

# PALS

Positive Ageing Lifestyle Program



## WINTER 2024 edition

June – August 2024



PALS  
positive  
ageing  
lifestyles



# WELCOME TO PALS


Welcome to the Winter 2024 edition of our Positive Ageing Lifestyle Program aimed at promoting healthy, active ageing and social inclusion for older adults who live, work or visit Monash.

Our Winter edition recognises International Men's Health Week, NAIDOC Week and World Elder Abuse Awareness Day. Come along and be entertained by comedian Monica Dullard and singer Jimmy Loverocket at the Your Life, Your Choice workshop and hear tips on how to stay safe and in control of your life. There are many other exciting activities to keep you healthy and entertained.

If you wish to receive the PALS booklet, please register your details electronically via Council's website: [www.monash.vic.gov.au/Staying-Active](http://www.monash.vic.gov.au/Staying-Active)


## 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 the program electronically via your computer or smart device, look for the web icon  symbol at the end of the event description and click on the website link that follows.

Please note many of the events have a cap on the numbers of participants.

### 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**.

### 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.

The City of Monash 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 identity and sexuality, ability, faith and religious beliefs, Aboriginal and Torres Strait Islander identity, and/or socio-economic status.

### COMMUNITY EVENTS

Please note a number of events and activities in this program are not organised by the City of Monash. The City of Monash 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.



## INTERNATIONAL MEN'S HEALTH WEEK

**Join us in recognising International Men's Health Week from 10 to 16 June.**

It's an important time to focus on, and support, men's health and wellbeing. Here's why it's so important:

- **Men, on average, have a life expectancy six years shorter than women.**
- **4 out of 5 deaths from heart disease under the age of 65 are men.**
- **1 in 4 men succumb to cancer.**
- **3 out of 4 suicides are men.**
- **93% of workplace fatalities involve men.**

(Source: Australian Men's Health Forum)

Men's Health Week is dedicated to enhancing men's physical and mental health along with emotional wellbeing.

In this edition, Monash Men's Shed is offering sessions covering hearing, healthy nutrition, and stroke awareness.

**For more insights on men's health, please visit [www.betterhealth.vic.gov.au/health/conditionsandtreatments/mens-health](http://www.betterhealth.vic.gov.au/health/conditionsandtreatments/mens-health)**



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# Ongoing Programs

## Out and About

### Switchboard Victoria

**Out and About is a free service that aims to connect with and support older LGBTI+ Victorians through in-person and virtual catch ups with volunteers.**

The service connects LGBTI+ people across Victoria with friendly and trained peer community visitors for regular catch ups. Participants and volunteers are matched based on shared hobbies and interests, and volunteer visitors are trained, screened, and undergo a police check. Any privacy concerns are taken seriously and information provided is kept strictly confidential.


**All Switchboard volunteers and staff are members of the LGBTI+ community. There is no fee for this service, and it doesn't come out of the person's Home Care Package. You can find out more about the program here:**

 [www.switchboard.org.au/lgbtiolderpeople](http://www.switchboard.org.au/lgbtiolderpeople)

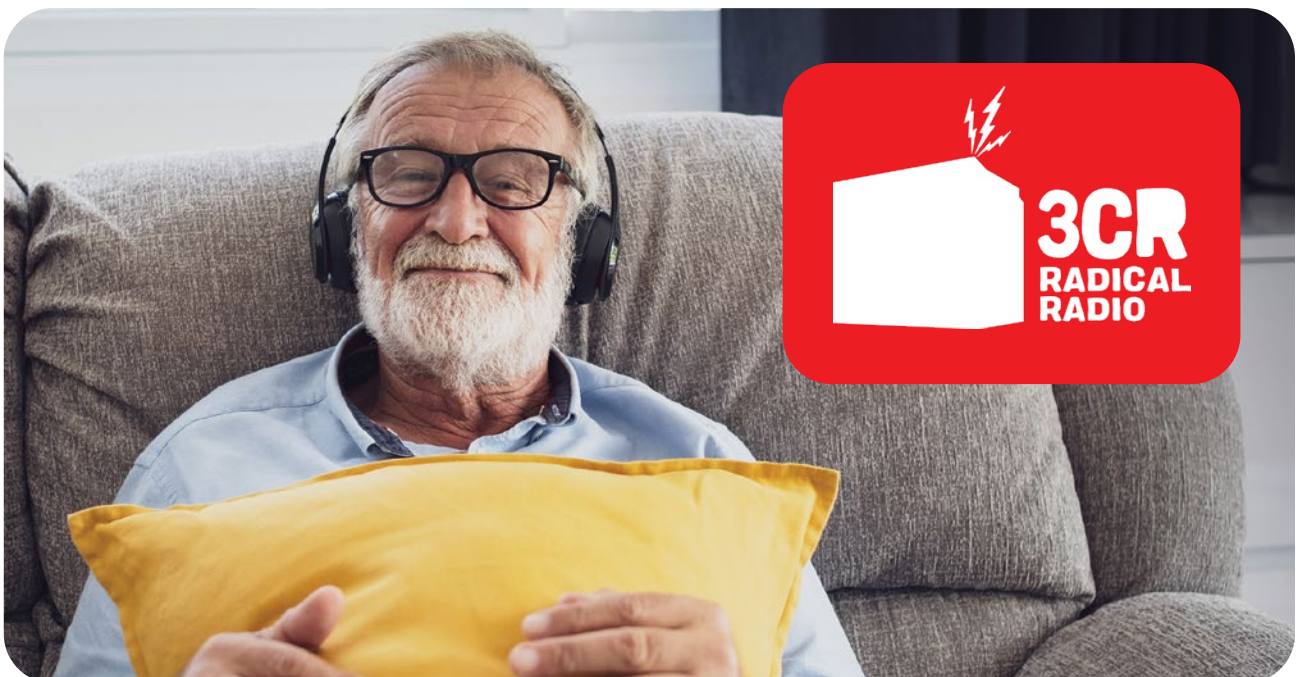
## Rainbows Don't Fade with Age

### 3CR Community Radio

**Are you interested in the experiences and needs of older lesbian, gay, bisexual, trans/gender diverse, and intersex (LGBTI) people, and the services and people who support them as they age?**

Then tune in every Monday at 2pm to "Rainbows Don't Fade with Age", a community radio program presented by Val's LGBTI Ageing and Aged Care, part of Rainbow Health Australia. You can listen live on Radio 3CR - 855AM, listen in or back via the web at  [www.3CR.org.au](http://www.3CR.org.au) or via the community radio app.

Now in its second year, this award-winning show is Melbourne's only radio show dedicated to all things LGBTI+ ageing and aged care.



## Companion Club The Salvation Army – Waverley Corps

Join us for a vibrant social gathering tailored for individuals aged over 50. Our sessions are packed with fun-filled activities such as indoor lawn bowls, board games and guest speaker presentations. Each week, our companion club creates a warm and welcoming environment aimed at enriching the social, intellectual and spiritual lives of all its attendees.

<b>DATE</b>	Tuesdays, February-December
<b>TIME</b>	9.45am-11.30am
<b>VENUE</b>	958 High Street Road, Glen Waverley
<b>COST</b>	Morning tea: first visit free then \$2
<b>BOOKINGS</b>	☎ 9803 2587 or ☎ 0488 357 045
<b>PARKING</b>	On-site parking



## Dinner Meeting Oakleigh Evening VIEW Club

Join us for an enriching dinner meeting hosted by the Oakleigh Evening VIEW Club. At VIEW, we stand for the Voice, Interests, and Education of Women. Our members are dedicated to making a positive impact in our community while fostering meaningful friendships and enjoying ourselves along the way. Our monthly dinner meetings, held on the fourth Monday of each month, serve as opportunities for us to come together, share ideas, and contribute to our collective mission. Through fundraising efforts, we sponsor six Learning for Life students, making a tangible difference in their lives and futures.

<b>DATE</b>	Mondays 24 June, 22 July and 26 August
<b>TIME</b>	6.30pm-8.30pm
<b>VENUE</b>	Oakleigh-Carnegie RSL, 95-97 Drummond Street, Oakleigh
<b>COST</b>	\$30 for two-course meal and raffle
<b>BOOKINGS</b>	Email ✉ <a href="mailto:OakleighEvening.ViewClub@gmail.com">OakleighEvening.ViewClub@gmail.com</a>
<b>PARKING</b>	On-site parking



# PALS JUNE PROGRAMS

## Discover the Wonders of Matcha Green Tea

Join us to find out more about matcha green tea, its many benefits and how to prepare it. Tasting included.

<b>DATE</b>	Monday 3 June
<b>TIME</b>	10am-12pm
<b>VENUE</b>	Mulgrave Library, 36 Mackie Road
<b>COST</b>	FREE
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CPBCF">www.trybooking.com/CPBCF</a> or 📞 9518 3502
<b>PARKING</b>	On-site parking



## Falls Prevention Information Session

**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 this information session you will learn how to reduce the risk of falls and stay active and independent for longer. All attendees will receive information to take home, including exercises to improve strength, mobility and balance.

<b>DATE</b>	Wednesday 5 June
<b>TIME</b>	11am-12pm
<b>VENUE</b>	Glen Waverley Library 112 Kingsway
<b>COST</b>	FREE
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CPOXG">www.trybooking.com/CPOXG</a> or 📞 9518 3030
<b>PARKING</b>	On-site parking or two-hour street parking

## Tai-Chi for Beginners



Improve your mobility, balance, suppleness and mental alertness at this weekly beginners class designed for older adults.



<b>DATE</b>	Thursdays 6, 13, 20 and 27 June
<b>TIME</b>	1pm-2pm
<b>VENUE</b>	Waverley Community Learning Centre 5 Fleet Street Mount Waverley
<b>COST</b>	\$130 per term
<b>BOOKINGS</b>	🌐 <a href="http://www.wclc.org.au">www.wclc.org.au</a> or 📞 9807 6011
<b>PARKING</b>	On-site parking



# World Continence Week

Recognise World Continence Week, 17-23 June, with this awareness session on incontinence related issues. Come along to learn, ask questions, and empower yourself with knowledge about bowel and bladder health. Not just a woman's or an older person's issue, incontinence is a common condition that can be treated and proactively managed.

<b>DATE</b>	Tuesday 11 June
<b>TIME</b>	11am-12pm
<b>VENUE</b>	Positive Ageing Activity Centre 145 Drummond Street Oakleigh
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CPGJP">www.trybooking.com/CPGJP</a> or ☎ 9518 3555
<b>PARKING</b>	Two-hour street parking or parking at Atkinson Street



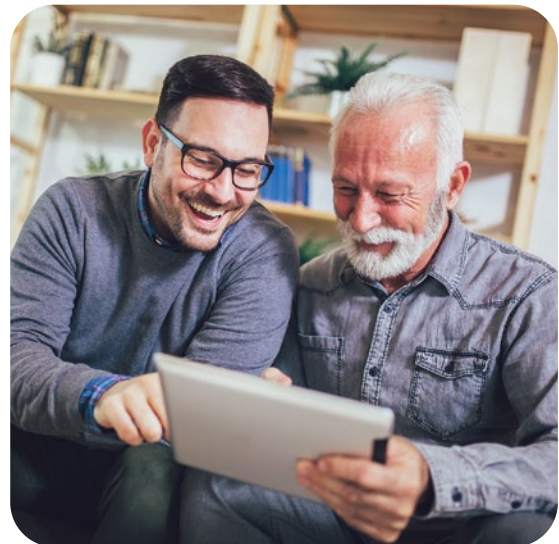
# Men's Talk and BBQ – Raising Mental Health Awareness

## South Eastern Suicide Prevention Network



The SESPN invites you to an interactive awareness presentation on men's mental health and wellbeing. We'll address the challenging topic of suicide, especially in older men. Support resources will be provided, and we'll conclude with a complimentary barbecue. All are welcome to join us for this important discussion and gathering.

<b>DATE</b>	Wednesday 12 June
<b>TIME</b>	6pm-8pm
<b>VENUE</b>	South Oakleigh Bowls Club 1216 North Road
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.eventbrite.com.au/e/mens-talk-and-bbq-raising-mental-health-awareness-tickets-878551480127">www.eventbrite.com.au/e/mens-talk-and-bbq-raising-mental-health-awareness-tickets-878551480127</a>
<b>ENQUIRIES</b>	☎ 0427 972 370
<b>PARKING</b>	On-site parking



# Your Life, Your Choice: World Elder Abuse Awareness Day

Enjoy this free event at Kingston Town Hall with special performances by Monica Dullard and Jimmy Loverocket. Hear stories and professional tips to help you stay in charge of your finances and decision-making so you can stay safe and in control of your life. A light lunch is provided.

**DATE** Thursday 13 June

**TIME** 10.30am-1pm

**VENUE** Kingston City Hall  
979-985  
Nepean Highway  
Moorabbin

**COST** FREE

**BOOKINGS** ☎ 9556 4440



## Elder Abuse

Everyone has the right to live their lives free from abuse. By respecting and listening to older people and carers, calling out ageism, and checking in with vulnerable older people, we can prevent elder abuse. Elder abuse is hard to picture, but it happens every day. What starts out small does not always stay that way for long.

### What is 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. Abuse can be unintentional or deliberate. The harm caused to an older person may range from the unintended effects of poor care through to serious physical injury inflicted deliberately.

Harm can also include emotional harm and financial loss including the loss of a home and belongings. Any older person can be affected by elder abuse, and it is not uncommon for an older person to be affected by more than one type.

### Signs a person may be experiencing elder abuse:

- Acts fearfully or withdrawing
- May be hungry, thirsty or has lost weight
- Shows signs of stress, anxiety or depression
- May show signs of bruising or other physical injuries
- Unable to find money for basics such as food, clothing and common bills.

### What to do if you suspect elder abuse is occurring or you are experiencing elder abuse?

If you or someone you know is experiencing any form of elder abuse, you can discuss these concerns with a trusted family member, GP or physician.

### For more information on elder abuse:

🌐 [www.seniorsrights.org.au/your-rights](http://www.seniorsrights.org.au/your-rights)

## Movies in Monash: Quartet



Reggie, Wilf, Cissy and Jean are members of a quartet that vowed never to sing again. But things take a turn when they must perform to save their retirement home for musicians. Morning tea available from 10.30am, film starts at 11am.

<b>DATE</b>	Tuesday 18 June
<b>TIME</b>	10.30am-1pm
<b>VENUE</b>	Clayton Community Centre Theatre 9-15 Cooke Street
<b>COST</b>	FREE
<b>RATING</b>	M
<b>SCREENING TIME</b>	1h 38m
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CQTFH">www.trybooking.com/CQTFH</a> or ☎ 9518 3555
<b>PARKING</b>	Three-hour parking behind the Clayton Community Centre

## Come and Try Croquet Monash Croquet Club

Celebrate Men's Health Week with us by joining in the fun of croquet! Give it a try with provided mallets and instructions. We look forward to seeing you there!



<b>DATE</b>	Saturday 15 June
<b>TIME</b>	10am-12pm
<b>VENUE</b>	Electra Reserve 21A Electra Avenue Ashwood
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CQTDW">www.trybooking.com/CQTDW</a> or ☎ 9518 3555
<b>PARKING</b>	On-site parking

JUNE PROGRAMS

## Planning for Retirement Services Australia

This free information session with Services Australia will cover topics such as age pension eligibility, income and asset tests, rate of age pension, portability assessment and application processes.

<b>DATE</b>	Tuesday 18 June
<b>TIME</b>	6.30pm-7.30pm
<b>VENUE</b>	Mount Waverley Library 41 Miller Crescent
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CNXDJ">www.trybooking.com/CNXDJ</a> or ☎ 9518 3950
<b>PARKING</b>	On-site parking

## Healthy Eating and Nutrition Bolton Clarke



Learn about healthy eating habits, basic nutrition principles and how you can get the most out of your meals every day. You will also receive a free Maggie Beer Foundation recipe booklet so you can turn your new knowledge of nutrition into beautiful, delicious meals.

<b>DATE</b>	Wednesday 19 June
<b>TIME</b>	12pm-1pm
<b>VENUE</b>	Monash Men's Shed 49-77 Bogong Avenue Glen Waverley
<b>COST</b>	Lunch is provided for a \$2 donation
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CPYSN">www.trybooking.com/CPYSN</a> or ☎ 9561 8557
<b>PARKING</b>	On-site parking

## Reducing Energy Costs in Your Home

### Sustainable Monash

Daniel from the Sustainable Monash team will share ways you can be more energy efficient, reduce your energy bills, and reduce your household expenses by living more sustainably. Topics include home insulation, stopping draughts, solar energy, and government rebates.

<b>DATE</b>	Thursday 20 June
<b>TIME</b>	6pm-7pm
<b>VENUE</b>	Whealers Hill Library 860 Ferntree Gully Road
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/COZQR">www.trybooking.com/COZQR</a> or ☎ 9265 4877
<b>PARKING</b>	On-site parking



## Understanding Aged Care

### Services Australia

This free information session with Services Australia will cover topics such as determining care needs, the Commonwealth Home Support Programme, Home Care, Residential Aged Care and Centrelink/Aged Care assessment.

<b>DATE</b>	Friday 21 June
<b>TIME</b>	12.30pm-1pm
<b>VENUE</b>	Mackie Road Neighbourhood House 36-42 Mackie Road Mulgrave
<b>COST</b>	FREE
<b>BOOKINGS</b>	☎ 9548 3311
<b>PARKING</b>	On-site parking



# Melbourne Museum

## PALS Community Bus Day Trip

A visit to Melbourne Museum is a rich, surprising insight into life in Victoria. Explore the museum’s intriguing permanent collections and brilliant temporary exhibitions from near and far. You’ll see our natural environment, our cultures and our history through different perspectives. Morning tea and lunch at the Museum Market Café.

These outings involve a significant amount of walking on uneven surfaces and are recommended for people with good mobility.

**DATE** Friday 21 June or Monday 24 June

**TIME** 8.45am-3.30pm

**VENUE** Melbourne Museum, Carlton

**COST** \$11 transport fee, payable on booking.  
Optional additional costs, payable on the day:

- Morning tea: prices start from \$5.
- Lunch: prices start from \$10.

Bookings for all PALS Community Bus Day Trips open on **Wednesday 22 May 2024**

**BOOKINGS**

**Clayton pick-up point:** Clayton Community Centre, 9-15 Cooke Street  
🌐 [www.trybooking.com/CQTXN](http://www.trybooking.com/CQTXN) or ☎ 9518 3555

**Glen Waverley pick-up point:** Central Reserve, 690 Waverley Road  
🌐 [www.trybooking.com/CQTXT](http://www.trybooking.com/CQTXT) or ☎ 9518 3555

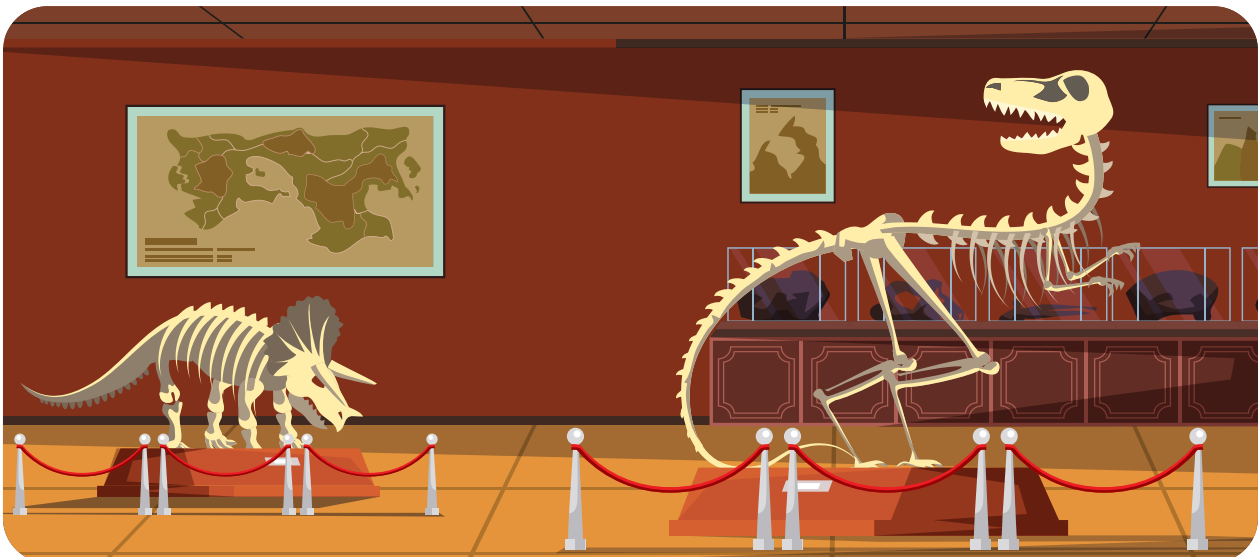
**CONFIRMATION** You will receive a confirmation email or phone call before the event.

**PARKING:**

**Clayton Community Centre:**

All-day parking permit will be issued on the day

**Glen Waverley:** On-site parking



# PALS JULY PROGRAMS

## Grants Picnic Ground and Rose Cottage

### PALS Community Bus Day Trip

Immerse yourself in the ever-popular old-world charisma of Rose Cottage for a wonderful home-style Christmas lunch located in the beautiful Dandenong Ranges. Enjoy a stroll and some morning tea at Grants Picnic Ground before lunch.

These outings involve a significant amount of walking on uneven surfaces and are recommended for people with good mobility.

**DATE** Friday 12 July or Friday 19 July

**TIME** 9am-3.30pm

**VENUE** Rose Cottage Restaurant, Monbulk

**COST** \$11 transport fee, payable on booking.  
Optional costs, payable on the day (please bring exact cash only.  
No credit card payments.)

- Morning tea: prices start from \$5.
- Lunch: \$36 for two-course lunch including fruit punch.

Bookings for all PALS Community Bus Day Trips open on  
**Wednesday 22 May 2024**

### BOOKINGS

**Clayton pick-up point:** Clayton Community Centre, 9-15 Cooke Street  
🌐 [www.trybooking.com/CQTYB](http://www.trybooking.com/CQTYB) or ☎ 9518 3555

**Glen Waverley pick-up point:** Central Reserve, 690 Waverley Road  
🌐 [www.trybooking.com/CQTYH](http://www.trybooking.com/CQTYH) or ☎ 9518 3555

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

### PARKING:

**Clayton Community Centre:** All-day parking permit will be issued on the day  
**Glen Waverley:** On-site parking



# Understanding Dementia

## Bolton Clarke



This Understanding Dementia session explains what dementia is, its causes, signs and symptoms, as well as how to reduce the risks.

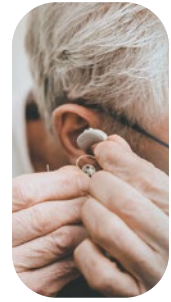


<b>DATE</b>	Wednesday 17 July
<b>TIME</b>	11am-12pm
<b>VENUE</b>	Glen Waverley Library 112 Kingsway
<b>COST</b>	FREE
<b>BOOKINGS</b>	 <a href="http://www.trybooking.com/CPOWW">www.trybooking.com/CPOWW</a> or  9265 4877
<b>PARKING</b>	On-site parking or two-hour street parking

# Hearing Health Alpha Hearing



Good hearing is important to keep in touch with your loved ones and stay connected to the world around you. This session provides information to help you look after your hearing.



<b>DATE</b>	Wednesday 17 July
<b>TIME</b>	12pm-1pm
<b>VENUE</b>	Monash Men's Shed 49-77 Bogong Avenue Glen Waverley
<b>COST</b>	Lunch is provided for a \$2 donation
<b>BOOKINGS</b>	 <a href="http://www.trybooking.com/CPYSP">www.trybooking.com/CPYSP</a> or  9561 8557
<b>PARKING</b>	On-site parking



7 July – 14 July

# NAIDOC Week 2024

NAIDOC Week is celebrated not only in Aboriginal and Torres Strait Islander communities, but by

Australians from all walks of life.



[www.monash.vic.gov.au/festivals](http://www.monash.vic.gov.au/festivals)

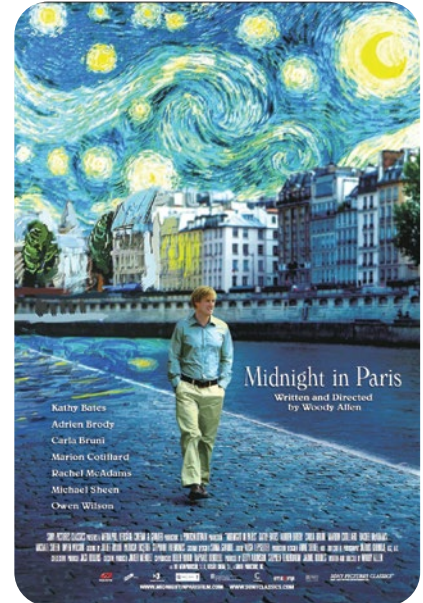
Marcus Lee Design, Community support and partnerships 2022, commissioned for the City of Monash Reconciliation Action Plan (RAP) 2022-2024, digital art.



## Movies in Monash: *Midnight in Paris*

Gil arrives with his fiancée and her family in Paris for a vacation, even as he tries to finish his debut novel. He is beguiled by the city, which takes him to a time past, away from his fiancée. Morning tea available from 10.30am, film starts at 11am.

<b>DATE</b>	Tuesday 30 July
<b>TIME</b>	10.30am-1pm
<b>VENUE</b>	Clayton Community Centre Theatre 9-15 Cooke Street
<b>COST</b>	FREE
<b>RATING</b>	PG (Comedy/Romance)
<b>SCREENING TIME</b>	1h 34m
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CQTFO">www.trybooking.com/CQTFO</a> or ☎ 9518 3555
<b>PARKING</b>	Three-hour parking behind the Clayton Community Centre



## Retrain Pain Link Health and Community

Join us for weekly pain self-management classes. These 10 sessions will help you gain better understanding of chronic pain. You will learn why things hurt, and how to manage it.

<b>DATE</b>	Tuesday 30 July
<b>TIME</b>	2pm-4pm
<b>VENUE</b>	Link Health and Community 2 Euneva Ave Glen Waverley
<b>COST</b>	\$10.50 per session (10 sessions)
<b>BOOKINGS</b>	Bookings essential ☎ 1300 552 509
<b>PARKING</b>	On-site parking





# Paint 'n' Sip Class and Terry's Soup Kitchen

## AVEO

Come warm up, be social and have fun with us! Enjoy a hot soup and roll in Terry's Soup Kitchen followed by a Paint 'n' Sip class, where we will paint the design, 'Vegemite Is My Jam'. Materials and artists guidance supplied with wine and cheese! This class is for beginners, seasoned painters and every level in between!

**DATE** Wednesday 31 July

**TIME** 12.30pm: Terry's Soup Kitchen  
1.30pm-3.30pm:  
Paint 'n' Sip class

**VENUE** Oak Tree Hill, 37 (Gate A)  
View Mount Road  
Glen Waverley

**COST** FREE

**BOOKINGS** Bookings essential.  
🌐 [PaintnSipGlenWaverley2024.  
eventbrite.com.au](https://www.paintnsipglenwaverley2024.eventbrite.com.au)  
or 📞 0436 621 227

**PARKING** Limited on-site parking



# Winter Series 2024

## FREE WINTER SHOWS

**THE DANCIN MAN**  
Luke Alleva  
Friday 7 June | 7pm  
The Count's  
Monash University

**LA MAUVAISE  
RÉPUTATION**  
French Jazz and Swing  
Friday 5 July | 8pm  
Oakleigh-Carnegie RSL

**THE BEACH BOYS V  
FRANKIE VALLI &  
THE 4 SEASONS**  
Tribute Show  
Sunday 4 August | 2pm  
Clayton Theatre



### BOOKINGS ESSENTIAL

Scan QR Code or go to [www.monash.vic.gov.au/festivals](http://www.monash.vic.gov.au/festivals)



# PALS AUGUST PROGRAMS

## Digital Library

Monash Public Library Service's eLibrary holds digital materials for reading, education and recreation. Learn about the vast array of digital resources available to you 24 hours a day, seven days a week: eBooks, eAudioBooks, eMagazines, eMovies, eSafety and more. Whether you are interested in reading for pleasure, learning more about technology or improving your language skills, this session will show you how our digital library can help you. This hands-on session is a great way to try out some of our best eResources.

To ensure full participation, bring your library card and password. If you don't have them yet, please arrive 15 minutes early with your ID to facilitate the setup of your library card and/or password.



<b>DATE</b>	Thursday 1 August
<b>TIME</b>	6.30pm-7.30pm
<b>VENUE</b>	Whealers Hill Library 860 Ferntree Gully Road
<b>COST</b>	FREE
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CQDQH">www.trybooking.com/CQDQH</a> or ☎ 9265 4877
<b>PARKING</b>	On-site parking

<b>DATE</b>	Wednesday 7 August
<b>TIME</b>	11.30am-12.30pm
<b>VENUE</b>	Clayton Library, 9-15 Cooke Street
<b>COST</b>	FREE
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CQDQM">www.trybooking.com/CQDQM</a> or ☎ 9541 3120
<b>PARKING</b>	Three-hour parking behind the Clayton Community Centre

## Body of Work

Featuring the famous songs of Cass Elliott (aka Mama Cass) and Karen Carpenter, this storytelling show celebrates the lives of these two inspiring female artists. Jenn Biggs and Jess May take you on a truth-seeking, heart-opening journey of authenticity, courage and self-belief. Morning tea available from 10.30am, show starts at 11am.

<b>DATE</b>	Monday 5 August
<b>TIME</b>	10.30am-12pm
<b>VENUE</b>	Clayton Community Centre Theatre, 9-15 Cooke Street
<b>COST</b>	\$7 pay on booking
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CQTFV">www.trybooking.com/CQTFV</a> or ☎ 9518 3555
<b>PARKING</b>	Three-hour parking behind the Clayton Community Centre



# Rightsizing Your Life in Retirement

## AVEO

Join this informative seminar with expert and author Rachel Lane as she takes you through key topics from her and Noel Whittaker's book, *Downsizing Made Simple*. Learn important information for retirees such as legal and financial considerations and how a move can affect your lifestyle, pension, super and benefits. Hear some real-life stories from readers and go in the draw to win copies of the book. Afternoon tea included.

<b>DATE</b>	Wednesday 14 August
<b>TIME</b>	1.30pm-3pm
<b>VENUE</b>	Oak Tree Hill, 37 (Gate A) View Mount Road, Glen Waverley
<b>COST</b>	FREE
<b>BOOKINGS</b>	Bookings essential 🌐 <a href="https://RightsizingLife.eventbrite.com.au">RightsizingLife.eventbrite.com.au</a> ☎ 0436 621 227
<b>PARKING</b>	Limited on-site parking



## Special Morning Tea at the Hub

Glen Waverley  
Uniting Church



Join us for a special morning tea. All members of our community are welcome to come along and enjoy. Donations are welcome to support the work of Fight Parkinson's.

<b>DATE</b>	Thursday 15 August
<b>TIME</b>	10am-12pm
<b>VENUE</b>	Glen Waverley Uniting Church Corner Kingsway and Bogong Avenue
<b>COST</b>	FREE - Gold coin donation welcome
<b>BOOKINGS</b>	🌐 <a href="http://www.gwuc.org.au">www.gwuc.org.au</a> or ☎ 9560 3580
<b>PARKING</b>	On-site parking

## Monash Morning Melodies

Lazy Moe's Oakleigh



Phil Carroll is a versatile entertainer performing an extensive repertoire of songs from around the world.

With his vibrant energy, Phil will have you dancing and singing along as he roves around the room. Don't miss out on a morning filled with fun and entertainment.

<b>DATE</b>	Wednesday 21 August
<b>TIME</b>	10am-12pm
<b>VENUE</b>	90-94 Warrigal Road, Oakleigh
<b>COST</b>	Morning Melodies: \$8 pay on booking Morning tea: prices start from \$5 Lunch: prices start from \$19
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CQTWP">www.trybooking.com/CQTWP</a> or ☎ 9518 3555
<b>PARKING</b>	On-site parking

## South Melbourne Market

### PALS Community Bus Day Trip

South Melbourne Market opened in 1867, making it Melbourne's longest continually running market. With almost 150 stalls operated by small business owners, the market features a huge range of products from fresh fruit and vegetables, fashion and footwear to manchester and homewares and much more. Morning tea and lunch available in the Food Hall.

These outings involve a significant amount of walking on uneven surfaces and are recommended for people with good mobility.

**DATE** Friday 16 August or Friday 23 August

**TIME** 8.45am-3.30pm

**VENUE** South Melbourne Market, South Melbourne

**COST** \$11 transport fee, payable on booking.  
Optional costs, payable on the day:

- Morning tea: prices start from \$5.
- Lunch: prices start from \$10.

Bookings for all PALS Community Bus Day Trips open on  
**Wednesday 22 May 2024**

### BOOKINGS

**Clayton pick-up point:** Clayton Community Centre, 9-15 Cooke Street  
🌐 [www.trybooking.com/CQTYX](http://www.trybooking.com/CQTYX) or 📞 9518 3555

**Glen Waverley pick-up point:** Central Reserve, 690 Waverley Road  
🌐 [www.trybooking.com/CQTZF](http://www.trybooking.com/CQTZF) or 📞 9518 3555

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

**PARKING:** **Clayton Community Centre:**  
All-day parking permit will be issued on the day  
**Glen Waverley:** On-site parking



# Stroke Awareness Week

National Stroke Week encourages the community to share knowledge, offer support, and provide resources to prevent strokes from occurring and to aid the recovery process for those who have experienced stroke.

Come and join one of these two information sessions from the Stroke Foundation and learn life-saving knowledge on what stroke is, how to recognise the signs of stroke, what to do if someone is having a stroke and how to prevent a stroke.

For more information, visit [www.strokefoundation.org.au](http://www.strokefoundation.org.au)

## Monash Men's Shed



<b>DATE</b>	Wednesday 21 August
<b>TIME</b>	12pm-1pm
<b>VENUE</b>	49-77 Bogong Avenue Glen Waverley
<b>COST</b>	Lunch is provided for a \$2 donation
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/">www.trybooking.com/</a> CPYSS or <a href="tel:95618557">9561 8557</a>
<b>PARKING</b>	On-site parking



AUGUST  
PROGRAMS



## Waverley Community Learning Centre



Mandarin interpreter will be available.

<b>DATE</b>	Monday 26 August
<b>TIME</b>	10am-12pm
<b>VENUE</b>	5 Fleet Street Mount Waverley
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.wclc.org.au">www.wclc.org.au</a> or <a href="tel:98076011">9807 6011</a>
<b>PARKING</b>	On-site parking

# Let's Get Social

## Social Inclusion Programs at Monash Council

As an Age-Friendly City, Monash Council offers a range of social activities and programs to encourage older residents to participate in community life. The social inclusion programs support our community to stay connected with others to improve their health and wellbeing.

**Our range of programs include the following:**

### Friendship Fridays

Enhance your social circle and meet new friends in a welcoming environment! Friendship Fridays is open to everyone, and you are welcome to drop by.

Come join us at the Halcyon Positive Ageing Activity Centre in Glen Waverley.

**TIME** 9.30am-12.30pm (closed public holidays)

**VENUE** Halcyon Positive Ageing Activity Centre, 915 Waverley Road, Glen Waverley

**COST** Gold coin donation, includes morning tea and activities.  
No bookings required.



## Commonwealth Home Support Programme (CHSP)

### Monash on the Move (MOMS)

Embark on exciting adventures with Monash on the Move, our door-to-door social outings program exploring diverse destinations.

Connect with new friends, enjoy the company of others, and experience the joy of getting out and about.



### Positive Ageing Activity Centre (PAAC) – Oakleigh

Discover the joy of connecting with your local community at our Positive Ageing Activity Centre located in Oakleigh. Embrace good company, social activities and programs that promote healthy, active ageing, along with exciting outings.

If you're an older resident seeking a chance to socialise, step out and make new connections, we invite you to visit our centre. Transport may be available (subject to availability and mobility screening).



### Dementia Social Group – Glen Waverley (Halcyon)

Step into a world of warmth and connection at Halcyon Positive Ageing Activity Centre in Glen Waverley. Our program is designed to cater for Monash residents who are experiencing the early stages of cognitive impairment while offering respite for their carers.

Halcyon fosters new friendships, laughter, and a sense of belonging. Transport may be available (subject to availability and mobility screening).



### Social Inclusion contact:

Please call the Social Inclusion team on ☎ **9518 3247**, Monday to Friday, 8.30am-4pm or email ✉ [socialinclusion@monash.vic.gov.au](mailto:socialinclusion@monash.vic.gov.au)

To access programs offered through the Commonwealth Home Support Programme (CHSP), individuals aged 65 or over can start by registering with My Aged Care and requesting a social group referral with Monash City Council.

Contact My Aged Care on ☎ **1800 200 422** or visit 🌐 [www.myagedcare.gov.au](http://www.myagedcare.gov.au) to begin your journey.

**Embark on exciting adventures with Monash on the Move, our door-to-door social outings program exploring diverse destinations.**

**Connect with new friends, enjoy the company of others, and experience the joy of getting out and about.**

Monash on the Move is funded through My Aged Care. To access programs offered through the Commonwealth Home Support Programme (CHSP), individuals aged 65 or over can start by registering with **My Aged Care** and requesting a social group referral with Monash City Council.

**Pick-up time from: 9am | Cost: \$9.60 service fee | Bookings: ☎ 9518 3247**

## JUNE 2024



### Melbourne's Roaring Twenties – Wheelers Hill

Take in Melbourne's booming 1920s, an era with exciting changes for the future. Join us for this presentation by Janet Werkmeister in partnership with the Monash Libraries Family History group. Be immersed in a time when Melburnians enjoyed a tidal wave of innovations, from electric kettles to radio broadcasting, to the worldwide craze for jazz. Lunch at Block50.



**DATE** Monday 3 June

**ADDITIONAL COST** Lunch: prices start from \$18 (please bring cash for payment)

### Your Life, Your Choice – Moorabbin

Enjoy this free event at Kingston Town Hall with special performances by Monica Dullard and Jimmy Loverocket. Hear stories and professional tips to help you stay in charge of your finances and decision-making so you can stay safe and in control of your life. A light lunch is provided.



**DATE** Thursday 13 June

**ADDITIONAL COST** FREE



## Movies in Monash: Quartet – Clayton

Reggie, Wilf, Cissy and Jean are members of a quartet that vowed never to sing again. But things take a turn when they must perform to save their retirement home for musicians. Light lunch available or bring your own. Bookings close 12pm, Friday 14 June. Cancellations of bookings after this date are payable in full.

<b>DATE</b>	Tuesday 18 June
<b>ADDITIONAL COST</b>	Light lunch (chicken and chips): \$16.50 (charged to your account) or BYO



## JULY 2024



## Hunted Antiques Warehouse – Bayswater

Hunted Antiques contains a fascinating array of collectibles, jewellery, art, fashion, furniture and treasures.

Spend a delightful morning browsing the aisles of Melbourne's finest vintage and antique warehouse, followed by lunch at Mister Fox café overlooking the picturesque Ringwood Golf Club.

<b>DATE</b>	Monday 1 July
<b>ADDITIONAL COST</b>	Lunch: prices start from \$10



## Sip and Paint – Oakleigh Positive Ageing Activity Centre

Unleash your inner artist and join us for a morning of creativity, socialising and morning tea. With simple, easy-to-follow steps, you'll craft your own Picasso-inspired masterpiece. All materials will be provided, so just bring your enthusiasm!

After completing our creations, we'll stroll down to Eaton Mall for a delightful lunch at Melissa's.

<b>DATE</b>	Thursday 4 July
<b>ADDITIONAL COST</b>	Morning tea and art supplies: \$5 (charged to your account) Lunch: prices start from \$20





## Christmas in July at Rose Cottage – Monbulk

Always a popular destination, bring your mid-year Christmas cheer for a special lunch at the charming Rose Cottage. Enjoy the picturesque drive to Grants Picnic Ground for morning tea, browse through the shop or take a short walk.

**DATE** Tuesday 9 July or Thursday 25 July

Morning tea: prices start from \$5

**ADDITIONAL COST** Lunch: two-course menu \$35  
(please bring exact cash)



## Beat Your Own Drum at St Marks Uniting Church – Chadstone

Have fun and let out your inner rhythm with master drummer Peter Vadiveloo, who will lead a joyous and always entertaining drumming session. No experience necessary, drums are provided. Enjoy lunch at McDonald's afterwards where you can now order salads, toasted sandwiches, wraps or sweet snacks.

**DATE** Wednesday 17 July

Drumming workshop:

**ADDITIONAL COST** \$10 (please bring exact cash)

Morning tea: prices from \$5

Lunch: prices start from \$5



## Body of Work – Clayton

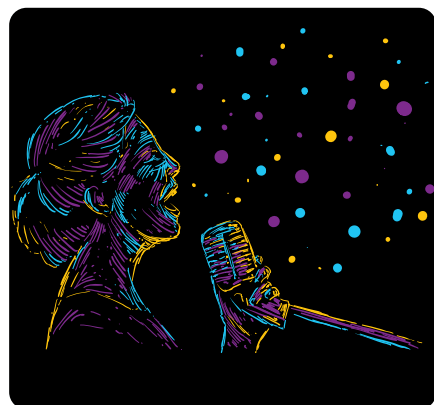
Featuring the famous songs of Cass Elliott (aka Mama Cass) and Karen Carpenter, this storytelling show celebrates the lives of these two inspiring female artists. Jenn Biggs and Jess May take you on a truth-seeking, heart-opening journey of authenticity, courage and self-belief.

After the show enjoy a chicken, chip and salad pack in a private room at the Clayton Community Centre or bring your own lunch. Bookings close 9am, Friday 2 August. Cancellations of bookings after this date are payable in full.

**DATE** Monday 5 August

**ADDITIONAL COST** Light morning tea and show:  
\$7 (charged to your account)

Lunch: \$16.50 (charged to your account) or BYO



## Buckingham Palace in My Underwear – Oakleigh

Join us for a talk by Bev Moss, who made the life-changing decision to embrace travel and adventure by signing up to run tours through the home of the Queen Mother. Along the way, she meets interesting people, both famous and ordinary. Bev's story is a testament to doing what you want to do, whatever you age. Hear how she did just this in this inspiring talk. Lunch at Hunky Dory Fish and Chips.



**DATE** Tuesday 13 August

**ADDITIONAL COST** Morning tea: Free  
Lunch: prices from \$10

## Monash Morning Melodies at Lazy Moes – Oakleigh

Phil Carroll is a versatile entertainer performing an extensive repertoire of songs from around the world. With his vibrant energy, Phil will have you dancing and singing along as he roves around the room. Don't miss out on a morning filled with fun and entertainment.



**DATE** Wednesday 21 August

**ADDITIONAL COST** Morning Melodies entertainment: \$8  
(charged to your account)  
Morning tea: prices start from \$5  
Lunch: prices start from \$19

## Intergenerational Morning Tea at Cabena Playgroup

Join us for a fun and lively intergenerational morning tea where older adults, parents and children will come together to enjoy each other's company. Whether you want to play games, sing, or just have a coffee and chat, this is the perfect opportunity to establish new friendships across generations. Afterwards we will go to the Positive Ageing Activity Centre in Oakleigh for lunch (please bring your own).



**DATE** Tuesday 27 August

**ADDITIONAL COST** Morning tea: Free  
Lunch: BYO - non catered event

## Long Lunch at Micawber Tavern – Belgrave

Come along for a long, social, leisurely lunch with the fire roaring in the corner. Surrounded by the old forest, ferns and the beautiful Clematis Creek, it is simply the best place to be on a chilly day. This is a luncheon outing only. Pick-up is between 10am-11.30am to arrive by 12pm for lunch.



**DATE** Thursday 29 August

**ADDITIONAL COST** Lunch: two-course menu from \$25  
(please bring cash for payment)

## Come and Try Walking Basketball

### Waverley Basketball Association

Walking basketball is a low-impact, social and fun way to improve the levels of physical activity for participants across all genders, abilities and experience (especially older adults). Whether you played years ago and want to get back into it, have never touched a ball, or want to give something new a try, come along and join in.

**DATE** Alternating Wednesdays between Waverley Basketball Stadium and Phoenix Park Community Centre

**TIME** 10.30am-11.15am  
at Waverley Basketball Stadium  
10.45am-11.30am  
at Phoenix Park Community Centre

**VENUE** Waverley Basketball Stadium  
Corner Batesford Road and  
Power Avenue, Chadstone  
Phoenix Park Community Centre  
22 Rob Roy Road, Malvern East

**COST** FREE

**BOOKINGS** No bookings required. For enquiries  
✉ [falcons@waverleybasketball.com](mailto:falcons@waverleybasketball.com)

**PARKING** On-site parking



## Come and Try Walking Football

### Eastern Lions Soccer Club

Come try walking football in a fun, social and safe environment at this social program for seniors aged 50+. Prior experience is not required and, beginners are welcome! Our goal is to promote health and social connection through football. Come and try this beloved sport, learn skills at your own pace and join us for a coffee after the game.

**DATE** Every Tuesday

**TIME** 10am-11am

**VENUE** Eastern Lions Soccer Club  
26 Sixth Avenue, Burwood

**COST** FREE

**BOOKINGS** ✉ [jimmyrooney3@hotmail.com](mailto:jimmyrooney3@hotmail.com)

**PARKING** On-site parking



## Pickleball

### Glen Waverley Bowls Club

**Come and try your hand at one of the most rapidly growing sports in Australia!**

Glen Waverley Bowls Club are now offering pickleball social play, court hire, and membership options.




#### What is pickleball?

- It's a combination of tennis, table tennis and badminton.
- Played with a paddle on a badminton-sized court.
- Easy to pick up.
- It's a great low-impact workout.
- Fun for all ages and all skill levels!

Glen Waverley Bowls Club are a friendly and supportive community of bowlers and pickleball players, who share a passion for the sport and a spirit of camaraderie.

Beginners are welcome and all equipment will be provided by the club.

**VENUE** Glen Waverley Bowls Club, 690 Waverley Road

**BOOKINGS**  [www.glenwaverleybowlsclub.com/pickleball-booking-schedule](http://www.glenwaverleybowlsclub.com/pickleball-booking-schedule)  
or  9561 3227 or  [mail@glenwaverleybowlsclub.com.au](mailto:mail@glenwaverleybowlsclub.com.au)



## Women's Only Swim Sessions

ACTIVE Women is a program designed for women to socially connect in a fun, safe and private environment. Program includes Casual Swim, Swimming Lessons, and Aqua Classes.

<b>DATE</b>	Every Sunday
<b>TIME</b>	From 6.30pm
<b>VENUE</b>	Clayton Aquatics and Health 9/15 Cooke Street
<b>COST</b>	From \$7.20
<b>BOOKINGS</b>	📞 9265 4888
<b>PARKING</b>	On-site parking



## Dementia-Friendly Group Class

A friendly class specifically designed for those with early-stage dementia to help individuals move and exercise in a safe and fun environment. Led by experienced and qualified group exercise instructors, this class is engaging and enjoyable.

The class will work on improving functional strength, flexibility and cognitive stimulation. Exercising helps to prevent falls and maintains healthy mind, body and spirit. Other positive effects include improved mood sleep and quality of life.

<b>DATE</b>	Wednesdays
<b>TIME</b>	11.30am-12.30pm
<b>VENUE</b>	Oakleigh Recreation Centre, 2A Park Road
<b>COST</b>	\$8.20
<b>BOOKINGS</b>	✉ ActiveMonash@monash.vic.gov.au
<b>PARKING</b>	On-site parking



**The Sustainable Monash team is here to help you achieve your sustainability goals and reduce the impact on our environment.**

Get independent advice and support to access rebates to install solar by a local government-led program 🌐 <https://solarsavers.org.au>



**sustainable  
monash**



**Solar  
SAVERS**



**Join our Gardens for Wildlife program to create an indigenous habitat garden in your own property.**

There are free regular workshops, hard copy and online resources, and a plant voucher for 20 free seedlings to get you started.

A volunteer garden guide can also visit to help you plan.

🌐 [www.monash.vic.gov.au/gardens-for-wildlife](http://www.monash.vic.gov.au/gardens-for-wildlife)

**Sustainable Monash runs regular workshops and events for the community on a range of sustainability activities.**

Use this QR link to sign up to our Sustainable Monash e-news to keep updated on our current events, and learn about local heroes and inspiring stories. 🌐 [www.monash.vic.gov.au/sustainable-news](http://www.monash.vic.gov.au/sustainable-news)



Image: Ponch Hawkes, *500 Strong*

**Photoshoot callout: participants required!**

The **Museum of Australian Photography (MAPh)** is looking for women over the age of 50 to pose nude for renowned Australian photographer Ponch Hawkes.

In celebration of the diversity and acceptance of older women's bodies, Ponch is creating 500 portraits for an exhibition, *500 Strong*, to be curated by Jane Scott.

Ponch and Jane invite people who identify as women, over the age of 50 from all ethnic backgrounds and abilities, to participate in a photoshoot at MAPh. Wheelchair access is available. All participants receive a small copy of their portrait and will be included in the full exhibition, *500 Strong*, in November at the museum.

To express your interest, get in touch with MAPh via email or give us a call, and we'll let you know all the details. We'd love to hear from you!

**Photoshoot 1+2 June at MAPh**  
860 Ferntree Gully Rd, Wheelers Hill VIC

**Website** [maph.org.au](http://maph.org.au)

**Email** [maph@monash.vic.gov.au](mailto:maph@monash.vic.gov.au)

**Phone** 8544 0500



**MUSEUM OF  
AUSTRALIAN  
PHOTOGRAPHY**

## 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 (e.g. 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.

## COVID-19 SAFETY

All in-person events will follow health guidelines and government recommendations or restrictions. Please do not attend if you feel unwell or have COVID-19 symptoms.

### 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](http://www.monash.vic.gov.au)

 [PALS@monash.vic.gov.au](mailto: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

