



Positive Ageing News

Connecting older residents with local events, information and services

**Spring
Edition
2026**

September –
November



- Spring into Gardening • Health and Wellbeing • Community Stories
- Free Local Events • Information and Activities in Whitehorse



Spring edition 2026

Published quarterly, this newsletter keeps older residents informed about local events, activities, health and wellbeing, community services and support across Whitehorse. We hope you enjoy our spring 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 6485.



Discover something new at the 2026 Whitehorse Seniors Festival

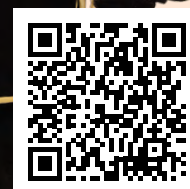
Spring is the perfect time to get out, connect with others and try something new. The Whitehorse Seniors Festival returns this October, with more than **200 free and low-cost activities** taking place across the municipality.

From creative workshops and live performances, to health and wellbeing sessions, technology, exercise, cultural experiences and social gatherings, there's something for everyone to enjoy.

The **2026 Whitehorse Seniors Festival Program** will be available from **1 September**. Pick up your **free** copy from Whitehorse Libraries, Neighbourhood Houses, Aqualink, Sportlink, Nunawading Community Hub, Strathdon House, Whitehorse Civic Centre and other Council facilities.

You can also view the full program online by visiting the Whitehorse Seniors Festival webpage:

🌐 www.whitehorse.vic.gov.au/whitehorse-seniors-festival



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.

Free public transport for Seniors Week 2026

From **3–11 October 2026**, Victorian Seniors Card holders can enjoy nine days of **free** travel on metropolitan trains, trams and buses, V/Line trains and coaches, and selected regional bus services, as part of the Victorian Seniors Festival. It's a great opportunity to explore somewhere new or revisit a favourite destination.

For more information visit:

 www.seniorsonline.vic.gov.au/nine-days-free-public-transport

How to access free travel?

Metro services: touch on and off using your seniors myki as usual – your trip will be **free**.

Regional (non-myki) services: show your Victorian Seniors Card to the conductor or bus driver. Some long-distance V/Line services require bookings.

Need a little extra support?

Travellers Aid helps older people travel with confidence by providing journey planning, mobility equipment, accessible toilets and assistance at major transport hubs.

Visit  www.travellersaid.org.au to learn more.



Whitehorse Try Before You Ride



Build your confidence using public transport.

Join Transport Victoria's **free** Try Before You Ride program and travel as a group from Whitehorse to Southern Cross Station. With support from trained staff, learn to confidently use trains, trams and buses.

During the program you can:

- practice boarding and getting off trains, trams and buses
- explore accessible travel options, including accessible taxis
- build confidence in a safe and supportive environment.

Bring your own lunch or purchase lunch at your own expense.

Date: Thursday 15 October

Time: 9am to 3pm

Where: Meet in front of Nunawading Library
379 Whitehorse Road, Nunawading

Enquiries: ☎ 0478 269 367

✉ PositiveAgeing@whitehorse.vic.gov.au

Bookings:  www.trybooking.com/DNXRO

Connect with Confidence



This **free** program is for you, if you are:

- considering driving less
- thinking about other ways to get around
- don't want to worry about parking.

Across four two-hour sessions, we provide practical information about navigating public transport systems, including taking a group journey by bus and train.

This program consists of four sessions, on Thursdays from 10.30am to 12.30pm (usually 90 minutes, allowing for Q&A time). It commences on Thursday 5 November, and continues on Thursday 12 and 19 November, with the final session and journey on Thursday 26 November.

Date: Thursday 5 November

Time: 10.30am to 12.30pm

Where: Nunawading Library
379 Whitehorse Road, Nunawading

Enquiries: ☎ 0478 269 367

✉ PositiveAgeing@whitehorse.vic.gov.au

Bookings:  www.trybooking.com/DLIMH



New \$4 off-peak concession swim

We have great news for Whitehorse residents. Aqualink has introduced a new \$4 off-peak concession entry price as part of a 12-month trial.

Swimming is a wonderful low-impact way to stay active, and with our pools heated year-round, it's a comfortable option whatever the weather outside. This special rate is available exclusively between 11am and 2pm, daily to residents living within the Whitehorse City Council area. To access the off-peak price, simply speak with reception and provide proof of address, such as a driver's licence, concession/seniors card, or utility bill. Available now at Aqualink Box Hill and Aqualink Nunawading, tell your neighbours.

Aqualink Box Hill: Surrey Drive, Box Hill

Aqualink Nunawading: Fraser Place, Forest Hill

www.aqualink.com.au



Table tennis

Kerrimuir Neighbourhood House

Come along and enjoy social table tennis in a relaxed and friendly environment. Whether you're a beginner or an experienced player, everyone is welcome to join in for fun, fitness and great company. What to bring: water bottle and comfortable shoes. Contact us to register your interest and be the first to hear about the start date.

Days: Mondays and Tuesdays

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

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

Cost: \$2 per session

Enquiries: ☎ 9899 7660

✉ info@kerrimuirhouse.org.au



Hearing checks

with Hearing Australia



How well do you hear? Find out with our friends from Hearing Australia! Hearing Australia is providing **free** 15-minute hearing checks for adults aged 18 and over. Drop in to Vermont South Library from 10.30am in November. Bookings are required.

Dates: Wednesday 11 November and
Friday 20 November

Time: 10.30am to 1pm

Where: Vermont South Library
Pavey Place, Vermont South

Cost: Free

Bookings:

🌐 <https://tinyurl.com/mta2muf7> (11 November)

🌐 <https://tinyurl.com/5c9r5zfn> (20 November)

☎ 9872 8650

Beyond Age exhibition and celebration event



This inspiring exhibition showcases photography and personal reflections from Beyond Age, a project in which twenty community members shared their unique experiences of ageing. Beyond Age challenges ageist attitudes and promotes respect for older people. Join us at the celebration event to view the exhibition, hear conversations about ageing, respect and community, and to share some light refreshments.

Date: Thursday 22 October

Time: 10.30am to 12.30pm

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

Cost: Free

Enquiries: ☎ 9262 6333 ✉ PositiveAgeing@whitehorse.vic.gov.au

Bookings: 🌐 <https://www.trybooking.com/DNYCX>



If you can't make the celebration event, the exhibition is open to visitors at Box Hill Community Arts Centre from **Monday 19 October to Sunday 25 October. The exhibition is free and no booking is required.** Beyond Age is an initiative of Seniors Rights Victoria and COTA Victoria. It is proudly brought to you by Whitehorse City Council.

It's time to talk about dementia

Dementia Action Week, 21–27 September

Dementia is Australia's leading cause of death, but it's not talked about nearly enough. This Dementia Action Week, we're asking everyone in Whitehorse to help change that, one conversation at a time.

We don't talk enough about dementia, as it can feel too difficult a topic to raise. We worry about saying the wrong thing. And it's often wrongly seen as just a part of getting older. But silence has a cost – delayed diagnoses and treatment, carers who feel isolated, and people who never learn that help is here. When we talk about dementia, we can:

- improve support and services for Australians
- improve understanding of dementia
- reduce stigma and discrimination.

We also want to recognise that there are things we can do to delay the onset or progression of dementia. One of the most important is to be active. In fact, dancing has been shown to reduce the risk of dementia by 76 per cent.

During Dementia Action Week, join with us to keep moving:

- dance to one song (at home or as part of a group fitness class)
- dedicate one gym workout
- swim a few laps
- walk in one of our beautiful reserves in Whitehorse
- buddy up with a friend.



To register for more information, or how to be involved:

☎ 0478 269 367

✉ PositiveAgeing@whitehorse.vic.gov.au

🌐 www.trybooking.com/DNAKG

What's on in Whitehorse



Get online week

Vermont South Neighbourhood House

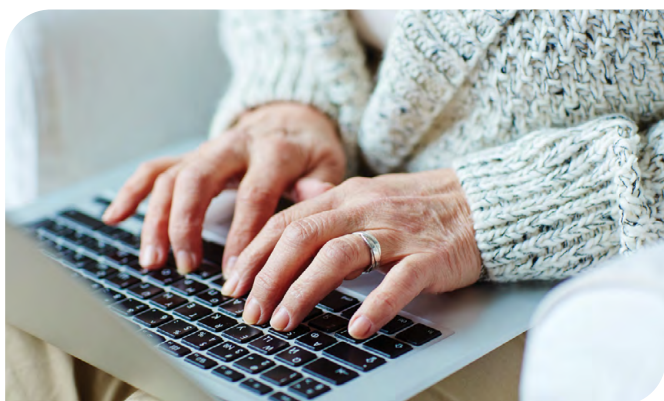
Join us for a **free** friendly community session offering morning tea, conversation and practical tech support for older people or community members who are eager to learn. Bookings essential.

Date: Thursday 22 October

Time: 10.30am to 11.45am

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

Bookings: ☎ 9803 2335 ✉ volunteer@vsnh.org.au



Healthy Eating and Nutrition

Mitcham Community House is hosting a **free** Healthy Eating and Nutrition session for people aged 55 and over. Presented by Bolton Clarke, this informative session explores the basics of healthy eating, including the benefits of low GI foods, fibre-rich foods, antioxidants, healthy fats and protein to support overall health and wellbeing.

Date: Thursday 5 November

Time: 1pm to 2pm

Where: Mitcham Community House
19 Brunswick Road, Mitcham

Bookings: ☎ 9873 4587 ✉ volunteer@vsnh.org.au



Celebrating 50 years in the community

Vermont South Neighbourhood House

Vermont South Neighbourhood House is excited to celebrate 50 years in the community this October. Join us for lunch and an afternoon of celebration, history, and community connection. Lunch provided.

Date: Tuesday 6 October

Time: 12pm to 3pm

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

Cost: Free

Enquiries: ☎ 9803 2335

✉ volunteer@vsnh.org.au

Bookings: 🌐 <https://events.humanitix.com/celebrating-50-years-of-vermont-south-neighbourhood-house>



Women's Health Week 7 to 11 September 2026

Women's Health Week 2026 is a reminder to prioritise your health. This year's theme, Your Health, Your Way, encourages women to look after their wellbeing in ways that suit them. Whether it's booking a health check, staying active, eating well or taking time for yourself – every step counts. Explore local activities and support services available during Women's Health Week and beyond.



Bone health information

Learn about bone and joint health with physiotherapist, Kate. Discover helpful exercises, try therapeutic exercise equipment, and learn how your body works. Limited places available.

Date: Wednesday 9 September

Time: 6.30pm to 7.30pm

Where: Box Hill Library, 1040 Whitehorse Road

Cost: Free

Bookings: 🌐 <https://tinyurl.com/ysvtrfej>
☎ 9896 4300

Meditation

Learn the essentials of mindfulness and how to bring it into your busy day. Accredited meditation teacher Jacqui Mulholland from Shine Meditation, will guide you through an exercise to help relieve anxiety and create inner calm.

Date: Tuesday 29 September

Time: 6.30pm to 7.30pm

Where: Box Hill Library, 1040 Whitehorse Road

Cost: Free

Bookings: 🌐 <https://tinyurl.com/5xk4aepd>
☎ 9896 4300

Yoga and meditation

This activity is paired with a delightful Devonshire Tea. Don't forget to book your spot.

Date: Wednesday 9 September

Time: 12.30pm

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

Cost: \$10

Bookings: ☎ 9899 7660
✉ info@kerrimuirhouse.org.au

Solo women's travel

Discover travel designed exclusively for women who want to explore the world solo, but not alone. Whether you're a first-time traveller or a seasoned globetrotter, discover exciting destinations including Africa, India, Uluru, Eastern Europe and Thailand, and gain the confidence to explore the world.

Date: Tuesday 6 October

Time: 11am to 12pm

Where: Box Hill Library, 1040 Whitehorse Road

Cost: Free

Bookings: 🌐 <https://tinyurl.com/yc539rra>
☎ 9896 4300

Thrifty Rich with Lou Gibson

Financial wellbeing is an important part of building independence, confidence and choice. Join author, teacher and mum of two Lou Gibson (That Money Mum), as she discusses her book Thrifty Rich – a practical, no-shame guide to budgeting, saving money and reducing financial stress.

Date: Monday 30 November

Time: 6.30pm to 7.30pm

Where: Box Hill Library, 1040 Whitehorse Road

Cost: Free

Bookings: 🌐 <https://tinyurl.com/3afac2j9>
☎ 9896 4300



Discover Whitehorse garden clubs and nurseries

Spring is the perfect time to get out into the garden, and Whitehorse is home to a range of welcoming gardening groups ready to inspire green thumbs of all experience levels. Whether you're looking to create a beautiful garden, grow native plants, learn new skills or simply meet people who share your passion, there's a local group for you.

Vermont Garden Club

The Vermont Garden Club provides a friendly place to share ideas, gain practical advice and connect with fellow gardeners. Monthly meetings include guest speakers, gardening demonstrations, a trading table, display bench, raffle, information about open gardens and shows, and plenty of opportunities to ask questions. Meetings finish with a delicious supper and time to socialise. The club is currently seeking new members and committee members to help it continue to grow and thrive.

Days: Second Thursday of each month (except January)

Time: 7.30pm

Where: City of Whitehorse Horticultural Centre
82 Jolimont Road, Forest Hill

Enquiries: Louise ☎ 0401 431 239
Margaret ☎ 9878 1702
✉ vermontgardenclub@gmail.com

Box Hill Garden Club

Enjoy guest speakers, gardening advice and friendly conversation at the Box Hill Garden Club.

Days: Third Tuesday of each month (except December)

Time: 10am to 12pm

Where: Springfield Park Pavilion
corner Dorking and Springfield Roads, Box Hill

Enquiries: Yvonne ☎ 0408 532 801
✉ boxhillgardenclub@gmail.com
🌐 www.boxhillgardenclub.org.au

Bird-friendly garden tips at Wurundjeri Walk

Hosted by Whitehorse City Council – Parks and Natural Environment

Celebrate National Bird Week with a **free** guided walk and bird-friendly garden tips.

Date: Wednesday 21 October

Time: 10am to 11am

Where: Bungalook Nursery
107 Fulton Road, Blackburn South

Enquiries: ☎ 9262 6333
✉ enviro.volunteering@whitehorse.vic.gov.au

Bookings: 🌐 <https://bit.ly/4gSNRem>



Bungalook Nursery

If you're interested in Indigenous plants, Bungalook Nursery welcomes volunteers to help propagate native species, collect seeds and cuttings, prepare plants for distribution to homes and parks, and enjoy social activities with a friendly team.

Days: Wednesdays: 9.30am to 1pm
Fridays: 9.30am to 1pm and the last Saturday of the month (except December): 10am to 12.30pm

Where: 107 Fulton Road, Blackburn South

Enquiries: ✉ wcipp@yahoo.com.au
🌐 wcipp.org.au or find Bungalook Nursery on Facebook



Greenlink Box Hill Indigenous Plant Nursery

Greenlink Box Hill is a volunteer-run Indigenous plant nursery where members help grow native plants and support local parklands.

Days: Tuesdays and Wednesdays

Time: 9am to 12pm

Enquiries: ☎ 0479 121 653
(Tuesdays and Wednesdays)
✉ greenlinkboxhill@gmail.com

Indigenous Plant Education Tour Greenlink Box Hill

Come and discover how we propagate plants from cuttings, grow local Indigenous plants, and explore our nursery. **Free** for everyone.

Date: Thursday 15 October

Time: 10.30am to 12pm

Where: Greenlink Indigenous Plant Nursery
41 Wimmera Street, Box Hill North

Enquiries: ☎ 0414 443 203
✉ greenlinkboxhill@gmail.com

Bookings: 🌐 www.trybooking.com/DNWSJ

Cultivating Connections brings generations together



More than 40 people gathered at Greenlink Indigenous Nursery for Cultivating Connections – An Intergenerational Gardening Experience.

Hosted by Whitehorse City Council's Positive Ageing Team and Gardens for Wildlife, in partnership with Greenlink Indigenous Nursery, the event brought together older residents, residents from Box Hill Views Care Community and students from Kerrimuir Primary School.

Participants enjoyed a guided nursery tour, learned about native plants and propagation, painted terracotta pots and shared stories over morning tea.

The event highlighted the benefits of bringing generations together through nature, learning and community connection.

To find out about upcoming workshops and activities, contact Greenlink

☎ 0479 121 653 or visit
🌐 <https://greenlinkboxhill.org>



FOGO facility tours

Ever wondered what happens to your food scraps and garden waste after collection? With Whitehorse's mandatory food organics and garden organics (FOGO) service launching next year, now's the right time to find out. Join a **free** FOGO facility tour to see how organic waste is transformed into valuable compost. As part of our Sustainable Whitehorse program, the tour offers a behind-the-scenes look at commercial composting and how it helps reduce landfill waste.

Date: Tuesday 22 September

Time: 9.15am to 12.30pm

Enquiries: ☎ 9262 6333

🌐 www.whitehorse.vic.gov.au/sustainability

Bookings: 🌐 <https://events.humanitix.com/host/whitehorse-city-council>

Community bakery

Free donated bread available. Bring your own bag and reusable coffee cup for a cuppa.

Dates: Wednesdays: 2 and 16 September, 14 and 28 October, 11 and 25 November

Time: 10am to 11am

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

Enquiries: ☎ 9899 7660

🌐 www.kerrimuirhouse.org.au



Food and produce swap locations

Is your garden producing more than you can use? Why not share the harvest at one of Whitehorse's local food swap locations? Food swaps are a great way to reduce food waste, save money and connect with others in your community. Bring along your surplus fruit, vegetables, herbs, seeds or seedlings and exchange them for something different while meeting fellow local gardeners.

Blackburn Food Swap

Swap homegrown fruit and vegetables, herbs, seeds, seedlings and preserves while connecting with fellow local gardeners. Everyone is welcome, whether you're an experienced gardener or just starting out.

Days: First Sunday of the month (excluding January) **Time:** 10am to 11am

Where: Blackburn Lake Sanctuary, 103 Central Road, Blackburn

Blackburn North Food Swap

Join local gardeners to exchange surplus homegrown produce, herbs, seeds and seedlings while sharing gardening tips and seasonal produce in a friendly community setting.

Days: Fourth Saturday of the month **Time:** 10am to 11am

Where: NewHope Community Kitchen, 3 Springfield Road, Blackburn North (entry via Dale Court)

Box Hill South Urban Harvest

Exchange fresh fruit and vegetables, herbs, seeds, cuttings and gardening ideas with fellow gardeners. It's a great way to make the most of your garden harvest, reduce waste and build community connections.

Days: Third Saturday of the month (excluding January and December) **Time:** 11am to 12.30pm

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





National Carers Week – 11 to 17 October

National Carers Week is a time to recognise and thank the unpaid carers who support family members, friends and neighbours in our community.

Many people don't think of themselves as carers – they see themselves as a partner, parent, child, relative or friend simply helping someone they care about. If you provide unpaid support to someone with a disability, health condition, mental illness or an older person who needs assistance, you are a carer. Caring can be rewarding, but it can also be challenging. Whether you're new to caring or have been doing it for years, support is available.

The Whitehorse Carers Guide is a great place to start. It includes information about local services, support programs and helpful resources for carers. You can download a copy or request one from the Whitehorse Carer Information Hub at www.whitehorse.vic.gov.au/support-carers or contact Whitehorse Connect and Support on **9262 6333**.

Other support available includes:

- **Whitehorse Connect and Support Service** – Free information and assistance to help you navigate aged care services. Call **9262 6333** or visit www.whitehorse.vic.gov.au/support-carers
- **Carer Gateway** – Free counselling, coaching, respite services and tailored support. Call **1800 422 737** or visit www.carergateway.gov.au
- **Carers Victoria** – Information, education, support and advocacy for unpaid carers across Victoria. Visit www.carersvictoria.org.au

This National Carers Week, take time to recognise the important role carers play and remember that support is available for you too.



Understanding My Aged Care

Do you need support to understand My Aged Care? Join us for a small group conversation where you can learn about:

- My Aged Care services
- how to obtain a My Aged Care assessment
- how to connect to services
- ask questions you have about My Aged Care.

Date: Wednesday 9 September

Time: 10.30am to 12pm

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

Cost: Free, bookings essential

Bookings: **9262 6333**

✉ connectandsupport@whitehorse.vic.gov.au

🌐 www.whitehorse.vic.gov.au/connect-support-service

Connect and Support Service



Whitehorse Council's Connect and Support Service can help older residents access local services, social opportunities and community programs that support healthy ageing and wellbeing.

Our Connect and Support team is here to listen and help you explore the many options available to you. We provide assistance to help you understand and navigate the aged care system, connect with other community services, carer supports and services, local health, social and recreational activities, and groups and programs.

If you are unsure where to start, contact the Connect and Support Service 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

Do you have an event, open day, community update or local success to share?

The Positive Ageing Newsletter promotes local community activities and achievements that are relevant to older residents in Whitehorse.

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

Next edition: Summer 2026–27

Months: December, January, February

Submission deadline: 2 November 2026

Publication: 23 November 2026

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?

**Pick up your copy available from
23 November, at:**

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

