

WHITEHORSE SENIORS FESTIVAL 2025

PROGRAM GUIDE



**CONNECT
CREATE
CELEBRATE**

1-31 October



**POSITIVE
AGEING**

Victorian
Seniors
Festival
2025



Welcome to the 2025 Whitehorse Seniors Festival



Whitehorse City Council is proud to present the **2025 Whitehorse Seniors Festival**. This month-long celebration is held from **1 to 31 October** in partnership with our inspiring community and is part of the statewide **Victorian Seniors Festival**.

This year's theme – **Connect, Create, Celebrate** – captures the essence of what this festival is all about: bringing people together, discovering new experiences and celebrating the richness of life at every age.

We are excited to offer over 200 free and low-cost activities and events across Whitehorse – on weekdays, weekends, day and evening – making it easier than ever to get involved, try something new and meet others in your community. Whether you're reconnecting with a long-held interest or exploring a new hobby for the first time, there is something for everyone.

The festival will be launched on Wednesday 1 October with a special free opening event celebrating **U3A Nunawading's 35th Anniversary**. And don't miss the uplifting **Whitehorse One Voice intergenerational choir grand finale** on **Wednesday 29 October** at Box Hill Town Hall – a joyful collaboration with Creativity Australia that will bring generations together through music.

Thank you to the many wonderful community groups, clubs and partners who have helped create this vibrant program. Your contributions ensure that older residents can stay active, connected and inspired throughout the month – and beyond.

As a bonus, **Victorian Seniors Card holders** can enjoy **eight days of free public transport** across the state from **5 to 12 October**, making it even easier to get out and explore.

I encourage you to take this opportunity to connect, create and celebrate with us this October at the Whitehorse Seniors Festival.

Cr Andrew Davenport
Mayor, Whitehorse City Council



HOW TO USE THIS FESTIVAL PROGRAM?

To enjoy the diverse activities, workshops, and events available throughout October, please take your time to read through the program. It is organised by date and separated into ongoing events and weeks. 200 plus events are located across Whitehorse, as well as some in neighbouring councils.



HOW TO BOOK AND IS THERE A COST?

Contact Information: Each event listing in the program includes a contact for enquiries.

Booking Requirements: If bookings are required, there will be either a contact number or a link to a booking system. Refer to the booking information under each event listing for specific details.

Cost of Events: Events listed are free unless a cost is stated.

Whitehorse Seniors Festival is part of the statewide Victorian Seniors Festival.
To view the statewide program please visit: www.seniorsonline.vic.gov.au/victorian-seniors-festival



This program is designed to help you explore what's on offer, with events listed by week and categorised by interest type in the legend/key which represents the type of activity. You'll also find ongoing activities that run throughout the festival.

ONGOING EVENTS

6-8

WEEK 1 EVENTS

1-5 OCTOBER

9-10

WEEK 2 EVENTS

6-12 OCTOBER

11-14

WEEK 3 EVENTS

13-19 OCTOBER

15-20

WEEK 4 EVENTS

20-26 OCTOBER

21-25

WEEK 5 EVENTS

27-31 OCTOBER

26-27

LEGEND / KEY

-  Arts
-  Active
-  Educational
-  Social
-  Cultural
-  Craft

Whitehorse Seniors Festival Grand Opening Extravaganza

U3A Nunawading: 35 Years of Enriching Lives



Join us for a vibrant day celebrating U3A Nunawading's 35th anniversary and the launch of the 2025 Seniors Festival. Be inspired as our amazing seniors showcase their talents through music, dance, singing, crafts and creative arts. Enjoy a fun-filled day that celebrates passion, creativity and community spirit.

Date: Wednesday 1 October

Time: 10am-3pm

Venue: Nunawading Hub, 96-106 Springvale Road, Nunawading

Cost: FREE, no bookings required

Enquiries: ☎ 9878 3898 ✉ admin@u3anunawading.org.au

Whitehorse Volunteer Expo

Hosted by The Avenue Neighbourhood House

Have some time to give? Want to connect with local groups and make a difference? Drop in to this friendly Volunteering Expo to meet local community groups and discover volunteer roles that might suit you.



Date: Wednesday 15 October

Time: 12noon-2pm

Venue: Avenue Neighbourhood House,
Pink Heath Hall,
87 Eley Road, Blackburn South

Enquiries: ☎ 9808 2000 or ✉ info@theavenue.org.au

Bookings: 🌐 www.trybooking.com/DEBLZ



Silent Disco: A Celebration for LGBTI+ Seniors 50+ and Allies



Whitehorse Manningham Libraries

Enjoy music, movement and connection at our fun, friendly Silent Disco – join us for a joyful evening. Free, Bookings essential. Includes refreshments.

Date: Friday 10 October

Time: 6pm-8pm

Venue: Nunawading Library,
379 Whitehorse Road, Nunawading

Cost: FREE

Enquiries: ☎ 9872 8600

Bookings: 🌐 <https://tinyurl.com/3t6scz5u>



Tour of Worship

SGNSS Sikh Gurdwara Blackburn,
Er You Buddhist Temple and
Whitehorse Interfaith Network



Join us for an enjoyable and insightful day outing including lunch and afternoon tea. A guided bus tour departing from Whitehorse Civic Centre to SGNSS Gurdwara Blackburn and on to Er You Temple, Box Hill and returning to Council.

Date: Saturday 4 October

Time: 10.30am-3pm

Venue: Bus departs Whitehorse Civic Centre,
379-399 Whitehorse Road, Nunawading

Cost: FREE

Enquiries: ☎ 9262 6333

Bookings: 🌐 www.trybooking.com/DDLVE



TUE 14 & THU 23 OCTOBER (PAGES 16 & 24)

Supported by Whitehorse Sustainability Team

FOGO Facility Tour

Join a trip to our food and garden organics (FOGO) processor with education about food waste recycling.



Celebrating the lives of our Centenarian Citizens – High Tea

Mont Albert and Surrey Hills Rotary

Enjoy a heartwarming afternoon featuring live 1940s music, a delicious homemade high tea, and inspiring video stories presented by filmmaker John Winter from *The 100 Project* – capturing the voices and wisdom of 100-year-old Australians. A special celebration for all senior citizens, their families and friends.

Date: Sunday 19 October

Time: 2.30pm-4.30pm

Venue: Box Hill Town Hall,
1022 Whitehorse Road, Box Hill

Cost: \$70.00 – funds supporting Alkira Box Hill

Enquiries: ☎ 0438 833 917

Bookings: 🌐 www.trybooking.com/CYTYB



Rotary
Club of Mont Albert
& Surrey Hills

Tango for Parkinson's

The Avenue Neighbourhood House



Join us for a free, fun Tango for Parkinson's session with Rina Sawaya – improve balance, enjoy music, and stay for an enjoyable morning tea. Family and friends welcome!

Date: Every Wednesday in October 1, 15, 22, 29

Time: 10am-11am (8 October, 2pm-3pm)

Venue: 87 Eley Road, Blackburn South

Cost: FREE

Enquiries: ☎ 9808 2000

Bookings: 🌐 www.trybooking.com/DEBLT



Together @ the Shed

Box Hill Community Shed and
Whitehorse City Council

Join us for a relaxed evening of community connection with local groups, expo, entertainment and a free BBQ. Explore the Box Hill Community Shed and discover what's happening in your neighbourhood.



Date: Saturday 18 October

Time: 5.30pm-7.30pm

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

Cost: FREE

Enquiries: ☎ 9262 6333

✉ positiveageing@whitehorse.vic.gov.au

Bookings: 🌐 www.trybooking.com/DEHFR



Whitehorse One Voice – Grand Finale



You're the Voice – Whitehorse sings together

Whitehorse Positive Ageing and Creativity Australia

Experience the magic of community voices! Whitehorse One Voice blends generations, cultures and harmonies in a stirring crowd performance of You're the Voice. Enjoy the music, video showcase, great company for an inspiring intergenerational event!

Light refreshments. All are welcome.

Date: Wednesday 29 October

Time: 10am-12noon

Venue: Box Hill Town Hall, 1022 Whitehorse Road, Box Hill

Cost: \$5.00

Enquiries: 9262 6333

Bookings: 🌐 www.trybooking.com/DCVNY



ONGOING EVENTS

Solo Card Game

Challenge yourself with fun and relaxing solo card games.

Host: Whitehorse Activities Club Inc.

Enquiries: ☎ 0494 179 716 or ✉ waclubsecretary@gmail.com

When: 1st, 3rd and 5th Wednesday, starting on 1 October, 12.30pm-3pm

Where: Whitehorse Community Resource Centre, 1st Floor, 79 Mahoneys Road, Forest Hill

Booking required: Yes by phone

Pilates

Strengthen your core, improve flexibility, and feel refreshed with a gentle Pilates session.

Host: Whitehorse Activities Club Inc.

Enquiries: Joyce ☎ 0401 004 916 or ✉ waclubsecretary@gmail.com

When: Every Wednesday, starting on 1 October, 11.15am-12.15pm

Where: Scout Hall, 1st Nunawading Scout Hall, 1 Mark Place, Nunawading

Booking required: Yes by phone

Model Boats

Building and sailing radio controlled model boats on Surrey Park Lake. Relaxing and fun!

Host: Surrey Park Model Boat Club

Enquiries: ☎ 0417 059 876 or ✉ nartel28@gmail.com

When: Every Wednesday and Sunday, starting on 1 October, 10am-12noon

Where: Surrey Park Lake, enter from Standard Avenue, Box Hill

Booking required: No

Badminton

Whether you're a beginner or a pro, enjoy a game of badminton, meet people and have a good time.

Host: Whitehorse Activities Club Inc.

Enquiries: Roger ☎ 0407 802 830 or ✉ waclubsecretary@gmail.com

When: Every Wednesday, starting on 1 October, 9am-2noon

Where: Pavilion Mahoneys Pavilion, 138 Mahoneys Road, Forest Hill

Booking required: Yes by phone

Tango for Parkinson's

Tango for Parkinson's session – enjoy music, improve balance, and connect over morning tea.

Host: The Avenue Neighbourhood House

Enquiries: ☎ 9808 2000 or ✉ info@theavenue.org.au

When: Every Wednesday in October 1, 15, 22, 29 10am-11am (8 October, 2pm-3pm)

Where: Avenue Neighbourhood House, 87 Eley Road, Blackburn Sth

Booking required: www.trybooking.com/DEBLT



500 Card Game

Classic Aussie fun – play, strategise, and enjoy great company!

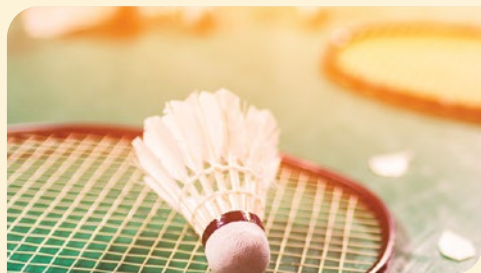
Host: Whitehorse Activities Club Inc.

Enquiries: Nancy ☎ 0409 258 032 or ✉ waclubsecretary@gmail.com

When: Every Thursday, starting on 2 October, 12.30pm-3.00pm

Where: Whitehorse Community Resource Centre, 1st Floor, 79 Mahoneys Road, Forest Hill

Booking required: Yes by phone



Gentle Exercise

Stay active with fun, low-impact moves to boost strength, balance, and wellbeing for all.

Host: Whitehorse Activities Club Inc.

Enquiries: Sue ☎ 0427 987 320 or ✉ waclubsecretary@gmail.com

When: Every Wednesday, starting on 1 October, 10am-11am

Where: Scout Hall, 1st Nunawading Scout Hall, 1 Mark Place Nunawading

Booking required: Yes by phone

Wednesday Walkers – every Wednesday

Join the Heart Foundation Walking group for a fantastic opportunity to socialise with friends and foster a sense of community connection. Meet at top of car park near playground and tennis club.

Host: Avenue Neighbourhood House

Enquiries: ☎ 9808 2000 or ✉ info@theavenue.org.au

When: Every Wednesday, starting on 1 October, 9.30am-11am

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

Booking required: No

Social Tennis

Laugh, chat, and have a ball! Join friendly tennis games made for fun and good company.

Host: Whitehorse Activities Club Inc.

Enquiries: ☎ 0494 179 716 or ✉ waclubsecretary@gmail.com

When: Every Thursday, starting on 2 October, 8am-12noon

Where: Vermont Tennis, 12 Nunkeri Street, Vermont

Booking required: Yes by phone

Line Dancing

Step, smile, and groove! Learn easy moves and have a great time dancing together.

Host: Whitehorse Activities Club Inc.

Enquiries: ☎ 0495 179 716 or ✉ waclubsecretary@gmail.com

When: Every Thursday, starting on 2 October, 7pm-9.30pm

Where: The Pines Senior Citizens Hall, 25 Central Road, Blackburn

Booking required: Yes by phone

Rummikub Game

Join us for a friendly game of Rummikub – strategy and fun.

Host: Whitehorse Activities Club Inc.

Enquiries: Judy ☎ 0423 262 413 or ✉ waclubsecretary@gmail.com

When: Every Thursday except 4th Thursday, starting on 2 October, 10am-12noon

Where: Whitehorse Community Resource Centre, 1st Floor, 79 Mahoneys Road, Forest Hill

Booking required: Yes by phone

Ten Pin Bowling

Strike up some fun! Roll the balls, share some laughs.

Host: Whitehorse Activities Club Inc.

Enquiries: John ☎ 0413 004 385 or ✉ waclubsecretary@gmail.com

When: 1st, 3rd and 5th Friday, starting on 3 October, 1.15pm-3.15pm

Where: Level 3 Forest Hill Shopping Centre

Cost: Money for bowling

Booking required: Yes by phone

Coffee Morning

Enjoy a relaxed morning with good coffee and even better company.

Host: Whitehorse Activities Club Inc.

Enquiries: Sue ☎ 0427 987 320 or ✉ waclubsecretary@gmail.com

When: Every Friday, starting 3 October, 10.30am-11.30am

Where: Chase Hotel, Forest Hill

Cost: Cost of coffee

Booking required: Yes by phone

Table Tennis

Join us for some table tennis, laughs and good company.

Host: Whitehorse Activities Club Inc.

Enquiries: Libby ☎ 0455 501 518 or ✉ waclubsecretary@gmail.com

When: Every Friday, starting on 3 October, 9.15am-11.30am

Where: Pavilion Mahoneys Pavilion, 138 Mahoneys Road, Forest Hill

Booking required: Yes by phone

Singing for Health

You're invited to join in learning and singing mostly Mandarin and Cantonese folk, art, and pop songs. No music or language experience needed.

Host: Melbourne Chinese Choir

Enquiries: ☎ 0490 047 606 or ✉ 1991mcc@gmail.com

When: Every Saturday, starting 4 October, 4.30pm-6.30pm

Where: Drycraft East Studio, Box Hill Community Arts Centre, 470 Station Street, Box Hill

Booking required: No

Bush Dancing

Kick up your heels, no experience needed. Classic bush dances, great music and fun.

Host: Whitehorse Activities Club Inc.

Enquiries: Denise ☎ 0402 490 149 or ✉ waclubsecretary@gmail.com

When: Every Monday, starting on 6 October, 7pm-9pm

Where: The Pines Senior Citizens Hall, 25 Central Road, Blackburn

Booking required: Yes by phone

Carpet Bowls

Come and join us for an enjoyable game of Carpet Bowls.

Host: Whitehorse Activities Club Inc.

Enquiries: Sandra ☎ 0425 721 972 or ✉ waclubsecretary@gmail.com

When: Every Monday, starting on 6 October, 9am-12noon

Where: Mahoneys Pavilion, 138 Mahoneys Road, Forest Hill

Booking required: Yes by phone

Creative Mondays

Feeling crafty? Create, connect, bring a project or start fresh.

Host: Whitehorse Churches Care

Enquiries: ☎ 1800 954 772 or ✉ info@whitehorsechurchescare.org.au

When: Every Monday, starting on 6 October, 9.30am-12noon

Where: Forest Hill Chase Shopping Centre, Community Space, Level 2, opposite Australia Post

Booking required: Yes by phone



Nordic Walking

Join us for an enjoyable social walk and coffee. Poles may be borrowed.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336 or ✉ info@u3aboxhill.com.au

When: Every Monday, starting on 6 October, 7.55am-9.30am

Where: Meet corner of Tyrrell Street and Cairo Road, Mont Albert North

Cost: Free, BYO coffee money

Booking required: No

Golf

Join us for a friendly round at Morack – fresh air, good swings and great company.

Host: Whitehorse Activities Club Inc.

Enquiries: Don ☎ 0409 019 388 or ✉ waclubsecretary@gmail.com

When: Every Monday, starting on 6 October, 9am

Where: Morack Public Golf Course, Morack Road and East Road, Vermont South

Cost: Green fees

Booking required: Yes by phone



Walking Basketball and Morning Tea

A fun, low-impact way to get active, no experience needed. Morning tea provided.

Host: Nunawading Basketball

Enquiries: ☎ 9802 6711 or ✉ holly@nunawadingbasketball.com.au

When: Every Monday, starting on 6 October, 9.30am-10.30am

Where: Court 4, Nunawading Basketball Centre, Burwood Highway, Burwood East

Booking required: Yes by phone



Bingo (Chat and Chew)

All welcome to join this social group for Bingo and morning tea.

Host: Avenue Neighbourhood House

Enquiries: ☎ 9808 2000 or ✉ info@theavenue.org.au

When: Every Tuesday, starting on 7 October, 9.30am-12noon

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

Cost: \$5

Booking required: No

Come and try Scottish Country Dancing

Demonstration with participation. No partner needed. Including light refreshments.

Host: Box Hill and District Scottish Society, Inc.

Enquiries: ☎ 0425 883 218 or ✉ boxhillscottish@gmail.com

When: Every Tuesday, starting on 7 October, 7.30pm-9.30pm

Where: Corner Canterbury Road and Valonia Avenue. Free parking access via lane behind church

Booking required: By phone or email

Social Board Game 打搅蛋

Social Board Game 打搅蛋.

Host: Seniors Happy Life Club Inc. 老年人幸福生活俱乐部

Enquiries: ☎ 0402 985 812 or ✉ support@happylifeclub.com.au

When: Every Saturday, starting on 4 October, 12noon-3pm

Where: East Burwood Hall, 310 Burwood Highway, Burwood East. Free parking onsite all day and weekends

Booking required: No

Mini Golf

Social mini golf session, followed by a morning tea including light refreshments and snacks.

Host: Morack Public Golf Course (Swing Factory)

Enquiries: ☎ 9801 4479 (press 3 for direct) or ✉ morackevents@swingfactory.com.au

When: Every Tuesday, starting on 7 October, 9am-11am or 11am-12noon

Where: Morack Public Golf Course Morack Road and East Road, Vermont South

Cost: \$5

Booking required:

🌐 <https://swingfactorymorack.functiontracker.com/registration/v4/155423241674080>

The Origin of Street Names in Box Hill

Ever wondered how your street got its name? Drop by and explore the fascinating origins of street names.

Host: Box Hill Historical Society Inc.

Enquiries: ☎ 0480 651 323 or ✉ boxhillhistory@gmail.com

When: Every Tuesday, starting on 7 October, 12noon-3pm.

Where: Box Hill Historical Society Heritage Centre, the rear Hub, Box Hill Town Hall, 1022 Whitehorse Road, Box Hill

Cost: Free

Booking required: No

Line Dancing

Join tutor Stephen for beginner-friendly line dancing, a lot of fun and keep fit!

Host: Avenue Neighbourhood House

Enquiries: ☎ 9808 2000 or ✉ info@theavenue.org.au

When: Every Friday, starting on 3 October, 2pm-3pm

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

Cost: \$15

Booking required: No

Hand and Foot – Card Game

A fun card game. Purely social. Learn from those who love playing! Tea and coffee provided.

Host: Avenue Neighbourhood House

Enquiries: ☎ 9808 2000 or ✉ info@theavenue.org.au

When: Every Friday, starting on 10 October, 12.30-3.00pm

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

Cost: \$5

Booking required: No

Needlework Annual Exhibition

A wide variety of needlework styles, gifts, raffles and demonstrations daily.

Host: Needlework Tapestry Guild of Victoria

Enquiries: ☎ 9895 8888 or ✉ eannebryan@gmail.com

When: 13th-19th October, Monday: 1pm-5pm Tuesday to Saturday: 9am-5pm Sunday: 9am-4pm

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

Booking required: No



WEEK 1

A Simple Urban Life

Grow food at home! Learn self-sufficient gardening with expert Craig Castree's top tips.

Host: Nunawading Library

Enquiries: ☎ 9872 8600 or ✉ nun@wml.vic.gov.au

When: Wednesday 1 October, 10.30am-12noon

Where: 379 Whitehorse Road, Nunawading

Booking required:

🌐 <https://tinyurl.com/bddff68v>



Art: Paint and Chat

Join an informal Paint and Chat session. Tea and coffee provided. Art materials provided, or bring your own.

Host: Box Hill Art Group

Enquiries: ☎ 0417 554 149 or ✉ secretary@boxhillartgroup.com.au

When: Wednesday 1 October, 1pm-3pm

Where: Community Centre, 470 Station Street, Box Hill. Dedicated parking lot

Booking required: Yes by phone

Bush Dancing

No experience needed – learn easy steps, and dance along to lively Aussie tunes!

Host: Whitehorse Activities Club Inc.

Enquiries: Lilo ☎ 0410 625 340 or ✉ waclubsecretary@gmail.com

When: Wednesday 1 October, 2.15pm-4.15pm

Where: Forest Hill Hall 402-404 Canterbury Road (corner Springvale Road) Forest Hill

Booking required: Yes by phone

Craft Group

Get creative, make new friends, and enjoy fun hands-on projects in a relaxed, friendly setting.

Host: Whitehorse Activities Club Inc.

Enquiries: Sue ☎ 0427 987 320 or ✉ waclubsecretary@gmail.com

When: Wednesday 1 October, 1pm-3pm

Where: Whitehorse Community Resource Centre, 1st Floor, 79 Mahoneys Road, Forest Hill

Booking required: Yes by phone

Cultivating Resilience in Uncertain Times

Explore Buddhist teachings on resilience and enjoy a guided meditation. Refreshments included.

Host: Melbourne Thai Buddhist Temple

Enquiries: ☎ 0460 295 554 or ✉ events@watthaimelbourne.com.au

When: Wednesday 1 October, 2pm-3pm

Where: 489 Elgar Road, Mont Albert. Street parking along Elgar Road and Kenmare Street

Booking required:

🌐 www.trybooking.com/DDNCR

Intergenerational Bookmark Creations

Bookmark making session for grandparents and their grandchildren. Suits all ages. Afternoon tea included.

Host: Vermont South Neighbourhood House

Enquiries: ☎ 9803 2335

When: Wednesday 1 October, 10am-11.30am

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

Booking required:

🌐 www.vsnh.org.au

Paper Play: Make Your Own Card, Mosaic or Mandala

Create mandalas, mosaics, and cards in a fun, hands-on workshop. Materials and refreshments included.

Host: Australian Multicultural Community Services

Enquiries: ☎ 9689 9170 or ✉ info@amcservices.org.au

When: Wednesday 1 October, 10am-12noon

Where: Forest Hill Chase Community Space – Whitehorse Churches Care

Booking required:

🌐 www.trybooking.com/DCURN

35 Years of Enriching Lives – Opening Extravaganza

Celebrate U3A Nunawading's 35th Anniversary with performances, dance and art.

Host: U3A Nunawading

Enquiries: ☎ 9878 3898

When: Wednesday 1 October, 10am-3pm

Where: Nunawading Community Hub, 96-106 Springvale Road, Nunawading

Booking required: No

Come and Try Lawn Bowls

Come and enjoy lawn bowls. Equipment provided.

Host: Mitcham Bowls Club

Enquiries: ☎ 9874 4659 or ✉ mitchambowls@bigpond.com

When: Thursday 2 October, 11am-2pm

Where: Mitcham Bowls Club, 306 Mitcham Rd, Mitcham

Booking required:

🌐 www.trybooking.com/DDQIN

Chinese Dancing

Graceful movements, vibrant costumes and a joyful celebration of Chinese culture dance.

Host: Whitehorse Activities Club Inc.

Enquiries: Ping ☎ 0419 898 228 or ✉ wclubsecretary@gmail.com

When: Thursday 2 October, 9.30-11.30am

Where: Nunawading Community Hub, 96-106 Springvale Road, Nunawading

Booking required: Yes by phone

English Corner / Language Exchange

Chatting for migrants to practice English and others to practice a LOTE/Mandarin.

Host: English Corner

Enquiries: ☎ 0488 884 365 or ✉ minwenwu@hotmail.com

When: Saturday 4 October, 10.30am-12noon

Where: Box Hill Mall: under the English Corner / Language Exchange banner, next to the Red Pod, outside of the train station

Booking required: No

Dancing Together

Join a joyful cultural dance event exploring Chinese court and fashion styles. All welcome.

Host: VCCAA Home for Seniors and Victoria Chinese Culture and Arts Association

Enquiries: ☎ 0481 554 678 or ✉ vccaa.event@gmail.com

When: Sunday 5 October, 3.30pm-4.30pm

Where: Studio 9, Nunawading Community Hub, 96-106 Springvale Road, Nunawading

Booking required:

🌐 www.trybooking.com/DDJOP



Chair Yoga

Gentle, seated yoga ideal for mobility, relaxation and mindfulness.

Host: This Breath

Enquiries: ☎ 0423 870 838 or ✉ hello@thisbreath.com.au

When: Friday 3 October, 12noon-1pm

Where: Sportlink, 2 Hanover Road, Vermont South.

Cost: \$5 per person

Booking required:

🌐 <https://thisbreath.as.me/chair-yoga>

Film Screening: "The Great Escaper"

Enjoy a relaxing film in the comfort of the Civic Centre with like-minded movie goers.

Host: Whitehorse Film Society

Enquiries: ☎ 0476 937 121 or ✉ secretarywhfs@gmail.com

When: Saturday 4 October

Where: Willis Room, Whitehorse Civic Centre, Nunawading

Booking required:

🌐 www.trybooking.com/DDMOT



East Burwood Tennis Club – Day 2 Seniors Tournament

Second day is Sunday October 5 for completion of rounds and finals, light refreshments.

Host: East Burwood Tennis Club

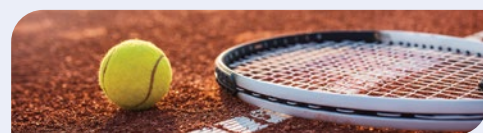
Enquiries: ☎ 0403 197 191 or ✉ competition@ebtennis.org

When: Sunday 5 October, 9am-3pm

Where: East Burwood Reserve, 300 Burwood Hwy, Burwood East

Cost: No second payment required

Booking required: Yes by phone



East Burwood Tennis Club – Day 1 Seniors Tournament

A two day tournament for seniors, two age groups 61+ and 70+. Light refreshments.

Host: East Burwood Tennis Club

Enquiries: ☎ 0403 197 191 or ✉ competition@ebtennis.org

When: Saturday 4 October, 9am-3pm

Where: East Burwood Reserve, 300 Burwood Highway, Burwood East

Cost: \$10 singles \$15 for doubles pair for 2 days

Booking required: Yes by phone

Tour of Worship

Join us for an enjoyable and insightful day outing including lunch and afternoon tea.

Host: Gurdwara Sahib Blackburn, Er You Buddhist Temple and Whitehorse Interfaith Network

Enquiries: ☎ 9262 6333 or ✉ positiveageing@whitehorse.com.au

When: Saturday 4 October, 10.30am-3pm

Where: Bus departs and returns to Whitehorse Civic Centre, 379-399 Whitehorse Road, Nunawading

Booking required:

🌐 www.trybooking.com/DDLVE

Learning Dance

A free workshop introducing elegant court dance and modern fashion dance for seniors.

Host: VCCAA Home for Seniors and Victoria Chinese Culture and Arts Association

Enquiries: ☎ 0481 554 678 or ✉ vccaa.event@gmail.com

When: Sunday 5 October, 2.30pm-3.30pm

Where: Studio 9, Nunawading Community Hub, 96-106 Springvale Road, Nunawading

Booking required:

🌐 www.trybooking.com/DDJOG

WEEK 2

Come and Try Lawn Bowls

Come and enjoy lawn bowls. Equipment provided.

Host: Mitcham Bowls Club

Enquiries: ☎ 9874 4659 or
✉ mitchambowls@bigpond.com

When: Monday 6 October, 11am-2pm

Where: Mitcham Bowls Club, 306 Mitcham Road, Mitcham

Booking required:
🌐 www.trybooking.com/DDQIN



Watercolour

Learn the basics of watercolour, a fun and informative workshop. No experience needed, includes materials.

Host: Box Hill Community Arts Centre

Enquiries: ☎ 9895 8888 or
✉ bhcac@whitehorse.vic.gov.au

When: Monday 6 October, 1pm-2.30pm

Where: 471 Station Street, Box Hill Parking. Permit available

Booking required:
🌐 <https://bit.ly/4nXXGsJ>

Paint and Sip

Create a guided Australian Native Flora canvas, no experience needed, just bring your creative flare! Light refreshments served.

Host: Uniting AgeWell

Enquiries: ☎ 0498 273 639 or
✉ MGilbert@unitingagewell.org

When: Monday 6 October, 10.30am-12noon

Where: Uniting AgeWell Centre, 9 Jolimont Road, Forest Hill

Booking required: Yes by phone



Dance for Fitness

Try Dance for Fitness – a fun way to get fit! Open to adults with some fitness. Wear comfy clothes and runners.

Host: Box Hill Community Arts Centre

Enquiries: ☎ 9895 8888 or
✉ bhcac@whitehorse.vic.gov.au

When: Monday 6 October, 1pm-2pm

Where: Arbour Hall, Box Hill Community Arts Centre (470 Station Street, Box Hill)

Booking required:
🌐 <https://bit.ly/46UU58s>



Stay Steady – Tips To Prevent Falls

Come along to an engaging session – 5 ways to prevent falls, boost your confidence and maintain your independence. Morning tea.

Host: Mitcham Bowls Club and Lifestyle Essentials

Enquiries: ☎ 0430 273 800

When: Monday 6 October, 10am-10.45am

Where: Mitcham Bowls Club, 306 Mitcham Road, Mitcham

Booking required:
🌐 www.trybooking.com/DDNKD

Crochet, Knitting and Fancywork

Friendly social group. Learn knitting/crocheting or finesse your skills. Tea and coffee.

Host: Avenue Neighbourhood House

Enquiries: ☎ 9808 2000 or
✉ info@theavenue.org.au

When: Tuesday 7 October, 9.45am-11.45am

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

Cost: \$5

Booking required: No



Social Tennis for Seniors

Social tennis and morning tea. Coach available for tips. Includes equipment. Wear comfy clothing and runners. All standards welcome.

Host: Mitcham Tennis Club

Enquiries: ☎ 0437 464 276 or ✉ secretary.mitchamtc@gmail.com

When: Tuesday 7 October, 10am-12noon

Where: Mitcham Tennis Club. Walker Park. Corner Whitehorse and Dunlavin Roads, Nunawading

Booking required:

🌐 www.trybooking.com/DDLLO

Art: Paint and Chat

Join an informal Paint and Chat session. Tea and coffee provided.

Host: Box Hill Art Group

Enquiries: ☎ 0417 554 149 or ✉ secretary@boxhillartgroup.com.au

When: Wednesday 8 October, 1pm-3pm

Where: Community Centre, 470 Station Street, Box Hill. Dedicated parking lot.

Booking required: Yes by phone

Culinary Conversations

Discuss and share favourite recipes and enjoy a provided group lunch, bookings required.

Host: Whitehorse Activities Club Inc.

Enquiries: Sue ☎ 0427 987 320 or ✉ waclubsecretary@gmail.com

When: Wednesday 8 October, 11am-12.30pm

Where: Whitehorse Community Resource Centre, 1st Floor, 79 Mahoneys Road, Forest Hill

Booking required: Yes by phone

Changing Pace: Finding New Ways to Keep Sailing

Join Dr Rumbold to explore ageing, purpose, and transitions. Includes BBQ lunch and boatbuilding.

Host: Box Hill Community Shed

Enquiries: ☎ 0481 350 251 or ✉ office@boxhillbaptist.org.au

When: Wednesday 8 October, 10am-1pm

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

Booking required:

🌐 www.trybooking.com/DEFJD

Finding Hope and Inspiration in Dark Times

Join us for an uplifting afternoon featuring Buddhist teachings on finding hope amidst life's challenges, followed by a guided meditation. Refreshments included.

Host: Melbourne Thai Buddhist Temple

Enquiries: ☎ 0460 295 554 or ✉ events@watthaimelbourne.com.au

When: Wednesday 8 October, 2pm-3pm

Where: Melbourne Thai Buddhist Temple 489 Elgar Road, Mont Albert Street parking along Elgar Road and Kenmare Street

Booking required:

🌐 www.trybooking.com/DDNCW

Your Downsizing Road Map – a Clear Plan for a Confident Move into Retirement

Thinking of downsizing? Join expert Lisa Stafford for practical tips on selling your home and moving into retirement living with confidence. Morning tea included.

Host: Mitcham Bowls Club and Lifestyle Essentials

Enquiries: ☎ 0430 273 800

When: Tuesday 7 October, 10am-10.45am

Where: Mitcham Bowls Club, 306 Mitcham Road, Mitcham

Booking required:

🌐 www.trybooking.com/events/landing/1433663

Come and Try Lawn Bowls

Come enjoy lawn bowls. Equipment provided.

Host: Mitcham Bowls Club

Enquiries: ☎ 9874 4659 or ✉ mitchambowls@bigpond.com

When: Wednesday 8 October, 11am-2pm

Where: Mitcham Bowls Club, 306 Mitcham Road, Mitcham

Booking required:

🌐 www.trybooking.com/DDQIN

Trivia, Walk and Talk

Join in a fun Trivia session, then have a walk along the Gardiners Creek Trail. Includes refreshments.

Host: Box Hill South Neighbourhood House

Enquiries: ☎ 9898 8270 or ✉ pam@bhsnh.org.au

When: Wednesday 8 October, 1.30pm-3.30pm

Where: 47 Kitchener Street, Box Hill South

Cost: Gold Coin

Booking required: Yes by phone



Walking Group

Walk and coffee or lunch.
Ring office for meeting place.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336 or
✉ info@u3aboxhill.com.au

When: Wednesday 8 October,
9.45am for 10am-11.30am

Where: Contact U3A Box Hill
office for location

Cost: BYO coffee / lunch money

Booking required: No

English Corner / Language Exchange

Chatting for migrants to practice
English and others to practice a
LOTE/ Mandarin.

Host: English Corner

Enquiries: ☎ 0488 884 365 or
✉ minwenwu@hotmail.com

When: Thursday 9 October,
7.30pm-9pm

Zoom link:

🌐 <https://us02web.zoom.us/j/81758397297?pwd=6ZgPJIJNTf1qQhIWIXZqvYy10X6OWW.1>
Meeting ID: 817 5839 7297
Passcode: 089581

Booking required: No



Indigenous Plant Propagation Workshop

A fun hands-on plant propagation
workshop with morning tea.

Host: Greenlink Box Hill Inc.

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

When: Thursday 9 October,
10am-12noon

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

Booking required:

🌐 www.trybooking.com/DDJLR

Vermont Garden Club Welcomes Dr Jacinta Burke, Rose Society of Victoria

Celebrate 95 years of the Vermont
Garden Club with guest speaker
Dr Jacinta Burke.

Q&A, plants, exhibits, raffle, and
supper

Host: Vermont Garden Club Inc.

Enquiries: ☎ 0401 431 239 or
✉ vermontgardenclub@gmail.com

When: Thursday 9 October,
8pm-9.30pm

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

Booking required: Yes by phone

Breakfast Club

Start your day right with
good food, great chats and
friendly faces.

Host: Whitehorse Activities Club Inc.

Enquiries: Sue ☎ 0427 987 320 or
✉ waclubsecretary@gmail.com

When: Friday 10 October,
8.30am-10am

Where: Degani Café, Forest Hill
Shopping Centre – opposite
Woolworths

Cost: BYO cost of breakfast

Booking required: Yes by phone

Devonshire Tea and Scones at Strathdon House

Enjoy Devonshire tea, Biscuit Tin
ladies' talk and a guided tour
exploring the site's rich history and
orchardist heritage.

Host: Strathdon House and
Orchard Precinct

Enquiries: ☎ 9262 6158 or
✉ Strathdon@whitehorse.vic.gov.au

When: Friday 10 October,
1pm-2.30pm

Where: Strathdon House and
Orchard Precinct, 449-465
Springvale Road, Forest Hill

Cost: \$10

Booking required:

🌐 <https://bit.ly/3GHIzmp>

Finding the One – Exhibition and Floor Talk

A guided exhibition tour and
learn about the twelve special
wedding dresses on display.

Host: Whitehorse Historical
Society and Artspace

Enquiries: ☎ 9262 6250 or
✉ artspace@whitehorse.vic.gov.au

When: Friday 10 October,
10.30am-12noon

Where: Whitehorse Artspace,
1022 Whitehorse Road, Box Hill

Booking required: No



Gentle Strokes: Sumi-E with Junko

Discover the beauty of
Japanese ink art in this calming
and creative workshop led by
artist Junko Azukawa. Includes
morning tea.

Host: Keyton Retirement Villages

Enquiries: ☎ 0447 272 714 or
✉ lincoln.emsley@keyton.com.au

When: Friday 10 October,
10am-12noon

Where: Vermont South Club,
30a Livingstone Road,
Vermont South

Booking required:

🌐 www.eventbrite.com/e/1383458755379



Mind and Motion: Better Health for Seniors

Enjoy morning tea over practical tips to keep you moving and your brain thriving.

Host: MS Plus

Enquiries: ☎ 9845 2775

When: Friday 10 October,
10am-11.30am

Where: 54 Railway Road, Blackburn

Booking required: Yes by phone

Silent Disco: A Celebration for LGBTI+ Seniors 50+ and Allies

Music, movement and connection. A fun, friendly Silent Disco. Includes refreshments.

Host: Nunawading Library

Enquiries: ☎ 9872 8600 or
✉ nun@wml.vic.gov.au

When: Friday 10 October,
6pm-8pm

Where: 379 Whitehorse Road,
Nunawading

Booking required:
🌐 <https://tinyurl.com/3t6scz5u>

Breakfast with the Birds at Blackburn Lake Sanctuary

Blackburn Sanctuary walk with two bird enthusiasts. Record sightings, enjoy a cuppa and raisin toast. Bring sturdy shoes, outdoor clothes, and optional binoculars. Children to be adult supervised.

Host: Blackburn Lake Sanctuary Visitor Centre

Enquiries: ☎ 0412 959 044 or
✉ payneanne64@gmail.com

When: Saturday 11 October,
7.30am for 8am start – 10am

Where: Meet at the Blackburn Lake Sanctuary Visitor Centre.

Booking required: Yes by phone



Mend and Mingle with the Repair Cafe

Fun and friendly sessions on the basics of sewing and mending. Refreshments included.

Host: healthAbility

Enquiries: ☎ 0434 239 466 or
✉ amy.moran@healthability.org.au

When: Saturday 11 October,
10am-12.30pm

Where: Mountain View Room – Strathdon House and Orchard Precinct, 449-465 Springvale Road, Forest Hill

Booking required:
🌐 www.trybooking.com/DCSGH



Traditional Chinese Dance Performance and Free Class

Traditional Chinese dance class. Come participate and enjoy a cultural experience.

Host: Dan Feng Chao Yang Dance Incorporated

Enquiries: ☎ 0423 837 322 or
✉ kellyltwin@gmail.com

When: Saturday 11 October,
1pm-4pm

Where: Studio 2, Nunawading Community Hub, 96-106 Springvale Road, Nunawading

Booking required: No

Walk the Bushland in Yarran Dheran and Antonio Park at Scherkolt Cottage

Three hour circuit walk, start and ending at Yarran Dheran, early exit points are available.

Host: Yarran Dheran Advisory Committee

Enquiries: ☎ 0419 008 992 or
✉ gay.gallagher@bigpond.com

When: Sunday 12 October,
9am-12noon

Where: Yarran Dheran Nature Reserve, Ashburton Drive, Mitcham. Meet at the Information Centre

Booking required: yes by phone



WEEK 3

Falls Prevention and Recovery Seminar

Join falls prevention expert Professor Terry Haines AM on practical strategies.

Host: Blackburn North Neighbourhood House

Enquiries: ☎ 9878 6632 or ✉ admin@blackburnnorthnh.org.au

When: Monday 13 October, 11am-12noon

Where: Blackburn North Neighbourhood House, 109 Koonung Road, Blackburn North

Booking required:
🌐 www.trybooking.com/DCEJX

Musical Appreciation

Join us and share the love of music.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336 or ✉ info@u3aboxhill.com.au

When: Monday 13 October, 9.45am-11.15am

Where: 29 Strabane Avenue, Mont Albert North

Booking required: No



Wills and Powers of Attorney with ECLC

Stay in charge as you age – learn about future planning, wills and POA at this free legal session.

Host: Nunawading Library

Enquiries: ☎ 9872 8600 or ✉ nun@wml.vic.gov.au

When: Monday 13 October, 6pm-7.30pm

Where: 379 Whitehorse Road, Nunawading

Booking required:
🌐 <https://tinyurl.com/tm7fbum7>



Falls Prevention Practical Workshop

A falls prevention class – simple exercises, balance, strength and confidence. Morning tea provided.

Host: Mitcham Bowls Club and Lifestyle Essentials

Enquiries: ☎ 0430 273 800

When: Monday 13 October, 10.00am-10.45am

Where: Mitcham Bowls Club, 306 Mitcham Road, Mitcham

Booking required:
🌐 www.trybooking.com/DDNKM

Waste and Recycling 101

Learn what goes in your bin, how to cut waste and Q&A.

Host: Vermont South Library

Enquiries: ☎ 9872 8650 or ✉ ver@wml.vic.gov.au

When: Monday 13 October, 1.30pm-2.30pm

Where: Pavey Pace, Vermont South

Booking required:
🌐 <https://tinyurl.com/ypshwxav>

Gentle Exercise for Seniors

Gentle exercise to improve muscle tone, coordination and balance with a much-needed body stretch.

Host: Kerrimuir Neighbourhood House

Enquiries: ☎ 9899 7660 or ✉ info@kerrimuirhouse.org.au

When: Monday 13 October, 9.15am-9.55am

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

Booking required: Yes, by phone

Waste and Recycling 101 – Session 1

Learn how to reduce waste, sort your bins correctly and get your tricky questions answered.

Host: Whitehorse City Services

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

When: Monday 13 October, 1.30pm-2.30pm

Where: Vermont South Library, Pavey Place, Vermont South

Booking required:
🌐 <https://events.humanitix.com/waste>

Afternoon Melodies

Music performance and singalong to your old favourites. Refreshments served.

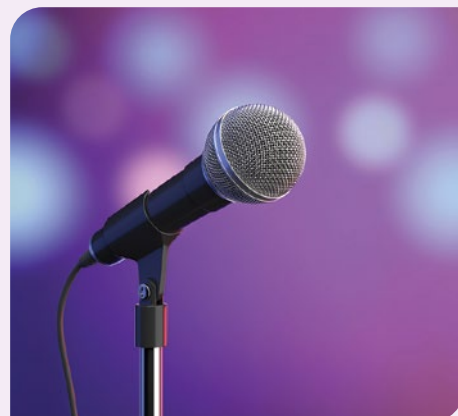
Host: Uniting AgeWell

Enquiries: ☎ 0498 273 639 or ✉ MGilbert@unitingagewell.org

When: Tuesday 14 October, 1.30pm-2.30pm

Where: Uniting AgeWell Centre, 9 Jolimont Road, Forest Hill

Booking required: Yes by email



FOGO Facility Bus Tour 1

Come along for an educational tour of Bio Gro's state of the art organics recovery facility.

Host: Whitehorse City Services

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

When: Tuesday 14 October, 9.30am-12.30pm

Where: Meet at Nunawading Library for transportation

Booking required:

🌐 <https://events.humanitix.com/fogo25>

Knitting, Crochet and Needlecraft

Welcoming space to create, connect, learn new skills, share a friendly chat.

Host: Whitehorse Churches Care

Enquiries: ☎ 1800 954 7726 or ✉ info@whitehorsecchurchescare.org.au

When: Tuesday 14 October, 1pm-3pm

Where: Forest Hill Chase Shopping Centre, Community Space, Level 2, opposite Australia Post

Booking required: Yes by phone



Saffron Incorporated: Crime, Fame and Mayhem Talk

Stuart Coupe uncovers Aussie showbiz and crime – gangsters, rock and Abe Saffron's dark empire.

Host: Nunawading Library

Enquiries: ☎ 9872 8600 or ✉ nun@wml.vic.gov.au

When: Tuesday 14 October, 6.30pm-7.30pm

Where: 379 Whitehorse Road, Nunawading

Booking required:

🌐 <https://tinyurl.com/3yewus6v>

Movement to Music

Enjoy some gentle exercise. Tea and coffee available.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336 or ✉ info@u3aboxhill.com.au

When: Tuesday 14 October, 11.15am-12.15pm

Where: 29 Strabane Avenue, Mont Albert North

Booking required: No



Magic, Circus, Mystery and Laughs

Interactive magic show with tricks, surprises, and lots of laughs. Including morning tea.

Host: Australian Multicultural Community Services

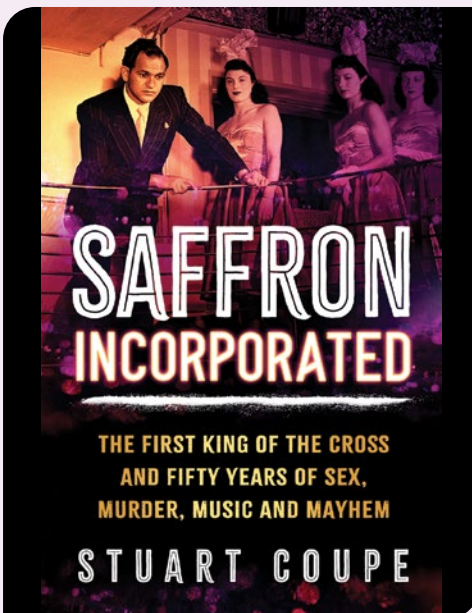
Enquiries: ☎ 9689 9170 or ✉ info@amcservices.org.au

When: Wednesday 15 October, 10am-12.30pm

Where: Strathdon House and Orchard Precinct, 449-465 Springvale Road, Forest Hill

Booking required:

🌐 www.trybooking.com/DDBQM



Art and History Documentary

Explore masterpiece paintings and their artists with us.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336 or ✉ info@u3aboxhill.com.au

When: Wednesday 15 October, 11am-12.30pm

Where: 29 Strabane Avenue, Mont Albert North

Booking required: No

Bush Dancing

No experience needed – just come ready to have fun, learn easy steps, and dance along to lively Aussie tunes!

Host: Whitehorse Activities Club Inc.

Enquiries: Lilo ☎ 0410 625 340 or ✉ waclubsecretary@gmail.com

When: Wednesday 15 October, 2.15pm-4.15pm

Where: Forest Hill Hall, 402-404 Canterbury Road (corner Springvale Road) Forest Hill

Booking required: Yes by phone



Craft Jewellery Making

Traditional and contemporary methods used to produce jewellery.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336 or ✉ info@u3aboxhill.com.au

When: Wednesday 15 October, 10.45am-12.45pm

Where: 29 Strabane Avenue, Mont Albert North

Booking required: No

English Corner / Language Exchange

Chatting for migrants to practice English and others to practice a LOTE/Mandarin.

Host: English Corner

Enquiries: ☎ 0488 884 365 or ✉ minwenwu@hotmail.com

When: Wednesday 15 October, 1pm-2.30pm

Where: U3A Box Hill, 29 Strabane Avenue, Mont Albert North

Booking required: No

Life in Vermont Views Care Community Exhibition

Enjoy live music from Steph and Calvin, browse resident stalls like the Old Chooks knitting, and join interactive Zumba, meditation, mahjong and painting expos. A fun and lively community day includes light refreshments.

Host: Life in Vermont Views Care Community Exhibition

Enquiries: ☎ 8846 3500 or ✉ paula.bull@opalhealthcare.com.au

When: Wednesday 15 October, 11am-2pm

Where: Ground level Café, 39 Livingstone Road, Vermont Sth

Booking required: Yes by phone

Mahjong (Western Non-gambling style)

Mahjong is a fun tile game for 3-4 players, like Rummy but with Chinese symbols. Join our friendly group to learn the non-gambling style in a warm, social setting.

Host: Bennettswood Neighbourhood House

Enquiries: ☎ 9888 0234 or ✉ info@bennettswoodnh.org.au

When: Wednesday 15 October, 1pm-3.30pm

Where: Bennettswood Neighbourhood House, 7 Greenwood Street, Burwood

Booking required:

🌐 www.socialplanet.com.au/activity/view?id=33970

Maker Club

3D printers, craft supplies, and technology. Drop in and create with fellow makers!

Host: Nunawading Library

Enquiries: ☎ 9872 8600 or ✉ nun@wml.vic.gov.au

When: Wednesday 15 October, 3pm-4pm

Where: 379 Whitehorse Road, Nunawading

Booking required: No

Stay Steady – Tips to Prevent Falls

5 ways to prevent falls, boost your confidence and maintain your independence. Morning tea provided.

Host: Mitcham Bowls Club and Lifestyle Essentials

Enquiries: ☎ 0430 273 800 or

When: Wednesday 15 October, 10am-10.45am

Where: Mitcham Bowls Club, 306 Mitcham Road, Mitcham

Booking required:

🌐 <https://www.trybooking.com/DDNKD>



Strength and Stretch Exercise

This class uses hand weights, movement and circuit work to improve your fitness.

Host: Kerrimuir Neighbourhood House

Enquiries: ☎ 9899 7660 or ✉ info@kerrimuirhouse.org.au

When: Wednesday 15 October, 9.30am-10.30am

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

Booking required: Yes, by phone



Stretch and Release Exercise

Stretch and Release improves flexibility, mobility, posture, joint motion and calms the mind.

Host: Kerrimuir Neighbourhood House

Enquiries: ☎ 9899 7660 or ✉ info@kerrimuirhouse.org.au

When: Wednesday 15 October, 10.45am-11.30am

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

Booking required: Yes, by phone

Volunteering Expo

Discover volunteering opportunities at the Whitehorse Volunteering Expo!

Host: The Avenue Neighbourhood House

Enquiries: ☎ 9808 2000 or ✉ info@theavenue.org.au

When: Wednesday 15 October 12noon-2pm

Where: Pink Heath Hall, Avenue Neighbourhood House, 87 Eley Road, Blackburn South

Booking required:

🌐 www.trybooking.com/DEBLZ



Tai Chi for Arthritis

Gentle moves to ease pain, improve flexibility and boost fitness. Wear comfy clothes and gym shoes. Bring water. Tea and coffee provided.

Host: Bennettswood Neighbourhood House

Enquiries: ☎ 9888 0234 or ✉ info@bennettswoodnh.org.au

When: Wednesday 15 October, 9.30am-10.30am

Where: Bennettswood Neighbourhood House, 7 Greenwood Street, Burwood

Booking required:

🌐 www.socialplanet.com.au/activity/view?id=33968

Ukulele

I've got my ukulele, what do I do now? Come along and find out more. Various levels.

Host: The Avenue Neighbourhood House

Enquiries: ☎ 9808 2000 or ✉ info@theavenue.org.au

When: Thursday 16 October, 1.30-2.30pm, 2.45-3.45pm, 4-5pm

Where: 87 Eley Road, Blackburn Sth

Booking required:

🌐 www.trybooking.com/DEBLW



Languages Online

Discover sites and apps to learn new languages daily – get travel ready or become truly multilingual!

Host: Box Hill Library

Enquiries: ☎ 9896 4300 or ✉ box@wml.vic.gov.au

When: Thursday 16 October, 10.30am-11.15am

Where: 1040 Whitehorse Road, Box Hill

Booking required:

🌐 <https://tinyurl.com/4xwvnjxk>

The Power of Mindfulness

Explore the transformative power of mindfulness and impermanence in a Buddhist context, guided meditation. Light refreshments included.

Host: Melbourne Thai Buddhist Temple

Enquiries: ☎ 0460 295 554 or ✉ events@watthaimelbourne.com.au

When: Wednesday 15 October, 2pm-3pm

Where: 489 Elgar Road, Mont Albert. Street parking along Elgar Road and Kenmare Street

Booking required:

🌐 www.trybooking.com/DDNDB

Come and Try Lawn Bowls

Come enjoy lawn bowls. Equipment provided.

Host: Mitcham Bowls Club

Enquiries: ☎ 9874 4659 or ✉ mitchambowls@bigpond.com

When: Thursday 16 October, 11am-2pm

Where: Mitcham Bowls Club, 306 Mitcham Road, Mitcham

Booking required:

🌐 www.trybooking.com/DDQIN

Mahjong

Western Mahjong for players with some experience. Tea and coffee.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336 or ✉ info@u3aboxhill.com.au

When: Thursday 16 October, 1pm-3.30pm

Where: 29 Strabane Avenue, Mont Albert North

Booking required: No



Working with What You've Got: Tools for Living Well

Dr Rumbold shares practical tools and insights to help you live well. BBQ Lunch and Woodwork activity.

Host: Box Hill Community Shed

Enquiries: ☎ 0481 350 251 or ✉ office@boxhillbaptist.org.au

When: Wednesday 15 October, 10am-1pm

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

Booking required:

🌐 www.trybooking.com/DEFJD

Downsizing Information Session

Gain confidence and a plan for your next move – advice, strategy, and refreshments included.

Host: Downsizing Connections Group

Enquiries: ☎ 0404 293 485 or ✉ hello@juliadyer.com.au

When: Thursday 16 October, 1.30pm-3.30pm

Where: Vermont South Library, Pavey Place, Vermont South

Cost: \$10 cash at door

Booking required:

🌐 www.downsizingconnections.com.au/events

Over 60's Positive Ageing

Snap Fitness hosts gentle exercise session on falls, back, and heart illness prevention.

Host: Vermont South Neighbourhood House

Enquiries: ☎ 9803 2335

When: Thursday 16 October, 11am-12noon

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

Booking required:

🌐 www.vsnh.org.au

Social Tennis for Seniors

Social tennis and morning tea.
Coach available for tips.
All equipment provided.

Host: Mitcham Tennis Club

Enquiries: ☎ 0437 464 276 or
✉ secretary.mitchamtc@gmail.com

When: Thursday 16 October,
10am-12noon

Where: Mitcham Tennis Club.
Walker Park, Corner Whitehorse
and Dunlavin Roads, Nunawading

Booking required:
🌐 www.trybooking.com/DDLLO



Chair Yoga

Gentle, seated yoga, mobility,
relaxation and mindfulness.

Host: This Breath

Enquiries: ☎ 0423 870 838 or
✉ hello@thisbreath.com.au

When: Friday 17 October,
12noon-1pm

Where: Sportlink, 2 Hanover
Road, Vermont South. Onsite
parking available.

Cost: \$5 per person

Booking required:
🌐 <https://thisbreath.as.me/chair-yoga>



Starting your My Aged Care Journey – Your Questions Answered

Learn how to start your My Aged Care application with Whitehorse Positive Ageing Team.

Host: Box Hill South
Neighbourhood House

Enquiries: ☎ 9898 8270 or
✉ pam@bhsnh.org.au

When: Thursday 16 October,
11.30am-12.30pm

Where: 47 Kitchener Street,
Box Hill South

Booking required: Yes by phone



Community Gardening and Lunch

A planting activity, connect
with gardeners. Lunch provided.

Host: The Avenue
Neighbourhood House

Enquiries: ☎ 9808 2000 or
✉ info@theavenue.org.au

When: Friday 17 October,
10.30am-12noon

Where: Pink Heath Hall, Avenue
Neighbourhood House, 87 Eley
Road, Blackburn South

Booking required:
🌐 www.trybooking.com/DEBMA

Dementia Support Seminar by Dovidia

A range of speakers offering
information on how to access
support for those affected by
dementia. Including information
bag and lunch.

Host: Dovidia Melbourne
Eastern Suburbs

Enquiries: ☎ 9877 3773 or ✉
coordination@dovidia-mes.com.au

When: Friday 17 October,
10.30am-2pm

Where: 22 King Street, Blackburn

Booking required:
🌐 www.trybooking.com/DDKSE

Downsizing Information Session

Julia Dyer offers independent
advice to help you feel more
confident about your next move.
Includes refreshment

Host: Downsizing Connections
Group

Enquiries: ☎ 0404 293 485 or
✉ hello@juliadyer.com.au

When: Friday 17 October,
2pm-4pm

Where: Box Hill Community Arts
Centre – meeting room,
470 Station Street, Box Hill

Cost: \$10 cash at door

Booking required:
🌐 www.downsizingconnections.com.au/events

Jen and Lisette's Morning Melodies

Step back in time with Morning
Melodies at Forest Hills – Jen and
Lisette will have you singing your
favourites Includes complimentary
morning tea.

Host: Keyton Retirement Villages

Enquiries: ☎ 0447 272 714 or
✉ lincoln.emsley@keyton.com.au

When: Friday 17 October,
10am-12noon

Where: Forest Hills, 264-272
Springvale Road, Nunawading

Booking required:
🌐 <https://bit.ly/ForestHills-MorningMelodies>





Karaoke

For people who like to sing in Chinese and English.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336 or
✉ info@u3aboxhill.com.au

When: Friday 17 October,
10.30am-1.30pm

Where: 29 Strabane Avenue,
Mont Albert North

Booking required: No

Scrabble

Join a sociable group playing classic board games. Tea and coffee provided.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336 or
✉ info@u3aboxhill.com.au

When: Friday 17 October,
1.30pm-3.30pm

Where: 29 Strabane Avenue,
Mont Albert North

Booking required: No

Social Activities

Try social bowls, tennis, cards and darts. Tea and coffee available.

Host: Vermont South Club

Enquiries: ☎ 0409 615 618 or
✉ ken.george@vermontsouthclub.com.au

When: Friday 17 October, come
anytime between 4pm-10pm

Where: Vermont South Club 30A
Livingston Road, Vermont South

Booking required: No

Soy Candle Making

Come and learn how to make your own woodwick soy candles.

Host: Box Hill South
Neighbourhood House

Enquiries: ☎ 9898 8270 or
✉ pam@bhsnh.org.au

When: Friday 17 October,
9.30am-11am

Where: 47 Kitchener Street,
Box Hill South

Cost: \$15

Booking required: Yes by phone



Film Screening: "Past Lives"

Enjoy a relaxing film in the comfort with like-minded movie goers.

Host: Whitehorse Film Society

Enquiries: ☎ 0476 937 121 or
✉ secretarywhfs@gmail.com

When: Saturday 18 October

Where: Willis Room, Whitehorse
Civic Centre, Nunawading

Booking required:

🌐 www.trybooking.com/DDMQI

Thomas Cook Exhibition Viewing

View the exhibition "Thomas Cook – a Century of Craftmanship". Includes afternoon tea.

Host: Whitehorse Historical Society
and Schwerkolt Cottage

Enquiries: ☎ 9873 4946 or
✉ whitehorsehistory@hotmail.com

When: Saturday 18 October,
2pm-3pm

Where: 2-10 Deep Creek Road,
Mitcham

Cost: \$5

Booking required: Yes by phone



Together @ the Shed

Discover the Box Hill Community Shed with local groups, free BBQ, entertainment and friendly connections.

Host: Box Hill Community Arts Centre

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

When: Saturday 18 October,
5.30pm-7.30pm

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

Booking required:

🌐 www.trybooking.com/DEHFR

Celebrating the Lives of our Centenarian Citizens – High Tea

Celebrate with 1940s music, high tea, and stories from inspiring 100-year-old Australians.

Host: Mont Albert and Surrey Hills
Rotary

Enquiries: ☎ 0438 833 917 or
✉ info@rotarymash.org.au

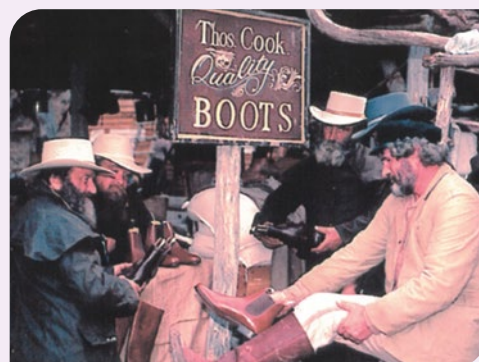
When: Sunday 19 October,
2.30pm-4.30pm

Where: Box Hill Town Hall,
1022 Whitehorse Rd, Box Hill

Cost: \$70

Booking required:

🌐 www.trybooking.com/CYTYB



WHITEHORSE SENIORS FESTIVAL 2025 20-26 OCTOBER

WEEK 4

Lawn Bowls

Come enjoy lawn bowls.
Equipment provided.

Host: Mitcham Bowls Club

Enquiries: ☎ 9874 4659 or
✉ mitchambowls@bigpond.com

When: Monday 20 October,
11am-2pm

Where: Mitcham Bowls Club,
306 Mitcham Road, Mitcham

Booking required:
🌐 www.trybooking.com/DDQIN

Come 'n Try Ukulele

Learn popular songs on the
ukulele in a fun, friendly session.
No experience needed.

Host: Bennettswood
Neighbourhood House

Enquiries: ☎ 9888 0234 or
✉ info@bennettswoodnh.org.au

When: Monday 20 October,
10.15am-11am

Where: Bennettswood
Neighbourhood House,
7 Greenwood Street, Burwood

Booking required:
🌐 [www.socialplanet.com.au/
activity/view?id=33967](http://www.socialplanet.com.au/activity/view?id=33967)

Dinner at Mitcham Hotel

Connect with others in the
community over a relaxed meal.
Join us at the Mitcham Hotel –
a great way to meet new people
and share good conversation.

Host: Mitcham Community House

Enquiries: ☎ 9873 4587 or
🌐 [www.mitchamcommunityhouse.
org](http://www.mitchamcommunityhouse.org)

When: Monday 20 October, 6pm

Where: 556 Maroondah Highway,
Mitcham

Cost: Pay for your own food
and drinks

Booking required: Yes by phone

Fascinating Insects with Photographer and Naturalist

Blackburn's insects – see stunning
photos and uncover wild stories
of beetles and wasps.

Host: Blackburn Library

Enquiries: ☎ 9896 8400 or
✉ bla@wml.vic.gov.au

When: Monday 20 October,
10.30am-11.30am

Where: Blackburn Road and
Central Road, Blackburn

Booking required:
🌐 <https://tinyurl.com/2macettm>



"Super" Strategies for Retirement Information Session

How to navigate superannuation
in retirement. Morning tea.

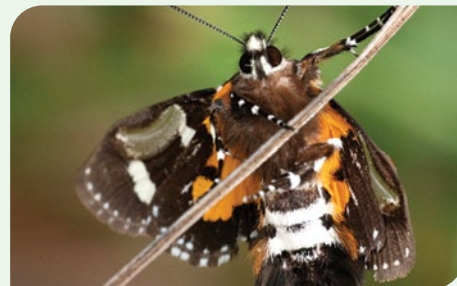
Host: Mitcham Bowls Club and
Lifestyle Essentials

Enquiries: ☎ 0430 273 800 or
✉

When: Monday 20 October,
10.00am-10.45am

Where: Mitcham Bowls Club,
306 Mitcham Road, Mitcham

Booking required:
🌐 www.trybooking.com/DDNKO



Knitting for Charity

Bring knitting needles and
wool, enjoy friendly conversation
and laughs.

Host: Mitcham Community House

Enquiries: ☎ 9873 4587 or
🌐 [www.mitchamcommunityhouse.
org](http://www.mitchamcommunityhouse.org)

When: Monday 20 October,
1pm-3pm

Where: Mitcham Community
House, 19 Brunswick Road,
Mitcham

Booking required: Yes by phone

Line Dancing

Join us to experience the
fun of line dancing.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336 or
✉ info@u3aboxhill.com.au

When: Monday 20 October,
10.30am-11.45am

Where: 29 Strabane Avenue,
Mont Albert North

Booking required: No

Eastern Mahjong

A class for those with some
experience. Tea and coffee.

Host: U3A Box Hill

Enquiries: ☎ 9898 3336 or
✉ info@u3aboxhill.com.au

When: Monday 20 October,
1pm-3.30pm

Where: 29 Strabane Avenue,
Mont Albert North

Booking required: No

Under the Same Moon with Peter Mitchell

Author talk – moving wartime story of Aussie soldiers in Java and families united by hope under the same moon.

Host: Box Hill Library

Enquiries: ☎ 9896 4300 or ✉ box@wml.vic.gov.au

When: Monday 20 October, 6.30pm-7.30pm

Where: 1042 Whitehorse Road, Box Hill

Booking required:

🌐 <https://tinyurl.com/456ectfu>



Electric Bike and Electric Trike Information Session

'Come and try' and information session – selecting the right electric bike or trike, for over 50's.

Host: Whitehorse Active Transport Action Group (WATAG)

Enquiries: ☎ 0431 915 198 or ✉ secretary@watag.org

When: Tuesday 21 October, 2pm-4pm

Where: The Round, top level carpark – follow Humphrys Avenue, Nunawading

Cost: Gold coin donation

Booking required:

🌐 www.trybooking.com/DDJXP

Community Conversation – Coffee with a Cop

Join us at for an informal chat over coffee with your local police officers.

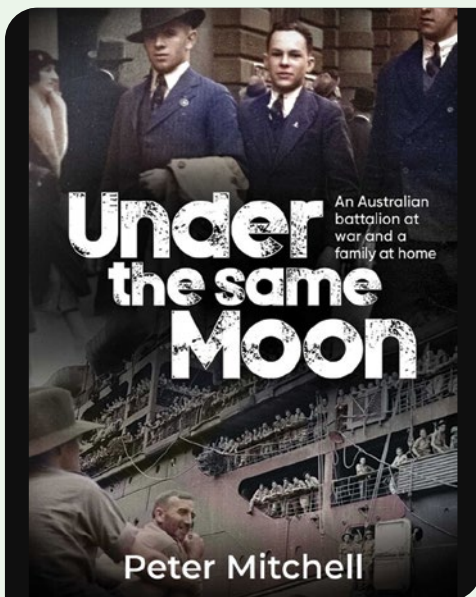
Host: Mitcham Community House

Enquiries: ☎ 9873 4587 or 🌐 www.mitchamcommunityhouse.org

When: Tuesday 21 October, 10am-11.30 am

Where: Mitcham Community House, 19 Brunswick Road, Mitcham

Booking required: Yes, by phone



Ballet Open – Adult Beginner

Recreational beginner ballet class – warm up, barre and centre work included.

Host: Box Hill Ballet Association

Enquiries: ☎ 0419 040 403 or ✉ tori.elson@boxhillballet.com.au

When: Wednesday 22 October, 12.45pm-1.45pm

Where: The Studio, Box Hill Ballet Association, 1015a Whitehorse Road, Box Hill (in median strip of road)

Booking required:

🌐 <https://boxhillballet.corsizio.com/event/686a6e5b39a47a9db7e6711b>

Crafting Connections

Relaxed craft workshop and wellbeing activity. Morning tea.

Host: healthAbility

Enquiries: ☎ 0434 239 466 or ✉ amy.moran@healthability.org.au

When: Tuesday 21 October, 10am-12noon

Where: healthAbility Box Hill – ground floor seminar room, 43 Carrington Road, Box Hill

Booking required:

🌐 www.trybooking.com/DCSKZ



Gentle Fitness

Gentle exercises in a fun and safe way. No floor exercises involved. Includes tea and coffee.

Host: Bennettswood Neighbourhood House

Enquiries: ☎ 9888 0234 or ✉ info@bennettswoodnh.org.au

When: Tuesday 21 October, 12.15pm-1.15pm

Where: Bennettswood Neighbourhood House, 7 Greenwood Street, Burwood

Booking required:

🌐 www.socialplanet.com.au/activity/view?id=33966

Try Belly Dancing

Experience the art of belly dance – no experience needed! Just bring a scarf to tie around your hips, to unleash your inner rhythm.

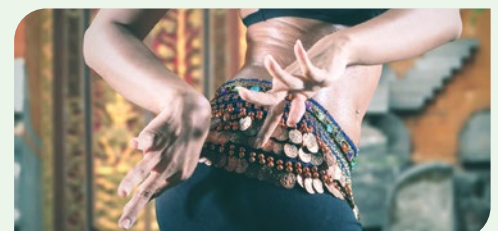
Host: Mitcham Community House

Enquiries: ☎ 9873 4587 or 🌐 www.mitchamcommunityhouse.org

When: Wednesday 22 October, 11.30am-12.30pm

Where: Mitcham Community House, 19 Brunswick Road, Mitcham

Booking required: Yes, by phone



Dances Across Cultures – A Cinematic Celebration

Screening of cultural dance films, global rhythms and stories. Relax with refreshments. Optional: wear something cultural.

Host: Australian Multicultural Community Services

Enquiries: ☎ 9689 9170 or ✉ info@amcservices.org.au

When: Wednesday 22 October, 10am-12.30 pm

Where: Strathdon House and Orchard Precinct, 449-465 Springvale Road, Forest Hill

Booking required:

🌐 www.trybooking.com/DDBQR

Games On

Gather, play, and laugh! Enjoy classic and new board games.

Host: Whitehorse Activities Club Inc.

Enquiries: Sue ☎ 0427 987 320 or ✉ wacclubsecretary@gmail.com

When: Wednesday 22 October, 1pm-3.30pm

Where: Whitehorse Community Resource Centre, 1st Floor, 79 Mahoneys Road, Forest Hill

Booking required: Yes by phone



Online: Zoom, WhatsApp, Facetime

Learn to video call, message and more – connect with loved ones.

Host: Nunawading Library

Enquiries: ☎ 9872 8600 or ✉ nun@wml.vic.gov.au

When: Wednesday 22 October, 2pm-3pm

Where: 380 Whitehorse Road, Nunawading

Booking required:

🌐 <https://tinyurl.com/55bxv88h>

Live Guitar with Geoff – All Welcome!

Favourite tunes we all love, tap along, or simply listen.

Host: Whitehorse Churches Care

Enquiries: ☎ 1800 954 772 or ✉ info@whitehorsechurchescare.org.au

When: Wednesday 22 October, 3.30pm-4pm

Where: Forest Hill Chase Shopping Centre, Community Space, Level 2, opposite Australia Post

Booking required: No



Navigating and Troubleshooting MyGov

Get hands-on help with myGov – set up your account, link Centrelink, claim, upload and use passkeys.

Host: Box Hill Library

Enquiries: ☎ 9896 4300 or ✉ box@wml.vic.gov.au

When: Wednesday 22 October, 11am-12noon

Where: 1041 Whitehorse Road, Box Hill

Booking required:

🌐 <https://tinyurl.com/yppuhpdu>



Sharing the Load: Navigating Care and Connection

Dr Rumbold explores how to navigate care, connection, and support as we age. BBQ lunch and bike restoration.

Host: Box Hill Community Shed

Enquiries: ☎ 0481 350 251 or ✉ office@boxhillbaptist.org.au

When: Wednesday 22 October, 10am-1pm

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

Booking required:

🌐 www.trybooking.com/DEFJD

Stay Steady, Stay Safe: A Falls Prevention Workshop for Seniors

Join a workshop for older adults to learn exercises for balance and strength, home safety tips, and ways to stay active and independent. Stay confident, reduce fall risks, and keep control of your life.

Host: Kerrimuir Neighbourhood House

Enquiries: ☎ 9899 7660 or ✉ info@kerrimuirhouse.org.au

When: Wednesday 22 October, 12noon-1pm

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

Booking required: Yes, by phone

Wednesday Walkers

Breathe in the fresh air, enjoy a gentle stroll. A great way to start your day.

Host: Mitcham Community House

Enquiries: ☎ 9873 4587 or 🌐 www.mitchamcommunityhouse.org

When: Wednesday 22 October, 9.30pm-11am

Where: Mitcham Community House, 19 Brunswick Road, Mitcham

Booking required: Yes by phone



YouTube Advanced

Explore YouTube: learn skills, watch tours, quirky channels, documentaries, and master subscriptions.

Host: Forest Hill Community Space / Library

Enquiries: ☎ 1800 954 772 or ✉ info@whitehorsechurchescare.org.au

When: Wednesday 22 October, 1pm-2pm

Where: Shop 215a, Level 2/270 Canterbury Road, Forest Hill

Booking required:
🌐 <https://tinyurl.com/4ufwy8us>

Lawn Bowls

Try your hand at some lawn bowls – social enjoyment – bowls included.

Host: Mitcham Bowls Club

Enquiries: ☎ 9874 4659 or ✉ mitchambowls@bigpond.com

When: Thursday 23 October, 11am-2pm

Where: Mitcham Bowls Club, 306 Mitcham Road, Mitcham

Booking required:
🌐 www.trybooking.com/DDQIN

Info Technology

Handy IT tips and tricks to make your digital life easier and more fun.

Host: Whitehorse Activities Club Inc.

Enquiries: Don ☎ 0409 019 388 or ✉ waclubsecretary@gmail.com

When: Thursday 23 October, 10am-12noon

Where: Whitehorse Community Resource Centre, 1st Floor, 79 Mahoneys Road, Forest Hill

Booking required: Yes by phone

English Corner – practice English

Curious conversations, all English levels welcome.

Host: Whitehorse Churches Care

Enquiries: ☎ 1800 954 772 or ✉ info@whitehorsechurchescare.org.au

When: Thursday 23 October, 9.30am-10.45am

Where: Forest Hill Chase Shopping Centre, Community Space, Level 2, opposite Australia Post

Booking required: No

Your Downsizing Road Map

Get downsizing tips with expert Lisa Stafford. Gain confidence for retirement living. Morning tea.

Host: Mitcham Bowls Club and Lifestyle Essentials

Enquiries: ☎ 0430 273 800

When: Thursday 23 October, 10am-10.45am

Where: Mitcham Bowls Club, 306 Mitcham Road, Mitcham

Booking required:
🌐 www.trybooking.com/events/landing/1433663

Christmas Creations

Create unique crafts and Christmas cards for friends and family. Light refreshments served.

Host: Uniting AgeWell

Enquiries: ☎ 0498 273 639 or ✉ MGilbert@unitingagewell.org

When: Thursday 23 October, 10.30am-12noon

Where: Uniting AgeWell Centre, 9 Jolimont Road, Forest Hill

Booking required: Yes via email



FOGO Facility Bus Tour 2

Come along for an educational tour of Bio Gro's state of the art organics recovery facility.

Host: Whitehorse City Services

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

When: Thursday 23 October, 9.30am-12.30pm

Where: Meet at Nunawading Library for transportation

Booking required:
🌐 <https://events.humanitix.com/fogo25>

Get Garden-Ready: Summer Workshop

Hands-on gardening workshop with a Bunnings staff. Create your own hanging basket to take home.

Host: Kerrimuir Neighbourhood House

Enquiries: ☎ 9899 7660 or ✉ info@kerrimuirhouse.org.au

When: Friday 24 October, 11.30am-1pm

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

Cost: \$5

Booking required:
🌐 www.trybooking.com/DDHCB





Social Activities

Come and try social bowls, tennis, cards and darts. Tea and coffee available.

Host: Vermont South Club

Enquiries: ☎ 0409 615 618 or ✉ ken.george@vermontsouthclub.com.au

When: Friday 24 October, 4pm-10pm

Where: Vermont South Club, 30A Livingston Road, Vermont South

Booking required: No



Feel-Good Garden Party

Garden party with food and music. Focus on mental health and social connection.

Host: healthAbility

Enquiries: ☎ 0434 239 466 or ✉ amy.moran@healthability.org.au

When: Saturday 25 October, 11.30am-1pm

Where: After Hours Mental Health Nursing Service 36 Wellington Road, Box Hill

Booking required:
🌐 www.trybooking.com/DCSNG



Sikh Temple Tour and Lunch

Guided Sikh temple tour with free lunch. Bring headscarf, wear socks inside – no shoes.

Host: Gurdwara Sahib Sikh Temple Blackburn

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

When: Saturday 25 October, 12noon-2pm

Where: 127 Whitehorse Road, Blackburn

Booking required:
🌐 www.trybooking.com/DEBSR

Barefoot Bowls for the Whole Family!

Family Bowls Day – bring the kids, grandkids grandparents and try barefoot bowls.

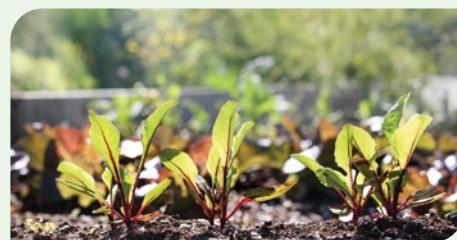
Host: Mitcham Bowls Club

Enquiries: ☎ 9874 4659 or ✉ mitchambowls@bigpond.com

When: Sunday 26 October, 2pm-4pm

Where: Mitcham Bowls Club, 306 Mitcham Road, Mitcham

Booking required:
🌐 www.trybooking.com/DDQJX



Intergenerational Dancing

A class for preschoolers and family. Exploring dance and working together.

Host: Box Hill Ballet Association

Enquiries: ☎ 0419 040 403 or ✉ tori.elson@boxhillballet.com.au

When: Friday 24 October, 11.30am-12.15pm

Where: The Studio, Box Hill Ballet Association, 1015a Whitehorse Road, Box Hill

Booking required:
🌐 <https://boxhillballet.corsizio.com/event/686a70df39a47a9db7e6e9d8>

Open Community Garden

Tours of the first community garden in Australia. (Est. 1977).

Host: Nunawading Community Gardens

Enquiries: ☎ 9878 1702 or ✉ info@ncg.org.au

When: Sunday 26 October, 11am-3pm

Where: 82 Jolimont Road, Forest Hill

Booking required: No

WHITEHORSE SENIORS FESTIVAL 2025 27-31 OCTOBER

WEEK 5

Falls Prevention Practical Workshop

A falls prevention class – simple exercises, balance, strength and confidence. Morning tea.

Host: Mitcham Bowls Club and Lifestyle Essentials

Enquiries: ☎ 0430 273 800

When: Monday 27 October, 10am-10.45am

Where: Mitcham Bowls Club, 306 Mitcham Road, Mitcham

Booking required:

🌐 www.trybooking.com/DDNKM



Downsizing Smart – Unlocking Equity

Financial advice, planning and transitioning to smaller property. Includes morning tea.

Host: Mitcham Bowls Club and Lifestyle Essentials

Enquiries: ☎ 0430 273 800

When: Wednesday 29 October, 10am-10.45am

Where: Mitcham Bowls Club, 306 Mitcham Road, Mitcham

Booking required:

🌐 www.trybooking.com/DDYPO

Morning Movie Matinee: The Great Escaper

A WWII vet journeys to Normandy for D-Day's 70th – heartfelt tale of courage, memory and honour.

Host: Nunawading Library

Enquiries: ☎ 9872 8600 or ✉ nun@wml.vic.gov.au

When: Wednesday 29 October, 10.30am-12noon

Where: 381 Whitehorse Road, Nunawading

Booking required:

🌐 <https://tinyurl.com/55zefn3j>

Ballet Open – Adult Beginner

Recreational beginner ballet class – warm up, barre and centre work.

Host: Hill Ballet Association

Enquiries: ☎ 0419 040 403 or ✉ tori.elson@boxhillballet.com.au

When: Wednesday 29 October, 12.45pm-1.45pm

Where: The Studio, Box Hill Ballet Association, 1015a Whitehorse Road, Box Hill (building on median strip)

Booking required:

🌐 <https://boxhillballet.corsizio.com/event/686a6e7f39a47a9db7e67689>



Leaving Things in Good Order

Join Dr Bruce Rumbold for planning, meaningful conversations, tool restoration and a BBQ lunch.

Host: Box Hill Community Shed

Enquiries: ☎ 0481 350 251 or ✉ office@boxhillbaptist.org.au

When: Wednesday 29 October, 10am-1pm

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

Booking required:

🌐 www.trybooking.com/DEFJD

Botanical Gardens Bus Trip and Morning Tea

Botanic Gardens bus trip: stroll, take pics, picnic – BYO lunch, buy morning tea.

Host: Neuma Church, Melbourne East Seniors

Enquiries: ☎ 0404 807 592 or ✉ belinda.abdelmalak@sammagroup.com.au

When: Wednesday 29 October, 9.45am-4pm

Where: Pick-up and drop off at Neuma Church, 20 Joseph Street, Blackburn North

Booking required: Yes, by phone



Whitehorse One Voice Sing together Grand Finale

Experience the magic of community voices! Whitehorse One Voice blends generations, cultures, and harmonies in a stirring crowd performance of You're the Voice. Enjoy the music, video showcase, great company, and light refreshments. All are welcome.

Host: Whitehorse Positive Ageing and Creativity Australia

Enquiries: ☎ 9262 6333 or ✉ positiveageing@whitehorse.com.au

When: Wednesday 29 October, 10am-12noon

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

Cost: \$5

Booking required:

🌐 www.trybooking.com/DCVNY

Electrify Your Life – Summer Comfort

Learn practical strategies to optimise your home and appliances for summer comfort.

Host: Manningham City Council

Enquiries: ☎ 9877 8500 or ✉

When: Thursday 30 October, 10am-12noon

Where: Doncaster Library, 687 Doncaster Road, Doncaster

Booking required:

🌐 www.eventbrite.com.au/e/electrify-your-life-summer-comfort-tickets-1395696027389?aff=Library



Winter Warmers – Cooking Soups and Polenta Bread

Cook a warming soup and polenta bread and enjoy a delicious lunch.

Host: Box Hill South Neighbourhood House

Enquiries: ☎ 9898 8270 or ✉ pam@bhsnh.org.au

When: Thursday 30 October, 11.30am-1pm

Where: 47 Kitchener Street, Box Hill South

Cost: \$10

Booking required: Yes by phone

Games for Fun

Play 500, try Mahjong, or bring a favourite game to share.

Host: Whitehorse Churches Care

Enquiries: ☎ 1800 954 772 or ✉ info@whitehorsechurchescare.org.au

When: Thu 30 October, 2pm-4pm

Where: Forest Hill Chase Shopping Centre, Community Space, Level 2, opposite Australia Post

Booking required: Yes by phone



Waste and Recycling 101 – Session 2

Learn how to reduce waste, sort your bins correctly, and get your tricky questions answered.

Host: Whitehorse City Services

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

When: Thursday 30 October, 10.30am-11.30am

Where: Nunawading Library, 379 Whitehorse Road, Nunawading

Booking required:

🌐 <https://events.humanitix.com/waste>

Garden Party and Talent Show

Talent show, photos, refreshments. Wear a hat, flower or scarf!

Host: Australian Multicultural Community Services

Enquiries: ☎ 9689 9170 or ✉ info@amcservices.org.au

When: Friday 31 October, 1pm-3.30pm

Where: Strathdon House and Orchard Precinct, 449-465 Springvale Road, Forest Hill

Booking required:

🌐 www.trybooking.com/DDBRH

Stop Back Pain

Join author Simon Fox to learn 5 essential tips to reduce back pain, improve posture and move confidently. Practical, simple strategies. Morning tea included.

Host: Mitcham Bowls Club and Lifestyle Essentials

Enquiries: ☎ 0430 273 800 or

When: Friday 31 October, 10am-10.45am

Where: Mitcham Bowls Club, 306 Mitcham Road, Mitcham

Booking required:

🌐 www.trybooking.com/DDOVA



Theatre Outing

Watch a great local show and soak up the theatre magic together.

Host: Whitehorse Activities Club Inc.

Enquiries: Carmel ☎ 0419 377 885 or ✉ waclubsecretary@gmail.com

When: Contact Carmel for details

Where: Contact for details

Cost: Contact for details

Booking required: Yes by phone



Let's go on an adventure – 8 Days of free public transport!

From 5-12 October take advantage of free public transport with your Senior Myki and Victorian Senior Card. Explore Melbourne and regional Victoria or experience the many live Seniors Festival events. Catch public transport and save on petrol and the stress of finding a car park.

For more information:  www.seniorsonline.vic.gov.au/free-travel

Plan your journey at Journey planner – Public Transport Victoria

 ptv.vic.gov.au



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 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.



Whitehorse Community Connect

Subscribe today to receive Whitehorse's Community Connect e-news and stay up-to-date with all things Positive Ageing in Whitehorse. The newsletter promotes healthy living and social connection for those who live, work or visit Whitehorse:

 www.whitehorse.vic.gov.au/subscribe-community-connect



Whitehorse Positive Ageing contact

 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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