Time 1.30pm – 3.30pm

Venue Dorrigo Dr & Melrose Ct, Boronia

Bookings Not required

FREE EVENT

Gully Gardeners: Terracotta pot decorating & planting workshop

Thursday 21 November
Ferntree Gully Library

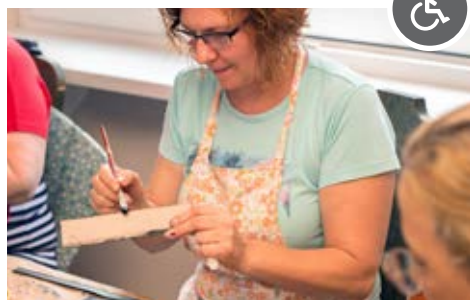
Join Ajne for a crafty terracotta pot decorating and planting workshop. Learn how to decorate a small terracotta pot perfect for yourself or a special Christmas gift.

Time 2pm - 3pm

Venue 1010 Burwood Hwy, Ferntree Gully

Bookings
events.yourlibrary.com.au
or call 9800 6455

FREE EVENT



Christmas origami

Monday 25 November
Rowville Library

Join April from "Folded by Me" at the Rowville Library for a festive workshop on crafting Christmas origami decorations.

Time 2pm - 3pm

Venue Stud Park Shopping Centre, Rowville

Bookings
events.yourlibrary.com.au
or call 9800 6443

FREE EVENT



November/December

Financial difficulties & mental health talk

FREE
EVENT

**Wednesday 27
November
Bayswater Library**

Join Bayswater Library for a talk on financial difficulties and mental health and explore how issues like denial, procrastination, gambling, and anxiety affect an individual's well-being and contribute to stress. This session aims to shed light on these challenges and their impact on overall mental health.

Time 1.30pm - 3pm

Venue Mountain high Shopping Centre, Bayswater

Bookings

events.yourlibrary.com.au
or call 9800 6498



Buble Christmas Special with Glenn Starr

**Tuesday 3 December
Knox Community Arts
Centre**

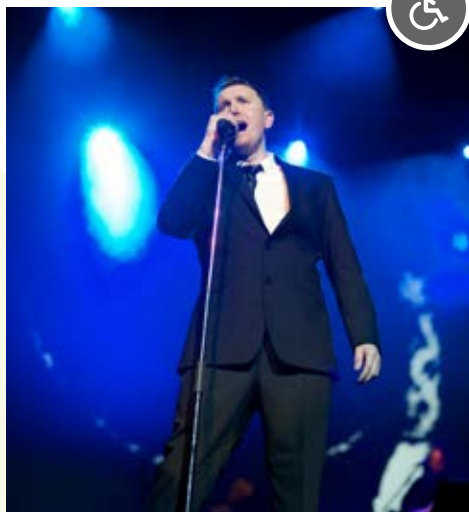
Get ready for a magical Christmas celebration with Glenn Starr as he brings the timeless charm of Michael Buble to life in a heartwarming Christmas tribute

Time 11am - 12.10pm

Venue Cnr Mountain Hwy & Scoresby Rd, Bayswater

Bookings Call 9729 7287 or knox.vic.gov.au/whats-happening

Cost Concession \$20 / Adult \$22 / Group 6+ \$18



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 55's Zest4Life program, please contact Positive and Healthy Ageing team 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 email socialconnections@knox.gov.au or by phone on 9298 8828.



KNOX



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

 Interpreter
131 450

National Relay Service
133 677