

# Knox Over 55s Zest4Life

30+  
events  
inside



- Interfaith & Zest4Life bus trips
- Intergenerational Toolkit information session
- Recreation for All Expo

# Welcome

## Welcome to Knox Over 55s Zest4Life

Knox Over 55s Zest4Life aims to support people to remain active and socially connected within the Knox community 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 [www.knox.vic.gov.au](http://www.knox.vic.gov.au)



	<b>Time</b>	<b>Cost</b>	<b>Venue</b>
<b>Monday</b>			
Rewire – The Haven Choir	9.45am-11.30am	\$5/ \$48 per term	17 – 19 Falconer Rd, Boronia
Senior Sports – Badminton	10am-12pm	\$7	Rowville Leisure Centre
Senior Sports – Pickleball	1pm-3pm	\$7	Rowville Leisure Centre
Brain Games	11.30am	Free	Bayswater Library
Talking Café	2pm-3pm	Only for purchases	Crave Restaurant, 238 Dorset Rd, Boronia
<b>Tuesday</b>			
Seniors Cuppa & Chat	10am-11am	Free	Ferntree Gully Library
Seniors Exercise Park	10am-11am	Free	Carrington Park Leisure Centre
Senior Sports – Pickleball	10am-12pm	\$7	Rowville Leisure Centre
Conversation Circle	2.30pm	Free	Rowville Library
Knox Crafters	10am-2pm	Free	Knox Library – Ngarrgoo

# Regular Weekly Events

	Time	Cost	Venue
<b>Wednesday</b>			
Stretch & Tone	9.15am & 10.15am	\$7	Rowville Leisure Centre
Words Aloud Poetry	6pm	Free	Millers Homestead
<b>Thursday</b>			
Boronia Craft Exchange	10am-12pm	Free	Boronia Library
500 Card Game	12pm	Free	Rowville Library
Talking Café	2pm-3pm	Only for purchases	Eating House, 17/1100 Wellington Rd, Rowville
<b>Friday</b>			
Senior Sports – Badminton & Table tennis	10am-12pm	\$7	Rowville Leisure Centre
Knox Community Chess Enthusiasts	12.30pm	Free	Rowville Library
Panda Rounds Dance Club	6pm	\$15	Boronia Progress Hall, 134 Boronia Rd, Boronia

Rowville Leisure bookings - [rcc@knox.vic.gov.au](mailto:rcc@knox.vic.gov.au) or call **9763 7400**

Library bookings - [events.yourlibrary.com.au](http://events.yourlibrary.com.au)

Knox Community Chess Enthusiasts - 0409 417 719

Panda Rounds - 0419 337 311

## Expression of Interest 65+ Art Program

Are you ready to explore your creativity, learn new skills, and connect with others? We are looking for expressions of interest for our free **6-week Art Program** running late **April - June 2025**, with established contemporary artist Carla Gottgens. As part of the project, participants must be willing to be photographed and/or recorded on video.

This program is open to the 65+ community members that reside in the Knox municipality.

### Why join?

- Engage with fellow participants in a supportive and inspiring atmosphere, fostering a sense of community and shared artistic exploration.
- Create something meaningful and relevant to the Knox community

### Program information:

- **When:** 6 weeks (late April - early June 2025) 2-hour class once a week AM or PM
- **Where:** Two locations across Knox (details to be shared with participants once registered)
- **What:** Hands-on workshops

**How to apply:** To participate, please fill out the expression of interest form via the link below and include a short paragraph about your interest in the program and what you hope to learn or explore.

### Deadline for applications:

Monday, 31 March 2025 - 5pm

Spaces are limited, so register your interest today.





## The Knox Nature Stewards Course

### Ferntree Gully Library and Art Centre

Curious about the plants, animals, and ecosystems in Knox? Join the 10 week 2025 Nature Stewards Program and explore the natural beauty around us.

**When** Saturday, April 05, 2025 - Saturday, June 28, 2025,  
9:30 AM - 12:30 PM

**Venue** 1010 Burwood Highway, Ferntree Gully

**Bookings** Call 9298 8000 or <https://www.knox.vic.gov.au/whats-happening/news/discover-wonders-nature>

**Cost** \$350 full fee, \$90 concession



## Seniors Exercise Park – Tuesday guided sessions

FREE  
EVENT

### Carrington Park Leisure Centre

Do you want a fun, free and enjoyable workout, that promotes healthy ageing? Join our senior champions (trained volunteers) at Carrington Park for a guided workout on the Seniors Exercise Park equipment.

Physical activity is so good for us, especially at the Knox Seniors Exercise Park where the emphasis is on movement rather than intense workouts, ensuring a fun experience. The variety of exercise stations caters to individuals of

all skill levels, promoting balance improvement and facilitating active ageing for everyone.

Please allow 30 mins to try out the equipment. Please wear sturdy shoes, bring a drink bottle and a hat. All welcome.

**Time** Tuesdays excluding school holidays, 10am – 11am

**Venue** 20 O'Connor Rd, Knoxfield

**Bookings** No bookings required, for more information contact 9298 8377



## New Classes - Ferntree Gully Community Arts Centre

### Ferntree Gully Library

In addition to our regular pottery and art classes, new textile and wellbeing classes have been added to the schedule.

The new classes include: Textile Mark Making, Sewing Basics, Patchwork for Beginners, Basic Wet Felting, Memory Quilts Kawandi Style, Handmade Natural Brushes & Mark Making, and Belly Dancing.

All skill levels welcome.

**Time/Cost** Various times, please check the timetable

**Venue** 1010 Burwood Hwy, Ferntree Gully

**Bookings** Call 9758 9180 or [www.knox.vic.gov.au/creativearts](http://www.knox.vic.gov.au/creativearts)

New  
classes.  
Enrolments  
now open!





## The Croydon Film Society

### Metro Cinema

If you love movies, including arthouse, mainstream, independent, English-speaking and foreign language then this might be perfect for you. The Croydon Film Society (CFS) meets at Metro Cinema Boronia and has been screening films for over 60 years. Following the film, join others for a friendly chat over coffee at 'Crave Cafe' Boronia.

**Monday 3 March** - Zone of Interest - German film

**Monday 17 March** - Cabrini - USA film

**Monday 31 March** - Perfect Days - Japanese Film

**Monday 5 May** - The Seed of the Sacred Fig - Iranian film

**Monday 19 May** - Wicked Little Letters - UK Film

**Time** 7.10pm and 7.20pm

**Venue** Boronia Square, Boronia

**Bookings** Call 0490 663 159 or [membership@croydonfilms.org.au](mailto:membership@croydonfilms.org.au)

**Cost** Annual membership \$120 or \$100 concession



# March

## How to maximise energy efficiency rebate for your home

FREE EVENT

### Tuesday 4 March Ferntree Gully Library

This session will take the confusion out of navigating government rebates and incentives for energy-efficient upgrades. The goal is to help homeowners understand how they can significantly reduce upfront costs on things like solar panels, insulation, and energy-efficient appliances, ultimately saving on long-term energy bills.

**Time** 6pm - 7.30pm

**Venue** 1010 Burwood Hwy, Ferntree Gully

**Bookings** Call 9800 6455 or [events.yourlibrary.com.au](https://events.yourlibrary.com.au)



## Flowers & Gardens of the world

FREE EVENT

### Thursday 13 March Rowville Library

Join this vibrant photographic journey through 31 stunning gardens across 25 countries worldwide. Maureen, one of Australia's most senior horticultural judges, and Paul, an award-winning photographer and judge, bring their expertise and passion to life.

**Time** 2pm - 3pm

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

**Bookings** Call 9800 6443 or [events.yourlibrary.com.au](https://events.yourlibrary.com.au)



## Be part of the Art Beyond Waste Exhibition

### EOI open Friday 14 March

Be part of Art Beyond Waste - a creative challenge to reimagine recycled, re-used & repaired materials. The exhibition is a creative challenge for aspiring artists and environmentally conscious individuals to discover innovative ways to repurpose these items. Submissions will be open from 14 March to 14 May 2025, selected artworks will be on display at Your Library, Miller's Homestead between 4 June and 16 July.

**Time** 5.30pm - 7.30pm

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

**Bookings** Call 9298 8447 or Register interest at <https://www.sticktickets.com.au/X54D9>



## Watercolour for beginners workshop

### Tuesday 18 March Mountain District Learning Centre

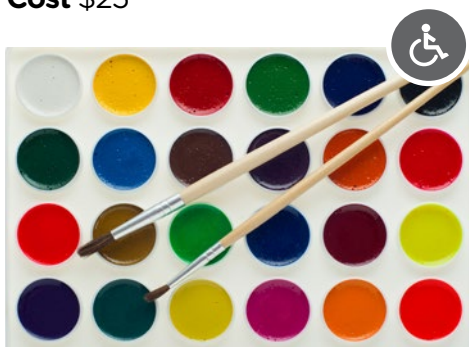
Come along and learn the art of wonderful watercolour painting. This beginner's workshop will teach you easy skills and techniques to create your own piece of art. Experiment with colours and shapes, no prior experience is necessary and all materials included.

**Time** 1.30pm - 2.30pm

**Venue** 13-15 The Avenue, Ferntree Gully

**Bookings** Call 9758 7859 or email [office@mdlc.org.au](mailto:office@mdlc.org.au)

**Cost** \$25



# March

## Interfaith bus trip series

### Friday 21 March, Wednesday 30 April & Thursday 22 May Carrington Park

Are you interested in a half day outing, exploring and learning new things as part of the Interfaith bus tours?

Knox Positive & Healthy Ageing has partnered with the Knox Interfaith Network to create meaningful half-day bus tours to explore diverse interfaith locations. Each of the dates will take you to a different location, where you'll have the chance to learn about the traditions and cultures, offering an opportunity to connect, reflect, and broaden your understanding. This tour will have lunch provided at the destination. Whether you're curious about different faiths or simply looking for a unique experience, this trip promises to be enlightening and enriching.

**Friday, March 21:** Zee Cheng Khor Moral Uplifting Society (Clayton South)

**Wednesday, April 30:** Temple Society Australia (Bayswater)

**Thursday, May 22:** Sri Vakrathunda Vinayagar Hindu Temple (The Basin)

Cost of each bus trip is \$15, payment to be made on the day

**Time** Earliest pick up from 9.30am – latest return 3pm

**Venue** 20 O'Connor Rd, Knoxfield

**Bookings** <http://tix.yt/interfaith>, call 9298 8828 or email [socialconnections@knox.vic.gov.au](mailto:socialconnections@knox.vic.gov.au)

**Cost** \$15



## Knox Walk

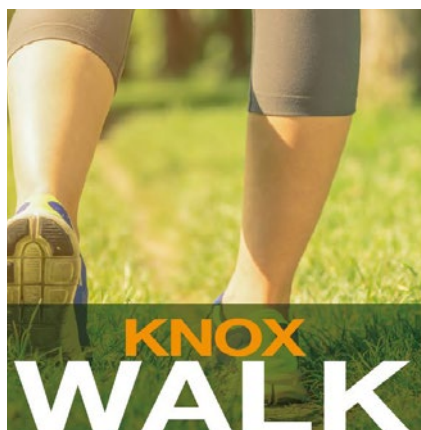
### Monday 24 March Coonara Community House

The Pathways for Carers walks offer carers of people with a disability or mental illness an opportunity to share walks together and to learn more about news, services and supports available to carers. Representatives from local organisations will join the walk along Ferny Creek Trail, starting at Coonara Community House. A free coffee/hot drink from a local café is included in the walk.

**Time** 10am

**Venue** 22 Willow Rd, Upper Ferntree Gully

**Bookings** Call 9298 8000 or [disabilityinclusion@knox.vic.gov.au](mailto:disabilityinclusion@knox.vic.gov.au)



## Intergenerational Toolkit information session

FREE  
EVENT

### Tuesday 25 March Knox Civic Centre

Have you ever considered starting your own intergenerational program that brings together teens and older adults?

Come along to hear from Diana Bossio, Associate Professor, RMIT University who has created an Intergenerational Project Community Toolkit to develop and foster intergenerational social connection between older and younger members of our community.

Diana will showcase the online toolkit which focuses on developing, running and evaluating programs, locations and activities.

**Time** 6pm - 8pm

**Venue** Civic Centre, 511 Burwood Hwy, Wantirna South

**Bookings** <http://tix.yt/intergen-toolkit> or call 9298 8315





# March

## Community training: Best practice financials for community group & clubs

FREE  
EVENT

### Wednesday 26 March Knox City Council

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** Civic Centre, 511 Burwood Hwy, Wantirna South

**Bookings** Call 9298 8000 or <http://tix.yt/best-practice-financials>



## Introduction to Estate Planning

FREE  
EVENT

### Friday 28 March Bayswater Library

When it comes to making your will, it can be hard to know where to start or what is involved. Join Marie from Services Australia to learn about powers of attorney, wills, the role of the executor, and more.

**Time** 1.30pm - 3pm

**Venue** Mountain High Shopping Centre, High St, Bayswater

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



Services  
Australia



## Bus trip - Coal Creek Korumburra

### Friday 28 March & Friday 7 April Carrington Park Leisure Centre

Join us for a day out to Korumburra and enjoy the Coal Creek Community Park and Museum. This recreated coal mining village depicts the history of South Gippsland; from everyday life to the coalfields and the early agricultural development of the area.

Come and immerse yourself in 1870s – 1920s rural life. Tour will stop for lunch (at own cost) at Korumburra Middle Hotel and some free time to explore the town.

**Time** 8.30am - 4pm

**Venue** 20 O'Connor Rd, Knoxfield

**Bookings** Waitlist online or call 9298 8828, there are limited seats for this trip, please register your interest and you will be contacted via email/phone if you are successful.

**Cost** \$15



COAL CREEK  
COMMUNITY PARK AND MUSEUM  
KORUMBURRA



# March

## Edith Cowan Friday 28 March Rowville Library

FREE  
EVENT

Come and hear the story of Edith Cowan, an inspirational woman with a pioneering spirit. A tireless campaigner for education, health and social issues and a major contribution to the status and welfare of women and children. Edith faced adversity from an early age, through tenacity and hard work, met these challenges and went on to become a major force of children's & women's rights in the early 1900s. Edith was the first Australian woman elected to parliament.

**Time** 11am - 12pm

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

**Bookings essential**

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

## Sheltered: Melody Horrill

FREE  
EVENT

### Monday 31 March Knox Library - Ngarrgoo

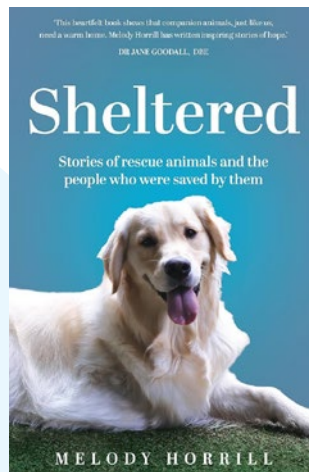
Join this interesting talk with Melody about her animal inspired writing journey, including her latest book, "Sheltered", which explores the power of love between people and their adopted animals, and how animals have changed and enriched people's lives.

**Time** 10.30am - 11.30am

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

**Bookings essential**

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



## Community training: Volunteers Recruitment, Retention & Recognition

FREE EVENT

### Wednesday 2 April Knox City Council

Volunteers are a crucial resource for community organisations. To develop or improve your existing volunteer programs the National Standards for Volunteer Involvement will be used as a framework to help you successfully recruit, retain and recognise the important contribution volunteers make, leading to longer retention rates and a healthy culture.

**Time** 6.30pm - 8.30pm

**Venue** Civic Centre, 511 Burwood Hwy, Wantirna South

#### Bookings essential

Call 9298 8000 or <http://tix.yt/volunteers>



## Recipe Swap

FREE EVENT

### Wednesday 9 April Bayswater Library

Join in at Bayswater Library for a monthly casual get together to chat about food and cooking over a cuppa.

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

**Time** 11am - 12pm

**Venue** Mountain High Shopping Centre, High St, Bayswater

**Bookings** open 10-03-2025, call 9800 6498 or [events.yourlibrary.com.au](http://events.yourlibrary.com.au)



# April

## Neil Lindsay: The Impossible Survivor

FREE  
EVENT

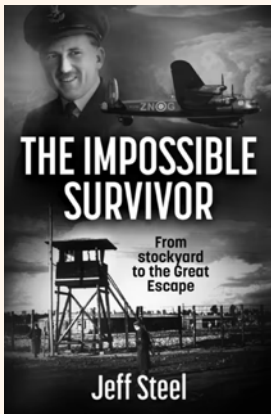
**Tuesday 22 April**  
**Knox Library - Ngarrgoo**

Join author Jeff Steel as he recounts the incredible adventures of Neil Lindsay in World War Two from his book "The Impossible Survivor". He flew in the prestigious 106 squadron, with the legendary Guy Gibson VC of Dambuster fame. On his 28th operation, he was the sole survivor from a catastrophic explosion in his Lancaster bomber.

**Time** 11am - 12pm

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

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



## Metro Rail Safety & information session

FREE  
EVENT

**Wednesday 30 April**  
**Bayswater Library**

Metro's Rail Awareness and Information Sessions aim to improve passenger knowledge, mobility and ensure all members of the community can confidently use the rail network. The sessions focus on finding help and support, myki, journey planning, accessibility and travellers aid.

**Time** 1.30pm - 2.30pm

**Venue** Mountain High Shopping Centre, High St, Bayswater

**Bookings** open 31-03-2025, call 9800 6498 or via [events.yourlibrary.com.au](http://events.yourlibrary.com.au)





## Community training: Knox City Council Grants Program

FREE  
EVENT

**Wednesday 7 May and Thursday 29 May**

Knox City Council's Community Development Fund (CDF) opens in late May. The CDF is an annual grant program for not-for-profit community groups in Knox to support projects, programs, equipment, or events that enhance, and support identified needs within the Knox community.

This training will guide you through the application process, view the form and learn how to prepare your application by addressing the grant criteria. You will also be briefed on the important task of how to acquire your grant.

**Time** 7pm - 9pm

**Venue** 7 May Online & 29 May in person Knox Civic Centre, 511 Burwood Hwy, Wantirna South

**Bookings** Call 9298 8000 or <http://tix.yt/kccgrantprograms>



## Scam Safety

### Wednesday 14 May Bayswater Library

FREE  
EVENT

Would you like to become more aware of your online surroundings? In this informative presentation, you will be given basic tips on how to remain safe online, how to recognise a scam, and understanding common phishing techniques.

**Time** 10am - 11am

**Venue** Mountain High Shopping Centre, High St, Bayswater

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



## Community training: Grant writing

FREE  
EVENT

### Wednesday 14 May Knox City Council

This fun and hands-on workshop will focus on transforming your ideas into fundable concepts and will walk you step by step through the grant making process. The session will look at where you can find the money, how to answer application questions and introduce you to the grant making cycle.

**Time** 6.30pm - 9pm

**Venue** Civic Centre, 511 Burwood Hwy, Wantirna South

**Bookings** Call 9298 8000 or <http://tix.yt/grant-writing>



## Nicola Marsh: Where the Heart Is

FREE  
EVENT

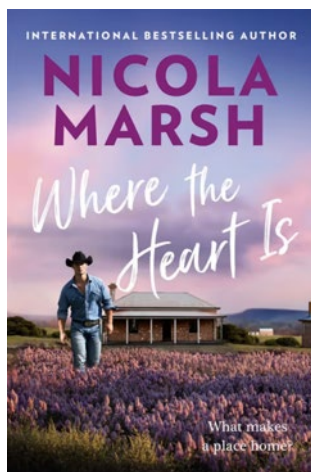
### Thursday 15 May Knox Library - Ngarrgoo

Join local bestselling author of 86 novels Nicola Marsh for a book event to celebrate her latest release *Where the Heart Is*. She'll also discuss swapping physiotherapy for a prolific career as a full-time author.

**Time** 6.30pm - 7.30pm

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

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



## Online Shopping - Pros and Con(artist)s

FREE  
EVENT

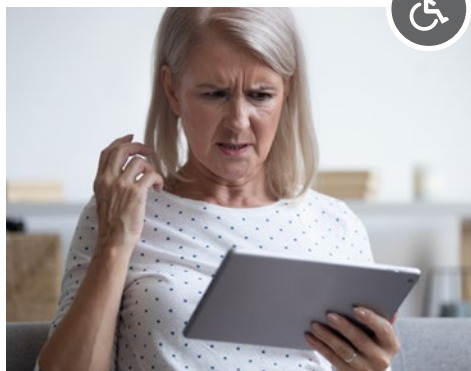
### Friday 16 May Knox Library - Ngarrgoo

Online shopping is quickly becoming a preferred way for people to get what they want and need. From online marketplaces like Amazon and eBay, to ordering your groceries online and having them delivered to your door. But it's important to know how to distinguish the sales from the scams.

**Time** 10.30am - 11.30am

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

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



## Therapeutic Movement with Mei Mei

**Monday 19 May**  
**Knox Library - Ngarrgoo**

Gentle movement class, accessible to all, classes are completely supported - seated in a chair or standing , not mat work. Mental wellness is incorporated through fun and simple exercises.

**Time** 10am - 11.30am

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

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

FREE  
EVENT



## All things Neck & Shoulder pain

**Wednesday 21 May**  
**Bayswater Library**

Learn all things about shoulder and neck pain from local Bayswater chiropractor Dr. Karl Freeman from Lifted Health and Performance.

**Time** 10am - 11am

**Venue** Mountain High Shopping Centre, High St, Bayswater

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

FREE  
EVENT



## Biggest Morning Tea

**Friday 23 May**  
**Bayswater Library**

You are invited to join Bayswater Library to enjoy a cuppa and some treats to raise money for the Biggest Morning Tea.

All proceeds raised will be donated to Cancer Council Victoria.

**Time** 11.30am -1.30pm

**Venue** Mountain High Shopping Centre, High St, Bayswater

**Bookings** Not required, for more information call 9800 6498

**Cost** Gold coin donation





## Recreation for All: A Knox Recreation & Leisure Expo

FREE  
EVENT

**Wednesday 28 May - Carrington Park Leisure Centre**

Join us for our free 'Recreation for All' - A Knox Recreation & Leisure Expo. This is an All-Inclusive Abilities Recreation and Leisure Expo—where everyone, is invited to explore, enjoy, and connect.

This fun-filled event is designed for individuals of all ages and abilities to discover adaptive sports, accessible recreation activities, and inclusive leisure options.

If you are looking for new ways to stay active, learn about helpful resources, or simply have fun with others in a welcoming, supportive space, we have something for you!

**Time** 1pm - 5pm

**Venue** 20 O'Connor Rd, Knoxfield

**Register your interest**

Call 9298 8828 or

<http://tix.yt/recreation-for-all>





## Building an energy efficient home

FREE  
EVENT

**Thursday 29 May**  
**Ferntree Gully Library**

Smart, simple ways to improve comfort, cut costs and practical ways to make your home more energy efficient.

**Time** 6pm - 7.30pm

**Venue** 1010 Burwood Hwy,  
Ferntree Gully

### Bookings

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



## An introduction to disability, caring and Disability Support Pension eligibility with Services Australia

FREE  
EVENT

**Friday 30 May**  
**Boronia Library**

Come along to Boronia Library to learn about Centrelink assistance with Financial Information Specialist Officer, Marie. During this session Marie will cover Disability Support Pension, Carer Payments, care respite, income and assets tests, portability and rights and obligations.

**Time** 2pm - 3pm

**Venue** Park Crescent, Boronia

**Bookings** Call 9800 6488 or  
[events.yourlibrary.com.au](http://events.yourlibrary.com.au)



Services  
Australia



# 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 the 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 email [socialconnections@knox.vic.gov.au](mailto:socialconnections@knox.vic.gov.au) or call 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