



Victorian
Seniors
Festival
Reimagined
2021



The Victorian Seniors Festival and
Whitehorse City Council present

Whitehorse Seniors Festival

Throughout the month of October, we
celebrate ageing positively with a diverse
mix of online and in person events.

Events are free unless otherwise listed.

[www.whitehorse.vic.gov.au/
whitehorse-seniors-festival](http://www.whitehorse.vic.gov.au/whitehorse-seniors-festival)



Event categories



Arts



Healthy mind /
Social activity



Music



Technology



Cultural diversity



Information and
learning



Physical activity



Transport

Please note: event details may change after time of printing due to circumstances beyond our control.

Wallflowering



An amusing and poignant play about marriage, happiness and the foxtrot.

Host: Whitehorse Centre

When:

- Friday 1 October, 8pm-9.30pm
- Saturday 2 October, 2pm-3.30pm

Where: One Community, 184 Surrey Rd, Blackburn

Cost: \$52

Bookings: 9262 6555, tickets@whitehorse.vic.gov.au or www.whitehorsecentre.com.au/events/wallflowering



Happy Go Appy



Got a smartphone? Learn how to use apps to make life easier.

Host: Whitehorse Manningham Libraries

When: Monday 4 October, 10.30am-11.30am

Where: Nunawading Library, 379 Whitehorse Road, Nunawading

Bookings: 9872 8600 or www.wml.vic.gov.au

Mandarin Conversation Cafe



Practice Mandarin with a native speaker. All levels welcome.

Host: Louise Multicultural Community Centre

When: Monday 4 October, 12.30pm-2pm

Where: Suite 8, 27 Bank Street, Box Hill

Bookings: 9285 4850 or programs@louise.org.au

Bush Dancing



Try bush dancing and meet new people.

Host: Whitehorse Activities Club

When: Monday 4 October, 8pm-10pm

Where: Blackburn Senior Citizens Hall, 27 Central Avenue, Blackburn

Bookings: 9874 2578 or

Watercolour Painting



Be guided to paint still life flowers.

Host: Box Hill Community Art Centre

When: Monday 4 October, 1pm-3pm

Where: Box Hill Community Art Centre, 470 Station St, Box Hill

Cost: \$25

Bookings: 9895 8888 or www.bhcac.com.au/whats-on/courseandworkshops



Write your Life Story



Capture your life story or the story of a loved one in a supportive environment over three weeks.

Host: Koonung Cottage Community House

When: Tuesday 5, 12 and 19 October, 6.30pm-8.30pm

Where: Online or at 109 Koonung Road, Blackburn North

Cost: \$25 (for 3 sessions)

Bookings: 9878 6632 or admin@koonungcottage.org.au

Tai Chi QiGong



Integrate movement, mental concentration, and regulated breathing with Qigong using Tai Chi principles.

Host: U3A Nunawading

When: Tuesday 5 October, 10.30am-11.30am

Where: Online

Bookings: 9878 3898 or vicepresident@u3anunawading.org.au

Cards 500



Keep your mind active and meet new friends at this card game.

Host: Whitehorse Activities Club Inc.

When: Tuesday 5 October, 12.30pm-3pm

Where: Level 1, 79 Mahoneys Road, Forest Hill

Bookings: 9878 4374

U3A Tour at Nunawading Community Hub



Learn about what U3A offers and see classes in progress.

Host: U3A Nunawading

When:

- Tuesday 5 October, 10am-11am
- Tuesday 12 October, 1pm-2pm
- Thursday 21 October, 10am-11am
- Wednesday 27 October, 10am-11am

Where: 96-106 Springvale Road, Nunawading

Bookings: 9878 3898 or vicepresident@u3anunawading.org.au



Gardening, Attracting Wildlife to Your Garden and Home Composting



Learn about rotating vegetable beds, companion planting, organic gardening and more. Optional walking tour of Acre Farm. Great door prizes on offer.

Host: Whitehorse City Council

When: Tuesday 5 October, 10am-12.30pm

Where: Acre Farm, Burwood Brickworks, 78 Middleborough Road, Burwood East

Bookings: 0481 060 536 or robert.powell@whitehorse.vic.gov.au



Surrey Park Model Boat Club Open Day



Visit the clubrooms, see and operate model boats on the lake under supervision.

Host: Surrey Park Model Boat Club

When: Wednesday 6 October, 10am-11.30am

Where: Surrey Park Lake, Surrey Park, off Standard Ave, Box Hill South

Enquiries: 0468 460 039 or www.spmbc.org.au



Badminton

An active sport that keeps you moving around.

Host: Whitehorse Activities Club Inc.

When: Wednesday 6 October, 9am-1pm

Where: Mahoneys Reserve, Mahoneys Road, Forest Hill

Bookings: 9808 4454



Antiques Roadshow (Abbey's Antiques)

An expert from Abbey's Antiques is on-site and ready to assess your treasures.

Host: Whitehorse Manningham Libraries

When: Wednesday 6 October, 10.30am-12pm

Where: Vermont South Library, Pavey Place, Vermont South

Bookings: 9872 8650 or www.wml.vic.gov.au



Tai Chi

Experience the basics of Tai Chi to leave you feeling relaxed and refreshed.

▪ **Host:** Box Hill Community Art Centre

When: Wednesday 6 October, 10am-11am

Where: Box Hill Community Art Centre, 470 Station St, Box Hill

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

▪ **Host:** U3A Box Hill

When: Wednesday 20 October, 1.30pm-2pm

Where: Online

Bookings: 0429 839 829 or lwain66@gmail.com



Let's Chat and Crochet

Join us for a cuppa and chat. Beginners welcome.

Host: Louise Multicultural Community Centre

When: Thursday 7 October, 10.30am-12pm

Where: Louise Multicultural Community Centre, Suite 8, Town Hall Hub, 27 Bank Street, Box Hill

Bookings: 9285 4850 or programs@louise.org.au



Line Dancing

A fun form of exercise for heart health and balance.

Host: U3A Nunawading

When: Thursday 7 October, 10am-11am

Where: Online

Bookings: 9878 3898 or vicepresident@u3anunawading.org.au



Line Dancing Beginners

A great way to exercise and meet new friends.

Host: Whitehorse Activities Club Inc.

When: Thursday 7 October, 7.30pm-9.30pm

Where: Blackburn Senior Citizens Hall, 27 Central Avenue, Blackburn

Bookings: 0411 653 368



Dance, Fitness & Zumba

A fun dance and fitness workout designed for seniors.

Host: U3A Nunawading

When: Friday 8 October, 2pm-3pm

Where: Online

Bookings: 9878 3898 or vicepresident@u3anunawading.org.au



Paint Your Pop

Grandfathers and grandchildren are invited to get creative and paint a portrait of each other.

Host: Box Hill Community Art Centre

When: Saturday 9 October, 10am-12pm

Where: Box Hill Community Art Centre, 470 Station St, Box Hill

Cost: \$25 a pair

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



A Smartphone as a Useful Travel Companion

Learn about a range of Apps on your smartphone or tablet that can be useful while travelling.

Host: U3A Nunawading

When: Monday 11 October, 1.30pm-3pm

Where: Online

Bookings: 9878 3898 or vicepresident@u3anunawading.org.au



Is Health and Wellbeing Important to You? Help Shape Future Directions



Learn how older people's health and wellbeing is being supported now and into the future in Whitehorse. Session includes a presentation, conversation and catering.

Host: Whitehorse City Council

When:

- Wednesday 6 October, 10am-11.30am
- Saturday 16 October, 10am-11.30am

Where: Willis Room, Whitehorse Civic Centre, 399 Whitehorse Road, Nunawading

Bookings: 9262 6443

How to Spot a Scam

Learn how to look out for scams and stay safe online.

Host: U3A Nunawading

When: Wednesday 6 October, 1pm-2.30pm

Where: Online

Bookings: 9878 3898 or vicepresident@u3anunawading.org.au



Reading Your Energy Bill and How To Save on it



Learn how to read your electricity or gas bill and save money by changing plans.

Host: Whitehorse City Council

When: Monday 11 October, 6pm-7pm

Where: Online

Bookings: 0481 060 536 or robert.powell@whitehorse.vic.gov.au

Uke 'n Play Ukulele



Learn to play songs on the ukulele in one fun-filled session. Beginners welcome.

Host: Bennettswood Neighbourhood House

▪ **When:** Monday 11 October, 10am-11am

Where: Bennettswood Neighbourhood House, 7 Greenwood Street, Burwood

▪ **When:** Wednesday 13 October, 7pm-8pm

Where: Online

Bookings: 9888 0234 or info@bennettswoodnh.org.au



Clay Craft with Winnie from Clay Art Australia



Learn to make a Japanese fine craft using Deco Clay. Materials provided.

Host: Louise Multicultural Community Centre

When:

- Monday 11 October, 12.30pm-2pm
- Thursday 28 October, 10.30am-12pm

Where: Louise Multicultural Community Centre, Suite 8, Town Hall Hub, 27 Bank Street, Box Hill
Bookings: 9285 4850 or programs@louise.org.au



Walking Group



Keep active among wonderful scenery and meet new people.

Host: Whitehorse Activities Club Inc.

When:

- Tuesday 12 October, 9am-12.30pm
- Tuesday 26 October, 9am-12.30pm

Where: Various locations

Bookings: 9873 4465

Organising Your Digital Photos



Learn how to back up your photos and organise them.

Host: Whitehorse Manningham Libraries

When: Tuesday 12 October, 3pm-4pm

Where: Vermont South Library, Pavey Place, Vermont South

Bookings: 9872 8650 or www.wml.vic.gov.au

Come 'n Try Mahjong



Learn how to play Mahjong non-gambling style. It's similar to Rummy.

Host: Bennettswood Neighbourhood House

When: Wednesday 13 October, 1pm-2.30pm

Where: Bennettswood Neighbourhood House, 7 Greenwood Street, Burwood

Bookings: 9888 0234 or info@bennettswoodnh.org.au

Seniors Tennis Fun Day



Seniors social tennis for any standard of play. Free lunch and refreshments.

Host: Koonung Park Tennis Club

When: Wednesday 13 October, 11am-3pm

Where: 103 Springfield Rd, Blackburn

Enquiries: 0409 015 286 or www.tennis.com.au/kptc



Healthy Feet Talk



Learn how to take care of your feet from a qualified podiatrist.

Host: Box Hill South Neighbourhood House

When: Wednesday 13 October, 7.30pm-8.30pm

Where: 47 Kitchener Street, Box Hill South

Cost: Gold coin donation
Bookings: 9898 8270 or info@bhsnh.org.au

Be Creative with Acrylic Paint



An introductory painting session using acrylic paint. Materials provided.

Host: Louise Multicultural Community Centre

When: Thursday 14 October, 10.30am-12pm

Where: Louise Multicultural Community Centre, Suite 8, Town Hall Hub, 27 Bank Street, Box Hill

Bookings: 9285 4850 or programs@louise.org.au



Vermont Garden Club Monthly Meeting



African Violets specialist Annette Kennedy will speak at this meeting, which is open to all, followed by supper.

Host: Vermont Garden Club Inc.

When: Thursday 14 October, 8pm-9.30pm

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

Bookings: 0401 431 239 or vermontgardenclub@gmail.com

Materials Recovery Facility Virtual Tour



Discover how recyclables are sorted and processed.

Host: Whitehorse City Council

When: Thursday 14 October, 10.30am-12pm

Where: Online

Bookings: 0481 060 536 or robert.powell@whitehorse.vic.gov.au

Hearing Health Morning Tea



Learn about hearing health, have a hearing test and discuss good communication with Soundfair audiologists.

Host: Soundfair

When: Friday 15 October, 10.30am-12pm

Where: Blackburn Bowls Club, 65 Pakenham St, Blackburn

Cost: Gold coin donation

Bookings: 1300 242 842

Understanding Council's Home and Community Care Services



Discover and access Council's range of Home and Community Care services.

Host: Whitehorse City Council

▪ **When:** Friday 15 October, 11am-12pm

Where: Mountain View Cottage, 25 Mountainview Road, Nunawading

▪ **When:** Thursday 21 October, 6pm-7pm

Where: Online

▪ **When:** Friday 22 October, 11am-12pm

Where: Mountain View Cottage, 25 Mountainview Road, Nunawading

Bookings: 9262 6188 or carolyn.pereira@whitehorse.vic.gov.au



E-Bike Information Session



Trial an e-bike and learn more about the technology.

Host: Whitehorse City Council

When:

- Saturday 16 October, 10am-4pm
- Sunday 17 October, 10am-4pm

Where: Walkers Road, Nunawading at the start of Box Hill to Ringwood bike path

Bookings: 9262 6081 or melanie.burgess@whitehorse.vic.gov.au

Hand Built Ceramics Planter Pot



Make a ceramic planter pot. Glazing and firing included - pick up two weeks later.

Host: Box Hill Community Art Centre

When: Sunday 17 October, 10am-12.30pm

Where: Box Hill Community Art Centre, 470 Station St, Box Hill

Cost: \$25

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



Come and Try Strength Training Class



Try strength training to help support bones and healthy ageing.

Host: Avenue Neighbourhood House @ Eley

When: Monday 18 October, 3pm-4pm

Where: 87 Eley Road, Blackburn South
Bookings: 9808 2000, info@theavenue.org.au or www.theavenue.org.au

Come and Try Tai Chi Class



Tai Chi can increase muscle tone, bone density, focus, memory, balance and more. Suitable for all ages and fitness levels.

Host: Avenue Neighbourhood House @ Eley

When: Monday 18 October, 1pm-2pm

Where: Guide Hall, 87 Eley Road, Blackburn South

Bookings: 0422 769 155



U3A Box Hill Music Choral Group



Hear the U3A Choral Group perform.

Host: U3A Box Hill

When: Monday 18 October, 2.30pm-3pm

Where: 29 Strabane Ave, Mont Albert North

Bookings: 0429 839 829 or lwallin66@gmail.com

Gentle Fitness



A safe way to exercise with no floor exercises. Join online from your home or attend virtually using a screen at Bennettswood Neighbourhood House.

Host: Bennettswood Neighbourhood House

When: Tuesday 19 October, 12.30pm-1.30pm

Where: Online or join virtually from Bennettswood Neighbourhood House, 7 Greenwood Street Burwood

Bookings: 9888 0234 or info@bennettswoodnh.org.au

Come and Try "Chat & Chew" Bingo Group



Join a social group who enjoys playing Bingo.

Host: Avenue Neighbourhood House @ Eley

When: Tuesday 19 October, 9.30am-12.30pm

Where: 87 Eley Road, Blackburn South

Cost: \$5

Bookings: 9808 2000, info@theavenue.org.au or www.theavenue.org.au

Come and Try Crochet, Knitting and Fancywork Group



Social group for people who enjoy crocheting, knitting and fancywork. BYO project.

Host: Avenue Neighbourhood House @ Eley

When: Tuesday 19 October, 9.30am-11.30am

Where: 87 Eley Road, Blackburn South

Cost: \$5

Bookings: 9808 2000, info@theavenue.org.au or www.theavenue.org.au



Come and Try Active & Fit Class

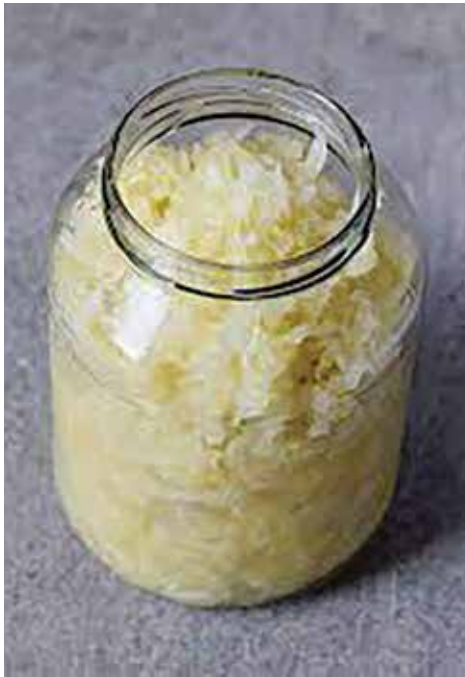


Movement to music with low-impact aerobics, yoga stretching and Pilates.

Host: Avenue Neighbourhood House @ Eley

When: Tuesday 19 October, 2pm-3pm

Where: 87 Eley Road, Blackburn South
Bookings: 9808 2000, info@theavenue.org.au or www.theavenue.org.au



Pickling Workshop

Make your own pickled vegetables with just a few basic ingredients.

Host: Box Hill South Neighbourhood House
When: Wednesday 20 October, 7pm-8.30pm
Where: Box Hill South Neighbourhood House, 47 Kitchener St, Box Hill South
Cost: \$10
Bookings: 9898 8270 or info@bhsnh.org.au



Rodgers and Hammerstein

A special event paying tribute to the timeless music of Rodgers and Hammerstein. Complimentary morning tea from 10am.

Host: Whitehorse Centre
When: Wednesday 20 October, 11am-12pm
Where: Stairway, 171 Rooks Rd, Vermont
Cost: \$20
Bookings: 9262 6555, tickets@whitehorse.vic.gov.au or www.whitehorsecentre.com.au



Morning Movie Matinee - Book Club

Join a mid-morning movie matinee of the Book Club in the library.

Host: Whitehorse Manningham Libraries
When: Wednesday 20 October, 10am-12pm
Where: Nunawading Library: 379 Whitehorse Road, Nunawading
Bookings: 9872 8600 or www.wml.vic.gov.au



MyHealthRecord for Seniors

MyHealthRecord is a secure online summary of your medical information. Get a basic overview of how it works, and how to get started.

Host: Whitehorse Manningham Libraries
When: Wednesday 20 October, 2pm-3pm
Where: Box Hill Library: 1040 Whitehorse Road, Box Hill
Bookings: 9896 4300 or www.wml.vic.gov.au



Solar and Batteries for Residential Homes

Learn more about solar power systems and how one could work at your home.

Host: Whitehorse City Council
When: Wednesday 20 October, 5.30pm-7pm
Where: Nunawading Community Hub, 96-106 Springvale Rd, Nunawading
Bookings: 0481 060 536 or robert.powell@whitehorse.vic.gov.au



Come and Try Mahjong

Learn how to play Mahjong non-gambling style. It's similar to Rummy.

Host: Bennettswood Neighbourhood House
When: Wednesday 20 October, 1pm-2.30pm
Where: Bennettswood Neighbourhood House, 7 Greenwood Street, Burwood
Bookings: 9888 0234 or info@bennettswoodnh.org.au



Come and Try Line Dancing Class

Line dancing class with award-winning instructor Stephen Paterson.

Host: Avenue Neighbourhood House @ Eley
When: Thursday 21 October, 7pm-9pm
Where: Guide Hall, 87 Eley Road, Blackburn South
Cost: \$13
Bookings: 9808 2000, info@theavenue.org.au or www.theavenue.org.au



Master your Smartphone and/or Tablet or iPad

Learn fun and practical things to do with your devices. Five-week course with a small class.

Host: Avenue Neighbourhood House @ Eley
When: Thursday 21 October onwards, 10.30am-12pm
Where: 87 Eley Road, Blackburn South
Cost: \$75 (for 5 classes)
Bookings: 9808 2000, info@theavenue.org.au or www.theavenue.org.au



English Conversation Cafe

Practice English with a native speaker. All levels welcome.

Host: Louise Multicultural Community Centre
When: Thursday 21 October, 10.30am-12pm
Where: Louise Multicultural Community Centre, Suite 8, Town Hall Hub, 27 Bank Street, Box Hill
Bookings: 9285 4850 or programs@louise.org.au



Disability Awareness

Learn about Council's work to improve community access and inclusion.

Host: Whitehorse City Council
When: Thursday 21 October, 2pm-3.30pm
Where: Willis Room, Whitehorse Civic Centre, 399 Whitehorse Road, Nunawading
Bookings: 0408 121 127 or maureen.darcy@whitehorse.vic.gov.au



Third Age Decluttering



A practical, inspirational workshop on how to tackle the 'stuff' taking up space in your home.

Host: Whitehorse Manningham Libraries

When: Thursday 21 October, 10.30am-12pm

Where: Vermont South Library, Pavey Place, Vermont South

Bookings: 9872 8650 or www.wml.vic.gov.au

Come and Try Beginners Ukulele class



Learn to play ukulele with an experienced tutor.

Host: Avenue Neighbourhood House @ Eley

When: Thursday 21 October, 2.30pm-3.30pm

Where: 87 Eley Road, Blackburn South

Bookings: 9808 2000, info@theavenue.org.au or www.theavenue.org.au

Mosaic with Mum



Mothers and daughters/sons are invited to work together to create a family mosaic paver.

Host: Box Hill Community Art Centre

When: Friday 22 October, 1pm-3.30pm

Where: Box Hill Community Art Centre, 470 Station St, Box Hill

Cost: \$30 a pair
Bookings: 9895 8888 or www.bhcac.com.au



Come and Try Sketching Group



Social group for people who enjoy sketching.

Host: Avenue Neighbourhood House @ Eley

When: Friday 22 October, 9.30am-12.30pm

Where: 32 Richmond Street, Blackburn South

Cost: \$5
Bookings: 9808 2000, info@theavenue.org.au or www.theavenue.org.au

Come and Try Meditation Class



Meditation and mindfulness made simple, easy and enjoyable.

Host: Avenue Neighbourhood House @ Eley

When: Friday 22 October, 12.30pm-1.30pm

Where: 87 Eley Road, Blackburn South

Bookings: 9808 2000, info@theavenue.org.au or www.theavenue.org.au

Paper Quilling



Learn to quill – an art form that uses strips of paper rolled, shaped and glued together to create decorative designs.

Host: Whitehorse Manningham Libraries

- When:** Friday 22 October, 1pm-2.30pm
Where: Box Hill Library: 1040 Whitehorse Road, Box Hill
Bookings: 9896 4300 or www.wml.vic.gov.au

- When:** Wednesday 27 October, 1.30pm-3pm
Where: Nunawading Library, 379 Whitehorse Road, Nunawading
Bookings: 9896 8400 or www.wml.vic.gov.au

Seniors Festival Tour of Worship Bus Tour



Visit places of worship in Whitehorse, learn about other faiths and meet new people. Lunch provided.

Host: Whitehorse Interfaith Network – Whitehorse City Council

When: Friday 22 October, 10am-2.30pm

Where: Walker Park, 413 Whitehorse Rd, Nunawading

Bookings: 0466 932 996 or sarah.martineli@whitehorse.vic.gov.au

Mitcham Community House Open Day



Enjoy demonstration classes, tea, coffee, cake, a sausage sizzle, art class exhibition, face painting, animal farm and more.

Host: Mitcham Community House
When: Saturday 23 October, 11.30am-1.30pm

Where: Mitcham Community House, 19 Brunswick Road, Mitcham

Enquiries: 9873 4587 or www.mitchamcommunityhouse.org



Box Hill Cemetery Tours



Join a guided tour of the cemetery and learn about some of the famous and unusual burials there.

Host: Box Hill Historical Society
When:

- Saturday 23 October, 2pm-4pm
- Saturday 30 October, 2pm-4pm

Where: Box Hill Cemetery, 395 Middleborough Road, Box Hill

Cost: \$15
Bookings: 9285 4808 or www.trybooking.com/BSQCT

Individual Adult Bike Education Session



One-on-one adult bike education sessions will allow beginners to build their confidence and skills without the pressures of a group environment.

Host: Whitehorse City Council
When: Saturday 23 October, 10am-4pm and Sunday 24 October, 10am-4pm

Where: Whitehorse Civic Centre, 399 Whitehorse Road, Nunawading
Cost: \$9.50 or \$7.50 concession
Bookings: 9262 6081 or www.trybooking.com/789384

Silk Scarf Twist Painting



Create a fashionable silk scarf using the twist painting technique.

Host: Box Hill Community Art Centre
When: Sunday 24 October, 11.30am-1pm

Where: Box Hill Community Art Centre, 470 Station St, Box Hill
Cost: \$25
Bookings: 9895 8888 or www.bhcac.com.au

Grow More, Work Less



Alison Sizer from Urban Harvest will talk about soil health, seeds, seedlings, growing fewer weeds and succession planting.

Host: Whitehorse Manningham Libraries

When: Monday 25 October, 2.30pm-3.30pm

Where: Blackburn Library, Cnr Blackburn and Central Roads, Blackburn

Bookings: 9896 8400 or www.wml.vic.gov.au



Grant Writing Workshop



Learn about effective grant writing and using the online grants management system, SmartyGrants.

Host: Whitehorse City Council
When: Thursday 28 October, 10am-12.30pm

Where: The Willis Room, Whitehorse City Council, 399 Whitehorse Road, Nunawading

Bookings: www.eventbrite.com.au/e/grant-writing-workshop-tickets-161846462125

Facebook Marketplace



Learn to use Marketplace to sell pre-loved goods. Knowledge of Facebook is recommended.

Host: Whitehorse Manningham Libraries

When: Friday 29 October, 2pm-3pm
Where: Vermont South Library, Pavey Place, Vermont South

Bookings: 9872 8650 or www.wml.vic.gov.au



Tech Chat for Dummies



Get help with computer, phone or iPad problems.

Host: Whitehorse Activities Club
When: Thursday 28 October, 10am-12pm

Where: Level 1, 79 Mahoneys Road Forest Hill

Bookings: 0409 019 388

Prepare your Home for Summer



Find out how to keep your home cool, reduce your energy consumption and save money at the same time.

Host: Whitehorse City Council

When: Friday 29 October, 2pm-4pm

Where: Online

Bookings: 0481 060 536 or robert.powell@whitehorse.vic.gov.au

Age-related Macular Degeneration (AMD): What is it, Who is at Risk and What to do?



AMD is the leading cause of legal blindness in Australia. Learn about AMD, how to reduce your risk and improve outcomes.

Host: Macular Disease Foundation Australia

When: Friday 29 October, 10.30am-11.30am

Where: Online

Bookings: <https://bit.ly/ar-md>

Schwerkolt Cottage and Museum Complex



Discover our local history while visiting the historic buildings and large cottage garden.

Host: Whitehorse City Council
When: Weekends in October, 2pm-5pm

Where: 2-10 Deep Creek Rd, Mitcham

Enquiries: 9262 6478

2021 Victorian Seniors Festival Reimagined

The Whitehorse Seniors Festival is part of the Victorian Seniors Festival, which is hosting radio broadcasts and online programming until October when live events will resume.

For details, visit www.seniorsonline.vic.gov.au/festivalsandawards

Tackling Ageism Together

Council has joined forces with six other eastern Melbourne councils to tackle ageism across the region.

Ageism is stereotyping, discrimination and mistreatment based solely on a person's age. When it is aimed at older people, ageism comes from negative attitudes and beliefs about what it means to be older.

Ageism affects people's self-confidence, quality of life, job prospects and health.

To find out more about ageism and how you can support Council's Ageism campaign visit www.whitehorse.vic.gov.au/ageism

For general Festival enquires contact 9262 6443, for specific event enquires please contact the host



Victorian Seniors Festival Reimagined 2021

