

PALS

Positive Ageing Lifestyle Program



AUTUMN
2025 edition

March – May

PALS
positive
ageing
lifestyles


CITY OF
MONASH

WELCOME TO PALS


Welcome to the Autumn edition of our Positive Ageing Lifestyle (PALS) Program, aimed at promoting healthy, active ageing and social inclusion for older adults who live in, work in or visit Monash.

Our PALS program offers activities for individuals living independently in the community and caters to various abilities and needs. Many activities contain specific advice, for example, some outings may involve significant walking on uneven surfaces and are recommended for those with good mobility. Please consider your abilities when selecting an event. Please note the PALS program is not suitable for those requiring one-on-one support.


If you wish to receive the PALS booklet, please register your details electronically on Council's website: www.monash.vic.gov.au/PALS

PALS Community Bus Day Trips are now listed as Age Well Adventures

How to book – online

Please read through the program and choose any events and activities that you would like to participate in. If you are viewing this program on your phone, computer or smart device, please click on the Trybooking or website link  at the end of the event description. Please note many of the events have a cap on the number of participants.

How to book – phone

If you do not have access to a computer or smart device, you can make a booking by calling Customer Experience on  **9518 3555**.

Please note that bookings for Council-run events will open on **Friday 21 February 2025**.

ACKNOWLEDGEMENT OF COUNTRY

Monash Council acknowledges the Traditional Owners of this land, the Wurundjeri Woi Wurrung and Bunurong People, and recognises their continuing connection to the land and waterways. We pay our respects to their Elders past, present and emerging and extend this to all Aboriginal and Torres Strait Islander People.

DIVERSITY STATEMENT

Monash Council is inclusive and welcoming, celebrating the diversity of all our community and employees. We want every individual to feel safe, respected and celebrated regardless of our differences of age, race and ethnicity, sex, gender identify and sexuality, ability, faith and religious beliefs, Aboriginal and Torres Strait Islander identity, and/or socio-economic status.

COMMUNITY EVENTS

Please note several events and activities in this program are not organised by Monash Council. Monash Council takes no responsibility for activities and events planned and managed by community groups and other organisations. All events and activities are correct at the time of printing, however, are subject to change without notice.



Poetic Portraits

Share your voice
Share your story

Calling all wordsmiths, emerging, professional or anywhere in between!
Monash Council is partnering with RMIT University on Poetic Portraits, a creative project to showcase the exceptional creative talent and diverse life experiences of different generations in Monash.

Open to Monash residents ages 18-35 and ages 60+, participants will:

- Experience two poetry workshops led by a professional writer.
- Have your poem published in a custom book.
- Be part of a photo exhibition to kick off Monash Seniors Festival.

If you are interested in being part of Poetic Portraits, please apply online by **Sunday 13 April 2025**.

Apply online: www.monash.vic.gov.au/poetic-portraits
If you cannot access the online form, please contact pals@monash.vic.gov.au or call the Age Well team on 9518 3555

Activity Index

Date	Activity	Suburb	Page
Social Activities			
Tuesdays*	Community Connections Café	Mulgrave	27
Sunday 16 Mar	Clayton Festival	Clayton	8
Wednesday 19 Mar	San Giuseppe Celebration	Oakleigh	9
Thursday 20 Mar	Movies in Monash: <i>The Farewell</i>	Clayton	11
Saturday 29 Mar	EcoConnect Festival	Mulgrave	12
Sunday 30 Mar	Pride Picnic	Confirmed when booking	12
Thursday 3 Apr	Hot Cross Bun Morning Tea at The Hub	Glen Waverley	14
Friday 4 Apr	The Combined Probus Club of Monash Inc	Mount Waverley	13
Saturday 5 Apr – Sunday 13 Apr	Disney's Frozen Jr	Oakleigh South	14
Saturday 19 Apr	Tamil New Year / Easter Celebrations	Oakleigh	16
Thursday 22 May	Australia's Biggest Morning Tea at The Hub	Glen Waverley	23
Saturday 24 May	Celebrating the 30th Anniversary of Monash Chorale	Glen Waverley	23
Thursday 29 May	Oakleigh Evening VIEW Club 31st Birthday	Oakleigh	25
Lifelong Learning			
Monday 3 Mar	Aged Care Information Session (Mandarin-language session)	Mount Waverley	7
Monday 3 Mar	Planning Ahead for Seniors	Glen Waverley	7
Thursday 13 Mar	Home Safety and Crime Prevention	Mount Waverley	7
Monday 17 Mar – Sunday 23 Mar	Cultural Diversity Week	Various	9
Tuesday 18 Mar	Scams, Spams and Viruses	Oakleigh	8
Wednesday 19 Mar	Wills and Powers of Attorney	Glen Waverley	8
Wednesday 26 Mar	Neighbourhood Watch General Meeting	Mount Waverley	11
Thursday 27 Mar	Managing Clutter in Your Home	Mount Waverley	10
Sunday 20 Apr – Thursday 24 Apr	Intergenerational Week	Various	17
Wednesday 30 April	Understanding Residential and Home Care	Glen Waverley	17
Saturday 3 May	Poetic Portraits Workshop	Glen Waverley	3
Saturday 3 May	Harmony Lunch	Mulgrave	19
Monday 12 May – Sunday 18 May	Neighbourhood House Week	Various	21
Thursday 15 May	Finding Queer History Workshop	Whealers Hill	20

Activity Index

Date	Activity	Suburb	Page
Lifelong Learning (continued)			
Saturday 17 May	Power Neighbourhood House Open Day	Ashwood	20
Wednesday 21 May	Home Care Package Changes	Glen Waverley	22
Tuesday 27 May	AI Workshop	Mount Waverley	24
Tuesday 27 May – Tuesday 3 Jun	Reconciliation Action Week	Various	25
Health and Wellness			
Mondays*	Fitness Fun	Glen Waverley	26
Tuesdays or Thursdays*	Come and Try: Badminton, Table Tennis and Pickleball	Mulgrave	18
Thursdays*	Discover the Basics of Chen-Style Tai Chi	Glen Waverley	26
Wednesday 5, 12, 19, 26 Mar, 2 Apr	Come and Try: Gentle Yoga with Martina	Mulgrave	27
Fridays 7, 14, 21, 28 Mar	Come and Try Lawn Bowls: Free Fridays	Mount Waverley	26
Thursday 13 Mar	Managing Sleep and Fatigue	Mount Waverley	7
Thursday 20 Mar	Liver Health: Information and Education Session	Glen Waverley	9
Thursday 27 Mar	CPR Skills and Defibrillation	Mount Waverley	11
Tuesday 1 Apr	Falls Prevention	Glen Waverley	13
Wednesday 16 Apr	Healthy Brain, Healthy Body	Glen Waverley	15
Tuesday 1 May	Healthy Eating and Nutrition	Mount Waverley	19
Saturday 3 May	Come and Try Croquet	Ashwood	19
Tuesday 20 May	Healthy Brain, Healthy Body	Glen Waverley	15
Thursday 22 May	Differences Between Allied Health Professionals	Online	22
Age Well Adventures (formerly PALS Bus Day Trips)			
Monday 3 Mar	Blue Lotus Water Garden	Yarra Junction	6
Monday 17 Mar	Blue Lotus Water Garden	Yarra Junction	6
Monday 31 Mar	Blue Lotus Water Garden	Yarra Junction	6
Monday 14 Apr	Dandenong Ranges Botanic Gardens	Olinda	15
Monday 28 Apr	Healesville Sanctuary	Healesville	16
Monday 12 May	Explore Sassafras	Sassafras	20
Monday 26 May	Government House	Melbourne	24

*During school terms

PALS MARCH PROGRAMS

Blue Lotus Water Garden

Age Well Adventures (formerly PALS Community Day Trips)

Open from late December to mid-April each year, the Blue Lotus Water Garden is one of Australia's most spectacular seasonal gardens. The tropically themed water garden covers 5.5ha featuring millions of beautiful lotus, water lilies and other flowers, stunning lakes, amazing vistas and wonderful facilities. Morning tea and lunch at Three Sugars Café or BYO lunch.

This activity involves significant walking on uneven surfaces and is recommended for those with good mobility.



DATE	Mondays 3, 17 or 31 March
TIME	9am-3.30pm
VENUE	Blue Lotus Water Garden, 2628 Warburton Highway, Yarra Junction
COST	<p>\$11 transport fee, payable on booking. Entry fee: \$20 (3, 17 March) or \$16 (31 March) Optional costs, payable on the day:</p> <ul style="list-style-type: none">• Morning tea: prices start from \$5• Lunch: prices start from \$14 or BYO
BOOKINGS	www.trybooking.com/CXMxE or 9518 3555
PICK-UP	Central Reserve, 690 Waverley Road, Glen Waverley
PARKING	On-site parking
CONFIRMATION	You will receive a confirmation email or phone call before the event

Aged Care Information Session (Mandarin-language session)

Waverley Community Learning Centre

Are you or a loved one navigating the complexities of aged care? This informative session with a Mandarin-speaking interpreter is designed to empower you with essential knowledge and resources. Hear from Services Australia about available aged care services and Monash Council about local services that can assist you or your family.

DATE Monday 3 March

TIME 10am-11am

VENUE 5 Fleet Street
Mount Waverley

COST FREE

BOOKINGS ✉ info@wclc.org.au
or ☎ 9807 6011

PARKING On-site parking

Planning Ahead for Seniors

Planning for changes as you age is crucial. Join Seniors Rights Victoria

to learn about enduring powers of attorney, supportive attorney, and medical decision-making. Identify your choices for an advanced care directive and suitable decision-makers. Resources provided.



DATE Monday 3 March

TIME 11am-12.30pm

VENUE Glen Waverley Library
112 Kingsway

COST FREE

BOOKINGS 🌐 monlib.events.mylibrary.digital or ☎ 9518 3030

PARKING On-site parking or two-hour street parking

Home Safety and Crime Prevention

Waverley Community Learning Centre

Get essential tips on home safety and crime prevention from a local police officer. Learn proactive measures to protect your property and understand how to make a police report effectively.



DATE Thursday 13 March

TIME 10am-11am

VENUE 5 Fleet Street
Mount Waverley

COST FREE

BOOKINGS ✉ info@wclc.org.au
or ☎ 9807 6011

PARKING On-site parking

Managing Sleep and Fatigue

Sleep is essential for life. This session covers the signs and causes of fatigue, changes in sleep architecture with age, and tips for better sleep.



DATE Thursday 13 March

TIME 11am-12pm

VENUE Mount Waverley Library
41 Miller Crescent

COST FREE

BOOKINGS 🌐 monlib.events.mylibrary.digital or ☎ 9518 3950

PARKING On-site parking or two-hour street parking



Clayton Community Centre
Cooke street, Clayton

CLAYTON FESTIVAL

Sun 16 March 2025
12pm - 5pm

FREE
pool entry
1pm-5.30pm



www.monash.vic.gov.au/festivals FREE Ticketed Event



Scams, Spams and Viruses

Learn how to protect yourself online and your valuable data on your devices.

DATE	Tuesday 18 March
TIME	6.30pm-8pm
VENUE	Oakleigh Library 148 Drummond Street
COST	FREE
BOOKINGS	🌐 monlib.events.mylibrary.digital or 📞 9518 3970
PARKING	Two-hour street parking or parking at Atkinson Street



Wills and Powers of Attorney

Monash Men's Shed



Learn the importance of having a current, well-designed will which clearly communicates how your estate is to be distributed. Also ensure that you have an attorney who will represent your interests if you are unable to make decisions for yourself. Presented by MST Lawyers.

DATE	Wednesday 19 March
TIME	12pm-1pm
VENUE	49-77 Bogong Avenue Glen Waverley
COST	FREE or lunch is provided for a \$2 donation
BOOKINGS	🌐 www.trybooking.com/CXGGY or 📞 9561 8557
WEBPAGE	🌐 www.monashshed.org.au
PARKING	On-site parking

San Giuseppe Celebration

Circolo Pensionati Italiani di Oakleigh e Clayton

San Giuseppe, also known as Saint Joseph's Day, is celebrated in most parts of the world.

Join us to celebrate the Altar of Saint Joseph, with people in costumes representing the saints. There will be live music for dancing. Lunch provided, BYO drinks.

DATE	Wednesday 19 March
TIME	11am-3pm
VENUE	Clayton Hall 264 Clayton Road
COST	\$15, payable on the day
BOOKINGS	✉ lilypresti@gmail.com or ☎ 0435 032 614
PARKING	On-site parking or two-hour street parking

Liver Health: Information and Education Session

Kerrie Rd Neighbourhood House

Learn how you can take proactive steps to protect and improve your liver health. Presented by the Multicultural Health and Support Service.



DATE	Thursday 20 March
TIME	1pm-2pm
VENUE	36 Kincumber Drive Glen Waverley
COST	FREE
BOOKINGS	🌐 www.socialplanet.com.au/activity/view?id=30030 or ☎ 9887 6226
WEBPAGE	🌐 www.knh.org.au
PARKING	On-site parking or street parking

Movies in Monash

The Farewell

A heartfelt dramedy that follows Billi, a Chinese-American woman, as she returns to China with her family under the guise of a fake wedding to say goodbye to their beloved matriarch, Nai Nai, who is terminally ill but unaware of her diagnosis. The film explores cultural differences, family bonds, and the complexities of love and loss with humour and poignancy. Morning tea from 10.30am. Film starts 11am.

DATE	Thursday 20 March
TIME	10.30am-1pm
VENUE	Clayton Community Centre Theatre 9-15 Cooke Street
COST	FREE
BOOKINGS	🌐 www.trybooking.com/CXNBJ or ☎ 9518 3555
PARKING	Three-hour parking behind the Clayton Community Centre



Managing Clutter in Your Home

Decluttering your home can seem daunting, but it doesn't need to be. Here are some tips anyone can follow to reduce clutter in their home:

1 Break down big tasks into smaller, more manageable tasks

Divide big tasks into smaller, manageable ones. Tackle one room at a time to avoid feeling overwhelmed.

2 Sort your items and create piles or boxes labelled 'Keep', 'Donate', 'Recycle' and 'Unsure'

Keep: If you haven't used an item recently, consider donating it. For sentimental items, ask if they spark joy. If not, donate or give them to someone who might appreciate them. Label boxes with their destination to keep track of where items belong.

Donate: Ensure items are good enough to gift to a friend. If not, recycle them. Collect donation items until you have enough for a trip to a charity or op shop. Keep filled bags or boxes by your front door or in your car as a reminder.

Recycle: Monash residents can recycle many things for free at the Monash Recycling and Waste Centre (380 Ferntree Gully Road, Notting Hill) including electronics, paint, cardboard, light bulbs, batteries, clothing and some types of polystyrene. RWC now accepts clothing donations.

Unsure: Place items you're unsure about in a separate pile to avoid distractions. Once you've sorted everything else, take your time deciding on these items.



For more information or advice, please contact the sustainability team at sustainability@monash.vic.gov.au or [9518 3555](tel:95183555)

Cultural Diversity Week

Cultural Diversity Week (Monday 17 – Sunday 23 March 2025) is a celebration that recognises our diversity and brings together Australians from all different backgrounds. It's about inclusiveness, respect and a sense of belonging for everyone. To participate, you can wear orange to show your support, or you can attend/host a Cultural Diversity Week event.

Cultural Diversity Week (also known as Harmony Week) is centred around 21 March, the **International Day for the Elimination of Racial Discrimination**. More than half of our Monash community was born overseas and we come from hundreds of countries and cultures. We speak more than 90 languages, and practice more than 40 religions.

To acknowledge this day, Monash encourages you to attend a community event, learn more about other cultures, and speak up and stand together against racial, cultural and religious discrimination.

For more information on Cultural Diversity week activities, please keep a look out on Council's website:
 🌐 www.monash.vic.gov.au/cultural-diversity



Neighbourhood Watch Monash General Meeting

Open to all Monash residents, this general meeting covers different aspects of community safety. Meet Shane McCluskey, Multicultural Liaison Officer at Fire Rescue Victoria, ask questions and learn about fire prevention and safety in the home and community. If you can't make it, take Neighbourhood Watch's How Safe Is My Place quiz and learn tips for enhancing your home safety.



DATE	Wednesday 26 March
TIME	7.30pm-9pm
VENUE	Mount Waverley Community Centre 41 Miller Crescent
COST	FREE
ENQUIRIES	🌐 nhwmonash.org.au
PARKING	On-site parking or two-hour street parking



Decluttering and Hoarding



Join Veronica, a professional organiser from A Hand to Help, for an insightful session on clutter at home. Learn how to stay safe and independent for as long as possible. We will be joined by Sustainable Monash to discuss ways to repurpose, recycle and dispose of any unwanted items, including hard rubbish.

DATE	Thursday 27 March
TIME	10am-11.00am
VENUE	Alvie Hall, Alvie Road and High Street Road Mount Waverley
COST	FREE
BOOKINGS	 www.trybooking.com/CXNBP or  9518 3555
PARKING	On-site parking

CPR Skills and Defibrillation



Waverley Community Learning Centre

Learn how to help someone in an emergency. This workshop will cover the steps DRSABCD: • Danger • Response • Send for help • Airway • Breathing • CPR • Defibrillation.

DATE	Thursday 27 March
TIME	10am-12pm
VENUE	5 Fleet Street Mount Waverley
COST	FREE
BOOKINGS	 info@wclc.org.au or  9807 6011
PARKING	On-site parking

EcoConnect Festival

Join us at the inaugural EcoConnect Festival with lots of fun events including a veggie and plant swap and gardening activities for all ages. Connect with nature and the local community!

DATE	Saturday 29 March
TIME	10am-1pm
VENUE	Wellington Reserve Community Centre 36-42 Mackie Road Mulgrave
COST	FREE
BOOKINGS	 monlib.events.mylibrary.digital or  9518 3502
PARKING	On-site parking



Pride Picnic



Join us for a fun-filled relaxing day out to celebrate the LGBTI+ community and allies. Bring your picnic goodies including food, blankets, family and friends.



DATE	Sunday 30 March
TIME	12pm-3pm
VENUE	Location will be advised upon booking
COST	FREE
BOOKINGS	 www.trybooking.com/CXQLY or  9518 3555

PALS APRIL PROGRAMS

Falls Prevention

Presented by Bolton Clarke



One-third of people over the age of 65 fall at least once a year, and around half of these are in and around the home. In celebrating Active April, this information session covers how to reduce the risk of falls and stay active and independent for longer.

DATE	Tuesday 1 April
TIME	11am-12pm
VENUE	Glen Waverley Library, 112 Kingsway
COST	FREE
BOOKINGS	monlib.events.mylibrary.digital or 9518 3030
PARKING	On-site parking or two-hour street parking



Come and Try Probus

The Combined Probus Club of Monash Inc.

Seeking social activities with like-minded retired and semi-retired people? Join our April monthly meeting, enjoy morning tea with members and listen to an interesting speaker.

You'll also hear about our regular activities including interest groups, shared meals, outings and trips.



DATE	Friday 4 April
TIME	10am-12pm
VENUE	Mount Waverley Youth Centre, 45 Miller Crescent
COST	FREE
BOOKINGS	gchurchill44@gmail.com or 0400 565 387
WEBPAGE	www.probusouthpacific.org/microsites/monashcombined
PARKING	On-site parking or two-hour street parking



Hot Cross Bun Morning Tea AT THE HUB

THURSDAY 2ND APRIL 10AM - 12PM

ALL DONATIONS
TO THE ROYAL
CHILDREN'S
HOSPITAL GOOD
FRIDAY APPEAL



ALL
WELCOME!

Groups of 10 or more,
please call 9560 3580

Disney's Frozen Jr Players Theatre Company

Based on the 2018 Broadway musical, this show brings the beloved animated film and its songs to life! When Queen Elsa sets off an eternal winter in Arendelle, her sister Anna, with friends Kristoff, Olaf, and Sven, embarks on an adventure to save the kingdom.

DATE	Saturday 5 April – Sunday 13 April
TIME	Thursday and Fridays: 7.30pm-9pm Saturday and Sundays: 2pm-3.30pm
VENUE	South Oakleigh College Bakers Road
COST	\$30 for concession including children, seniors and pension card holders \$35 for adults
BOOKINGS	www.trybooking.com/CXKXV or info@playerstheatre.com.au
WEBPAGE	www.playerstheatre.com.au
PARKING	On-site parking



Dandenong Ranges Botanic Gardens

Age Well Adventures (formerly PALS Community Day Trips)

The Dandenong Ranges Botanic Garden is home to brilliantly coloured blooms of rhododendrons, azaleas, camellias, cherries and daffodils. Seasonal changes ensure the gardens are a delight all year round. Join the optional garden explorer tour bus that runs for 25 minutes around the gardens. Morning tea and lunch at the onsite café or BYO lunch.

DATE Monday 14 April

TIME 9am-3.30pm

VENUE Dandenong Ranges Botanic Garden, Olinda

\$11 transport fee, payable on booking.

Entry fee: FREE

COST

Optional costs, payable on the day:

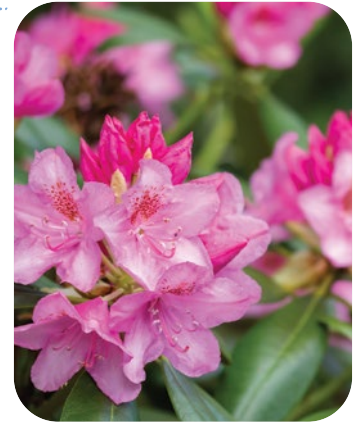
- Optional tour bus: \$8.50
- Morning tea: prices start from \$6.50
- Lunch: prices start from \$6.50 or BYO

BOOKINGS  www.trybooking.com/CXMYV or  9518 3555

PICK-UP Central Reserve, 690 Waverley Road, Glen Waverley

PARKING On-site parking

CONFIRMATION You will receive a confirmation email or phone call before the event



APRIL PROGRAMS

Healthy Brain, Healthy Body

Presented by Bolton Clarke

Happy people live longer, have stronger immune systems and have improved coping skills. Learn how to experience happiness and satisfaction at any age.



DATE Wednesday 16 April

TIME 12pm-1pm

VENUE Monash Men's Shed
49-77 Bogong Avenue
Glen Waverley

COST FREE or lunch is provided for a \$2 donation

BOOKINGS  www.trybooking.com/CXGHB or  9561 85775

WEBPAGE  www.monashshed.org.au



PARKING On-site parking

DATE Tuesday 20 May

TIME 11am-12pm

VENUE Glen Waverley Library
112 Kingsway

COST FREE

BOOKINGS  monlib.events.mylibrary.digital or  9518 3030

PARKING On-site parking or two-hour street parking

Tamil New Year / Easter Celebrations

Tamil Senior Citizens Fellowship



Puthandu, also known as Tamil New Year, is the first day of the year on the Tamil calendar. Experience the joy of this festive day with an exciting cultural program and lunch featuring rice, curry and desserts. Let's come together and honour traditions and embrace the spirit of the Tamil New Year!

DATE	Saturday 19 April
TIME	10.30am-2pm
VENUE	Oakleigh Town Hall, 142 Drummond Street
COST	\$12, payable on the day
BOOKINGS	✉ sivasunthar0611@gmail.com or ☎ 0449 932 554
WEBPAGE	🌐 www.tamilseniorcitizensfellowship.com
PARKING	Two-hour street parking or parking at Atkinson Street

Healesville Sanctuary

Age Well Adventures (formerly PALS Community Day Trips)

Discover Australia's amazing wildlife in their natural habitat at Healesville Sanctuary. Explore the 28ha bushland haven and see iconic Australian wildlife close up. Enjoy morning tea and lunch at Harvest Café or BYO. This activity involves significant walking on uneven surfaces and is recommended for those with good mobility.

DATE	Monday 28 April
TIME	9am-3.30pm
VENUE	Glen Eadie Avenue, Healesville
COST	\$11 transport fee, payable on booking. Entry fee, payable on the day: \$40 for concession card holders. \$48 for Seniors Card holders Optional costs, payable on the day: • Morning tea: prices start from \$5 • Lunch: prices start from \$5 or BYO



BOOKINGS	🌐 www.trybooking.com/CXMZL or ☎ 9518 3555
PICK-UP	Central Reserve, 690 Waverley Road, Glen Waverley
PARKING	On-site parking
CONFIRMATION	You will receive a confirmation email or phone call before the event

Intergenerational Week

Celebrated every year from 24 to 30 April, Intergenerational Week is all about bringing people from different generations together to foster understanding, respect and mutual appreciation. It is a time to honour the invaluable contributions that individuals of all ages and generations bring to our lives.

For Intergenerational Week, we are sharing the stories of Monash residents from our 2024 intergenerational short story competition, Golden Tales, which was held last year as part of Monash Seniors Festival. This competition not only highlighted the talents of the Monash community, but also the beautiful bonds between generations.



The winners of the Older Adults (ages 65+) and Children (ages 4-6) categories were Gon Swet Ang and her grandchild Orlando Huang.

Read Gon Swet Ang and Orlando's stories, as well as other winning and highly commended entries at www.monash.vic.gov.au/golden-tales

Understanding Residential and Home Care

Presented by Services Australia

This session covers essential information to navigate aged care options effectively. Topics include: aged care services, eligibility for government funding, making referrals for assessments, appointing a My Aged Care representative, financial implications, and local support services.

DATE	Wednesday 30 April
TIME	11am-12pm
VENUE	Glen Waverley Library, 112 Kingsway
COST	FREE
BOOKINGS	monlib.events.mylibrary.digital or ☎ 9518 3030
PARKING	On-site parking or two-hour street parking



2024 Victorian Senior of the Year Awards

Adelina Vanderzee, a long-time resident of Monash, was recognised on 24 October 2024, at the prestigious Victorian Senior of the Year Awards at Government House. In a ceremony led by the Premier and the Lieutenant Governor, Adelina was celebrated for her incredible contributions to the community, receiving the Council on the Ageing (COTA) Victoria Senior Achiever Award for her outstanding volunteer work.



Over the past several years, Adelina has dedicated her time to more than 17 organisations and events, showcasing her passion for giving back to the community. A former accountant, Adelina played a pivotal role in saving the Waverley Retirement Activities Group (WRAG) from closure, working alongside fellow committee members to ensure its continued success.

Adelina's talents extend beyond her professional background – she is also a self-taught musician, composing theme songs for various organisations and performing at many community events. Her creative spirit and generosity have made her a beloved figure in Monash.

In addition to her volunteer work, for more than six years, Adelina and her husband have been committed to reducing food waste by collecting unsold bakery items from a local business and distributing them to people experiencing homelessness.

Come and Try Badminton, Table Tennis and Pickleball Waverley Retirement Activities Group Inc.

Interested in badminton, table tennis or pickleball, or perhaps all three? Join us for a friendly game, suitable for all skill levels. We provide pickleball equipment, but please bring your own for table tennis and badminton.



WHEN	Badminton: Tuesdays 10am-1pm Table tennis and pickleball: Tuesdays 1pm-4pm or Thursdays 12.30pm-3.30pm
VENUE	Southern Reserve Community Centre, 27 Rupert Drive, Mulgrave
COST	\$2 for first session, membership required after
BOOKINGS	✉ wrag.inc@gmail.com or ☎ 0408 241 062
WEBPAGE	🌐 www.wrag.org.au
PARKING	On-site parking

PALS MAY PROGRAMS



Healthy Eating and Nutrition

Presented by Bolton Clarke

For Healthy Heart Awareness Week, you will learn about healthy eating habits, basic nutrition principles and how you can get the most out of your meals every day.



DATE	Thursday 1 May
TIME	11am-12pm
VENUE	Mount Waverley Library, 41 Miller Crescent
COST	FREE
BOOKINGS	🌐 monlib.events.mylibrary.digital or 📞 9518 3950
PARKING	On-site parking or two-hour street parking

MAY PROGRAMS

Come and Try Croquet

Monash Croquet Club



Try your hand at the enjoyable sport of croquet. Mallets are supplied along with instructions. Join us for a sausage sizzle afterwards.

DATE	Saturday 3 May
TIME	10.30am-12.30pm
VENUE	Electra Reserve 21A Electra Avenue Ashwood
COST	FREE
BOOKINGS	✉ monashcroquet@gmail.com or 📞 0418 339 458
PARKING	On-site parking or street parking

Harmony Event

Monash Interfaith Gathering

Join us for an inspiring event celebrating 'Peace and Unity in a Multicultural Society'. Enjoy vibrant entertainment, a guest speaker and the chance to connect with diverse cultures and faiths.

DATE	Saturday 3 May
TIME	2pm-7pm
VENUE	Mulgrave Community Centre 355 Wellington Road
COST	FREE
BOOKINGS	✉ secretary@monashinterfaith.org.au or 📞 0419 589 175
PARKING	On-site parking

Explore Sassafras

Age Well Adventures (formerly PALS Community Day Trips)

Escape the city stress and relax in this charming and unique Dandenong Village. Explore the quirky shops and enjoy morning tea and lunch at Ripe Sassafras.

DATE Monday 12 May
TIME 9am-3.30pm
VENUE Sassafras

COST

\$11 transport fee, payable on booking.
Optional costs, payable on the day:
• Morning tea: prices start from \$5
• Lunch: prices start from \$20



BOOKINGS  www.trybooking.com/CXNAD or  9518 3555

PICK-UP Central Reserve 690 Waverley Road Glen Waverley

PARKING On-site parking



CONFIRMATION You will receive a confirmation email or phone call before the event

Tracing LGBTI+ History: Workshop

To mark IDAHOBIT 2025, join Dr Geraldine Fela for this interactive workshop where you will learn how to uncover LGBTI+ history within historical records, which is often hiding in plain sight. Dr Fela is an award-winning postdoctoral research fellow in gender and sexuality, labour, social movements and medicine.



DATE Thursday 15 May
TIME 6.30pm-8pm
VENUE Wheelers Hill Library
860 Ferntree Gully Road
COST FREE

BOOKINGS  monlib.events.mylibrary.digital or  9265 4877

PARKING On-site parking

Power Neighbourhood House Open Day

Power Neighbourhood House

Power Neighbourhood House is welcoming the community with open arms to celebrate Neighbourhood House Week. Tour the house with volunteers, meet like-minded people and learn about Power's fun programs, events and services.



DATE Saturday 17 May
TIME 10am-12pm
VENUE 54 Power Avenue, Ashwood
COST FREE

BOOKINGS  office@powernh.org.au
or  8849 9707

PARKING Street-parking

Neighbourhood House Week

Neighbourhood House Week (Monday 12 to Sunday 18 May 2025) is a chance to recognise more than 400 neighbourhood houses in Victoria and the important contributions they make to their local communities.

Discover what's on at your local neighbourhood house!

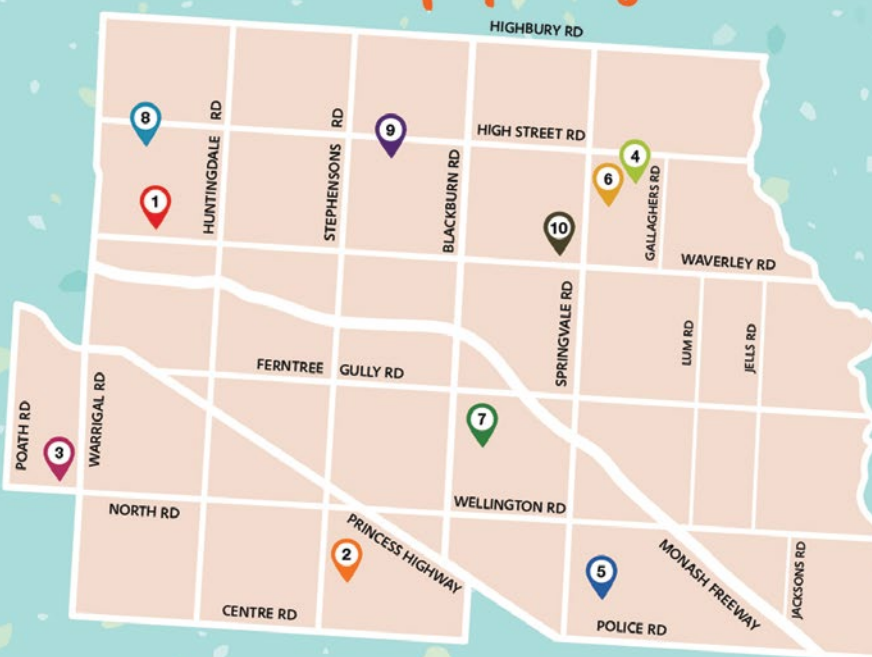
Monash's 10 neighbourhood houses are friendly, safe and inclusive spaces where people can come together to enjoy mutual interests, learn new skills and support one another. Our neighbourhood houses are all community-focused and non-profit. They embrace cultural diversity through innovative and inclusive programs, which include:

- delicious cooking classes
- LGBTI+ connection groups
- free community lunches
- job skill courses for recent migrants
- free hearing tests.

During Neighbourhood House Week, discover the variety of activities your local neighbourhood house is running. Find your nearest neighbourhood house, and links to their websites at www.monash.vic.gov.au/neighbourhood-houses



NEIGHBOURHOOD HOUSES in Monash



- 1 **Amaroo Neighbourhood Centre**
34 Amaroo Street, Chadstone
- 2 **Dixon House Neighbourhood Centre**
2 Dixon Street, Clayton
- 3 **Fusion Oakleigh Youth and Community Centre**
185 Warrigal Road, Hughesdale
- 4 **Kerrie Rd Neighbourhood House**
36 Kinumber Drive, Glen Waverley
- 5 **Mackie Road Neighbourhood House**
36-42 Mackie Road, Mulgrave
- 6 **Mount Street Neighbourhood House**
6 Mount Street, Glen Waverley
- 7 **Notting Hill Neighbourhood House**
37 Westerfield Drive, Notting Hill
- 8 **Power Neighbourhood House**
54 Power Avenue, Ashwood
- 9 **Waverley Community Learning Centre**
5 Fleet Street, Mount Waverley
- 10 **Wavlink**
36 Myrtle Street, Glen Waverley



Home Care Package Changes



Presented by Bolton Clarke

If you are eligible, the government can provide you with services within a home care package. Learn about home care packages and the recent changes to them.

DATE	Wednesday 21 May
TIME	12pm-1pm
VENUE	49-77 Bogong Avenue Glen Waverley
COST	FREE or lunch is provided for a \$2 donation
BOOKINGS	www.trybooking.com/CXGHE or 9561 8577
PARKING	On-site parking



Differences Between Allied Health Professionals

Have you ever wondered about the differences between osteopaths, physiotherapists, chiropractors, and exercise physiologists, or who to see and when? Join us to learn more about the unique roles, benefits, and areas of expertise of each profession.



DATE	Thursday 22 May
TIME	11am-12pm
VENUE	Online (you will need a laptop, tablet or smart device to access the meeting link sent before the event).
COST	FREE
BOOKINGS	www.trybooking.com/CXNBU or 9518 3555

Link Health and Community

Link Health and Community is a not-for-profit organisation that provides medical, health and support services to improve the health and wellbeing of people in the east and south-east of Melbourne.

Link Health & Community offers health services for everyone... and more

GP Clinic	Dental Clinic	Podiatry	Diabetes Education	Counselling
Physiotherapy & Occupational Therapy	Group Exercise Programs	Dietetics & Nutrition	Home Care Packages	

Eat Well Live Well

Eat Well Live Well is a four-week program to help you learn about nutrition and its impact on your health and wellbeing.

This program is suitable for people managing or preventing chronic diseases like heart disease, diabetes or osteoporosis.

The program includes a dietitian-led supermarket tour at Woolworths, The Glen Shopping Centre, Glen Waverley.

DATE	Thursdays (2025 dates advised when enquiring)
TIME	10am - 12pm
VENUE	Chadstone area (location advised when enquiring)
COST	\$10 per session (4 sessions)
BOOKINGS	1300 552 509 to book



CALL US
1300 552 509



LEARN MORE
linkhc.org.au



Glen Waverley Uniting Church, Corner Bogong Avenue & Kingsway



Australia's Biggest Morning Tea AT THE HUB

THURSDAY 22ND MAY
10AM - 12PM

ALL WELCOME!

Groups of 10 or more, please call 9560 3580

Cancer
Council
Victoria

Proudly supporting
Cancer Council Victoria

MAY PROGRAMS

Celebrating the 30th Anniversary of Monash Chorale

Monash Chorale

Join us for an unforgettable musical journey! Celebrate 30 years of Monash Chorale and 330 years of Gounod's St Cecilia Mass, with strings and organ, new works by Kate Sadler and Richard Excell, and excerpts from Hail! Bright Cecilia and Handel's Alexander's Feast.



DATE	Saturday 24 May
TIME	2.30pm-4.30pm
VENUE	Glen Waverley Uniting Church, Corner Bogong Avenue and Kingsway
COST	\$35 adult, \$30 concession
BOOKINGS	✉ secretary@monashchorale.org.au or ☎ 0435 085 039
WEBPAGE	🌐 www.monashchorale.org.au
PARKING	On-site parking or two-hour street parking

Government House

Age Well Adventures (formerly PALS Community Day Trips)

Located next to the Royal Botanic Gardens, Government House is the official residence of the Governor of Victoria and a venue for the Governor's constitutional, ceremonial, community and international engagement activities. Join the community tour of Government House, followed by lunch at Humbaba café. BYO morning tea.



DATE	Monday 26 May
TIME	9.15am-3.30pm
VENUE	Government House, Government House Drive, Melbourne
COST	\$11 transport fee, payable on booking. Entry fee: FREE Optional costs, payable on the day: <ul style="list-style-type: none">• Morning tea: BYO• Lunch, prices start from \$7.50
BOOKINGS	www.trybooking.com/CXNAN or ☎ 9518 3555
PICK-UP	Central Reserve, 690 Waverley Road, Glen Waverley
PARKING	On-site parking
CONFIRMATION	You will receive a confirmation email or phone call before the event

AI Workshop

Waverley Community Learning Centre

Dive into the world of Artificial Intelligence (AI) and explore what it is and how it's used in everyday life. You'll learn about everything from chatbots to self-driving cars and discover how AI can be a powerful tool for you!

DATE	Tuesday 27 May
TIME	1pm-3pm
VENUE	5 Fleet Street, Mount Waverley
COST	FREE
BOOKINGS	✉ info@wclc.org.au or ☎ 9807 6011
PARKING	On-site parking



Oakleigh Evening VIEW Club 31st Birthday

Oakleigh Evening VIEW Club

Oakleigh Evening VIEW Club, dedicated to the Voice, Interests and Education of Women, is celebrating its 31st birthday and 65 years of VIEW Clubs in Australia! Dress up in your best 1960s attire and join us for a fabulous dinner.

DATE	Thursday 29 May
TIME	6.30pm-8.30pm
VENUE	Oakleigh Carnegie RSL 95-97 Drummond Street, Oakleigh
COST	\$35
BOOKINGS	✉ oakleighevening.viewclub@gmail.com or ☎ 9563 3855
PARKING	Street parking



National Reconciliation Week

Tuesday 27 May – Tuesday 3 June 2025



We all have a role to play when it comes to reconciliation, and in playing our part we collectively build relationships and communities that value Aboriginal and Torres Strait Islander peoples, histories, cultures and futures.

This year, National Reconciliation Week's theme, *Bridging Now to Next*, reflects the ongoing connection between past, present and future.

For more information visit www.monash.vic.gov.au/reconciliation-week

PALS Ongoing Programs

Come and Try Lawn Bowls: Free Fridays

Mount Waverley Bowling Club

Come and give lawn bowls a try. A family-friendly open day for all ages and abilities. Everyone is welcome. Meet locals and new friends and have heaps of fun. Coaching and all equipment provided.

DATE	Fridays 7, 14, 21 and 28 March
TIME	4pm-6pm
VENUE	6 Alvie Road, Mount Waverley
COST	FREE
BOOKINGS	✉ info@mwbc.com.au or ☎ 0413 992 760
PARKING	On-site parking



Discover the Basics of Chen-Style Tai Chi

Australian Oriental Martial Arts Tai Chi Inc

Learn Chen-style tai chi with Australian Oriental Martial Arts Tai Chi, founded by Wendy Jian Hui, a 13th-generation successor of Chen's tai chi and a tai chi champion. Suitable for all fitness levels, this holistic practice combines slow movements and deep breathing to enhance wellbeing and promote balance, flexibility and mental clarity. Instructors are 14th-generation disciples.

DATE	Thursdays during school terms
TIME	12pm-1.30pm
VENUE	Brandon Park Badminton Court, 649 Ferntree Gully Road, Glen Waverley
COST	\$48 annually, payable online or on the day
BOOKINGS	✉ ad@awcc.com.au or ☎ 0467 597 080
WEBPAGE	www.awcc.com.au
PARKING	On-site parking

Fitness Fun

Mount Street Neighbourhood House

Get fit and have fun at one of our fitness classes including Feel the Beat (dance), drumming, mindful movement, pilates, strength training, gentle exercise, tai chi and yoga. Join other seniors in a friendly and supportive environment with qualified experienced instructors.



DATE	Contact Mount Street Neighbourhood House for dates and times
VENUE	6 Mount Street, Glen Waverley
COST	Classes from \$12
BOOKINGS	✉ mountst@msnh.org.au or ☎ 9803 8706
PARKING	On-site parking or street parking

Community Connections Café Mackie Road Neighbourhood House

This free weekly event is all about fostering social connections and sparking conversations. Enjoy complimentary tea and coffee, and often a sweet treat or two to share.



DATE	Tuesday during school term
TIME	10.30am-11.30am
VENUE	36-42 Mackie Road, Mulgrave
COST	FREE
BOOKINGS	🌐 www.socialplanet.com.au/activity/view?id=30228 or ☎ 9548 3311
PARKING	On-site parking

Come and Try: Gentle Yoga with Martina Mackie Road Neighbourhood House

Our one-hour session focuses on stretches, breathing and relaxation techniques to improve your posture, flexibility, strength and balance. If you're feeling anxious, stressed, having trouble sleeping, or dealing with aches and pains, this class is perfect for you.

DATE	Wednesdays 5, 12, 19, 26 March, 2 April
TIME	9.15am-10.15am or 10.30am-11.30am
VENUE	36-42 Mackie Road, Mulgrave
COST	\$10, for new members only
BOOKINGS	✉ info@mackierdnh.org.au or ☎ 9548 3311
PARKING	On-site parking



ACTIVE MONASH

Monash Aquatic & Recreation Centre,
Clayton Aquatics & Health Club, and
Oakleigh Recreation Centre

Active Monash offers a range of services to help support your health and wellbeing goals, including programs and classes suitable to all levels of experience.

There are a range of services across the centres including:

- Gym
- Personal training
- Group fitness classes
(including virtual classes at the Oakleigh site)
- Warm water exercise pool
- Heated indoor / outdoor pools
- Sauna, steam room, spa

Discounts available for seniors and concession card holders.

🌐 www.activemonash.vic.gov.au ☎ 9265 4888



ACTIVE MONASH PARTICIPATE YOUR WAY


CANCELLATION AND REFUND POLICY

To receive a refund for a PALS event that incurs a cost, you are required to give five days' cancellation notice to allow us to fill the place. Monash Council reserves the right to charge for a booking if you cancel in the 24 hours before an event. If you cancel due to an emergency (for example, sudden illness, admission to hospital) the booking fee may be waived. All cancellations will be charged a \$0.50 Trybooking administration fee.


ACCESSIBILITY

Our PALS program offers activities for a wide range of abilities. Activities will include a statement such as, 'This outing involves a significant amount of walking on uneven surfaces and is recommended for people with good mobility'. Please consider your abilities when choosing an event. This information is provided for you to select events that match your mobility requirements.

Monash Civic Centre

 293 Springvale Road
Glen Waverley
8.30am-5pm

Oakleigh Service Centre

 3 Atherton Road, Oakleigh
8.30am-5pm

National Relay Service

(for people with hearing or speech impairments)

 1800 555 660

Contact us

 9518 3555

 www.monash.vic.gov.au

 PALS@monash.vic.gov.au

Interpreter Services

 普通话	4713 5001
廣東話	4713 5002
Việt Ngữ	4713 5003
Ελληνικά	4713 5004
हिंदी	4713 5005
Italiano	4713 5008
한국어	4713 5010
සිංහල	4713 5020
தமிழ்	4713 5021
Other languages	4713 5000

