

Positive Ageing Directory



PALS

positive
ageing
directory

**A directory of community
group listings for older people
in the City of Monash**



Positive Ageing Directory

A directory of clubs and community groups specially aimed at older residents.

You can keep up to date with all other social events in Monash by visiting www.monash.vic.gov.au/older-adults or phone 9518 3555.

Acknowledgement of Traditional Land Owners

The City of Monash 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 peoples.





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KEEP MONASH MOVING

ACTIVE MONASH

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

SERVICES

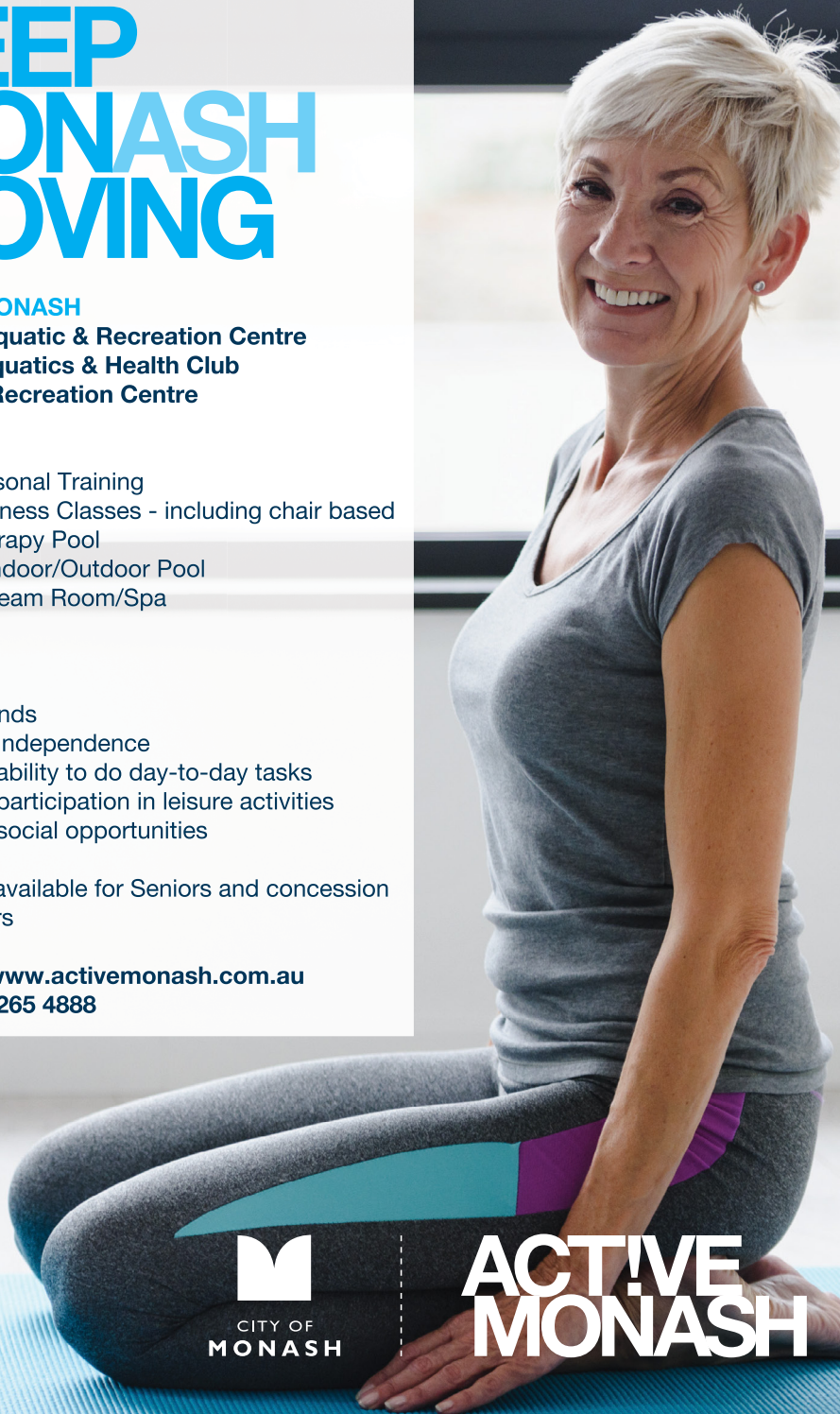
- Gym/Personal Training
- Group Fitness Classes - including chair based
- Hydrotherapy Pool
- Heated Indoor/Outdoor Pool
- Sauna/Steam Room/Spa
- Cafe

BENEFITS

- Make friends
- Maintain independence
- Increase ability to do day-to-day tasks
- Increase participation in leisure activities
- Increase social opportunities

Discounts available for Seniors and concession card holders

Enquiries www.activemonash.com.au
or phone 9265 4888



CITY OF
MONASH


ACTIVE
MONASH















Glen Waverley












Glen Waverley

ACTIVITY	DAY / TIME	ADDRESS / CONTACT
<p> Glen Waverley Anglican Church – Easy Does It</p> <p> ‘Easy Does It’ is a gentle exercise class for those unable to take on rigorous exercise. There is no running, fast movement or jumping up and down – just simple movements that are as easy as walking.</p>	<p>Mondays (not public holidays)</p>	<p>Glen Waverley Anglican Church 800 Waverley Road, Glen Waverley 0412 918 007 www.gwac.org.au</p>
<p> Glen Waverley Anglican Church – Train your Brain</p> <p> This is a monthly program to challenge your brain using focussed activities, brain health information, exercise plus refreshments and social connection along the way. Try it once and see if it is for you.</p>	<p>First Saturday of the month</p>	<p>Glen Waverley Anglican Church 800 Waverley Road, Glen Waverley 0412 584 691 www.gwac.org.au</p>
<p> Glen Waverley Uniting Church – The HUB</p> <p> The HUB is a place where people from the community can call in for a cuppa and a biscuit, meet friends, take time out of a busy day, or practise speaking English in an informal setting.</p>	<p>Tuesdays 10am–12pm</p>	<p>The HUB, Glen Waverley Uniting Church Corner Bogong Avenue and Kingsway, Glen Waverley 9560 3580 www.gwuc.org.au</p>
<p> Justice of the Peace (Glen Waverley Branch)</p> <p>A meeting of fellow JPs to discuss issues around signing of documents.</p>	<p>Third Monday monthly</p>	<p>Mount Waverley Bowling Club Inc. Cnr Alvie Road and Wadham Parade, Mount Waverley 0403 023 288 www.rvahj.org.au</p>

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
  <p>Glen Waverley Uniting Church – Leisure Time</p> <p>Leisure Time is an inclusive and caring program of fun, activities and good food. Come along and make new friends. Accessible venue. Some transport provided. My AgedCare not required.</p>	<p>First, third fourth and fifth Mondays of the month</p>	<p>Glen Waverley Uniting Church Corner Bogong Avenue and Kingsway, Glen Waverley 9560 3580 www.gwuc.org.au</p>
  <p>MiCare Chinese Social Support Group</p> <p>Seniors from a Chinese background are invited to come and enjoy an opportunity to meet new friends. Activities include gentle exercise, singing, storytelling and board games.</p>	<p>Wednesdays</p>	<p>Glen Waverley Uniting Church Corner Bogong Avenue and Kingsway, Glen Waverley 0491 696 030 0410 799 771 www.micare.com.au</p>
  <p>Monash Men’s Shed Inc.</p> <p>Come along meet new people, hear from the many guest speakers, join in workshops, arts and recreation activities. Monthly health related speakers for men and their families.</p>	<p>Monday to Saturday</p>	<p>1/49-77 Bogong Avenue, Glen Waverley 9561 8557 www.monashshed.org.au</p>
 <p>Lifegate Church – Praise Dance Exercise Class</p> <p>Free gentle dance and exercise movement for all ages. Please wear comfortable footwear and clothing. BYO water bottle.</p>	<p>Monday, Tuesday and Thursday</p>	<p>Location provided upon booking 0403 179 088 www.lifegatechurch.org.au</p>

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
<p> Ladies Probus Club of Glen Waverley Inc.</p> <p> Come as a visitor to one of our meetings.</p> <p>Following a short meeting, enjoy morning tea and interesting speakers.</p> <p>We also have outings to theatres and places of interest.</p>	<p>Fourth Wednesday</p>	<p>Glen Waverley Uniting Church Corner Bogong Avenue and Kingsway, Glen Waverley 0400 064 331 ladiesprobusclubglenwaverley@gmail.com www.probusouthpacific.org/microsites/glenwaverleyladies</p>
<p> The Salvation Army Companion Club</p> <p>Come along and enjoy fun and fellowship every Tuesday morning.</p> <p>Activities include guest speakers or entertainers.</p> <p>Morning tea provided.</p>	<p>Tuesdays</p>	<p>The Salvation Army 958 High Street Road, Glen Waverley 9803 2587 corps.waverleytemple@salvationarmy.org.au www.salvationarmy.org.au/waverleytemple/</p>
<p> South East Volunteers</p> <p> We provide social programs, which include men's and ladies' lunch groups, ageless grace exercise, walking groups, craft groups, movies, out and about, as well as Chinese seniors groups and morning melodies.</p> <p>Transport is included.</p>	<p>Monday to Friday</p>	<p>South East Volunteers 5 Myrtle Street, Glen Waverley 9562 0414 www.sev.org.au</p>

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
 Wavecare Inc. Glencare is a social support group. Activities at Glencare include arts, crafts, monthly outings, indoor games, bingo, theme days, light exercises and guest speakers.	Tuesdays and Fridays	Glen Waverley Community Centre 700 Waverley Road, Glen Waverley 9560 6722 www.wavecare.org.au
 Waverley Widowed Support Group This group is for widows, widowers and those who have lost a partner. We offer support to help each other through grief. The group also offers social outings in a safe and supportive environment.	Wednesdays	Kerrie Neighbourhood House 36 Kincumber Drive, Glen Waverley 9802 2316 wwsg.info@gmail.com www.knh.org.au/social-and-support-groups/
 Waverley Woodworkers Our mission is to create woodcraft items in a supporting, diverse, friendly, sharing environment. Whilst we are members of the Monash Men's Shed, we endeavour to fulfil a broader charter, and welcome members of any gender.	Seven days a week	Central Reserve Grandstand Corner Waverley Road and Springvale Road, Glen Waverley 9807 9648 www.waverleywoodworkers.com
 Waverley Chinese Senior Citizen's Club Inc. Activities and social meetings. Tai chi, dancing, free English lessons, games like Chinese chess, mahjong and cards.	Monday and Thursday	Glen Waverley Community Centre 700 Waverley Road, Glen Waverley khoong.koo@gmail.com

ACTIVITY	DAY / TIME	ADDRESS / CONTACT
<p> Waverley Retirement Activities Group (WRAG)</p> <p>We are an 'umbrella organisation' for 15 leisure activity groups for the 'over 50s' living in and around Monash.</p> <p>We also hold regular functions and events and help make retirement fun.</p>	<p>Refer to website for event details</p>	<p>Mount Waverley Community Centre 47 Miller Crescent, Mount Waverley</p> <p>Erica: 9878 1627 Nicole: 0404 325 166</p> <p>info@wrag.org.au www.wrag.org.au</p>
<p> Australian Indian Seniors Association Inc.</p> <p>Seniors participate weekly in various activities at multiple times. Activities held at Brandon Park Community Centre, Wadham House and via Zoom, and include chat and lunch sessions, information sharing presentations, bridge, singing, chair exercises, table tennis, badminton and more.</p>	<p>Weekly</p>	<p>Brandon Park Community Centre 649 Ferntree Gully Road, Glen Waverley</p> <p>Wadham House, 52 Wadham Parade, Mount Waverley</p> <p>0416 085 460 aisa.officemail@gmail.com</p>
<p> Glen Waverley Bowls Club</p> <p>Barefoot bowls (flat sole shoes or barefoot). Bowls provided. BBQ facilities and drinks available from our clubrooms. New and experienced bowlers welcome at all times.</p>	<p>Various days</p>	<p>Glen Waverley Bowls Club 690 Waverley Road, Glen Waverley</p> <p>John: 0427 226 601 mail@glenwaverleybowlsclub.com.au www.glenwaverleybowlsclub.com.au</p>
<p> U3A Highvale</p> <p> Classes and activities including music and art appreciation, languages, singing, yoga, line dancing, walking, tai chi and other physical activities and discussion groups.</p>	<p>Various days in school terms</p>	<p>U3A Highvale 42 Capital Avenue, Glen Waverley</p> <p>9803 8592 www.u3ahighvale.com.au</p>

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
<p>Senior Citizens Benevolent Society and Tamil Women’s Benevolent Society</p> <p>Tamil seniors strives to promote social, cultural and educational interests.</p> <p>The members meet for socialisation with activities including yoga and computer classes, reminiscence on their past, discuss current and future events, listen to presentations and talks delivered by professionals on subjects relating to medical, social, migration, literary etc. The meeting concludes with a lunch.</p>	<p>Meet every second Saturday of the month</p>	<p>Glen Waverley Community Centre 700 Waverley Road, Glen Waverley 5940 5353 sivameha@hotmail.com</p>
<p>Bangladesh Senior Citizens Club of Victoria (BSCCV)</p> <p>Come along and meet our friendly community. We have some interesting guest speakers on various topics and often have picnics, take train trips and go on adventures to various places which can include lunches at different cafes and hotels.</p>	<p>Third Friday of the month</p>	<p>Glen Waverley Community Centre 700 Waverley Road, Glen Waverley roushankibria804@gmail.com</p>



Safety in Monash



EYEWATCH

Victoria Police now has a dedicated Eyewatch page for the Monash area. Check it out to keep up-to-date with what's happening with our police in Monash at: www.facebook.com/eyewatchmonash

NEIGHBOURHOOD WATCH (NHW)

Did you know that there are more than 700 Neighbourhood Watch volunteers working within Monash, holding regular meetings, producing newsletters and involved in many community activities promoting crime prevention and participation?

For more info: www.nhw.com.au/monash
or look them up on: www.facebook.com/nhwmonash/

To request the Monash NHW e-Newsletter, please send an email to: nhw.monash.eneews@gmail.com



SOUTH EAST VOLUNTEERS' MONASH COMMUNITY SAFETY REGISTER

South East Volunteers runs a FREE safety register which aims to enhance the confidence and safety of older people and people with a disability who live at home. Once registered, safety register members will receive a regular telephone call from a friendly volunteer. In addition to the regular telephone calls, safety register members also receive important information about safety issues and emergency conditions (such as extreme heat), a regular newsletter and invitations to member-only events.

If you are interested in joining the safety register: 9562 0414

The Safety Register is jointly funded by Monash Council and South East Volunteers.






Mount Waverley and Syndal



Mount Waverley and Syndal





ACTIVITY	DAY/TIME	ADDRESS/CONTACT
<p> Dahlia Society of Victoria Inc.  Monthly meetings for Dahlia enthusiasts. Friendly expert advice on how to grow for the home or exhibition. Tuber sales in September, October and November. Supper provided. All welcome.</p>	<p>Third Thursday of the month</p>	<p>Mount Waverley Community Centre 47 Miller Crescent, Mount Waverley www.dahliaaustralia.org.au</p>
<p> Mount Waverley Bowls Club Bowls are provided. Wear flat soled shoes or play in bare feet. Free BBQ, drinks will be on sale.</p>	<p>Thursdays</p>	<p>Mount Waverley Bowls Club Corner Alvie Road and Wadham Drive, Mount Waverley 9807 9506 info@mwbc.com.au www.mwbc.com.au</p>
<p> Peridot Theatre Inc. Peridot Theatre presents 4 full length productions, a season of one act plays and the Monash One Act Play Festival each year.</p>	<p>Seasons as advised on website</p>	<p>Unicorn Theatre Mount Waverley Secondary College, Lechte Road 0429 115 334 www.peridot.com.au</p>
<p> Waverley Film Society Local film society screening older classic movies once a month. Non-profit cultural group appreciating cinema in social setting.</p>	<p>Second Wednesday (Feb-Dec)</p>	<p>St Johns Uniting Church Meeting Room 37-43 Virginia Street, Mount Waverley 9807 3426 www.waverleyfilm.org.au</p>

ACTIVITY	DAY / TIME	ADDRESS / CONTACT
<p>Chisholm Combined Probus Club Meeting place for senior members to meet and socialise.</p>	<p>First Wednesday of the month</p>	<p>Mount Waverley Youth Centre 45 Miller Crescent, Mount Waverley 9802 5496 chisholm.probus@gmail.com www.chisholmprobus.weebly.com</p>
<p>Glen Waverley Combined Probus Club Brief meeting then speaker. Activities includes dine outs, happy hours, movies, theatre outings and trips.</p>	<p>Second Wednesday of the month</p>	<p>Mount Waverley Youth Centre 45 Miller Crescent, Mount Waverley glenwaverleycombined@probusclubs.com.au</p>
<p>Combined Probus Club of Sydal Inc. Meetings, outings and various activities to suit both genders.</p>	<p>Fourth Friday of the month</p>	<p>Mount Waverley Youth Centre 45 Miller Street, Mount Waverley 9808 2940 www.probusouthpacific.org/microsites/sydal</p>



Mount Waverley and Syndal

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
<p> Pinewood Combined Probus Club Inc.</p> <p>Our friendly mixed club has a monthly speaker, theatre nights, walking, craft, scrabble, book and card groups, as well as dining out, social evenings and outings.</p>	<p>Second Thursday</p>	<p>Mount Waverley Youth Centre 45 Miller Crescent, Mount Waverley 9807 3957 www.pinewoodprobus.org.au</p>
<p> Combined Probus Club of Monash</p> <p>Meeting monthly with a guest speaker. Group activities during the month.</p>	<p>First Friday of the month</p>	<p>Mount Waverley Youth Centre 45 Miller Crescent, Mount Waverley 0407 322 901 joanw.johnr@bigpond.com www.probusouthpacific.org/microsites/monashcombined</p>
<p> Probus Club of Mount Waverley</p> <p>A combined club for men and women active retirees for friendship, fellowship and fun. Guest speakers, outings, wine and dine, film luncheons, walking group and coffee club.</p>	<p>Third Thursday of each month</p>	<p>Masonic Centre First Floor 318 Stephensons Road, Mount Waverley 9802 9338 www.mountwaverleyprobus.net</p>
<p>  Mount Waverley Combined Probus Club Inc.</p> <p>The Club offers retired and semi-retired residents of Monash the opportunity to meet like-minded people. We have over 20 activities each month, so something for everyone.</p>	<p>First Friday of the month</p>	<p>Mount Waverley Community Centre 47 Miller Crescent, Mount Waverley 0417 379 190 www.probusouthpacific.org/microsites/mountwaverleycombined</p>

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
 <p>Waverley Ladies Probus Club Ladies are invited to attend monthly meetings with interesting speakers. We are a warm, friendly group and enjoy outings, film and lunches. We also have a walking and knitting group.</p>	<p>First Wednesday of the month</p>	<p>Mount Waverley Youth Centre Meeting Room 1, 45 Miller Crescent, Mount Waverley 8845 7046 www.probussouthpacific.org</p>
 <p>St John's Uniting Church – Indoor Bowling Come and enjoy indoor bowling intended for community participation. Tea/coffee and biscuits are provided.</p>	<p>Mondays</p>	<p>St John's Uniting Church Hall 37 Virginia Street, Mount Waverley 0417 540 925 www.stjohnsuniting.org.au</p>
  <p>Waverley Camera Club The Waverley Camera Club is a very friendly and active photographic club based in Mount Waverley. We meet most Tuesday evenings each month from February through to November. We also have monthly photographic excursions where members meet to put into practice what we learn at the club.</p>	<p>First Tuesday of the month</p>	<p>Mount Waverley Community Centre 47 Miller Crescent, Mount Waverley tim.keane@tpg.com.au www.waverleycameraclub.org</p>

Mount Waverley and Syndal

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
<p>Golden Age Scrabble</p> <p>Come along and join our friendly group. We are of all levels and play for fun, no experience needed.</p>	<p>Mondays and Wednesdays</p>	<p>Mount Waverley Community Centre 47 Miller Street, Mount Waverley 0402 164 329 goodoos3333@gmail.com</p>
<p>Combined Probus Club of Monash Central Inc.</p> <p>Join our friendly members at morning tea preceded by formalities and followed by a guest speaker. We also have frequent outings, extended trips, art visits, walks etc.</p>	<p>Third Friday of the month</p>	<p>Mount Waverley Youth Centre 45 Miller Crescent, Mount Waverley 0423 050 796/9808 0995 0400 290 985 secretary2016.pmcc@gmail.com www.probussouthpacific.org/ microsites/monashcentral</p>
<p>The Probus Club of Waverley Inc.</p> <p>Established in 1984, The Probus Club of Waverley was the first Probus Club in the Waverley area and has served retirees continuously since then. Still going strong.</p>	<p>First Thursday of the month</p>	<p>Mount Waverley Youth Centre 45 Miller Crescent, Mount Waverley 9807 3350 www.probussouthpacific.org</p>
<p>Monash Stroke Support Group</p> <p>Come and join our support group for stroke survivors their families and carers. See our website for details of each meeting.</p>	<p>Third and fourth Friday of every month</p>	<p>Uniting Church 482 High Street Road, Mount Waverley 0418 537 985 www.monashstrokesupport. weebly.com</p>

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
 <p>Waverley Life Activities Club Inc. We cater for those in the community who have retired or are about to retire. Nearly 300 members participate in a wide range of social and group activities.</p>	Refer to website	Wadham House Community Centre 52 Wadham Parade, Mount Waverley 9560 4376 lac.waverley@gmail.com www.lifewaverley.org.au
  <p>Waverley Scottish Society The Society teaches Scottish country dancing, not to be confused with highland dancing. Scottish country dancing classes provide fitness, fun and friendship. Done to the beat of lively music, no partner or special clothes are necessary; just a pair of soft shoes and a good level of fitness.</p>	Mondays	High Street Road Uniting Church 482 High Street Road, Mount Waverley Leanne: 9558 5164 www.waverleyscottishsociety.com
 <p>Mount Waverley Faros Greek Senior Citizen Inc. Meet every Tuesday for a meal and light entertainment, including bingo. Other activities include bus outings, health and cultural education by various visitors.</p>	Tuesday 9.30am to 2pm	Mount Waverley Church of the Nazarene 23 Grenfell Road, Mount Waverley skasa2@bigpond.com
   <p>Waverley Patchworkers Inc. We focus on all things quilting and patchwork and meet regularly to practise skills, share knowledge and support the community. More details are available on our webpage.</p>	Fourth Monday of the month, 7.30pm	Mount Waverley Community Centre 47 Miller Crescent, Mount Waverley 0427 453 775 info@waverleypatchworkers.com.au www.waverleypatchworkers.com.au

Mount Waverley and Syndal

Arts & Culture

Health & Wellbeing

Lifelong Learning

Social Groups

Wheelchair Accessibility

ACTIVITY	DAY / TIME	ADDRESS / CONTACT
<p>Waverley Garden Club</p> <p>We meet monthly and hear from different guest speakers covering a range of gardening related topics. Members can exhibit on the showbench, borrow from our extensive library, plus more. We're friendly, welcome all ages and share a common love of plants and our gardens.</p>	<p>First Friday of the month</p>	<p>Mount Waverley Community Centre 47 Miller Crescent, Mount Waverley 9874 5992 www.waverleygardenclub.com</p>
<p>Waverley Historical Society Inc.</p> <p>The Society promotes and records the past and present history of Waverley by various means, including photographically recording significant buildings and streetscapes.</p> <p>Members undertake field studies and answer residents' enquiries.</p>	<p>Open 1pm - 5pm most Wednesdays</p>	<p>Waverley Historical Society Inc. 41 Miller Cres, Mount Waverley 9807 3408 waverleyhsvic@gmail.com http://home.vicnet.net.au/~whsvic</p>





Wheeler's Hill



Wheelers Hill

- **Arts & Culture**
- **Health & Wellbeing**
- **Lifelong Learning**
- **Social Groups**
- **Wheelchair Accessibility**

ACTIVITY	DAY / TIME	ADDRESS / CONTACT
● <p>Monash Chinese Friendship Assoc. Exercises, dancing, singing, Chinese painting and traditions, crafts, gardening, lunch and English studying educational info-sessions.</p>	Tuesdays	Monash Chinese Friendship Association 281 Jells Road, Wheelers Hill
● ● <p>Probus Club of Wheelers Hill Inc. (Combined) An organisation which provides fun, friendship and fellowship for retired and semi-retired persons.</p>	Second Friday of the month	9560 7968 ahi73056@bigpond.net.au
● <p>Over 50's Card Club All are welcome to join us for a game of cards. Games include: 500, Crazy Whist and Red Aces.</p>	Thursdays 12.30pm – 3.30pm	Wheelers Hill Uniting Church 751-755 Ferntree Gully Road, Wheelers Hill 9560 8021





30
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Victorian Seniors Festival

**BE PART OF THE
SENIORS FESTIVAL
CELEBRATIONS
IN MONASH AND
AROUND VICTORIA!**



Victorian Seniors Festival is celebrated across 8 days, starting in the second week of October each year. Take advantage of the many **FREE** and low cost activities taking place across Melbourne and Victoria as part of the Victorian Seniors Festival. The festival recognises the valuable contribution older people have made and continue to make to our community and is a great opportunity to get out and about, stay informed, meet new people and try new things.







Each year State Government provide 8 days of free public transport for Victorian Seniors Card holders.

**Visit: www.seniorsonline.vic.gov.au
for further information and for
what is happening across the state**



Clayton



ACTIVITY	DAY / TIME	ADDRESS / CONTACT
<p> Associazione Laziale Pensionati City Di Monash</p> <p>We provide a three-course meal. Bus trips, bingo, cards, bowls (Bocci), womens exercises and social gatherings.</p>	Mondays	<p>Fregon Hall 4 Fregon Road, Clayton 0437 101 767</p>
<p> Clayton Clarinda Arts</p> <p> Classes in drawing, painting, knitting and crochet for all ages and abilities.</p>	Refer to contact details	<p>Clayton Community Centre Art-Room 9-15 Cooke Street, Clayton 9543 1351 www.claytonclarindaarts.webs.com</p>
<p> Independent Hellenic Senior Citizens Association of Clayton and District</p> <p>We are a social club for the elderly that provides a meal, bingo, socialising and wellbeing on a weekly basis.</p>	Wednesdays	<p>Clayton Hall Meeting Room 264 Clayton Road, Clayton 9547 3565</p>
<p> The Pontian Association of Melbourne – Euxenos Pontos</p> <p>Our youth group learn traditional folk dance, while elderly members gather in small room for social interaction and make new friends.</p>	Sundays	<p>Monash Community Inn 72 Clayton Road, Clayton 0401 839 387 kohlos-kon@hotmail.com</p>
<p> Bhakti Tarang Seniors</p> <p>Social group with monthly meetings are held between 11am to 2pm.</p>	Fourth Sunday of the month	<p>Clayton Hall Meeting Room A 264 Clayton Road, Clayton 0409 504 094 bhaktitarang.seniors@gmail.com</p>

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
 Circolo Pensionati Italiani di Oakleigh and Clayton  Activities include card games, bingo, bocci, yoga class, fit for life exercise class every Monday. Four course lunch and dance with live music once a month. Lunches, morning teas, bus trips.	Monday and Wednesday 9.30am – 3pm	Clayton Hall 264 Clayton Road, Clayton 0435 032 614 lilypresti@gmail.com
 Indian Senior Citizens Forum Clayton Sewa International (Aust) Inc. Meet socially and play indoor games, celebrate special occasions. Education and knowledge on various health related topics.	Third Saturday of every month	Clayton Hall Meeting Room A 264 Clayton Road, Clayton 0490 134 195 vijaydua77@gmail.com
 Encore Theatre Company Inc. Encore is a progressive community, not-for-profit theatre company who perform 4 shows throughout the year. Encore begins the year with a children's production, which is then followed by 3 productions varying in style, from comedy to thrillers and anything in between!	Refer to website for "What's on" (dates and booking information)	Clayton Community Centre 9-15 Cooke Street, Clayton (corner of Centre Road and Cooke Street) 0421 459 279 info@encoretheatre.com.au www.encoretheatre.com.au
 PRONIA – Empowers, advocates and cares for the Australian  Greek community – Monthly Information Sessions PRONIA provides Greek and wider CALD communities, especially the aged, people with disability, disadvantaged and carers access to services and helps to improve social connectedness. Information sessions are held monthly at Clayton Community Centre addressing health and technology literacy and are offered bilingually (English and Greek).	Wednesdays	Clayton Community Centre 9-15 Cooke Street, Clayton 9388 9998 antoniosm@pronia.com.au www.pronia.com.au

ACTIVITY	DAY / TIME	ADDRESS / CONTACT
<p>Monash Interfaith Gathering</p> <p>The Monash Interfaith Gathering (MIG) is a collaborative representation of various faiths and beliefs committed to working together toward understanding, respect, dignity and justice.</p> <p>The Gathering seeks to build bridges between people of all faiths, beliefs and cultures within Monash.</p> <p>One example of MIG's regular activities which is currently being conducted online is the <i>Intercultural High Tea Book Club</i>.</p> <p>Updates of activities can be found on our new website, due to be launched shortly.</p>	<p>Tuesday mornings, Wednesday afternoons, Saturday mornings.</p> <p>Refer to website for event details.</p>	<p>Clayton Community Centre 9-15 Cooke Street, Clayton</p> <p>Phone Heather: 0423 211 335 secretarymig@gmail.com www.monashinterfaith.org.au</p> <p>For enquiries regarding Intercultural High Tea Book Club contact Kamla Reddy: kamlavathi.reddy@gmail.com</p>
<p>Greek Seniors and Pensioners Association</p> <p>Get together with other seniors and pensioners with food and drink provided.</p>	<p>Tuesdays</p>	<p>Clayton Hall 264 Clayton Road, Clayton</p> <p>0470 294 451</p>



POSITIVE AGEING ACTIVITY CENTRE (PAAC)



The Positive Ageing Centres gives residents the opportunity to connect with people in their local community while enjoying good company, social activities, healthy and active ageing programs and outings.

Any senior over 65 looking to get out of the house and connect with others is encouraged to visit one of Council's Positive Ageing Centres.

- There is a daily fee for each centre which includes morning tea and activities.
- Transport is available upon request at an additional minimal cost.
- Days and locations vary.

This service is for 65+ years, and is funded by the Australian Government Department of Health.

**To be accessed please contact
My Aged Care: 1800 200 422 or
www.myagedcare.gov.au**



UNIVERSITY OF THE THIRD AGE

It's your time!
**Now it's time for you to explore your interests
and find new things to try.**

U3A connects Victorian seniors with their local community - forming lifelong friendships, learning new skills, and enjoying retirement together.



Whether you're recently retired, long retired, or about to retire, we would love to welcome you to our incredible community. A **U3A's** low membership fees give you access to activities to suit every interest and energy level - from learning Italian to bushwalking with new friends.

Join our 35,000 members - ages 50+ and find out why **U3A** is so special. We represent a network of 104 local **U3As** centres across Victoria, and each one is unique.

U3A welcomes retirees from all over Monash to a host of classes and social activities, held at these three venues below:

U3A Highvale (University of Third Age): u3ahighvale.com.au

U3A Waverley (University of Third Age): u3awaverley.org.au

U3A Wheelers Hill (University of Third Age): u3awheelershill.com





u3avictoria.org.au



Chadstone and Ashwood



Chadstone and Ashwood

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
<p> Waverley Adult Literacy Program Inc. Each year we invite volunteers to join our adult literacy group. Term 2 each year we train volunteers 2 hours per week over 10 weeks and run a program to assist adults to read and write.</p>	<p>Wednesdays</p>	<p>34 Amaroo Street, Chadstone 9807 2322 0401 443 581 walp.coordinator@waverleyliteracy.net</p>
<p> Waverley Bridge Club Ashwood Stimulating card play and lively, social interaction. Centrally located near Jordanville station, our clubrooms are modern and comfortable with excellent parking. Come see us, give us a call or consider an introductory visit.</p>	<p>Every day except Sunday</p>	<p>Electra Community Centre 22 Teck Street, Ashwood 9807 6502 www.waverleybridgeclub.com.au</p>
<p> Uniting St Mark's – Aged and Carer Services  St Mark's Social Support Program for people over the age of 65 years living in the eastern region is located in a secure location, surrounded by attractive gardens, with safe access, air conditioning and heating. Variety of activities are offered including outings, fitness, music, entertainers, guest speakers, craft, cooking, gardening, Men's Shed, community programs and many more according to different interests. Enjoy morning and afternoon tea and a nourishing home cooked lunch. Dietary needs can be catered for. Transport to and from the centre can be provided for Monash residents.</p>	<p>Monday to Friday</p>	<p>Uniting St Mark's 7 Edward Street, Chadstone 9051 9160 agedcare@vt.uniting.org www.unitingvictas.org.au</p>

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
<p>Monash Croquet Club</p> <p>Come and join in the fun by trying a game of croquet. A game for all ages, both men and women.</p> <p>A friendly and inclusive group. New members welcome.</p>	<p>Tuesday mornings, Wednesday afternoons, Saturday mornings</p>	<p>Monash Croquet Club 21A Electra Avenue, Ashwood 9802 6545 monashcroquet@gmail.com www.croquetvic.asn.au/clubpage.php?clubname=Monash</p>
<p>U3A Waverley</p> <p>U3As are voluntary seniors groups that provide educational, recreational and social programs.</p>	<p>Monday to Friday</p>	<p>Batesford Hub 94 Batesford Road, Chadstone 9077 2720 www.u3awaverley.org.au</p>



Chadstone and Ashwood

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
<p>HERA Seniors Greek Ladies Club</p> <p>Weekly get together where members and participants can enjoy a home cooked meal, catch up with friends and enjoy some light entertainment including Greek dancing and bingo.</p>	Tuesdays	Ashwood Hall 21 Electra Avenue, Ashwood 0401 679 512 herasglc@gmail.com
<p>Circolo Pensionati Italiani di Waverley Inc.</p> <p>Italian cultural and recreational activities for seniors. Weekly luncheons.</p>	Wednesdays	Ashwood Hall 21 Electra Avenue, Ashwood 0499 451 114 alf1942@live.com







Oakleigh and Huntingdale



Oakleigh and Huntingdale

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
<p> Circolo Pensionati “Don Bosco” Inc. Play Bocce 3 times per week. Luncheons – fortnightly. Information Sections – monthly.</p>	<p>Monday, Wednesday and Friday</p>	<p>Oakleigh Youth Club 40 Houghton Road, Oakleigh 9543 1006</p>
<p> MiCare Multicultural Café Bazaar  Participants gather to enjoy gentle exercise, billiards, card games, adult colouring, coffee, light refreshment, information sessions and the occasional outing.</p>	<p>Wednesdays</p>	<p>Oakleigh Senior Citizens Centre 146 Drummond Street, Oakleigh 0405 226 265 www.micare.com.au</p>
<p> Oakleigh Mens Golf Club Interested in playing or learning to play? The Oakleigh Mens Golf Club meets every Saturday morning at 7am at Oakleigh Golf Course. Come on down, or contact the club.</p>	<p>Refer contact details</p>	<p>Oakleigh Public Golf Course Park Road, Oakleigh 0429 800 172 Email the Club for details: ramonleoncio@aol.com www.oakleighgolf.com.au</p>
<p> Oakleigh Ladies Probus Club Inc. Second Monday of the month meetings include tea/coffee and speaker. Monthly Thursday social outing.</p>	<p>Second Monday of the month 10am - 12pm</p>	<p>South Oakleigh Bowling Club 1216-1226 North Road, South Oakleigh 0421 490 983 www.probussouthpacific.org</p>

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
 <p>Sankat Mochan Senior Group (SMSG) SMSG meets on every fourth Sunday of the month from 11am to 2pm. We start with meditation, followed by lunch and discussion on possible age reacted topics.</p>	Fourth Sunday of the month	Sankat Mochan Temple 1289 A North Road, Huntingdale 0499 099 035 www.sankatmochan.org.au
 <p>Tamil Senior Citizens Fellowship (Vic) Inc. Meet socially and play indoor games, bridge, caroms, scrabble, dart and other card games. Members celebrate birthdays with lunch and special snacks.</p>	Wednesdays	Huntingdale Community Hall Germain Street and Huntingdale Road, Oakleigh 0412 315 303 ekanite1@bigpond.com www.tamilseniorcitizensfellowship.com
 <p>History Monash Inc. History Monash Inc. is an active group promoting, publishing and preserving the history and heritage of the district of Oakleigh and surrounding areas.</p>	Thursdays (Feb to Dec)	Preferred contact: info@historymonash.org.au 9563 2823 www.historymonash.org.au
 <p>Anglo-Indian Australian Association of Victoria Inc. Friday: Approximately 20 members attend for lunch, music and social bingo. Sunday: Approximately 80+ members attend the social at Oakleigh for live music and lunch. Learn to dance fortnightly.</p>	Friday and Sunday	Friday at Noble Park, Llewellyn Court, Noble Park Sunday at Oakleigh Hall, Drummond Street, Oakleigh 9569 6034 0407 424 365 www.angloindianassociationvic.com.au

Oakleigh and Huntingdale

Arts & Culture

Health & Wellbeing

Lifelong Learning

Social Groups

Wheelchair Accessibility

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
<p> ● PRONIA – Empowers, advocates and cares for the Australian Greek community ● </p> <p>PRONIA provides bilingual (English/Greek) casework and community services. Services offered include: Counselling, Case work on matters such as family violence, elder abuse, mental health support, housing, Emergency Relief, assistance with referrals to MyAgedCare. PRONIA facilitates support and information groups from the Clayton Community Centre, on Mondays and Wednesdays for Greek-speaking people.</p>	<p>Monday to Friday</p>	<p>Suite 1/64 Portman Street, Oakleigh 9388 9998 www.pronia.com.au</p>



THE TRACK GALLERY

Located within the Mount Waverley Community Centre at 45 Miller Crescent, Mount Waverley, is a newly refurbished art gallery dedicated to providing and promoting exhibition space for community groups in Monash. With high quality lighting and flexible hanging system, this light and spacious gallery offers exhibition opportunities for local artists and community groups.



For more information on The Track Gallery contact our events team on events@monash.vic.gov.au

MONASH ON THE MOVE



Monash on the Move is a door-to-door service for group outings designed to give you the opportunity to get out to various destinations with great company.

The program developed by its members gives you the opportunity to meet new people, make new friends and connect with your community.

There is a fee for this program which includes the door-to-door transport. Entry prices, tours and lunches are an additional cost.

This service is for 65+ years, and is funded by the Australian Government Department of Health.

**To be accessed please contact
My Aged Care: 1800 200 422 or
www.myagedcare.gov.au**

NO EXCUSE FOR ELDER ABUSE

15 June marks World Elder Abuse Awareness Day (WEAAD). On this day individuals and organisations worldwide highlight the importance of the rights of older people, as prevention against the mistreatment and harm occurring in their communities.

This year Monash Council will be lighting up the Civic Centre in purple lights, to raise awareness about elder abuse and also offering virtual information sessions on World Elder Abuse.

Elder abuse is any act which causes harm to an older person and is carried out by someone they know and trust such as a family member or friend. The abuse may be physical, social, financial, psychological or sexual and can include mistreatment and neglect. Rates of elder abuse are under reported, but the Australian Institute of Family Studies (<https://aifs.gov.au/publications/elder-abuse>) estimates up to 14% of older people in Australia are affected.

The warning signs of elder abuse may include:

An older person seeming fearful, anxious or isolated. There may be injuries, or an absence of personal care. Unexplained changes to legal documents or finances are also of concern.

Most elder abuse occurs behind closed doors, so it is important for loved ones to watch out for signs, listen and offer help.

Older people can reduce the risk of elder abuse by making sure their financial, medical, legal and other affairs are in order. They must also be empowered to recognise the signs of elder abuse and encouraged to seek help.

If you are experiencing elder abuse, suspect you may be experiencing elder abuse or concerned about an older person, you can get help by calling Seniors Rights Victoria on 1300 368 821 Monday to Friday, from 10 am to 5 pm, or by visiting www.seniorsrights.org.au

For more information please contact Seniors Rights Victoria on 03 9655 2129. For more information about WEAAD, visit <https://elderabuseawarenessday.org.au>



JUNE 15 **WORLD ELDER ABUSE** **AWARENESS DAY**

Elder abuse is any act which harms an older person and is carried out by someone they trust such as an adult child, family member, partner, carer or friend.





What is Probus?

Probus is an avenue for seniors who wish to enjoy friendship, fellowship and fun in retirement, and is open to people from all walks of life.



Probus opens the door to new experiences and friendships. You can hear wonderful guest speakers at the monthly meetings, stay active by participating in a wide range of activities and explore your community, your country and the world. All Probus clubs operate on a low-cost basis to encourage membership.

All clubs meet monthly in the morning.

CLUB NAME	MEETING DAY
Chisholm Combined Probus Club	Third Monday
Glen Waverley Combined Probus Club	Second Wednesday
Glen Waverley Ladies Probus Club	Fourth Wednesday
Monash Central Combined Probus Club	Third Friday
Monash Combined Probus Club	First Friday
Mount Waverley Combined Probus Club	First Friday
Mount Waverley Probus Club (Men's)	Third Thursday
Notting Hill Combined Probus Club	First Monday
Pinewood Combined Probus Club	Second Thursday
Syndal Combined Probus Club	Fourth Friday
Waverley Gardens Probus Club (Combined)	Last Tuesday
Waverley Ladies Probus Club	First Wednesday
Waverley Probus Club (Men's)	First Thursday
Wheelers Hill Combined Probus Club	Third Friday
Wheelers Hill Ladies Probus Club	Third Monday
Wheelers Hill Probus Club (Combined)	Second Friday

Several of the above clubs have listings in this booklet.

For further details:






Tony @ ahi73056@bigpond.net.au or  9560 7968



Mulgrave



ACTIVITY	DAY/TIME	ADDRESS/CONTACT
<p>Chinese Community Social Services Centre Inc.</p> <p>We provide Chinese seniors aged over 65 with planned activities which enhance the daily living skills, address their physical, emotional and recreation needs and opportunities for support and social interaction.</p>	<p>Fridays</p>	<p>Mulgrave Community Centre 355 Wellington Road, Mulgrave 9898 1965 www.ccssci.org.au</p>
<p>Mulgrave Uniting Church – Good Neighbour Club</p> <p>Come and share morning tea and an opportunity to meet new people. Activities include trivia, games, cards and bingo. You are welcome to bring your own lunch. Open to all ages.</p>	<p>Wednesdays</p>	<p>Mulgrave Uniting Church 62 Wanda Street, Mulgrave 9546 6782 www.mulgraveunitingchurch.org.au</p>
<p>Waverley Gardens Combined Probus Club</p> <p>Social club for retired and semi-retired people. The Club has a friendly monthly meeting and the members can also participate in other activities of their choice. We welcome new members and their first 3 visits as a guest are free.</p>	<p>Last Tuesday of the month (except December)</p>	<p>Southern Community Centre 27 Rupert Drive, Mulgrave 0484 337 105 www.probusouthpacific.org/microsites/waverleygardensc</p>

ACTIVITY	DAY/TIME	ADDRESS/CONTACT
 <p>Waverley Fitness Group Inc. Stretching and rhythmic movement to improve flexibility, balance and muscle, bone density and muscle tone.</p>	Mondays and Thursdays	Mulgrave Community Centre 355 Wellington Road, Mulgrave 8590 8991 leon@melbpc.org.au
 <p>Molise Club Melbourne We provide social programs and support for senior members of the community. Activities include luncheons, dancing and music. Held on the third Sunday of the month. We also provide social excursion and other events. Bookings essential.</p>	Sundays	Mulgrave Community Centre 355 Wellington Road, Mulgrave 0407 502 644 9887 3155 moliseclub@yahoo.com.au
 <p>United Sri Lankan Association of Australia (USMAA Seniors) We get together with our seniors with food and drinks. We organise entertainment and play indoor games.</p>	Quarterly	Brandon Park Community Centre 649 Ferntree Gully Road, Glen Waverley 0433 325 798 sithy_cwu@yahoo.com
  <p>SJV Green and Brown Thumbs Garden Club Monthly meetings with guest speaker – second Monday. Working Bees to pot, weed etc. for Vianney’s Fete – fourth Monday.</p>	Mondays	St John Vianney’s Parish 23 Police Road, Mulgrave 9546 0327 sbspringfield@outlook.com



Arts & Culture



Health & Wellbeing




Lifelong Learning



Social Groups



Wheelchair Accessibility



ACTIVITY	DAY / TIME	ADDRESS / CONTACT
 Waverley City Archers Inc. <p>WCA offers Come and Try and Beginners' programs and a friendly environment to archers of all ages and abilities. It has members ranging in age from 10-93 and a small group of Para and VI members. There is a weekly intra club competition and members can be found on the field on most days, depending on work and study commitments.</p>	Refer website for course dates	Archery Pavilion Kernot Avenue, Mulgrave 9764 4327 secretary@waverleycityarchers.org.au www.waverleycityarchers.org.au








Monash



ACTIVITY	DAY/TIME	ADDRESS/CONTACT
<p> Jells Park Walkers – Social Walking Group</p> <p>Come and join our social walking group and enjoy various activities including celebrating birthdays and walking twice a week. Come along and enjoy dining out on a monthly basis.</p>	<p>Mondays and Thursdays</p>	<p>Jells Park Meet at number 4 car park after entering Jells Park from Waverley Road extension 9560 7968 ahi73056@bigpond.net.au</p>
<p> Monash Chorale</p> <p> A community choir fostering opportunities for choral singing in a friendly environment. The choir performs several major concerts each year. We encourage the enjoyment of singing and provide quality entertainment for varied audiences in the community.</p>	<p>Tuesdays</p>	<p>9560 3201 0435 085 039 www.monashchorale.org.au</p>
<p> Monash Reconciliation Group</p> <p>A community group working towards the understanding of Aboriginal culture and awareness.</p>	<p>Refer to the website</p>	<p>0412 772 711 mrg2009@live.com.au www.monrec.wordpress.com</p>
<p> Waverley Tennis Mid Week Mens Competition</p> <p>Club based competition involving around 15 clubs with 28 teams. Strong social content with light lunch at noon conclusion.</p>	<p>Wednesdays</p>	<p>Multiple venues in Monash and surrounding areas 0419 535 537 mwm@waverleytennis.asn.au www.waverleytennis.asn.au</p>
<p> Zonta Club of Melbourne's East Inc.</p> <p>In an effort to improve women and girls lives locally and overseas we provide scholarships, make birthing kits for women in third world countries and persist in the fight against family violence.</p>	<p>Thursdays</p>	<p>The Canterbury Hotel 326 Canterbury Road, Forest Hill 0421 991 366 www.zontamelbournes.east.org.au/</p>

ACTIVITY	DAY / TIME	ADDRESS / CONTACT
 <p>Monash Neighbourhood Watch – Community Crime Protection</p> <p>Neighbourhood Watch is a community based crime prevention program which aims to improve the quality of life within a neighbourhood by minimising preventable crime and promoting closer community ties.</p> <p>Members work with Police and Monash Council to promote crime prevention activities related to home and personal safety, work at community events and assist local Police in encouraging the public to report suspicious behaviour.</p> <p>Residents are encouraged to:</p> <ul style="list-style-type: none"> Get involved through our Facebook page. Register for our Monthly Monash NHW eNewsletter. 	<p>Refer to web page</p>	<p>secretary@nhwmonash.org.au www.nhwmonash.org.au www.facebook.com/nhwmonash and click ‘Visit Group’</p>
  <p>Friends of Scotchmans Creek and Valley Reserve</p> <p>The Friends of Scotchmans Creek and Valley Reserve is a locally based environment group. We work with Monash Council and Melbourne Water to preserve and maintain the natural environment and promote the conservation values of Valley Conservation Reserve and the Scotchmans Creek corridor.</p>	<p>Please check the website for events</p>	<p>0477 006 774 secretary@scotchmanscreekfriends.org.au www.scotchmanscreekfriends.org.au</p>

The City of Monash is home to **10 Neighbourhood Houses** all offering unique activities and services based on community needs.

Neighbourhood Houses bring people together to connect, learn and contribute to their local community through social, educational, recreational and support activities.

So if you are looking for a playgroup, a place to volunteer, are wanting to learn new (or develop existing) skills, or are seeking opportunities for recreation and/or social support, your local Neighbourhood House is the place to go. We offer a huge variety of activities for women, men and children of all ages and backgrounds, as well as information on and support to access other services.

Pop in to **your Neighbourhood House** today and find out what we have on offer.

Key to locations

- 1 Amaroo Neighbourhood Centre**
34 Amaroo Street
Chadstone
- 2 Dixon House Neighbourhood Centre**
2 Dixon Street
Clayton
- 3 Fusion Oakleigh Community Centre**
185 Warrigal Road
Hughesdale
- 4 Kerrie Road Neighbourhood House**
36 Kincumber 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 Inc**
5 Fleet Street
Mount Waverley
- 10 Wavlink**
36 Myrtle Street
Glen Waverley



Friends of MGA Inc. is Monash Gallery of Art's largest and most important group of supporters. Members are part of a social network that organises events and raises funds to support the continued growth of our great gallery.

Become a Friend of MGA today! Pick up a membership form from the Gallery reception or download a copy from the MGA website.

Location: Monash Gallery of Art
860 Ferntree Gully Rd, Wheelers Hill

Enquiries: ☎ 8544 0500
🌐 www.mga.org.au/support-us/friends-of-mga



Friends create many opportunities for members of the MGA community to come together. These include monthly Morning Coffees and Supper Talks with refreshments and an entertaining presentation by a guest speaker. Friends also organise regular events and after-hours functions such as trips to other galleries and attractions.

BENEFITS

- » Be part of MGA's most important group of supporters
- » Keep up-to-date with Friends of MGA newsletters.
- » Exclusive invitations to exhibition openings and curator talks
- » Discounted tickets for all MGA events and public programs
- » Discounts at MGA's gift shop
- » 10% off all food and drink at Kitchen Eatery
- » Invitations to Friends of MGA exclusive tours and events
- » An invitation to the annual behind-the-scenes tour with the MGA team
- » A close connection with one of the finest collections of Australian photography
- » Free entry into the annual Friends Photography full Competition & Exhibition and the opportunity to exhibit your work.

Our six branch library service has diverse, current collections and offer a range of recreational and learning opportunities including author talks, technology training, craft groups and film screenings. Membership of the libraries is free and open to all residents of Victoria.

Some of the services offered by the libraries include:

- Free internet and Wi-Fi access
- Large Print and Audio Books (on CD)
- eBooks, eAudiobooks and eMovies
- A Home Library Service where books and other items are delivered to residents who are not able to physically visit the libraries. They also offer bus visits to selected libraries for housebound members
- Family history resources in print and digital formats. There are also two dedicated family history groups that are free to join
- An ongoing program of guest speakers, workshops and activities (including a dedicated YouTube channel)
- Book Match service (curated personalised reading lists)
- Regular free training sessions on how to use technology such as Skype and iPads. One on one technology support is also available on request
- Justice of the Peace service
- Knitting Groups and Book Clubs
- Regular film screenings in the libraries.

More information about the Monash Public Library Service, the catalogue and online resources is available at www.monlib.vic.gov.au



Branches and Opening Hours:

CLAYTON: 9-15 Cooke Street | 9541 3120
Mon-Fri: 10am-8.30pm | Sat: 9am-4pm | Sun: 2pm-5pm

GLEN WAVERLEY: 112 Kingsway | 9560 1655
Mon-Fri: 10am-9pm | Sat: 9am-4pm | Sun: 2pm-5pm

MOUNT WAVERLEY: 41 Miller Crescent | 9807 5022
Mon-Fri: 10am-8.30pm | Sat: 9am-4pm

MULGRAVE: 36-42 Mackie Road | 9546 1253
Mon: 10am-5pm | Tues: 10am-5pm | Wed: 2pm-7pm |
Thurs: 1.30pm-5pm | Fri: 9am-1.30pm | Sat: 9am-12pm

OAKLEIGH: 148 Drummond Street | 9563 4138
Mon-Fri: 10am-8.30pm | Sat: 9am-4pm

WHEELERS HILL: 860 Ferntree Gully Road | 9561 6211
Mon-Fri: 10am-8.30pm | Sat: 9am-4pm

On public holidays, all Monash library branches are usually closed.



Tell us what you think

Get in touch and tell us what you think of our new Monash Positive Ageing Directory. We will update this directory every 12-18 months and would love your feedback and suggestions.

Details are correct at the time of printing.

Community group details are continuously updated online, for the most up to date version please visit www.monash.vic.gov.au

If you belong to a group listed in this directory and details need to be updated please email: socialinclusion@monash.vic.gov.au or 9518 3552.

Contact Us:

Phone: 9518 3555

Email: socialinclusion@monash.vic.gov.au

Write to: Monash Positive Ageing
City of Monash
PO Box 1
Glen Waverley VIC 3150

National Relay Service:

If you are deaf, hearing impaired or speech impaired, call us via the National Relay Service:

Teletypewriter (TTY) users phone:
133 677 then ask for 9658 9658

Speak and Listen user phone:
1800 555 660 then ask for 9658 9658

Important Legal Notice

Any activity you undertake is at your own risk. If you have health or other concerns, you should seek your own independent medical advice before participating. Monash Council accepts no responsibility for any loss or damage suffered, either directly or indirectly, arising out of reliance on information contained in this publication and participation in any activity advertised. Monash Council does not guarantee that the information contained in this publication is correct and notes that any activity may be cancelled or changed without notice.





CITY OF
MONASH

Monash Civic Centre

 293 Springvale Road,
Glen Waverley

 8.30am - 5pm
Monday to Friday

Oakleigh Service Centre

 3 Atherton Road
Oakleigh

 8.30am - 5pm
Monday to Friday

 9518 3555

 **National Relay Service**
(for the hearing and speech impaired)
1800 555 660

 mail@monash.vic.gov.au

 www.monash.vic.gov.au



Language Assist

 普通话 9321 5485

Ελληνικά 9321 5482

廣東話 9321 5481

සිංහල 7005 3002

Italiano 9321 5483

हिंदी 7005 3000

Việt Ngữ 9321 5487

தமிழ் 7005 3003

한국어 9321 5484

Bahasa
Indonesia 7005 3001