

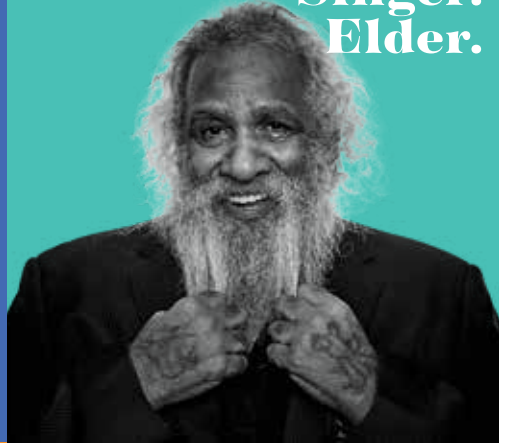
The Victorian Seniors Festival and  
Whitehorse City Council present

# Whitehorse Seniors Festival

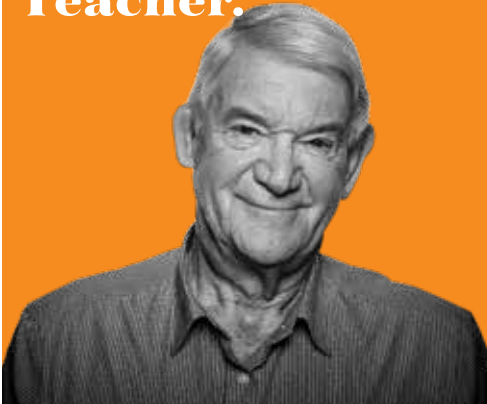
**Trailblazer.  
Mentor.**



**Singer.  
Elder.**



**Larrikin.  
Teacher.**



**Socialite.  
Friend.**



CITY OF



WHITEHORSE

**Victorian  
Seniors  
Festival**



**October  
2018**

Each year, Whitehorse City Council and local community organisations host a range of events celebrating the valuable contributions older people make to our community.

The festival is held in conjunction with the Victorian Seniors Festival, which consists of hundreds of free or low-cost events, forums and activities across the state.

For more information, call **9262 6443** or visit [www.whitehorse.vic.gov.au/Seniors-Festival.html](http://www.whitehorse.vic.gov.au/Seniors-Festival.html)

## Program of Events

### The Swinging Sixties Show and High Tea

Friday 14 September

Doors open 1.30pm. Event starts 1.40pm. High tea served directly after show at approximately 2.45pm

**Where:** Whitehorse Centre, 379-397 Whitehorse Road Nunawading

**Cost:** Free

**Bookings essential:** Phone from gam on Monday 3 September on 9262 6443

Wendy Stapleton performs songs from great female artists of the sixties.



### Family Portrait – Me and My Grandparent

Monday 1 October 10am-12noon

**Where:** Box Hill Community Arts Centre, 470 Station Street Box Hill

**Cost:** \$38.50 for one adult and one child, extra children \$15.50

**Bookings essential:** [www.bhcac.com.au](http://www.bhcac.com.au) or 9895 8888

Come along with your grandchild (6-12yrs) and learn to paint a portrait! Kids will explore composition, techniques and imagination to capture a portrait of their grandparent.

### Family Clay

Wednesday 3 October 9.30am-11.30am

**Where:** Box Hill Community Arts Centre, 470 Station Street Box Hill

**Cost:** \$38.50 for one adult and one child, extra children \$15.50

**Bookings essential:** [www.bhcac.com.au](http://www.bhcac.com.au) or 9895 8888

Bring your grandchildren along and work together to create a unique clay birdbath. Suitable for families with children six years and over.

### eBooks and eAudio on iPad and Tablets for Seniors and Over 50s

Thursday 4 October 10am-11am

**Where:** Nunawading Library, 379 Whitehorse Road Nunawading

**Cost:** Free

**Enquiries:** 9872 8600

**Bookings essential:** [wml.vc.gov.au/Events](http://wml.vc.gov.au/Events)

Learn to download and read from our extensive collection of eBooks on your iPad or Android tablet.

Requirements: bring your own tablet, library card and PIN, email address, iTunes or Google Play username and password.

### Emails for Seniors

Wednesday 17 October 10am-11.30am

**Where:** Blackburn Library, Corner Blackburn and Central Roads Blackburn

**Cost:** Free

**Enquiries:** 9896 8400

**Bookings essential:** [wml.vic.gov.au/Events](http://wml.vic.gov.au/Events)

Emails are used day to day. Join this class to learn how to write and send emails, add attachments and organise your inbox.

Prerequisite: mouse skills.

### Can You Spot A Scam?

Friday 5 October 10.30am-11.30am

**Where:** Willis Room, Whitehorse City Council Civic Centre, 379-397 Whitehorse Road Nunawading

**Cost:** Free

**Bookings essential:** phone Helen on 9262 6443

Learn how to protect yourself online, presented by the Office of eSafety Commissioner.

### Tennis

Friday 5 October 2pm-5pm

**Where:** North Box Hill Tennis Club, 24 Elizabeth Street Box Hill North

**Cost:** Free

**Enquiries:** Phone Lynn on 9848 4757

No bookings required just come along and enjoy a hit of tennis followed by afternoon tea.

Racquets available at the club.

Correct footwear is essential for red porous courts, shoes must be flat herringbone sole or similar.

## Impresario. Volunteer.



BARBARA

### Tai Chi, Strength Training, Yoga, Chair Yoga, Chair-Based Exercise Pilates, Zumba Gold and Social Walking

Monday 8 October to 13 October various times

**Where:** Mitcham Community House, 19 Brunswick Road, Mitcham

**Cost:** Free come and try sessions

**Bookings essential:** Phone Anne or Vrinda on 9873 4587

Try out an activity session! Wear comfortable clothing and suitable footwear.

### Strength Training / Strong Bones

Monday 8 October 10.15am-10.45am

**Where:** Box Hill South Neighbourhood House, 47 Kitchener Street, Box Hill South

**Cost:** Free

**Bookings essential:** Phone Pamela on 9898 8270 or email bhsnh@netspace.net.au

Come and try an exercise class, chair exercises with light hand and leg weights.

### Come'n Try Ukulele

Monday 8 October 11am-12.15pm

**Where:** Bennettswood Neighbourhood House, 7 Greenwood Street, Burwood

**Cost:** Free

**Bookings essential:** Phone Vendulka or Julie on 9888 0234 or email info@bennettswoodnh.org.au

**Website:** www.bennettswoodnh.org.au

Play the ukulele in a fun-filled introductory session, no musical experience necessary. Bring along a ukulele if you have access to one, otherwise borrow one on the day. Tea/coffee provided.

### Box Hill Town Hall Tour and High Tea Lunch

Daily on Sunday 7 October to Sunday 14 October 11.00am-1.00pm

**Where:** Box Hill Town Hall, 1022 Whitehorse Road, Box Hill

**Cost:** \$12

**Bookings essential:** Phone Gary on 9262 6243 or email gary.simmonds@whitehorse.vic.gov.au – limited places available each day

Take a guided walking tour of the Box Hill Town Hall and enjoy an elegant high tea lunch in one of the historical function rooms. The tour includes the grand function hall and lower hall, majestic meeting rooms and old Box Hill Council Chambers with architectural design features preserved. Lifts and ramps are installed throughout the Town Hall.

### Seniors Stepping Out Safely

Monday 8 October 11.30am-12.30pm

**Where:** Koonung Cottage Community House, 109 Koonung Road, Blackburn North

**Cost:** Free

**Bookings essential:** Phone Carolyn on 9878 6632

Get all the facts on pedestrian safety, refresh your skills and learn new ways to stay safe. Includes morning tea and take home show bag.

### Dance for Fitness

8 October 1pm-2pm

**Where:** Box Hill Community Arts Centre, 470 Station Street, Box Hill

**Cost:** Free trial session

**Bookings essential:** www.bhcac.com.au or 9895 8888

The perfect way to have fun and get fit at the same time. Some level of fitness required. Wear comfortable clothing and suitable footwear eg runners or jazz shoes.

### My Aged Care Package Talk

Tuesday 9 October 10am-12noon

**Where:** University of the Third Age, Box Hill, Strabane Hall, 29 Strabane Avenue, Mont Albert North

**Cost:** Free

No need to book, enquiries phone U3A Office 9898 13336 (10am-3pm weekdays)  
Talk given by Carrington Health. My Aged Care will be the primary presentation including Allied Health and Advanced Care followed by question/answer time.

### Eating for Heart Health Seminar

Tuesday 9 October 1.15pm-2.15pm

**Where:** Aqualink Nunawading, Fraser Place, Forest Hill

**Cost:** Free

**Bookings essential:** to be made at Aqualink Nunawading reception or phone 9878 4576

Learn how to improve your heart health through diet. As a qualified Dietician, Alysha will explain how food can influence and affect your heart health.

## Change agent. Father.



ROGER

### Photograph Restoration with iPad Pro

Tuesday 9 October 1.30pm-3pm

**Where:** Vermont South Library, Paveway Place, Vermont South

**Cost:** Free

**Enquiries:** 9872 8650

**Bookings essential:** wml.vc.gov.au/Events

Do you have cherished photographs that have seen better days? Learn how to use iPad apps to digitally restore and touch-up old photographs so they look good as new.

## Active and Fit

**Tuesday 9 October 2pm-3pm**

**Where:** The Avenue Neighbourhood House @ Eley, 87 Eley Road, Blackburn South

**Cost:** Free trial class

**Bookings essential:** Phone Robyn on 9808 2000

Join in a gentle exercise class. Please wear comfortable clothing and shoes suitable for exercise.

## Tai Chi

**Wednesday 10 October 9.30am-10.30am**

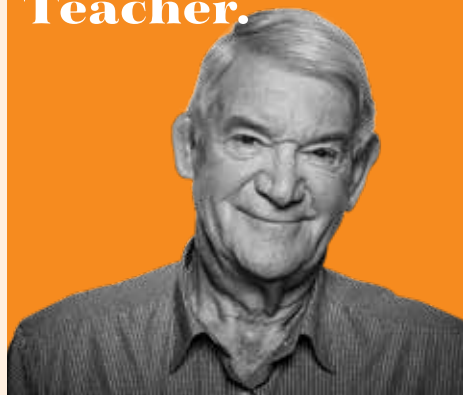
**Where:** Box Hill Community Arts Centre, 470 Station Street, Box Hill

**Cost:** Free trial session

**Bookings essential:** www.bhcac.com.au or 9895 8888

This class will focus on the fundamental skills of Yang Tai Chi. Wear comfortable clothing.

## Larrikin. Teacher.



RALPH

## Model Boat Club Open Days

**Wednesday 10 and Wednesday 17 October 10am-12noon**

**Where:** Surrey Park Model Boat Club, Surrey Park Lake, Corner Canterbury and Elgar Roads, Box Hill

**Cost:** Free

No booking required just come along to the lake on open days and use club sailing and electrical motor boats under supervision and have a cup of tea/coffee.

## Social Afternoon Tea

**Wednesday 10 October 10am-12noon**

**Where:** Clota Cottage Neighbourhood House, 31 Clota Avenue, Box Hill

**Cost:** Gold coin donation

**Bookings essential:** Phone 9899 0062 admin@clotacottage.org.au

Join Clota Cottage Neighbourhood House for a delicious afternoon tea and social get together.

## Try Before You Ride

**Wednesday 10 October 10am-2pm**

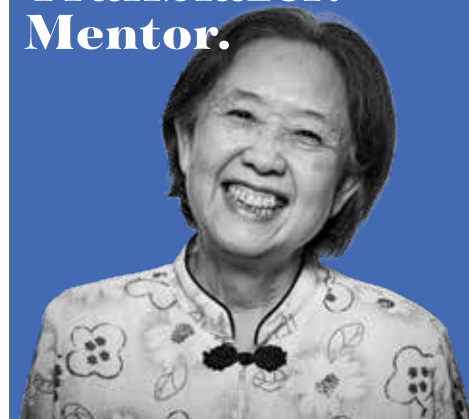
**Where:** Box Hill Interchange, Corner Whitehorse Road and Box Hill Central

**Cost:** Free

**Bookings essential:** Phone 1800 800 007 transport.accessibility@ptv.vic.gov.au

Familiarise yourself with our public transport system. Boost your confidence by practicing how to board a low-floor tram, bus, train, coach and accessible taxi. Speak with PTV and operator staff including drivers, authorised officers and customer service staff.

## Trailblazer. Mentor.



ANNA

## Book Making Demonstration

**Wednesday 10 October 1pm-2.30pm**

**Where:** Koonung Cottage Community House, 109 Koonung Road, Blackburn North

**Cost:** Free

**Bookings essential:** Phone 9878 6632

Enjoy afternoon tea and watch a demonstration on how to make a delightful little home-made book.

## Active Mind Brain Training Apps

**Wednesday 10 October 1pm-2.30pm**

**Where:** Nunawading Library, 379 Whitehorse Road, Nunawading

**Cost:** Free

**Enquiries:** 9872 8600

**Bookings essential:** wml.vc.gov.au/Events

As we grow older, our mind can start to lose some of its conditioning. Learn how you can slow down this normal process by using simple mental exercises on an iPad. You only need to undertake 10 to 20 minutes a day to keep an active mind.

## Walking Group

**Wednesday 10 October 2pm-3pm**

**Where:** Box Hill South Neighbourhood House, 47 Kitchener Street, Box Hill South

**Cost:** Free

**Bookings essential:** Phone Pamela on 9898 8270 or bhsnh@netspace.net.au

Guided walk from the Neighbourhood House along the Gardiners Creek Trail.

## Aromatherapy Workshop

**Saturday 10 November 2pm-4pm**

**Where:** The Avenue Neighbourhood House @ Eley, 87 Eley Road, Blackburn South

**Cost:** \$50

**Bookings essential:** Phone Robyn on 9808 2000

An introductory workshop where you will learn how you can benefit from using essential oils in everyday life. Make a scented hand cream to take home.

## Zumba

**Wednesday 10 October 7pm-8pm**

**Where:** Warrawong Room, 32 Richmond Street, Blackburn South

**Cost:** Free trial class

**Bookings essential:** Phone Robyn on 9808 2000

An exercise class where you are sure to have fun! Please wear comfortable clothing and shoes suitable for exercise.



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## Line Dancing

Wednesday 10 October 7pm-9pm

**Where:** Guide Hall, 87 Eley Road, Blackburn South

**Cost:** \$12

**Bookings essential:** Phone Robyn on 9808 2000

Get along to this line dancing class led by an award-winning instructor. Wear comfortable clothing and shoes.

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## iPad for Beginners

Thursday 11 October 10am-11.30am

**Where:** Nunawading Library, 379 Whitehorse Road, Nunawading

**Cost:** Free

**Enquiries:** 9872 8600

**Bookings essential:** [wml.vc.gov.au/Events](http://wml.vc.gov.au/Events)

Come and learn about this great technology and how it can improve your everyday living. This is a beginner class for those who are new to the world of iPads.

Requirements: bring your own iPad, Apple ID, email address, library card and PIN.

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## Merry Melodies Sing-A-Long

Thursday 11 October 10.30am-11.30am

**Where:** The Avenue Neighbourhood House @ Eley, 87 Eley Road, Blackburn South

**Cost:** \$4

**Bookings essential:** Phone Robyn on 9808 2000

Join in an old time music sing-a-long with morning tea provided.



DARRELL

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## Mood, Mental Health and Memory Seminar

Thursday 11 October 11.45am-12.45pm

**Where:** Aqualink Box Hill, Surrey Drive, Box Hill

**Cost:** Free

**Bookings essential:** Bookings to be made at Aqualink Box Hill reception, phone 9843 2900  
A seminar discussing the role diet and exercise play in mood, mental health and memory.

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## Sketching

Friday 12 October 9.30am-12noon

**Where:** Warrawong Room, 32 Richmond Street, Blackburn South

**Cost:** \$4

**Bookings essential:** Phone Robyn on 9808 2000

Socialise whilst you sketch at this welcoming class. Sketching pad and pencils required.

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## I.T. First Aid

Friday 12 October 10.30am-1pm

**Where:** Clota Cottage, 31 Clota Avenue, Box Hill

**Cost:** Free

**Bookings essential:** Phone 9899 0062  
[admin@clotacottage.org.au](mailto:admin@clotacottage.org.au)

Bring your laptop or tablet and get advice or help if you are having problems.

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## Scrabble

Friday 12 October, 12.30pm-3.30pm

**Where:** The Avenue Neighbourhood House @ Eley, 87 Eley Road, Blackburn South

**Cost:** \$4

**Bookings essential:** Phone Robyn on 9808 2000

Play a game of social scrabble with a friendly group.

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## Yoga

Friday 12 October 11am-12noon

**Where:** The Avenue Neighbourhood House @ Eley, 87 Eley Road, Blackburn South

**Cost:** Free trial class

**Bookings essential:** Phone Robyn on 9808 2000

Please wear comfortable loose clothing and bring a yoga mat.

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## Don't Worry, Be Happy!

Friday 12 October 12.45pm-1.45pm

**Where:** The Avenue Neighbourhood House @ Eley, 87 Eley Road, Blackburn South

**Cost:** Free trial class

**Bookings essential:** Phone Robyn on 9808 2000

Learn practical techniques in this meditation and relaxation class.

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## TAPfit

Friday 12 October 2pm-3pm

**Where:** The Avenue Neighbourhood House @ Eley, 87 Eley Road, Blackburn South

**Cost:** Free trial class

**Bookings essential:** Phone Robyn on 9808 2000

Come along and enjoy a fun exercise class – no dance experience needed. Wear comfortable clothing and shoes suitable for exercise.

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## Tour of Places of Worship and Luncheon

Sunday 14 October 9am-4pm

**Where:** Bus will leave from outside the Whitehorse Centre car park adjacent to the Civic Centre, 379-397 Whitehorse Road, Nunawading

**Cost:** Free

**Bookings essential:** RSVP by Wednesday 3 October on 9262 6443 please advise of any dietary requirements

Members of the Whitehorse Interfaith Network will host a bus tour to three Places of Worship. The event will include morning tea, a vegetarian lunch and afternoon tea.

Please bring a scarf/light head covering and comfortable walking shoes that can be easily removed. (Some places of worship require your shoes be removed before entering.)

## Singer. Elder.



TALGIUM

### Ageless Grace - Movement and wellness for older people Friday 19 October, 2pm-3pm

**Where:** Vermont South Library, Paveway Place, Vermont South

**Cost:** Free

**Enquiries:** 9896 4300

**Bookings essential:** [wml.vc.gov.au/Events](http://wml.vc.gov.au/Events)

Activate your brain, revive your body and improve your balance with Ageless Grace. This session will take you through a range of moves based on neuroplasticity all done while seated on a chair. The movements are gentle and fun and will help regenerate your body and brain.

### Tracing Ancestors

Sunday 21 October and Sunday 28 October 2pm-4pm

**Where:** Family History Connections, Unit 1, 41 Railway Road, Blackburn

**Cost:** Free

**Bookings essential:** Tricia on 9877 3789 or [info@familyhistoryconnections.org.au](mailto:info@familyhistoryconnections.org.au)

Learn how our extensive library collection can help you to research your family here and overseas.

### Ageless Grace - Movement and wellness for older people Tuesday 23 October 2pm-3pm

**Where:** Box Hill Library, 1040 Whitehorse Road, Box Hill

**Enquiries:** 9872 8650

**Bookings essential:** [wml.vc.gov.au/Events](http://wml.vc.gov.au/Events)

Activate your brain, revive your body and improve your balance with Ageless Grace. This session will take you through a range of moves based on neuroplasticity all done while seated on a chair. The movements are gentle and fun and will help regenerate your body and brain.

### RACV – Years Ahead

Monday 29 October 10.30am-11.30am

**Where:** Willis Room Whitehorse City Council Civic Centre, 379-397 Whitehorse Road, Nunawading

**Cost:** Free

**Bookings essential:** <https://whitehorseracv.eventbrite.com.au>

Road safety awareness program designed for older road users that includes: driving and road safety tips, importance of being fit to drive, impact of health and medications on driving, planning for future mobility.

### Open Makerspace

Wednesday 31 October 1pm-3pm

**Where:** Nunawading Library, 379 Whitehorse Road, Nunawading

**Enquiries:** 9872 8600

**Bookings essential:** [wml.vc.gov.au/Events](http://wml.vc.gov.au/Events)

Drop in to use our Makerspace equipment to work on your own personal projects as well as receive advice from our knowledgeable Makerspace staff. This is not a structured learning session. Please bring along your files on a USB drive. Options: 3D printers, laser cutter, craft cutter, creating stop motion, iPads.

Please note: There are no formal instructions, but an instructor will be present.

## Did you know that Whitehorse City Council is a provider of Home Care Packages?

Whitehorse City Council has a long and proud history of partnering with consumers to support them to remain living independently in their own homes.

You will have access to a Case Manager who will work with you to understand your needs and individually tailor a care plan which is monitored and reviewed with you regularly.

All support and services are planned and arranged with you, based on your individual needs and what's important to you ensuring choice and flexibility in the way care and support is provided.

*Your choice, your peace of mind*

## Social Butterfly. Gardener.



JEANETTE

## 8 Days of Free Public Transport

As a Victorian Seniors card holder, you can get out and explore metropolitan Melbourne and regional Victoria with free travel from Sunday 7 October to Sunday 14 October.

### How to travel

Remember to always carry your Seniors myki and Victorian Seniors Card with you on public transport. Touch on and off as usual, you won't be charged. On regional services that don't use myki, show your Victorian Seniors Card to the conductor or bus driver.

### Where you can go

You'll be able to travel for free on all public transport in Victoria, including:

- Melbourne trains, trams and buses
- Regional trains, coaches and buses (including regional town bus services)
- Some private bus operators and airport services are excluded, find out more at [ptv.vic.gov.au](http://ptv.vic.gov.au)
- We recommend travelling during off-peak hours (weekdays between 9am and 4pm, or after 6pm, and on weekends). You'll be more likely to find a seat.

### Using your myki

During the festival you won't be charged when you touch on and off. Throughout the rest of the year, top up with myki Money if you travel occasionally, or myki Pass if you travel often.

Your card isn't locked to myki Money or myki Pass – choose each time you top up. To find out more visit [ptv.vic.gov.au](http://ptv.vic.gov.au) or call 1800 800 007

### Travelling in regional Victoria

It's useful to know that:

- You need to reserve a seat on long distance V/Line trains and some coaches.
- Seats can fill quickly – book early. Bookings open 10.00am Tuesday 4 October – call 1800 800 007. You'll need to collect your tickets within 48 hours.
- You can only travel free in economy class.
- You can book a return journey for up to four Victorian Seniors Card holders.
- If you're planning to travel in a group of 12 or more, call our Group Travel Coordinator to check if seats are available - 9619 2338 from 10am, Tuesday 4 September
- If you make a booking and aren't able to travel, let us know. We can give your ticket to someone else.

### You can top up at:

- around 800 shops including all 7-Elevens
- myki machines at selected stations and stops
- premium station ticket offices
- PTV Hubs
- on the bus (\$20 max)
- [ptv.vic.gov.au](http://ptv.vic.gov.au) or by calling 1800 800 007 (allow seven days for delivery of a myki and around 90 minutes for online top ups)

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For more information on events happening throughout Melbourne, go to **[www.seniorsonline.vic.gov.au](http://www.seniorsonline.vic.gov.au)** or phone **1300 797 210**.