



CITY OF
MONASH

PALS

positive
ageing
lifestyles

Jan-March 2022
Edition



Welcome to **PALS**

PALS is a Positive Ageing Lifestyle Program aimed at promoting healthy, active ageing and social inclusion.

The program provides older members of our community with information on social activities and healthy living. Any older adult who lives, works or visits Monash can participate.

You can subscribe to receive the PALS Program either electronically or via mail.

Simply register your details:

📞 9518 3552 or @ pals@monash.vic.gov.au

How to book

Please read through the program and choose any events and activities that you would like to participate in. If you are viewing the program electronically via your computer or smart device, please click on the trybooking reference number, which is quoted at the end of the event description or go to www.trybooking.com and quote the reference number to make a booking. Please note many of the events have a cap on the numbers of participants.

If you do not have access to a computer or smart device you can make a booking by calling Customer Service on 📞 9518 3555 @ pals@monash.vic.gov.au

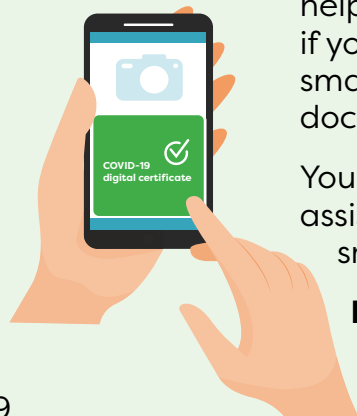
COVID-19 SAFETY

All events that will be held in person will follow all health guidelines and government restrictions. Please do not attend if you feel unwell, have COVID-19 symptoms, have potentially been exposed to COVID-19 in the two weeks prior to the event, or have been advised to isolate until you receive a negative test result. During times of restrictions the program will not operate. This information is current at time of going to print.

***Please note** – all in-person events may be cancelled at the last minute pending any COVID-19 Government restrictions or lockdowns.

At the time of publication of the PALS booklet, all attendees (including staff) must provide proof of double dose vaccination. This must be an authorised COVID-19 certificate, such as your Immunisation History Statement from Services Australia or Vaccination Certificate from myGov or Medicare showing that you are fully vaccinated, or a proof on your Australian Immunisation Register to show that you have a medical exemption. Please note that proof of full vaccination is required for all PALS events.

If you are unable to provide proof of your double dose vaccination, unfortunately you will not be able to attend PALS events.



Proof of vaccination ON A SMARTPHONE

You can access your COVID-19 digital certificate, which is available on the myGov website. Medicare staff on ☎ 132 011 can help talk you through this process if you need help with either the smart phone access or printing the document: 🌐 www.my.gov.au

Your local GP or Pharmacy can also assist with accessing this on your smart phone.

Proof of vaccination if you don't have a smartphone.

You can call Services Australia on: ☎ 1800 653 809 and ask them to send your Immunisation History Statement to you. It can take up to 14 days to arrive in the post.

If you require any further assistance obtaining proof of vaccination please contact:

@ pals@monash.vic.gov.au or call Vicki on ☎ 9518 3552.



Gardens FOR HARVEST

Sustainable Monash has just released a new booklet – Gardens for Harvest.

This booklet is a practical guide to growing your own fruit and vegetables at home. It is modelled on our very successful Gardens for Wildlife booklet.

This easy to read and visual booklet will help you to create a productive garden in your own back yard.

The book covers planning, maintenance, planting, pest management and garden health.

The Gardens for Harvest booklet is available for free through libraries or by emailing @ sustainability@monash.vic.gov.au

Education programs will be developed for 2022.



2022 AUSTRALIA DAY

WEDNESDAY
26 JANUARY

11AM-2PM
FREE COMMUNITY EVENT

Monash Civic Centre
293 Springvale Rd
Glen Waverley

For more info: 9518 3636
www.monash.vic.gov.au/australia-day

Monash Libraries FAMILY HISTORY GROUP

Monday 7 February and Monday 7 March

The Monash Libraries Family History Group meets monthly online to listen to guest speakers talk about a range of topics related to genealogy and local/Victorian history.

Interested in joining? You can contact Jason at the libraries via: @ Jason.Brack@monash.vic.gov.au to have your name added to the Group email list.

Sessions: First Monday of each month **Time:** 10.15am

The meetings are held using the online Zoom platform. The Zoom link will be sent out on the Friday before each meeting.



Staying safe in a heatwave DURING SUMMER

As we move into summer, it is important to remember that we may experience heatwaves. Here are some important tips on keeping cool, hydrated and safe in a heatwave as well as looking after friends, family and people who are vulnerable in the community.

- » Drink water, even if you don't feel thirsty. Take a bottle with you always.
- » Never leave kids, older people or pets in cars. The temperature inside a parked car can double within minutes.
- » Keep cool. Seek out air-conditioned buildings, draw your blinds, use a fan, take cool showers and dress in light and loose clothing made from natural fabrics.
- » Plan ahead. Schedule activities in the coolest part of the day and avoid exercising in the heat. If you must go out, wear a hat and sunscreen and take a bottle of water with you.
- » Check in on others. Look after those most at risk in the heat – your neighbour living alone, the elderly, the young, people with a medical condition.
- » Pets can experience the impacts of a heatwave just as we do. Keep pets indoors in a cool place, and make sure they have plenty of water.

My Best GIFT

The Arts, Culture and Events team, together with PALS, are proud to present My Best Gift Community Animation Project.

This is a very special intergenerational community animation project. Older residents have told us their stories of gift giving and children and families have responded with artworks that animators have transformed into an engaging and magical moving story.

Listen or read the transcripts of Betty, Elaine, Maureen, Valerie, Deb and Phil's stories of giving and receiving here;

My Best Gift Animation Project:
www.monash.vic.gov.au/My-Best-Gift



With contributions from the children of Brine Street Kindergarten, local art schools Art n Easel and A + A Art School, as well as many other Monash creatives, this animation is just in time for the holiday season.

My Best Gift Community Animation Project inspires generosity across generations. We hope you enjoy!

Click on the link to watch the video here
www.monash.vic.gov.au/My-Best-Gift

PALS January Program

Social Walk OF SCOTCHMANS CREEK TRAIL

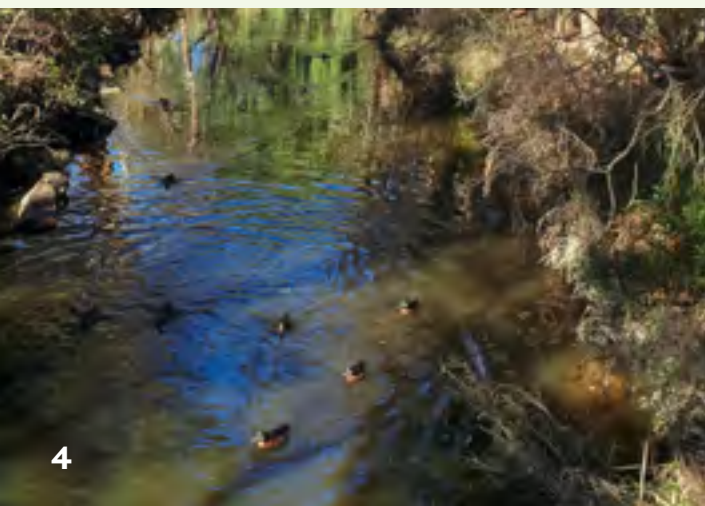


Active Monash

Pick your pace - from slow & social to fit & fast!

Meet at Oakleigh Recreation Centre for a slow and social or fast and fit walk of Scotchmans Creek Trail.

After the walk we will return to Oakleigh Recreation Centre for refreshments and a tour of the Centre.



Date: Friday 21 January

Time: 10am-12pm

Venue: Meet at Oakleigh Recreation Centre Reception, 2A Park Road, Oakleigh

Cost: FREE

Bookings: www.trybooking.com/BVRIN
or 9518 3555

Parking: On site

PALS January Program

Launch of 'FRIENDSHIP FRIDAYS'

Would you like to be more social and meet new people? Friendship Fridays is a relaxing place to come together to meet like-minded people, make new friends and socialise. There will be light refreshments and entertainment for the whole family.




Date: Friday 21 January

Time: 10am-12pm

(Please note after this launch there will be re-occurring events on the first and third Friday of each month) 10.30am-2.30pm

Venue: Halcyon Positive Ageing Activity Centre, 915 Waverley Road
Inside gates of Glen Waverley Golf Course

Cost: FREE

Bookings:  www.trybooking.com/BTNUU

Parking: Free parking at the Golf Club

PALS MOVIES IN MONASH

Red Dog

Come join fellow friends & neighbours from Monash for a FREE film screening of Red Dog. Based on the true story of Red Dog, the film revolves around how a dog develops a strong bond with Grant, who becomes his 'true master'.



Date: Monday 24 January

Time: 11am-1pm

Running Time: 1 hour 32 minutes

Venue: Clayton Community Centre Theatre
9-15 Cooke Street

Cost: FREE

Bookings:  www.trybooking.com/BVRIV or  9518 3555

Rating: Family/Drama

Parking: 3hr parking located at rear of Clayton Community Centre



PALS February Programs

Something CHINESEY



Please come together and join Ping, a Chinese teacher who is excited to share her years of experiences with effective Chinese practises that enhance wellbeing. This relaxed session will include Tai Chi, self-massage on pressure points, information on Chinese culture and learning different greetings in Chinese language.

Date: Monday 7 February

Time: 11am-12.30pm

Venue: Central Reserve, Glen Waverley

Cost: FREE

Bookings:  www.trybooking.com/BVRJD
or  9518 3555

Parking: Central Reserve, park all day near the playground, skate ramp or enter off Waverley Road and park along oval.



Come and Try Class CHAIR YOGA

**ACTIVE
MONASH**

Come along and experience an easy to follow yoga session at the Oakleigh Recreation Centre completed entirely in a chair. Stretches, meditation and relaxation will leave you feeling revived. Easy to follow for all abilities.





Date: Thursday 10 February

Time: 11.30am-12.15pm

Venue: Oakleigh Recreation Centre, 2A Park Road, Oakleigh

Cost: FREE

Bookings:
 www.trybooking.com/BVRJO
or  9518 3555

Parking: FREE, 2 hour parking available on site

PALS March Programs

Better Hearing WEEK

Hosted by: City of Monash and Hearing Australia.

In recognition of World Hearing Day held on 3 March each year, Hearing Australia is offering free hearing checks. The hearing bus will be located in the forecourt of Glen Waverley Library, so come along and get your free hearing check.

World Hearing Day raises awareness of how to prevent deafness and hearing loss and promote ear and hearing care across the world.



Date: Thursday 3 March

Time: 10am-4pm

Venue: Forecourt of Glen Waverley Library, 112 Kingsway

Cost: FREE

Bookings: No bookings required

Parking: 4 hour parking is located at Bogong Avenue, multi-level car park.



Bringing Back THE BUSH

Valley Conservation Reserve in Flower



Learn with us on a walk through Valley Conservation Reserve. There will be information from our Aboriginal Elder to help us look at the different plants in flower and identify how the bush is improving. There will be a slower, shorter walk and a faster, longer walk. This event is supported by Friends of Scotchman's Creek and Waverley Bushwalking club.

Please wear comfortable walking shoes, slip on a hat and slop on some sun cream. Light morning tea will be provided at the conclusion of the walk and please bring your own bottle of water.

Date: Wednesday 9 March

Time: 9am-11am

Venue: Valley Conservation Reserve, Education Hub, Corner Waimarie Drive and Wills Road, Mount Waverley

Cost: FREE

Bookings:

 www.trybooking.com/BVRJV
or  9518 3555

Parking: On site

PALS March Programs

All generation **FAMILY FUN BOWLS DAY**

Mount Waverley Bowls Club

As one of Victoria's most accessible sports, lawn bowls can be enjoyed by anyone regardless of age, gender, experience, or physical ability and can be a fun way to get moving while meeting new people. Bring your family, friends and neighbours along and join us for a free all generational family bowls day. There will be activities for all ages including face painting, BBQ, bowling workshops and more.



Note: Please book one session only (Only flat soled shoes or bare feet allowed on the greens)

COVID-19 Safety: This will be a COVID-19 safe event following government safety regulations with Council staff-supervised indoor and outdoor areas.

Date: Sunday 13 March

Bookings:

Venue: Mount Waverley Bowls Club, Cnr Alvie Rd and Wadham Pde, Mt Waverley

Session 1: 12.30pm-2pm

www.trybooking.com/BVRKE or ☎ 9518 3555

Session 2: 2.30pm-4pm

www.trybooking.com/BVRKI or ☎ 9518 3555

Cost: FREE

Parking: Carpark at entrance to club

Strong4life **CLASS**

**ACTIVE
MONASH**

Oakleigh Recreation Centre

STRENGTH TRAINING FOR A MATURE BODY.

This class helps improve balance and strength, and is great to improve functions of daily living. Our instructors are highly-trained and great at adapting exercise to suit your needs. If you have not done strength training before and are unsure whether you have any medical issues that would make the class unsuitable for you, we recommend getting medical advice before participating.



Date: Thursday 17 March

Time: 11.30am-12.15pm

Venue: Oakleigh Recreation Centre 2A Park Road

Cost: FREE

Bookings: www.trybooking.com/BVRKP
or ☎ 9518 3555

Parking: FREE, 2 hour parking available on site

PALS March Programs

Open Garden and Winter Vegetable WORKSHOP



Waverley Garden Club in partnership with the City of Monash

To plant a garden today is to believe in tomorrow.

Join us for a tour of a massive suburban garden featuring an array of gorgeous flowers, towering trees and an enormous vegetable garden. This event is supported and delivered in conjunction with Waverley Garden Club who will be running Summer Vegetable workshops through the event. Each participant will plant their very own punnet of summer vegetable seeds to take home and grow. Never underestimate the healing power of a quiet moment in the garden. A light afternoon tea will be provided.



Date: Thursday 31 March **Time:** 12.30pm-3.30pm

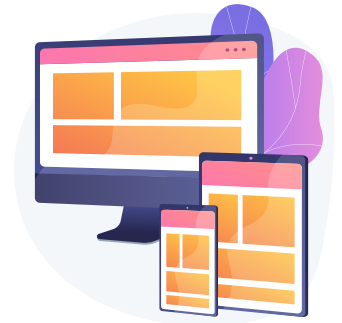
Venue: Location will be advised upon booking

Cost: FREE **Parking:** On street parking

Bookings:  www.trybooking.com/BWFHJ or  9518 3555

Tech Savvy SENIORS

PALS Tech Savvy Seniors is hosted in partnership with the Monash Public Library Service. Join our supportive team with your phone or laptop and get some general help on how to get the best out of your device.



Session 1
How to use
your iphone

Date: Tuesday 25 January

Time: 10.30am-12pm

Cost: FREE

Venue: Oakleigh Public Library, 148 Drummond St

Booking:  www.trybooking.com/BWFHN or  9518 3555

Session 2
How to use
your Android

Date: Wednesday 9 February

Time: 10.30am-12pm

Cost: FREE

Venue: Clayton Public Library, 9-15 Cooke St

Bookings:  www.trybooking.com/BWFHR or  9518 3555

Session 3
How to use
your ipad

Date: Wednesday 16 March

Time: 10.30am-12pm

Cost: FREE

Venue: Wheelers Hill, Public Library, 860 Ferntree Gully Rd

Bookings:  www.trybooking.com/BWFHV or  9518 3555


Health and Wellbeing

Oakleigh Recreation Centre - Now Open.

The wait is over! The \$25M redevelopment of Oakleigh Recreation Centre has finished and our fantastic facility is now open.

Put your health and fitness first this year and get involved in Active Adults at Monash. To help you get started you can access a FREE Active Adults class at Oakleigh Recreation Centre by presenting the voucher below.

For more information visit:

 www.activeorc.com.au

FREE CLASS*

First Name:

Surname:

Contact Number:

Offer valid from 1 January - 30 March 2022 for any Active Adult class.
Valid at Oakleigh Recreation Centre only.

Monash Customer Service


Our service centres at the Monash Civic Centre (293 Springvale Rd, Glen Waverley) and the Oakleigh Service Centre (3 Atherton Rd, Oakleigh) are open from 8.30am until 5.15pm. The Specialist Counter at the Civic Centre is also open between these times (these times could be subject to change due to COVID-19 restrictions). We look forward to seeing you again.

You can also contact us:

 9518 3555 @ mail@monash.vic.gov.au

 www.monash.vic.gov.au (webchat)

National Relay Service (for people with hearing or speech impairments)

 1800 555 660

 www.monash.vic.gov.au/pals

@ PALS@monash.vic.gov.au

Language Assist

普通话 9321 5485

Ελληνικά 9321 5482

廣東話 9321 5481

සිංහල 7005 3002

हिंदी 7005 3000

Việt Ngữ 9321 5487

தமிழ் 7005 3003

தமிழ் 9321 5484

Italiano 9321 5483


Bahasa Indonesia 7005 3001

COVID-19

Where to go for help and information

There's support you can access if you are feeling isolated, worried or need someone to talk to:


- **Community Connector**

If you call the COVID-19 hotline  **1800 675 398** and select option three, you will be connected to an Australian Red Cross volunteer. The volunteers are trained to help callers who may be feeling distressed or anxious about COVID-19.

- **The Older Persons COVID-19 Support Line**  **1800 171 866**

A dedicated free call support line that provides information and support to senior Australians, their families and carers. The support line operates Monday to Friday (excluding public holidays) from 8.30am to 6pm.

- **Friend Line Telephone Support service-1800 4 CHATS**

 **1800 424 287**

Friend Line offers a free and anonymous telephone service that provides senior Australians with the opportunity to chat with a volunteer. The service is available seven days a week between 10am and 8pm.

- **Coronavirus Mental Wellbeing Support Service**  **1800 512 348**

A free 24/7 support service specifically designed to help people through the COVID-19 pandemic offered by Beyond Blue.