WHITEHORSE CITY COUNCIL

Positive Ageing News

Connecting residents with local events, information and services

Summer Edition 2026–27

December – February



- Whitehorse Festive Celebrations
- Health and Wellbeing
- Community Stories
- Free Local Events
- Information and Activities in Whitehorse

Welcome
Positive Ageing News

Summer edition 2026–27

Published quarterly, this newsletter keeps residents informed about local events, activities, health and wellbeing, community services and support across Whitehorse. We hope you enjoy our summer edition and discover something that inspires you to get involved.

Would you like to receive future editions? Pick up a **free** copy from your local library, Council venue, leisure centre or neighbourhood house. To receive the newsletter by post or email, contact the Positive Ageing Team at **PositiveAgeing@whitehorse.vic.gov.au** or call **9262 6333**



2026 Victorian Senior of the Year Awards

Whitehorse Community Champions

Constantine Pagonis received a COTA Victoria Senior Achiever Award for more than 40 years of work strengthening social connections and inclusion. Through mentoring, supporting multicultural communities and preserving local arts and history, Con has helped create opportunities for people from diverse backgrounds to feel welcome and connected.

Eufemia Luppino received a COTA Victoria Senior Achiever Award and was recognised for her tireless volunteering and care for others. Emi gives more than 150 hours each month, supporting people at Box Hill RSL, donating handmade knitted items to people in need, helping distribute food to people experiencing homelessness and volunteering with Greenlink Box Hill.

Their generosity, compassion and commitment show the difference one person can make at every age.

Congratulations to Con and Emi, and thank you for everything you do for the Whitehorse community. Read their stories below:

www.seniorsonline.vic.gov.au/festival-and-awards/2026-victorian-senior-year-award-recipients





Community events

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

Acknowledgement of Country

Whitehorse City Council acknowledges the Wurundjeri Woi-wurrung people of the Kulin Nation as the Traditional Owners of the land. We pay our respects to their Elders past, present and emerging.

Whitehorse Seniors Festival

Thank you for a wonderful October!



A huge thank you to all hosts who helped make the **2026 Whitehorse Seniors Festival** such a success. With more than 200 activities throughout October, residents enjoyed a wide range of opportunities to try something new, stay active, express their creativity and connect with others.

To every community group, business, retirement village, aged care provider and Council team involved – thank you for your time, dedication, creativity and commitment to making activities welcoming and inclusive for everyone. Your contribution is what makes our festival special.

Help shape the 2027 Seniors Festival

Should we continue with a full month of activities in a program guide, introduce a major Council-led celebration, or combine a special event with selected community activities?

Have your say in our short 3–4 minute survey and help shape the future of the Whitehorse Seniors Festival. Your ideas matter – let's make 2027 another year to celebrate.

https://yoursay.whitehorse.vic.gov.au/seniors-festival-2027

Connect with Confidence

Would you like to feel more confident using public transport? Connect with Confidence welcomes people of any age who would like to learn more about accessible public transport options.

This program may suit you if you're thinking about driving less, exploring other ways to get around or avoiding the hassle of parking.

Learn practical tips for navigating public transport, including taking a group journey by bus and train.

Program: A four-session program, with each session running for two hours, with time allocated for questions and answers. Registration covers all fours sessions.

Dates: Mondays 1, 8, 15 and 22 February

Time: 10.30am to 12.30pm

Where: Nunawading Library
379 Whitehorse Road, Nunawading

Cost: Free

Enquiries: 0478 269 367
PositiveAgeing@whitehorse.vic.gov.au

Bookings: www.trybooking.com/DRDQX

Stay active, strong and connected

Seniors Lifestyle Victoria

Looking for some extra support with your health and wellbeing? Seniors Lifestyle Victoria is a **free**, government-funded program delivered by EACH to help older people stay healthy, independent and connected.

The program is for people who:

- are aged 65 and over, or 50 and over for Aboriginal and Torres Strait Islander people
- living independently in the community
- would benefit from extra support with their health and wellbeing.

A dedicated coordinator can working with you for up to six months to connect you with local services and programs that promote physical activities, nutrition , medication management, social connection and wellbeing.

Participation is free.

Enquiries and registration:

1300 003 224 **info@each.com.au**

Contact EACH to find out if you're eligible.

www.each.com.au

Festive Celebrations

Celebrate our diverse community

Join Bennettswood Neighbourhood House for an end-of-year multicultural feast celebrating the diverse cultures, traditions and flavours of our community. Bring along a favourite dish or a plate of food to share and enjoy a relaxed gathering with others. Bookings essential.

Date: Monday 7 December

Time: 12pm to 2pm

Where: Bennettswood Neighbourhood House
7 Greenwood Street, Burwood

Cost: Free (Bring a plate of food to share)

Bookings: 9880 0234
info@bennettswoodnh.org.au



Avenue Neighbourhood House Christmas lunch

Celebrate the festive season and the end of a fabulous year with the team at The Avenue Neighbourhood House. Enjoy a two-course lunch for $20 and meet new people, in your local community.

Date: Friday 11 December

Time: 11.30am to 1.30pm

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

Cost: $20

Bookings: 9808 2000 www.theavenue.org.au



Christmas card making and gift wrapping

Get creative this Christmas. Join a friendly session to learn card-making techniques and discover Christmas gift-wrapping ideas. Materials, tea and coffee are provided.

Dates: Wednesdays 2 and 9 December

Time: 10am to 11am

Where: Vermont South Neighbourhood House
1 Karobran Drive, Vermont South

Cost: $5 per session

Bookings: 9803 2335
www.socialplanet.com.au/activity/view?id=55292

Enquiries: www.vsnh.org.au

Christmas morning tea

Celebrate the festive season at Mitcham Community House. Enjoy a cuppa, delicious treats and good company as we come together to celebrate another wonderful year in our community. A lovely opportunity to meet new people, share some festive cheer and enjoy the spirit of Christmas.

Date: Friday 11 December

Time: 10.30am to 12pm

Where: Mitcham Community House
19 Brunswick Road, Mitcham

Cost: Free

Bookings: 9873 4587

Enquiries: www.mitchamcommunityhouse.org

Festive Celebrations

Whitehorse Carols 2026



Celebrate the most wonderful time of the year at Whitehorse Carols. Hosted by Tottie Goldsmith, this free family event will feature festive performances from Kings of Christmas, starring Bobby Fox and Rob Mills, Casey Donovan, Whitehorse Churches Care, Mark Andrew and more.

Enjoy food trucks, amusement rides, face painting, roaming entertainment and a special visit from Santa. Warm up your singing voices, gather your carolling crew and mark Saturday 19 December in your Christmas calendar.

Date: Saturday 19 December

Time: 6.30pm to 9.30pm

Where: Whitehorse Civic Centre Precinct
379-399 Whitehorse Road, Nunawading

Cost: Free

Enquiries:
www.creativewhitehorse.vic.gov.au/carols

Mitcham Baptist Church – Community Carols

Celebrate the festive season with Mitcham Baptist Church at their Seek the King Community Carols event. Enjoy an afternoon of family-friendly activities, including a jungle gym, face painting, farmyard animals, bungee run and Christmas crafts. Food and hot drinks will be availale to purchase, followed by Christmas carols with a live Auslan interpreter. A wonderful opportunity to come together and enjoy the Christmas spirit.

Date: Sunday 6 December

Time: Family activities from 3pm, carols from 5pm

Where: Mitcham Baptist Church
8–12 Simla Street, Mitcham

Cost: Free

Enquiries: 9873 2576

Celebrate the Lantern Festival

Join Kerrimuir Neighbourhood House for a fun and friendly community celebration of the Chinese Lantern Festival.

Enjoy traditional sweet rice dumplings, try your hand at lantern riddles and get creative by making your own lantern. Everyone is welcome to come along, share in the festivities and celebrate together.

Date: Wednesday 17 February

Time: 11.30am to 1pm

Where: Kerrimuir Neighbourhood House
57 Linda Avenue, Box Hill North

Cost: $5

Bookings: 9899 7660
info@kerrimuirhouse.org.au

Box Hill Chinese New Year

Watch the heart of Box Hill come alive with spectacular lion and dragon dances, vibrant cultural performances, authentic food stalls and family-friendly activities. Embrace the Year of the Fire Goat (ram/sheep), enjoy immersive experiences and celebrate the richness of Chinese and broader Asian traditions at this **free** event. Organised by the Asian Business Association of Whitehorse and supported by Whitehorse City Council.

Date: Saturday 13 February

Time: 10am to 11pm
with a dazzling fireworks display

Where: Bank Street, Box Hill

Cost: Free

Enquiries: https://boxhillfestival.com.au



Festive Celebrations

Gina Hogan: The Christmas Belle

There's no better way to herald in the Christmas season than sharing part of your day with the fabulous Gina Hogan. Sit back and enjoy as Gina captures the true essence of Christmas, singing some of the most loved and well-known carols, along with a few of her favourite Christmas songs that are sure to be showstoppers. So come along and embrace the spirit of Christmas. And don't forget to pack your Christmas hat and singing voice!

11am show – Complimentary morning tea commences at 10am and is included in ticket price.
2pm show – Complimentary afternoon tea commences after the performance and is included in ticket price.

Date: Wednesday 9 December

Times: 11am and 2pm

Where: The Round, 379–399 Whitehorse Road, Nunawading

Cost: $24 for singles, $22 for groups of 10 ($4 transaction fee applies for online and phone bookings)

Enquiries: 9262 6555 www.theround.com.au/christmas



Whitehorse Twilight Markets



Running on the 3rd Friday in December, January, February and March. Get ready for Summer nights, fresh delights and unforgettable community vibes. Our much-loved Twilight Markets will return to light up **Britannia Mall,** transforming the heart of Mitcham into a bustling evening hub.

Over **4 vibrant nights,** the markets will be jam-packed with delicious food, local artisan makers, local traders and family friendly fun. The exciting return of our twilight market series celebrates what makes Whitehorse special, showcasing our community's unique character, creativity and diversity.

Dates: Friday 18 December, Friday 15 January, Friday 19 February, Friday 19 March

Time: 5pm to 9pm

Where: Britannia Mall Mitcham

Cost: Free

Enquiries: www.creativewhitehorse.vic.gov.au/whitehorse-twilight-markets

Fencing: A sport for life



It's never too late to try something new, stay active and make friends.

Fencing might not be the first sport that comes to mind later in life, but members of Whitehorse Chevaliers Fencing Club are showing that it's a fun and inclusive way to stay active, challenge yourself and enjoy a social activity.

Joanne, 56, had never played competitive sport before trying fencing two years ago. She now trains three times a week and competes at state level.

"I would have laughed if anyone had told me years ago that this was in my future!" she says.

Franca started fencing in her early 60s and has enjoyed the sport for five years. She loves the mental and physical challenge, along with the friendships she's made.

"I find fencing exhilarating, gripping and so much fun," she says.

Fencing can be adapted to different fitness levels, making it an enjoyable way to improve coordination, balance and confidence while meeting new people.

Give fencing a go! Whitehorse Chevaliers Fencing Club welcomes all ages and abilities and is offering a beginner program for people aged 55 and over. No experience needed.

Find out more and book: **www.trybooking.com/au/event/1636008**

https://whitehorsechevaliers.org.au

Tango: moving, connecting and having fun

Enjoy music, movement and social connection in a friendly, supportive environment. Tango for Parkinson's began as a special session during Seniors Festival 2025 and has grown into a regular group.

You don't need dance experience to take part – just a willingness to give it a go and follow instructions. Sessions provide an opportunity to practise balance, build confidence with movement and enjoy a social activity. People with Parkinson's, reduced mobility or an interest in improving their movement and balance are welcome. Family and friends can join in too. Stay afterwards for a chat and a cuppa.

Day: Wednesdays

Time: 1.30pm to 2.30pm

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

Cost: $15 for singles, $25 for couples

Enquiries: 9808 2000 www.theavenue.org.au

Social table tennis

Enjoy a friendly game of table tennis in a relaxed environment. Whether you're a beginner or an experienced player, everyone is welcome to join in for fun, fitness and good company. Bring a water bottle and comfortable shoes.



Day: Tuesdays

Time: 12pm to 2pm
(evening sessions by arrangement)

Where: Kerrimuir Neighbourhood House
57 Linda Avenue, Box Hill North

Cost: $2 per session

Bookings essential: 9899 7660

Enquiries: www.kerrimuirhouse.org.au

Health and Wellness

Free gentle seated exercise for seniors

Try a gentle seated exercise class designed for older adults. Enjoy an opportunity to move your body and support your wellbeing in a welcoming environment.

Day: Mondays
(Trial period: December 2026 and January 2027)

Time: 9.15am to 10am

Where: Kerrimuir Neighbourhood House
57 Linda Avenue, Box Hill North

Cost: First session free

Bookings essential: 9899 7660

Enquiries: www.kerrimuirhouse.org.au

International Day of People with Disability: Accessible yoga

Enjoy gentle yoga for all abilities, including beginners and wheelchair users, with a joint warm-up and guided mat or chair poses. Bring a yoga mat or towel. Contact us for details or support. *Presented by Whitehorse City Council and Whitehorse Manningham Libraries for International Day of People with Disability.*

Dates: Wednesdays 2 and 9 December

Time: 11am to 12pm

Where: Nunawading Library
379 Whitehorse Road, Nunawading

Cost: Free

Enquiries: 9872 8600
www.wml.vic.gov.au/whatsonguide

Walking netball at Sportlink

Enjoy a fun, low-impact game of netball with Whitehorse Netball Association. Walking Netball is a great way to keep moving, have fun and meet others in a friendly environment.

Day: Wednesdays

Time: From 9am

Where: Sportlink, 2 Hanover Road, Vermont South

Cost: $5 per session

Enquiries: 0400 822 708
operations@whitehorsenetball.org.au



Summer yoga

Enjoy a gentle yoga practice at Mitcham Community House, combining movement, stretching, breathwork and relaxation. Improve flexibility, strength and balance while nurturing your mind and body. A wonderful opportunity to unwind, stay active and support your wellbeing this summer. All levels welcome.

Dates: Wednesdays 6, 13 and 20 January

Time: 12.30pm to 1.30pm

Where: Mitcham Community House
19 Brunswick Road, Mitcham

Cost: $16 per session

Bookings: 9873 4587

Enquiries: www.mitchamcommunityhouse.org

Summer pilates

Enjoy summer with pilates at Mitcham Community House. Improve your strength, flexibility and balance through gentle, controlled movements. Build core stability, improve posture and feel refreshed and energised. A wonderful opportunity to stay active and support your wellbeing this summer.

Dates: Thursdays 7, 14 and 21 January

Time: 6.15pm to 7.15pm

Where: Mitcham Community House
19 Brunswick Road, Mitcham

Cost: $16 per session

Bookings: 9873 4587

Enquiries: www.mitchamcommunityhouse.org

Health and Wellness

Tai Chi for beginners

Discover how Tai Chi can benefit your body and mind with Senior Master Chin Min from Celestial Tai Chi. Tai Chi is a gentle form of exercise that uses slow, flowing movements, concentration and natural breathing. It offers an opportunity to improve your physical and mental wellbeing while enjoying a sense of calm and relaxation.

Date: Wednesday 17 February

Time: 10.30am to 11.30am

Where: Blackburn Library, corner of Blackburn and Central Roads, Blackburn

Cost: Free

Bookings: 9896 8400
www.wml.vic.gov.au/whatsonguide





Try pickleball and badminton at Sportlink

Looking for a fun way to stay active? Sportlink offers casual bookings for pickleball and badminton, giving you the chance to get moving, practise your coordination and enjoy some friendly competition. Pickleball combines elements of tennis, badminton and table tennis, using a paddle and a lightweight ball. Badminton is played with a racket and shuttlecock, either individually or in pairs.

Where: Sportlink, 2 Hanover Road, Vermont South

Cost: Call Sportlink for up to date pricing

Bookings: 9847 7111
www.sportlink.org.au/pickleball

Build strength and mobility from a chair

Looking for a gentle way to stay active? Aqualink offers Chair Yoga and Chair Pilates classes, where experienced instructors guide you through movements designed to improve strength, mobility and coordination, using the support of a chair.



Participant Peta has already noticed a difference after just two Chair Yoga sessions:

"I have only been to chair yoga twice and I have really noticed more comfort in my muscles. The teacher is really good at helping you to concentrate on stretching and I think it is something we all need."

The classes are also a great opportunity to meet others and enjoy being active in a welcoming environment. To find out more, visit Aqualink or contact your local centre.

Aqualink Box Hill: 31 Surrey Drive, Box Hill 9843 2900
Aqualink Nunawading: Fraser Place, Forest Hill 9878 4576

https://aqualink.com.au

Summer in Whitehorse

Enjoy great films with Whitehorse Film Society

Love going to the movies? Whitehorse Film Society offers a chance to enjoy a year of film screenings and discover stories from around the world in the company of fellow film lovers.

The 2027 program is now available, with 20 films screening from February to November. The season begins with *The Marching Band* on Saturday 6 February, followed by *Black Bag* on Saturday 20 February. Annual membership is just **$55 for all 20 films,** making it a great way to enjoy regular outings and connect with others who share your interest in cinema.

February 2027 screenings:

The Marching Band – Saturday 6 February
Black Bag – Saturday 20 February

February – November 2027 program:
https://whitehorse.filmsociety.org.au/program.html

Enquiries: Pat on **9877 1474**
secretarywhfs@gmail.com

Summer mosaics

Unleash your creativity with Mitcham Community House's Summer Mosaics classes. Explore colours, patterns and textures while learning mosaic techniques to create your own beautiful, unique pieces. A wonderful opportunity to get creative, learn new skills and make new friends.

Dates: Fridays 8, 15 and 22 January

Time: 1pm to 3pm

Where: Mitcham Community House
19 Brunswick Road, Mitcham

Cost: $48 for 3 classes plus $30 for materials

Bookings: 9873 4587

Enquiries: www.mitchamcommunityhouse.org

English classes at U3A

Would you like to improve your English skills? U3A Box Hill offers English as a Second Language (ESL) classes with a trained teacher. Classes provide an opportunity to build confidence with English while learning alongside others.

Day: Wednesdays from 10 February

Time: 2pm to 3pm

Where: Strabane Hall, 29 Strabane Avenue
Mont Albert North

Cost: $60 annual U3A Box Hill membership, which provides access to around 60 classes

Bookings: Valerie on 0488 233 221
valerie.bourke@u3aboxhill.com.au

Enquiries: https://u3aboxhill.com.au

Decluttering and organising: Creating a home that works for you



Decluttering doesn't mean throwing everything out. It's about making thoughtful choices about what you want to keep in your home and creating more space for the way you want to live. Organising is about finding practical ways to make that space work for you. In this friendly and practical presentation, Veronica will share ways to approach decluttering in manageable steps. She'll explore why letting go can sometimes be difficult, how to make decisions about your belongings and your space, and how simple organising systems can make everyday life easier.

Date: Thursday 11 February

Time: 6.30pm to 7.30pm

Where: Box Hill Library
1040 Whitehorse Road, Box Hill

Cost: Free

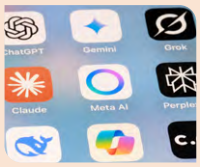
Bookings: 9896 4300
www.wml.vic.gov.au/whatsonguide

Safer Internet Day

Safer Internet Day on Tuesday 9 February 2027 encourages safer, more positive online experiences. Visit the eSafety Commissioner's Safer Internet Day hub for tips on recognising scams, protecting your personal information, using social media safely and getting help when you need it. These resources can help you feel more confident and connected online, whatever your level of digital experience.

Find out more: **www.esafety.gov.au/newsroom/whats-on/safer-internet-day/hub**

Google Lens 101



Discover how to identify flowers, translate signs and find products with Google Lens. This hands-on session for beginners shows you how to access and use it on your smartphone or tablet.

Date: Wednesday 10 February

Time: 2pm to 3pm

Where: Nunawading Library
379 Whitehorse Road, Nunawading

Cost: Free

Bookings: 9872 8600
www.wml.vic.gov.au/whatsonguide

Getting started with ChatGPT and AI



Explore ChatGPT and AI in this friendly beginner session. Learn how to use these tools and what to keep in mind. No experience needed – bring your questions. A Zoom invite will be emailed at least one hour before the event.

Date: Thursday 4 February

Time: 1.30pm to 2.30pm

Where: Online via Zoom

Cost: Free

Bookings: 9872 8600
www.wml.vic.gov.au/whatsonguide

Stay connected at St Mark's

Meet new people at St Mark's Anglican Church in Forest Hill. Enjoy craft and art groups, a friendship circle and light lunches while connecting with your community.

Enquiries and bookings: **0401 664 842**

Location: **St Mark's Anglican Church**
303 Canterbury Road, Forest Hill

Art group



A relaxed weekly art group. Bring your own materials and enjoy creating alongside others.

Day: Friday mornings

Time: 9.30am to 11.30am

Cost: Free

Bookings: 0401 664 842

Light lunch

Enjoy a light lunch and friendly conversation.

Day: Second Wednesday of each month (no lunch in January)

Time: 12.30pm

Cost: Donation

Craft afternoon



Spend an afternoon getting creative and meeting others.

Day: Saturdays

Time: 1.30pm to 4pm

Cost: $5 per person or $10 per family

Friendship circle

Enjoy a meal and good company at the Burvale Hotel.

Day: Wednesday (monthly)

Time: 12 noon

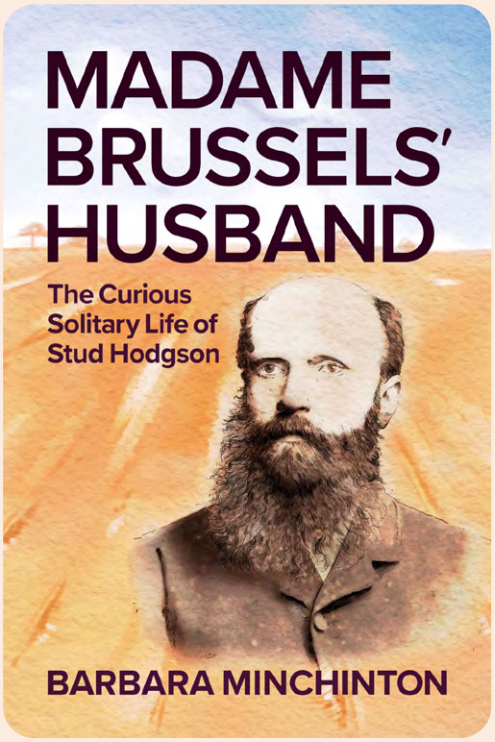
Where: Burvale Hotel, corner of Springvale and Burwood Highways, Forest Hill

Cost: Purchase your own meal

Madame Brussels' Husband: The curious solitary life of Stud Hodgson with Barbara Minchinton

Join author Barbara Minchinton as she discusses her book about Stud Hodgson, the unlikely husband of Melbourne's most notorious nineteenth-century brothel-keeper, Madame Brussels.

Born into a genteel British family, Stud sought his fortune in the Australian colonies before joining the Victoria Police. His marriage to Caroline Lohmar took an unexpected turn when, within two years of arriving in Melbourne, Stud became a policeman and Caroline became a brothel-keeper. Drawing on Stud's police reports, Barbara uncovers an extraordinary story of marriage, ambition and life in nineteenth-century Melbourne.



Date: Wednesday 17 February

Time: 10.30am to 11.30am

Where: Nunawading Library, 379 Whitehorse Road, Nunawading

Cost: Free

Bookings: 9872 8600 www.wml.vic.gov.au/whatsonguide

Plant parenting for busy people with Nora Mutalima

Join author Nora Mutalima, medical doctor, passionate plant lover and YouTube sensation @TheLecaQueen, as she shares practical, science-driven tips for creating your own thriving indoor jungle. Discover how to choose plants that suit your lifestyle, create the right environment, avoid common pests and watering problems, and make plant care simple with smart systems and semi-hydroponics.

Whether you're a seasoned gardener or a new plant parent, Nora's approachable advice will help you keep your plants happy and thriving with minimal effort.



Date: Monday 22 February

Time: 6.30pm to 7.30pm

Where: Nunawading Library
379 Whitehorse Road, Nunawading

Cost: Free

Bookings: 9872 8600
www.wml.vic.gov.au/whatsonguide

Stay cool and safe this summer



Hot weather can affect anyone, but older people and those living with health conditions may be more vulnerable. A little preparation can help you stay comfortable, look after your health and know what to do if the temperature rises.

Get ready before the heat arrives

Check your cooling options

Check fans and air conditioning work. If your home gets too hot, cool down at a library, shopping centre or leisure centre.

Plan your day

On hot days, keep curtains and blinds closed during the hottest part of the day. Avoid strenuous activity in high temperatures.

Stay connected

Check in with family, friends and neighbours, especially anyone who lives alone or may need extra support.

Drink water regularly

Don't wait until you feel thirsty to have a drink. Keep yourself hydrated.



Know when to seek help

Heat-related illness can develop quickly. Watch for symptoms such as dizziness, headache, nausea, weakness or fainting. Move to a cooler place and seek medical advice if you feel unwell.

Heatstroke is a medical emergency.
If someone becomes confused, has a seizure or loses consciousness, **call Triple Zero (000) immediately**.

Make a plan for emergencies

If you help care for someone, consider preparing an Emergency Care Plan. It can record important information such as medicines, daily routines, care needs and key contacts, so others know how to help if you are suddenly unable to provide care.

Find the **free** plan at **www.carergateway.gov.au/resource/emergency-care-plan** or call Carer Gateway on **1800 422 737**

Keep your home secure

If you have a key safe, tell a trusted person where it is and how to access it. If you call Triple Zero and an ambulance crew needs to enter your home, let the call-taker know about the key safe and provide the access code when asked.

For more information about heat safety, visit **www.betterhealth.vic.gov.au** and search for extreme heat, or visit **www.ambulance.vic.gov.au** for translated resources.

Your Support Hub

VicEmergency App



Enjoy a safe summer with the VicEmergency App – the official Victorian Government app for emergency warnings and information. Learn how to download the app, set up a user profile and watch zones to ensure you receive official warnings and information for areas that interest you.

Date: Tuesday 15 December

Time: 10.30am to 11.15am

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

Cost: Free

Bookings: 9896 4300 www.wml.vic.gov.au/whatsonguide



Call, Push, Shock – Learn how to save a life with Ambulance Victoria

Cardiac arrest can happen to anyone, at any time, often without warning. Learn what to do in an emergency, including how to call for help, perform CPR and use a defibrillator (AED). Join Ambulance Victoria professionals to learn these lifesaving skills. Together, we can help save lives. This is a Heart Safe Community event.

Dates: Wednesday 9 December and Wednesday 3 February

Time: 11am to 12pm

Where: Box Hill Library
1040 Whitehorse Road, Box Hill

Cost: Free

Bookings: 9896 4300
www.wml.vic.gov.au/whatsonguide

Stay cool at your local library

Beat the heat this summer in our air-conditioned libraries. Explore a wide range of books and resources, enjoy free Wi-Fi, and take part in our free programs and events. Or simply settle in, relax, and enjoy a welcoming space to read, connect, or unwind.

Blackburn Library
9896 8400 bla@wml.vic.gov.au

Box Hill Library
9896 4300 box@wml.vic.gov.au

Nunawading Library
9872 8600 nun@wml.vic.gov.au

Vermont South Library
9872 8650 ver@wml.vic.gov.au



Your Support Hub

Need help understanding My Aged Care?

Not sure how My Aged Care works or how to access aged care services? Whitehorse City Council's Connect and Support team is hosting free small group discussions to help older residents understand the aged care system. Find out about the services available through My Aged Care, how to arrange an aged care assessment and connect with support services. There will also be time to ask questions.

Date: Wednesday 2 December

Time: 10.30am to 12pm

Where: Whitehorse Churches Care Space
Forest Hill Chase Shopping Centre (second floor)

Cost: Free

Bookings: 9262 6333
www.trybooking.com/DRKQN

Date: Thursday 28 January

Time: 10.30am to 12pm

Where: Nunawading Community Hub
Meeting Room 2, 96–106 Springvale Road
Nunawading

Cost: Free

Bookings: 9262 6333
www.trybooking.com/DRKQR

Caring for carers

Caring for someone can be rewarding and challenging. Explore practical ways to support carers' wellbeing, including self-care strategies, respite options and support services. Learn how to make time for yourself while caring for others. Suitable for carers and those supporting them. *Presented by Bolton Clarke in partnership with Whitehorse Manningham Libraries.*

Date: Thursday 25 February

Time: 10.30am to 11.30am

Where: Nunawading Library
379 Whitehorse Road, Nunawading

Cost: Free

Bookings: 9872 8600
www.wml.vic.gov.au/whatsonguide

Social Connection with Uniting AgeWell

Uniting AgeWell

Are you looking for opportunities to get out and about, meet new people and enjoy local attractions? Uniting AgeWell's Forest Hill Social Support Group offers a range of centre-based activities and community outings throughout the week.

Participants can enjoy a variety of outings, including visits to gardens and wildlife sanctuaries, scenic walks, markets, museums, shopping trips, live entertainment, movies and lunch at local cafés. The program provides opportunities to stay socially connected, explore new places and enjoy time with others.

The group operates Monday to Friday, with transport able to be provided where eligible. Fees apply, with access to the program being subject to eligibility and assessment requirements through My Aged Care.

For enquiries contact our Intake Team on **8845 1850** or email
SocialSupport@unitingagewell.org

www.unitingagewell.org/home-and-community/social-connections

Connect and Support Service



Need help navigating aged care services? Whitehorse City Council's Connect and Support service can help older residents access local services, social opportunities and community programs. Our Connect and Support team can provide assistance to help you understand and navigate the aged care system and connect with other community services.

Contact Whitehorse Connect and Support on **9262 6333** or visit
www.whitehorse.vic.gov.au/connect-support-service

Whitehorse welcomes everyone

Whitehorse is a community of diverse cultures, languages, beliefs, lifestyles, identities, interests, and aspirations. Whitehorse City Council is proud of this diversity and the vibrancy it brings to community life.

Share your news

Does your community group or organisation have an event, open day, community update or success story to share?

The Positive Ageing Newsletter welcomes local news and activities that may be of interest to Whitehorse residents.

Email your submission: **PositiveAgeing@whitehorse.vic.gov.au**

Next edition: Autumn 2027

Months: March, April, May

Submission deadline: Friday 15 January

Submissions are subject to approval. We publish content from local community groups, not-for-profit organisations and community-based services.

Where to pick up your copy?

Copies will be available from:

- libraries
- neighbourhood houses
- community centres
- Council offices.

Or scan the QR code below to read it online.

Contact Positive Ageing

PositiveAgeing@whitehorse.vic.gov.au

9262 6333

Telephone Interpreter Service

Communicate with Council in a language other than English by calling our Telephone Interpreter Service and requesting to be connected to Whitehorse City Council.

TIS – 131 450

National Relay Service

If you are deaf or have a hearing or speech impairment, you can call Council through the National Relay Service:

Voice calls: **133 677**

Speak and listen: **1300 555 727**

SMS relay: **0423 677 767**

Internet relay: **www.accesshub.gov.au**

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WHITEHORSE CITY COUNCIL

POSITIVE AGEING

www.whitehorse.vic.gov.au/positive-ageing