

Activities and Events  
for Older People



CITY OF  
MONASH

PALS

positive  
ageing  
*lifestyles*



JANUARY - APRIL **2019**

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# General Information

## What is PALS? How to book

**P**ALS is a **Positive Ageing Program aimed at promoting healthy, active ageing and social inclusion.**

The program provides older members of our community with information on social activities and healthy living. Any older adult who lives, works or visits Monash can participate. Most of the activities are FREE, however, some events may include a small cost. Further details are included in this booklet.

Please read through the booklet and choose any events and activities that you would like to participate in. For each listing, there is a telephone number or email address for bookings. Please use the specific details under each listing to book for that particular event. Please note, many of the events have a cap on the number of participants.

### Community Events

A number of events listed in this program are run by community groups and/or organisations other than Monash Council. Monash Council does not take responsibility for the management of these community events.


We try to make sure that all event details are correct at the time of printing. However, details are subject to change without notice.

### Community Transport

Some Council events offer transport. Transport bookings must be made one week prior to the advertised event date. Transport is available to Monash residents at an additional fee and subject to availability.



## Accessibility

There are varying levels of access to Council-organised PALS events and programs. For clarification, please contact the organising group for confirmation. You can check the accessibility of various Council events by contacting the PALS team on  9518 3555 (ask for Social Inclusion)

## Further assistance

This book is available in other formats and languages upon request. Please contact Monash Council on:

-  9518 3555
-  [PALS@monash.vic.gov.au](mailto:PALS@monash.vic.gov.au)
-  [www.monash.vic.gov.au/PALS](http://www.monash.vic.gov.au/PALS)
-  [facebook.com/CityofMonash](https://facebook.com/CityofMonash)
-  [twitter.com/MonashCouncil](https://twitter.com/MonashCouncil)





# Monash Café Connect

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**C**ome along  
and excite  
your taste buds at  
one of Monash's  
local cafés or  
restaurants.

Join our Monash Café Connect program where you can meet other local residents and enjoy a lunch or even just coffee and cake. It's a great way to get outside your home and into the community with your fellow neighbours and friends from Monash. Stay connected with Monash seniors, meet neighbours and build friendships.

To book for the Monash Café Connect program, please call Monash Council on  **9518 3555**.

## The next series of these Monash Café Connect gatherings will be hosted at the following restaurants:

### Scenic Dinner @ Sky Bar and Kitchen

**Date:** Mon 4 February **Time:** 5pm

**Location:** Sky Bar & Kitchen

52 Montclair Ave, Glen Waverley

(Enjoy roof top dining with a spectacular view).

*Please note there is lift access available if required*

**Cost:** Special Café Connect price \$35 per head for set menu dinner. Includes glass of wine, entrée, main meal and dessert.

.....  
**Date:** Tue 19 Feb **Time:** 12pm

**Location:** Monash Curry and Tandoor (Back by popular demand)

9 Glenwood Ave, Glen Waverley

**Cost:** Special Café Connect price \$10-\$15

# Monash Café Connect

**Date:** Thurs 14 March **Time:** 12pm

**Location:** Meat Me, Souvlakeri Grill House

24 Eaton St, Oakleigh

**Cost:** Lunch prices \$8.50-\$18

**Date:** Tue 2 April **Time:** 12.30pm

**Location:** Airstream Café

Century City Walk, 285-287 Springvale Rd, Glen Waverley

**Cost:** Special Cafe Connect price: \$10 for a set menu lunch.

**Date:** Thurs 25 April **Time:** 12pm

**Location:** Hotel Bruce County, Overflow Café

445 Blackburn Rd, Mt Waverley

**Cost:** 2 Course lunch, Café Connect price \$20

## Silver Rainbow Café Connect (Exhibition followed by canapés & Jazz)

mga

Connecting friends, allies and people who identify with the LGBTIQ community in a welcoming and supportive social setting. This event is open to all the community and is an opportunity to meet with fellow friends of Monash and see the spectacular Monash Gallery of Art (MGA).

Come along to this relaxed event and enjoy a glass of bubbles on arrival, followed by a tour through an exhibition and some delicious canapés

**Date:** Fri 29 March **Time:** 4pm-6pm

**Location:** Monash Gallery of Art

860 Ferntree Gully Rd, Wheelers Hill

**Cost:** Café Connect price \$10

# Positive Ageing Activity Centre (PAAC)

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**The Positive Ageing Activity Centres help older residents connect with people in their local community while enjoying good company, social activities, healthy and active ageing programs, social outings and culturally vibrant community lunches.**

Older residents can build friendships with others in their community, engage in social interaction and participate in healthy and active ageing activities with the support of staff. Any older resident looking for an opportunity to get out of the house and connect with others is encouraged to visit a PAAC.

Monash Council operate centres in Mulgrave and Oakleigh.

Residents are encouraged to attend a centre close to their home. Days and locations vary.

There is a daily fee for each centre which includes morning tea and activities. Transport is available upon request at an additional minimal cost. \*Subject to assessment and availability.

If you are over 65 years and wish to access this service, please contact:

**My Aged Care** 📞 1800 200 422

🌐 [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

For further information please contact Monash Council directly on

📞 **9518 3555** (ask for Social Inclusion)

*Funded by the Australian Government Department of Health. Although funding for this social support service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.*



# Monash Seniors on the Move

## When you need some support to get out and about

**M**onash Seniors on the Move is a program designed to give you the opportunity to get out to some beautiful destinations with great company.

### **My Aged Care program, assessment required.**

Monash Seniors on the Move is a social program that offers a door-to-door transport service. Outings include trips to the Dandenong Ranges, Melbourne City, Yarra Valley & Mornington Peninsula. The day often includes a scenic destination followed by lunch.

**Cost:** \$8.30 per person, which includes door-to-door transport. Café and restaurant lunches are an additional cost and are payable directly to the café or restaurant. The average meal prices are listed with most events.

To access the Monash Council Seniors on the Move program, prospective participants can call **My Aged Care** on 📞 **1800 200 422** to arrange for an Aged Care Assessment.

 [www.myagedcare.gov.au](http://www.myagedcare.gov.au)

For more information:

Monash Seniors on the Move 📞 **9518 3247**

*Funded by the Australian Government Department of Health. Although funding for this social support service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.*





Halcyon

## Positive Ageing Activity Centre

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**H**alcyon is located amongst the greenery of Glen Waverley Golf Course. It provides a specialist day program for people living with Alzheimer's disease, dementia, memory loss, Parkinson's, disability and so much more.

The centre provides opportunities for people to socialise, engage in recreational activities and visit places of interest.

While people are enjoying themselves at the centre, their carers can enjoy some respite time knowing their loved ones are being cared for by specialist staff. The centre operates Tuesday-Friday (10am-3pm) excluding public holidays.

**Enquiries** ☎ 9561 8282 (9am-2pm).

*Funded by the Australian Government Department of Health. Although funding for this social support service has been provided by the Australian Government, the material contained herein does not necessarily represent the views or policies of the Australian Government.*

### Halcyon Carer Support Program

#### Casual Carers Support Group

Come along and join us for a cuppa at a local café to unwind, unpack and debrief. This is a free group supported by Halcyon staff and volunteers. This group meets on the first Tuesday of every month.

**Date:** Tue 5 Feb, 5 March and 2 April

**Time:** 11am-12pm

**Venue:** The Hills Pantry, 190 Jells Rd  
Wheelers Hill

**Bookings:** ☎ 9561 8282

**Cost:** FREE (Food and drink are available at your expense)





Halcyon

## Positive Ageing Activity Centre

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### Carer Support Program

Advance Care Planning presented by Carers Australia

Would you like to make an advance care plan but are unsure where to start? Advance care planning helps ensure that your family and your doctors know what your health and personal care preferences really are. Whatever age, we can think about our values and preferences, discuss them and write them down in an Advanced Care Plan. Light refreshments provided.

**Session 1:** The what, why and who of advance care planning

Understand more about advance care planning and begin to explore your own values and preferences about your health and personal care.

**Date:** Mon 4 March

**Time:** 10am-1pm

**Venue:** Halcyon Aged Activity Centre, 915 Waverley Rd, Glen Waverley

**Bookings:** ☎ 9518 3555

**Cost:** Free

**Session 2:** Documenting your plan

Understand the process of developing your advance care plan including appointing a medical treatment decision maker and completing an advanced care directive.

**Date:** Mon 18 March

**Time:** 10am-1pm

**Venue:** Halcyon Aged Activity Centre, 915 Waverley Rd, Glen Waverley

**Bookings:** ☎ 9518 3555

**Cost:** Free





# Safety In Monash

## Quick Tips on Safety – Staying healthy in the heat

- » Look after yourself and keep in touch with sick or frail friends, neighbours or relatives
- » Drink plenty of water, even if you don't feel thirsty (if your doctor normally limits your fluid check how much to drink during hot weather)
- » Keep yourself cool by using wet towels, putting your feet into cool water and taking cool (not cold showers)
- » Spend as much time as possible in cool or air conditioned buildings (for example shopping centres, libraries, cinemas or community centres).
- » Block out the sun at home during the day by closing curtains and blinds. Open the windows when there is a cool breeze
- » Don't leave children, adults or animals in parked vehicles
- » Stay out of the sun in the hottest part of the day
- » Eat smaller meals more often and cold meals such as salads. Make sure food that needs refrigeration is properly stored
- » Avoid strenuous activities like sport, home improvements and gardening
- » Watch or listen to news reports that provide more information during the heatwave.

To find out more about staying healthy in the heat, find some useful tips at: [www2.health.vic.gov.au/public-health/environmental-health/climate-weather-and-public-health/heatwaves-and-extreme-heat](http://www2.health.vic.gov.au/public-health/environmental-health/climate-weather-and-public-health/heatwaves-and-extreme-heat)

or contact Monash Council  9518 3555







# 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

 [facebook.com/  
eyewatchmonash](https://www.facebook.com/eyewatchmonash)


You do not have to sign up to Facebook to view this public page.


## 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](http://www.nhw.com.au/monash)  
or look them up on


 [facebook.com/NHWmonash](https://www.facebook.com/NHWmonash)

To request the Monash NHW e-Newsletter, please send a request to  [nhw.monash.eneews@gmail.com](mailto:nhw.monash.eneews@gmail.com)

## South East Volunteers Safety Register in Monash

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**, please call

 9562 0414.

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



Safety

In Monash

## Identifying scams presented by Consumer Affairs

**S**cams come in all shapes and sizes. Have you received an offer that seems too good to refuse, or a request to donate to a good cause? Perhaps an invitation to 'befriend' or connect with an online admirer? Scammers know how to press your buttons to get what they want.

Scams target people of all backgrounds, ages and income levels. Every year scams cost Australians millions of dollars and cause considerable non-financial harm.

One of the best ways to combat this type of fraud is to stay one step ahead of the scammers by being aware of scams and how to protect yourself.

Three sessions on offer - bookings required ☎ 9518 3555

**Date:** Friday 15 February  
**Time:** 10am-12pm  
**Location:** Wheelers Hill Library  
860 Ferntree Gully Rd

**Date:** Monday 18 February  
**Time:** 10am-12pm  
**Location:** Glen Waverley Library  
112 Kingsway

**Date:** Tuesday 5 March  
**Time:** 10am-12pm  
**Location:** Oakleigh Library  
148 Drummond St


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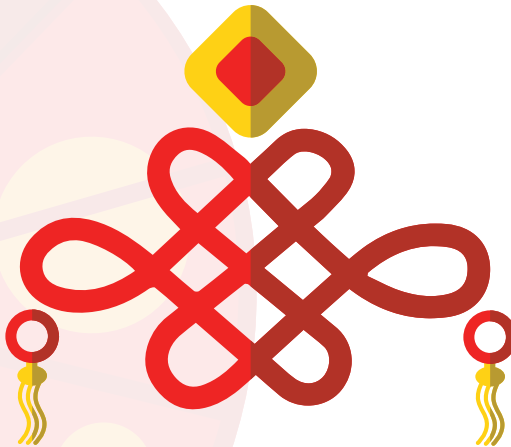
## Something Chinesey

**Date:** Wed 27 Feb  
**Time:** 11am-12pm  
**Location:** Monash Civic Centre  
Function Room  
293 Springvale Rd  
Glen Waverley  
**Bookings:**  9518 3555  
**Cost:** Free

Please come together and join Ping, a Chinese teacher who is excited to share her years of experiences with effective Chinese practises that enhance wellbeing.

This relaxed session will include Tai Chi, self-massage on pressure points, information on Chinese culture and learning different greetings in Chinese language.

Light Chinese refreshments will be served.







## Something Spicy

An Indian cultural experience, here in Monash!

**Come together on a journey with our experienced guest speakers as they share their wealth of knowledge on all things Indian.**

Learn about the diversity of India, the language, dress, food, wellbeing, and of course Bollywood dancing.

Light Indian refreshments will be served.

**Date:** Wed 13 March

**Time:** 11am-12.30pm

**Location:** Monash Civic Centre  
Function Room  
293 Springvale Rd  
Glen Waverley

**Bookings:** 9518 3555

**Cost:** Free





## Something Chinesey continued...

### **Day trip by public transport: Melbourne Chinese Museum and traditional Yum Cha lunch**

Experience the rich history and culture of Melbourne's Chinese community at the Melbourne Chinese Museum in the heart of Chinatown.

Stay on to enjoy a delish traditional Chinese Yum Cha lunch. Yum cha, also known as going for dim sum, is the Cantonese tradition of brunch involving Chinese tea and dim sum.

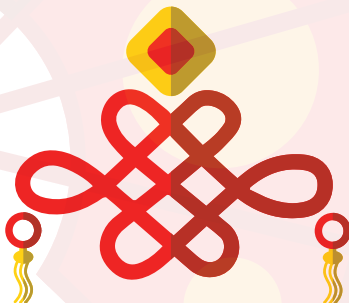
The Chinese Museum is located in Melbourne's Chinatown between Little Bourke and Lonsdale Streets, behind Her Majesty's Theatre. The nearest train station is Parliament Station.

<b>Date:</b>	Thurs 11 April
<b>Time:</b>	9.30am-2pm
<b>Location:</b>	Melbourne CBD via Public Transport
<b>Bookings:</b>	☎ 9518 3555
<b>Cost:</b>	\$25 entry and Yum Cha lunch (myki travel at own expense)

A detailed itinerary will be mailed out to you one week prior to the trip.

Please note this event involves a lot of walking. Wear comfortable shoes, a hat and bring a water bottle.

Participants will need to be able to independently access public transport.





# Mamma Mia! Here we go again

**Friday 15 February**

**11am - approximately 12.30pm**

**Running time: 1 hour, 45 minutes**

**Monash Civic Centre, Function Room**

**293 Springvale Rd, Glen Waverley**

**Bookings: ☎ 9518 3555**

**Rating: PG - Comedy**

In 1979 young Donna, Tanya and Rosie graduate from Oxford University -- leaving Donna free to embark on a series of adventures throughout Europe. On her journeys, she makes the acquaintances of Harry, Bill and Sam - the latter of whom she falls in love with, but he's also the man who breaks her heart. In the present day, Donna's pregnant daughter, Sophie, dreams of renovating a taverna while reuniting with her mother's old friends and boyfriends on the Greek island of Kalokairi.



# The Greatest Showman

**Thursday 21 March**

**11am – approximately 1pm**

**Running time: 1 hr 46 minutes**

**Clayton Community Centre**

**Theatre, 9-15 Cooke St, Clayton**

**Bookings: ☎ 9518 3555**

**Rating: PG**

Inspired by the imagination of P. T. Barnum, The Greatest Showman is an original musical that celebrates the birth of show business & tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.





# Love is Strange

**Wednesday 24 April**

**11am – approximately 1pm**

**Running time: 95 minutes**

**Clayton Community Centre**

**Theatre, 9-15 Cooke St, Clayton**

**Bookings: ☎ 9518 3555**

**Rating: M**

After Ben and George get married, George is fired from his teaching post, forcing them to stay with friends separately while they sell their place and look for cheaper housing - a situation that weighs heavily on all involved.





## Community Events - January & February

JAN

### Australia Day Walk Waverley Bushwalking Club

**Date:** Saturday 26 January

**Time:** 9.15am-12pm

**Address:** Jells Park at Madeline's Tea House, Extension of Waverley Rd, Wheelers Hill

**Cost:** FREE

**Bookings required:** ☎ 9518 3555

🌐 [www.waverleybushwalking.org.au](http://www.waverleybushwalking.org.au)

Come along to celebrate Australia Day with a leisurely walk within Jells Park and option to visit Norton Park. Wear appropriate walking shoes, sunscreen and a hat. Bring along a bottle of water and morning tea.

FEB

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### Try Bowls Day (Lawn Bowls) Glen Waverley Bowls Club

**Date:** Sunday 10 February

**Time:** 11am-2pm

**Address:** Glen Waverley Bowls Club  
690 Waverley Rd

**Cost:** FREE

**No bookings required/enquiries:**

☎ 0418 538 439

🌐 [www.glenwaverleybowlsclub.com.au](http://www.glenwaverleybowlsclub.com.au)

Come and enjoy a free bowls clinic where people of all ages and ability can try lawn bowls to see if they would like to take up the sport.





## Community Events - February

FEB  
FEB  
FEB

### Multicultural meet a lifeguard Mackie Road Neighbourhood House

**Date:** Tuesday 19 February

**Time:** 12.30pm-1.30pm

**Address:** 36-42 Mackie Rd, Mulgrave

**Cost:** FREE

**Bookings required:** ☎ 9548 3311

🌐 [www.mackierdnh.org.au](http://www.mackierdnh.org.au)

An interactive session designed to educate groups about how to be safe around water. The session is conducted by a trained lifeguard and is tailored to suit the cultural and language requirement of each group.

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### “BRILLIANT LIES” by David Williamson Peridot Theatre

**Date:** 1,2,6,7,8,9,13,14,15 & 16 February

**Time:** 8pm

**Date:** 3 February

**Time:** 2.15pm

**Date:** 10 February

**Time:** 4pm

**Performance Duration:** 2hr 30mins

**Address:** Unicorn Theatre  
Mount Waverley Secondary College  
Lechte Rd

**Cost:** Full Price \$27, Concession \$24

**Bookings required/enquiries:**

☎ 0429 115 334

🌐 [www.peridot.com.au](http://www.peridot.com.au)

Come and enjoy an adult comedy about a woman who accuses her former boss of harassment and unfair dismissal after failing to comply with his sexual demands.





## Community Events - March & April

MAR

### Explore Scotchman's Creek Friends of Scotchmans Creek and Valley Reserve

**Date:** Monday 18 March

**Time:** 9.30am-11.30am

**Address:** Valley Reserve Car Park  
Corner Waimarie Dr & Wills Ave  
Mt Waverley

**Cost:** FREE

**Bookings required:** ☎ 0419 373 725

🌐 [www.scotchmanscreekfriends.org.au](http://www.scotchmanscreekfriends.org.au)

Come along and enjoy an escorted walk along Scotchmans Creek followed by a morning tea.

APR

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### Hot Cross Bun's Morning Tea at THE HUB Glen Waverley Uniting Church

**Date:** Thursday 4 April

**Time:** 10am-12pm

**Address:** Corner Bogong Ave  
and Kingsway

**Cost:** FREE/Donations welcome

**Bookings required:** ☎ 9560 3580

🌐 [www.gwuc.org.au](http://www.gwuc.org.au)

All donations will go towards The Royal Children's Hospital Good Friday Appeal. Bring your family and friends as all ages welcome.

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### One Act Play Peridot Theatre

**Date:** 11,12 & 13 April **Time:** 8pm

**Date:** 14 April **Time:** 2.15pm

**Performance Duration:** 2hr 30mins

**Address:** Unicorn Theatre  
Mount Waverley Secondary  
College, Lechte Rd

**Cost:** \$15

**Bookings required/enquiries:**

☎ 0429 115 334 🌐 [www.peridot.com.au](http://www.peridot.com.au)

Come and enjoy three one act plays.







## Regular Groups - Monday

MON

### Craft Group Mackie Road Neighbourhood House


**Date:** Mondays


**Time:** 10am-12pm

**Address:** 36-42 Mackie Rd  
Mulgrave

**Cost:** \$3 per session

**Bookings required/enquiries:**

 9548 3311

 [www.mackierdnh.org.au](http://www.mackierdnh.org.au)

This group meets weekly to work on a variety of projects. Bring along your latest craft project and enjoy creating in the company of other friendly makers.

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### Leisure Time Glen Waverley Uniting Church


**Date:** Mondays

**Time:** 10.30am-2pm

**Address:** Corner Bogong Ave  
and Kingsway

**Cost:** First visit free/subsequent  
sessions \$7 per week

**Enquiries:**  9560 3580

 [www.gwuc.org.au/mission/  
community-hub](http://www.gwuc.org.au/mission/community-hub)

Come and join Leisure Time which is an inclusive and caring program for seniors. Our weekly meetings provide friendship and a variety of activities and outings. Enjoy a freshly cooked meal. Accessible venue and limited transport available. My Aged Care assessment not required.



MON



## Regular Groups - Monday

### MRNH Happy Ladies Group Mackie Road Neighbourhood House


**Date:** Mondays

**Time:** 11am-12pm

**Address:** 36-42 Mackie Rd, Mulgrave

**Cost:** \$3 per session

**No bookings required/Enquiries:**

 9548 3311

 [www.mackierdnh.org.au](http://www.mackierdnh.org.au)

Enjoy a comfortable and welcoming environment where you can meet like-minded ladies and be taught positive affirmations, breathing techniques and meditation.

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### Easy Does It Glen Waverley Anglican Church


**Date:** Mondays (Each week except public holidays)

**Time:** 1.30pm-2.30pm

**Address:** 800 Waverley Rd

**Cost:** \$5

**No bookings required/Enquiries:**

 0410 501 137 or 0412 918 007

 [www.gwac.org.au](http://www.gwac.org.au)

With regular practice movements improve balance, muscle strength and flexibility. Most exercises can be undertaken sitting or standing. Enjoy a cuppa and conversation after your exercise.

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### Scottish Country Dancing Classes Waverley Scottish Society


**Date:** Mondays (March until the end of November)

**Time:** 8pm-10pm

**Address:** St John's Uniting Church Hall, 37 Virginia St, Mt Waverley

**Cost:** \$7 per week

**Bookings required for the first class/Enquiries:**  9802 4464

 [www.waverleyscottishsociety.com](http://www.waverleyscottishsociety.com)

Come and join The Scottish Country Dancing Classes that provide fitness, fun and friendship, just bring a pair of soft shoes. Good fitness and mobility required.



## Regular Groups - Tuesday

THE

### **Glencare Social Support Group** Wavecare Counselling Service

**Date:** Tuesdays

**Time:** 9.30am-2.45pm

**Address:** Glen Waverley  
Community Centre, Hall number 2,  
700 Waverley Rd

**Cost:** \$10/\$20

**Bookings required:**  9560 6722

 [www.wavecare.org.au](http://www.wavecare.org.au)

Glencare is a senior social support group that operates every Tuesday from The Glen Waverley Community Centre. Activities at Glencare include art, craft, light exercises, monthly outings and educational guest speakers. Morning tea and a hot lunch is also provided.

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### **The Salvation Army Companion Club** The Salvation Army


**Date:** Tuesdays (from 5 February)

**Time:** 9.45am-11.45am

**Address:** 958 High Street Rd  
Glen Waverley

**Cost:** \$2

**No bookings required/Enquiries:**

 9803 2587

Come along and enjoy some fun & fellowship every Tuesday morning. Join the activities including a guest speaker / entertainer. Morning tea is provided.





## Regular Groups - Tuesday



### **Gentle Exercise for Seniors** Mackie Road Neighbourhood House

**Date:** Tuesdays

**Time:** 10am-11am

**Address:** 36-42 Mackie Rd, Mulgrave

**Cost:** \$110 for 10 week term

**Bookings required:** ☎ 9548 3311

🌐 [www.mackierdnh.org.au](http://www.mackierdnh.org.au)

Come and enjoy these exercises specifically designed for older people to help improve balance, strength and mobility. Suitable for all levels and can be undertaken while seated.

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### **Stretch and Stabilise** Mackie Road Neighbourhood House

**Date:** Tuesdays

**Time:** 11am-12pm

**Address:** 36-42 Mackie Rd, Mulgrave

**Cost:** \$110 for 10 week term

**Bookings required/Enquiries:**

☎ 9548 3311

🌐 [www.mackierdnh.org.au](http://www.mackierdnh.org.au)

Come and enjoy this course which supports the development of strength and flexibility and focuses on movements to enhance balance. These exercises involve mat work so participants need to be able to get down on to and up from the floor.





## Regular Groups - Wednesday

WED

### Chinese Social Support Group MiCare


**Date:** Wednesdays

**Time:** 9.30am-12.30pm

**Address:** Glen Waverley Uniting Church, Corner Bogong Ave & Kingsway

**Cost:** \$2

**Bookings required/Enquiries:**

 9728 7431 or 0410 799 771

 [www.micare.com.au](http://www.micare.com.au)

Seniors from a Chinese background are invited to come and enjoy an opportunity to meet new people. Activities include gentle exercises, singing and storytelling, board games, crafts, outings and excursions and celebrations of culturally significant events.

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### Introduction to Computing for Seniors Mackie Road Neighbourhood House


**Date:** Wednesdays

**Time:** 9.30am-10.30pm

**Address:** 36-42 Mackie Rd, Mulgrave

**Cost:** \$65 for 6 weeks

**Bookings required:**  9548 3311

 [www.mackierdnh.org.au](http://www.mackierdnh.org.au)

Learn the latest sewing skills from a talented dress and design instructor while meeting new people at the same time.

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### Good Neighbour Club Mulgrave Uniting Church


**Date:** Wednesdays

**Time:** 10.30pm-2pm

**Address:** 62 Wanda St, Mulgrave

**Cost:** FREE/Gold coin donation

**No bookings required/Enquiries:**

 9546 6782

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.





## Regular Groups - Wednesday

WED

### Introduction to Gardening Mackie Road Neighbourhood House

**Date:** Wednesdays

**Time:** 12.30pm-1.30pm

**Address:** 36-42 Mackie Rd, Mulgrave

**Cost:** \$45

**Bookings required:** ☎ 9548 3311

🌐 [www.mackierdnh.org.au](http://www.mackierdnh.org.au)

This hands on program with our experienced Horticulturalist covers a range of topics including getting to know plants, propagating, managing weeds and basic garden design.

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### Monthly Meeting Monash National Seniors

**Date:** First Wednesday of Each Month (February to November)

**Time:** 1.15pm-3.30pm

**Address:** Mount Waverley community Centre, 47 Miller cres

**Cost:** FREE

**No bookings required/enquiries:**

☎ 9561 4939 or 9790 5073

We are a voice of people over 50, securing benefits and lobbying Government. Come along and enjoy an afternoon tea and listen to our interesting speakers and get to know our regular outings and events.





## Regular Groups - Wednesday

WED

### Regular Group Waverley Film Society


**Date:** Second Wednesday of the month (February to December)  
Second and Third terms


**Time:** 7.45pm-10.15pm

**Address:** St John's Uniting Church Hall, 43 Virginia St, Mt Waverley

**Cost:** FREE first visit (\$30 Annual fee)

**No bookings required/enquiries:**

 9807 3426

 [www.waverleyfilm.org.au](http://www.waverleyfilm.org.au)

Come and join Waverley Film Society and enjoy our monthly screening on second Wednesdays of the month. The Waverley Film Society has been screening older classic movies once a month for almost 30 years.

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### Waverley Widowed Support Group Weekly Meetings


**Date:** Wednesdays

**Time:** 7.30pm-9.30pm

**Address:** Kerrie Neighbourhood House, 36 Kincumber Dr, Glen Waverley

**Cost:** \$5

**No bookings required/enquiries:**

 9802 2316 or 9725 6843

This group is for widows, widowers and those who have lost a partner. We offer support to help each other through grief. This voluntary group also offers social outings in a safe and supportive environment.

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### Creative Craft Group Glen Waverley Anglican Church


**Date:** Wednesdays (20 February - 20 March & 17 April)

**Time:** 8pm-10pm

**Address:** St Barnabas Ministry Centre, 800 Waverley Rd

**Cost:** \$6 per session

**Bookings required/enquiries:**

 9803 1245

 [www.gwac.org.au](http://www.gwac.org.au)

Our Creative Craft classes includes tasks that are always easy so everyone can achieve rewarding results. Come and enjoy companionship and support while working with a group of like-minded ladies.



THUR



## Regular Groups - Thursday

### **Snooker Club** Mulgrave Uniting Church


**Date:** Thursday

**Time:** 9.15am-11.30am

**Address:** 62 Wanda St

**Cost:** \$1 Gold coin donation

**No bookings required/enquiries:**

 0408 037 054

Come and enjoy an opportunity to meet new people, share stories and enjoy social men's snooker for retired gentlemen.

---

### **Mates Plus** Glen Waverley Anglican Church


**Date:** Third Thursday of the month

**Time:** 9.30am-5pm

**Address:** TBA (Three weeks prior to the event)

**Cost:** TBA

**Bookings required/enquiries:**

 0419 359 010

 [www.gwac.org.au](http://www.gwac.org.au)

Our monthly outings provide fellowship to males who no longer have the benefits of workmates. Coming outings could include City Laneways, Maritime Museum, Botanical Gardens, St Kilda Foreshore and Melbourne Museum etc.

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### **Monthly Meeting** Ladies Probus Club of Waverley Central

**Date:** Second Thursday of the month

**Time:** 10am-12pm

**Address:** Masonic Centre, 318-322 Stephenson's Rd, Mt Waverley

**Cost:** \$45 per year

**Enquiries:**  9560 7704

Our organisation provides friendship & fellowship with monthly meetings and smaller sub groups covering a range of activities. Learn more about books, computers and gardening & join us for walking, entertainment and outings.







## Regular Groups - Thursday

THUR

### Monthly Meeting Syndal Ladies Probus Club

**Date:** Fourth Thursday of the month

**Time:** 9.45am-12pm

**Address:** Mount Waverley Youth Hall, 47 Miller Cres

**Cost:** FREE/donations welcome

**Bookings required/enquiries:**

☎ 9561 6750

Our friendly club has a monthly speaker, day outings, bus trips, movies, theatre, dine outs, walking, gardening and craft groups. It's a great way to socialise and make new friends.

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### Monthly Meeting Probus Club of Mount Waverley

**Date:** Third Thursday of the month

**Time:** 10am-12pm

**Address:** Masonic Centre, 318-322 Stephensons Rd, Mt Waverley

**Cost:** FREE

**Enquiries:** ☎ 0408 543 605

A men's club for active retirees for friendship, fellowship and fun.

---

### Monthly Meeting Probus Club of Waverley

**Date:** First Thursday of the month

**Time:** 10am-12pm

**Address:** Mount Waverley Youth Centre, 43 Miller Cres

**Cost:** FREE

**Enquiries:** ☎ 9807 3350

Our friendly club has a monthly speaker, day outings, holidays, theatre nights. Walks, dine outs and luncheons. It's a great way to socialise and make new friends.



## Regular Groups - **Thursday**

THUR

### **Over 50's Card Club** Wheelers Hill Uniting Church


**Date:** Thursdays

**Time:** 12.30pm-3.30pm

**Address:** Wheelers Hill Uniting Church, 751-755 Ferntree Gully Rd

**Cost:** \$2

**No bookings required/enquiries:**

 9560 8021

All are welcome to join us for a game of cards. Games include: 500, Crazy Whist and Red Aces.

---

### **80 Up Club** Mount Street Neighbourhood House


**Date:** Thursdays


**Time:** 1pm-3pm

**Address:** 6 Mount St, Glen Waverley

**Cost:** FREE

**Bookings required/enquiries:**

 9803 8706

 [www.msnh.org.au](http://www.msnh.org.au)

Join our fun activities for the over 80s and indulge in various games, craft, exercise, speakers and afternoon tea.



## Regular Groups - Friday

FRI

### Monthly Meetings The Combined Probus Club of Monash Central

**Date:** Third Friday of every month

**Time:** 10am-12pm

**Address:** Mount Waverley Youth Centre, 45 Miller Cres

**Cost:** \$35 Annual fee

**Enquiries:** ☎ 9808 4009 or 9802 1901

🌐 [www.probusouthpacific.org/microsites/monashcentral](http://www.probusouthpacific.org/microsites/monashcentral)

Join our friendly club of approximately 150 members commencing with formalities followed by a guest speaker. Our monthly meetings include regular outings, dine out, trips, walks and many other social events.

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### Monthly Meeting Monash Combined Probus Club

**Date:** First Friday of the month

**Time:** 10am-12pm

**Address:** Mount Waverley Youth Centre, 43 Miller Cres

**Cost:** FREE

**Enquiries:** ☎ 0400 565 387 or 0407 322 901

🌐 [www.probusouthpacific.org/microsites/monashcombined](http://www.probusouthpacific.org/microsites/monashcombined)

Our friendly club has a monthly speaker, day outings, holidays, theatre nights. Walks, dine outs and luncheons. It's a great way to socialise and make new friends.

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### Monthly Meetings The Combined Probus Club of Syndal

**Date:** Fourth Friday of every month except December

**Time:** 10am-12pm

**Address:** Mount Waverley Youth Centre, 45 Miller Cres

**Cost:** \$35 Annual fee

**Enquiries:** ☎ 8838 8522 or 9802 6209

🌐 [www.probusouthpacific.org/pcsyndal](http://www.probusouthpacific.org/pcsyndal)

Our meetings include regular outings, dine out, trips, walks and many other social events. A number of trips within Australia and overseas are also organised each year.





## Regular Groups - Friday

FRI

### Regular Monthly Meetings Monash Stroke Support Group


**Date:** Third and Fourth Friday of every month


**Time:** 10.30am-12pm

**Address:** Uniting Church  
482 High Street Rd, Mt Waverley

**Cost:** Gold coin donations

**No bookings required/enquiries:**

 0418 537 985

 [www.monashstrokesupport.weebly.com](http://www.monashstrokesupport.weebly.com)

Come and join our support group for stroke survivors, their family and carers. See our website for details of each meeting.

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### Club Meetings Waverley Garden Club


**Date:** First Friday of the month except January

**Time:** 7.30pm-10pm

**Address:** Mount Waverley Youth Hall, 45 Miller Cres

**Cost:** FREE

**No bookings required/enquiries:**

 9806 0424

 [www.waverleygardenclub.com](http://www.waverleygardenclub.com)

Each garden club meeting consists of a presentation by a guest speaker, show bench competition, trading table and more.



SAT



## Regular Groups - Saturday

### Train Your Brain – Glen Waverley Anglican Church


**Date:** Saturdays 9 February,  
2 March and 6 April

**Time:** 8.45am-12pm

**Address:** St Barnabas Ministry  
Centre, 800 Waverley Rd  
Glen Waverley

**Cost:** Gold coin donation

**No bookings required/enquiries:**

 0412 584 691

 [www.gwac.org.au/train-your-brain](http://www.gwac.org.au/train-your-brain)

A monthly program to challenge your brain, provide brain health information plus refreshments and social connection along the way. Try it once and see if it's for you.

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### Waverley City Archers Come and Try


**Date:** Saturdays

**Time:** 9.30am-12pm

**Address:** Archery Pavilion  
Kernot Ave, Mulgrave

**Cost:** FREE

**Bookings required:**  0409 272 437

 [www.waverleycityarchers.org.au](http://www.waverleycityarchers.org.au)

Come and enjoy an opportunity to try the sport of target archery.

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### GWAC Walkers Glen Waverley Anglican Church

**Date:** Fourth Saturday of the month

**Address:** St Barnabas Ministry  
Centre, 800 Waverley Rd, Glen  
Waverley

**Cost:** FREE

**Bookings required/enquiries:**

 9560 6136

 [www.gwac.org.au](http://www.gwac.org.au)

A monthly program to challenge you. Walks are 8 to 10kms of easy to moderate difficulty, somewhere in the outdoors. Walks are generally held on the fourth Saturday of the month except for January.



  **Regular Groups - Various Days**

**Regular Groups** U3A Highvale


**Date:** Monday-Friday (school terms)

**Time:** 9am-3.30pm

**Address:** Highvale Retirement Village, 42-64 Capital Ave  
Glen Waverley

**Cost:** \$50

**Bookings required/enquiries:**

 9803 8592

 [www.u3ahighvale.com.au](http://www.u3ahighvale.com.au)

Come and join a wide variety of courses for retired and semi-retired including computer, singing, languages, music, yoga, line dancing and walking available on various days during the week by U3A Highvale.

**Scrabble** Golden Age Mint Waverley


**Date:** Monday-Wednesday

**Time:** 9.30am-3pm

**Address:** Golden Age, Miller St  
Mt Waverley

**Cost:** \$1

**No bookings required/enquiries:**

 0432 290 880

Seniors over 55 years are invited to come along to play a game of Scrabble, played at all levels.

**Fitness and light exercise** Waverley Fitness Group

**Date:** Mondays

**Time:** 9.30am-10.30am

**Date:** Thursdays

**Time:** 10am-11am

**Address:** Mulgrave Community Centre, 355 Wellington Rd

**Cost:** \$10 Annual fee/\$2 per session

**Bookings required:**  9511 4211

Come and enjoy light exercises including stretching to improve flexibility, balance and maintain bone density and muscle tone.

 **Regular Groups - Various Days**

**THE HUB** Glen Waverley Uniting Church

**Date:** Tuesday-Thursday

**Time:** 10am-2pm

**Date:** Wednesday

**Time:** 10am-12pm

**Address:** Corner Bogong Ave & Kingsway, Glen Waverley

**Cost:** FREE

**No bookings required/enquiries:**

 9560 3580

 [www.gwuc.org.au](http://www.gwuc.org.au)

THE HUB is a welcoming and friendly meeting place where people from the community can come for a cuppa and a biscuit, a chat, some company, or to practice speaking English through informal conversation.

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**Monthly Meetings** Oakleigh Ladies Probus Club

**Date:** Various days

**Time:** 10am-12pm

**Address:** South Oakleigh Bowling Club, 1216-1226 North Rd

**Cost:** \$30 per year

**Bookings required:**  0421 490 983

Second Mondays of the month meetings include tea/coffee and speakers. Monthly Thursday social outing. Last Tuesday of each month - tea/coffee get together at Gum Tree Café - Oakleigh Central.



 **Regular Groups - Various Days**

**Uniting Age Well** Oakleigh Community Hub


**Date:** Monday-Friday

**Time:** 8am-4pm

**Address:** Oakleigh Community Hub, 68-72 Atherton Rd, Oakleigh

**Cost:** Fees apply

**Enquiries:**  9568 0466

 [www.unitingagewell.org](http://www.unitingagewell.org)

Allied health services including physiotherapy, occupational therapy, exercise physiology, massage therapy, tai chi and a specialised senior's gym. We also co-ordinate carer respite services and offer information and advice on ageing well.

.....  
**Social walking Group** Jells Park Walkers

**Date:** Mondays and Thursdays

**Time:** 9.30am-10.30am

**Address:** Jells Park, Wheelers Hill

**Cost:** FREE

**No bookings required/enquiries:**

 9560 7968

Enjoy various activities including celebrating birthdays and walking twice a week. Come along and enjoy dining out on a monthly basis.

.....  
**Fitness Fun for Seniors** Mount Street Neighbourhood House


**Date:** Various days (School term)

**Time:** 12pm-5pm

**Address:** 6 Mount St, Glen Waverley

**Cost:** \$7-\$11 per week

**Bookings required:**  9803 8706

 [www.msnh.org.au](http://www.msnh.org.au)

Our exercise classes range in intensity. Our classes include Gentle Exercise, Strength Training, Cardio, Dance and Pilates. Fun and fitness in a supportive and friendly environment.



  **Regular Groups - Various Days**


**Art & Craft** Mount Street Neighbourhood House

**Date:** Various days (School term)

**Address:** 6 Mount St, Glen Waverley

**Cost:** \$12-\$15 per week

**Bookings required:**  9803 8706

 [www.msnh.org.au](http://www.msnh.org.au)

Select from various activities like Drawing, Painting, Pastel, Card Making, Floral Art, Knitting, Crochet, Mosaic, Patchwork & Quilting, Korean Calligraphy, Needle Felting and Print Making.

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**Cooking Classes** Mount Street Neighbourhood House


**Date:** Various days (Fridays)

**Time:** 12pm-5pm

**Address:** 6 Mount St, Glen Waverley

**Cost:** \$60-\$80

**Bookings required:**  9803 8706

 [www.msnh.org.au](http://www.msnh.org.au)

Come and join our cooking classes. Select from various sessions like “Men in the Kitchen”, Just for the Fellas (4 weeks). “Cooking for one”, Economical, easy and delicious (4 weeks). Turkish cooking “5 Tea” workshop.



## Waverley Community Learning Centre

Come and experience what Waverley Community Centre has to offer in a friendly and supportive environment.

This Neighbourhood House has a range of activities, events and education classes suitable for all ages and interests.

**Address:** 5 Fleet St, Mt Waverley

**Bookings required:**  9807 6011

 [www.wclc.org.au](http://www.wclc.org.au)

### Pilates

**Date:** Various Days  
(10 week term)

**Cost:** \$115

Work on your core muscles using a variety of exercises. Bring your own mat to work out during the Pilates sessions.

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### Strength Training

**Date:** Various Days  
(10 week term)

**Cost:** \$115

Work to improve your bone density, strength and Cardio-vascular fitness.

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### Creative Writing

**Date:** Various Days  
(10 week term)

**Cost:** \$16

Develop your writing skills through writing exercises and group discussions.

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### Art Watercolor & Pastels

**Date:** Various Days  
(10 week term)

**Cost:** \$126

Learn a range of techniques and skills using Watercolors and Pastels.



## Waverley Community Learning Centre

### ◆ Walking Group

**Date:** Various Days  
(Mondays and  
Wednesdays)

**Time:** 10am-11am

**Cost:** \$10

Come and join our friendly group for an hour walk and socialise over a cuppa afterwards. We go around various local locations.

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### ◆ Smartphone

**Date:** Tuesdays

**Time:** 1pm-2pm

**Cost:** \$10

Our one on one session tailored to suit your needs. Bookings are essential and BYO smartphone fully charged on the day.

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### ◆ Solo Card Group

**Date:** Fridays

**Time:** 12.30pm-3.30pm

**Cost:** \$3

Solo card group for intermediate to advance players.

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### ◆ Singing


**Date:** Tuesdays

**Time:** 1pm-3pm

**Cost:** \$10


Learn tips and techniques to improve your singing in a relaxed environment. A variety of music from classical to modern. All skill levels welcome.





 **Monash Public Library Service****Novelist Plus Information Session****Date:** Friday 8 February**Time:** 10.30am-11.30am**Address:** Mount Waverley Library  
(Upstairs), 41 Miller Cres**Cost:** FREE**Bookings required/enquiries:** 9807 5022 [www.monlib.vic.gov.au](http://www.monlib.vic.gov.au)

Novelist Plus is an Online Resource that will help you uncover your next great read! Looking for a new book or author? In this information session uncover how to find books that will match your reading interests and find read-alikes of your favourite books and authors.

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**Brain training! Advice, apps and activities** John Howell  
and Monash Public Library Service**Date:** Friday 8 March**Time:** 10am-12pm**Address:** Mount Waverley Library,  
41 Miller Cres**Cost:** FREE**Bookings required/enquiries:** 9807 5022 [www.monlib.vic.gov.au](http://www.monlib.vic.gov.au)

This session will discuss what brain training means, recommended ways to keep your brain healthy and how apps can fit into a healthy routine. A selection of recommended apps and activities for thinking, memory and fun will also be covered.

 **Monash Public Library Service****Treasures of Trove****Date:** Friday 22 March**Time:** 10.30am–12pm**Address:** Mount Waverley Library  
(Upstairs), 41 Miller Cres**Cost:** FREE**Bookings required/enquiries:** 9807 5022 [www.monlib.vic.gov.au](http://www.monlib.vic.gov.au)

Trove is the website of the National Library of Australia. Learn more about its features and content and how it can aid you in your family history research.

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**Age pension and your choices** Centrelink**Date:** Monday 29 April**Time:** 10.30am–12pm**Address:** Glen Waverley Library,  
112 Kingsway**Cost:** FREE**Bookings required/enquiries:** 9560 1655 [www.monlib.vic.gov.au](http://www.monlib.vic.gov.au)

This session will cover topics such as income and assets tests, deeming investments, concession and tax issues and your retirement choices.





## Monash Public Library Service

### Retirement living options Consumer Affairs Victoria

**Date:** Monday 29 April


**Time:** 1pm–2pm

**Address:** Glen Waverley Library,  
112 Kingsway

**Cost:** FREE

**Bookings required/enquiries:**

 9560 1655

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

This session will provide an overview of what a retirement village is, how they are operated and the types of contracts that people are offered. Information on costs and decision making will also be provided. This session is being run on two dates.

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### Aged care fees and charges Centrelink


**Date:** Tuesday 30 April


**Time:** 10.30am–12pm

**Address:** Glen Waverley Library,  
112 Kingsway

**Cost:** FREE

**Bookings required/enquiries:**

 9560 1655

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

This session will cover topics such as entry into different levels of care, fees and charges, options for your former home and pension issues.

## 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
Noble Park Combined Probus Club	First Monday
Notting Hill Combined Probus Club	First Monday
Syndal Combined Probus Club	Fourth Friday
Syndal Ladies Probus Club	Fourth Thursday
Waverley Central Ladies Probus Club	Second Thursday
Waverley Gardens Probus Club (Combined)	Last Tuesday
Waverley Ladies Probus Club	First Wednesday
Waverley Probus Club (Men's)	First Thursday
Whealers Hill Combined Probus Club	Third Friday
Whealers Hill Ladies Probus Club	Third Monday
Whealers Hill Probus Club (Men's)	Second Friday

Several of the above clubs have listings in this booklet.

For further details:

Tony @ [ahi73056@bigpond.net.au](mailto:ahi73056@bigpond.net.au) or  9560 7968



## Monash Friendship **Global Kitchen** **Women's Multicultural Group**

**C**ome along and join in the fun with the Monash Women's Multicultural Group. Meet and connect with other women in the global kitchen. We exchange recipes, cooking ideas and deliver a range of cooking demonstrations with recipes from other women from diverse backgrounds.

Everyone is welcome and it's free. Why not come along and enhance your cooking ability, while making new friends?

**Date:** Every second Thurs

**Time:** 10am-1.30pm

**Location:** Fregon Hall,  
4 Fregon St, Clayton

**Enquires:** Rosemary 📞 0422 313 728  
Biftu 📞 0402 526 718

**Cost:** Free

Monash Women Building Bridges,  
a Project of Victorian Immigrant and  
Refugee Women's Coalition, 2018.







## Monash Women's **Friendship Café** Women's Multicultural Group

**C**ome along, make new friends in this welcoming environment where all women can relax, share experiences, learn new ideas and skills and find pathways to connect to services and opportunities.

This friendship group works to build confidence in women so they can strengthen their families and community and take up new challenges.

Participate in exercise, art, craft, sewing and games. Hear from interesting speakers and find out more about the Monash Council services that are available for you and your family.

**Date:** Mondays

**Time:** 10am-12pm

**Location:** Clayton Community Centre  
9-15 Cooke St

**Enquires:** Rosemary 📞 0422 313 728  
Biftu 📞 0402 526 718

**Cost:** Free

**Monash Women Building Bridges,  
a Project of Victorian Immigrant and  
Refugee Women's Coalition, 2018.**







## Link Health and Community

LINK HEALTH

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

📞 1300 552 509

🌐 [www.linkhc.org.au](http://www.linkhc.org.au)

Stay up-to-date with the latest news and services by joining our mailing list with your details:

@ [marketing@linkhc.org.au](mailto:marketing@linkhc.org.au)

**ACTIVITIES** like hydrotherapy, tai chi, chair-based exercise and strength, rehabilitation and conditioning programs.

**SOCIAL GROUPS** across Monash and surrounding areas to help you stay connected, feel included & have fun.

**MEDICAL AND ALLIED HEALTH SERVICES\*** including GPs, dental, physiotherapy, audiology, nutrition and dietetics, exercise physiology and speech pathology. (\*Eligibility for reduced rates may apply.)

**SUPPORT GROUPS** for Parkinson's, diabetes, aphasia and addiction recovery.

**VOLUNTEERS** to help you get to activities or look after your pets.

### **Chadstone**

Batesford Hub,  
94 Batesford Rd

### **Clayton**

First floor, Clayton  
Community Centre  
9-15 Cooke St

### **Glen Waverley**

The Glen  
Shopping Centre  
Medical Centre  
in Priceline, near  
Coles, Shop 102  
235 Springvale Rd

### **Glen Waverley**

2 Euneva Ave

### **Oakleigh**

8-10 Johnson St

### **Oakleigh**

**Recreation Centre**  
2A Park Rd

### **OPENING HOURS**

**Date:** Mon-Fri

**Time:** 8.30am-5pm (Some after hours available)

**Cost:** Minimal **More info and bookings:** 📞 1300 552 509





## Rhythm & Drum Circle

Come and experience the power and healing of drumming! Enjoy the rhythmic beats that have a calming effect on the body and an energising effect on the spirit. Join in the fun and friendship.

**Date:** Wednesdays

**Time:** 1.30pm-3pm

**Location:** Jordanville Community Centre, Batesford Hub  
94 Batesford Rd, Chadstone

**Cost:** \$10 (\$5 concession)  
first session free

**Enquiries:** ☎ 1300 552 509 (Judy)

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## World Dance

Learn simple dance steps and routines - circle and line dancing with music from all over the world. Come meet new people in a welcoming atmosphere.

**Date:** Thursdays

**Time:** 1.30pm-3pm

**Location:** Batesford Hub  
94 Batesford Rd, Chadstone

**Cost:** \$10 (\$5 concession)  
first session free

**Enquiries:** ☎ 1300 552 509 (Judy)





## Link Health and Community

# LINK HEALTH

### Planned Activity Group Link Health and Community

Come and experience our Planned Activity Group which supports older adults to stay socially connected and engage in a range of fun and meaningful activities.

**Date:** Fridays (school terms only)

**Time:** 10am-2pm

**Location:** Mackie Road  
Neighbourhood House  
36-42 Mackie Rd, Mulgrave

**Cost:** \$8 (bookings required)

**Enquiries:** ☎ 1300 552 509

🌐 [www.linkhc.org.au](http://www.linkhc.org.au)

### Chair-Based Exercise

A safe and effective environment for people having difficulty with balance and mobility. A review with a Link HC clinician is required prior to commencing.

**Date:** Wednesdays

**Time:** 9.30am-10.30am

**Location:** Link Health & Community  
Level 1, Clayton Community Centre  
9-15 Cooke St, Clayton

**Date:** Mondays

**Time:** 1.30pm-2.30pm

**Location:** Link Health & Community  
2 Euneva Ave, Glen Waverley

**Cost:** \$8 per session





“  
I can't  
give up  
my dogs.  
I don't  
know what  
I would do  
without  
LinkPETS

”

Elizabeth

## Providing support and companionship

I joined the LinkPETS program when I needed some help looking after my two dogs Moppet and April. The LinkPETS volunteers have been amazing at regularly walking my dogs and I have enjoyed their friendship too.

**Do you know someone who is over 65 and needs help caring for their pet? Contact Sarah Burton, Volunteer Support Officer on 8822 8309 for more information.**



**1300 552 509**

**[www.linkhc.org.au](http://www.linkhc.org.au)**

Link Health and Community acknowledges this program is supported by the Australian Government Department of Health



## Consumer Representatives

**Eastern Palliative Care** is a not-for-profit organisation that delivers home-based palliative care to clients and their families living within the Eastern Metropolitan Region of Melbourne.

We understand that the voice of the consumer is unique and integral to continuous improvement and development of our services.

### Do you have a desire to assist in improving community palliative care in 2019?

Eastern Palliative Care is looking for **Volunteer Consumer Representatives** who have had some experience with palliative care and wish to make a difference for those who may need palliative care in the future. There would be various levels of commitment and you would have the option to participate in one of the following ways:

- » Be part of a committee that meets quarterly to discuss projects and improvements
- » Be available for projects that come up and need consumer involvement
- » Be available to come in or work from home reviewing documents, policies, etc.

**How much you are involved is up to you.**


**For more info or to register your interest: ☎ 1300 130 813**





## Monash Civic Centre


 **293 Springvale Road  
Glen Waverley, 3150**

 **8.15am to 5pm  
Monday to Friday**


 **9518 3555**

Fax: **9518 3444**

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

 1800 555 660

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

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

### Monash Language Assist Directory

العربية	9321 5480
廣東話	9321 5481
Ελληνικά	9321 5482
Italiano	9321 5483
한국어	9321 5484
普通话	9321 5485
русском	9321 5486
Việt Ngữ	9321 5487
Other languages	9321 5488

