



CITY OF
MONASH

PALS

positive
ageing
lifestyles

PALS

July-September 2022

WELCOME TO PALS

PALS is a Positive Ageing Lifestyle Program aimed at promoting healthy, active ageing and social inclusion.

The program provides older members of our community with information on social activities and healthy living. Any older adult who lives, works or visits Monash can participate.

Subscribe to receive the PALS Program by email or mail.

To register: ☎ 9518 3552 or @ PALS@monash.vic.gov.au

HOW TO BOOK

If you are viewing the program electronically, click on the TryBooking web address listed for each event.

Alternatively, 🌐 www.trybooking.com and quote the reference number to make a booking.

If you do not have access to a computer or smart device, our Customer Service team can take bookings ☎ 9518 3555.

Please note, many of the events have a cap on the numbers of participants.



COVID-19 SAFETY

All events held in person will follow health guidelines and government restrictions. Please do not attend if you feel unwell, have COVID-19 symptoms or have, potentially, been exposed to COVID-19.

ACKNOWLEDGEMENT OF COUNTRY

Monash Council acknowledges the Traditional Owners of the lands on which we meet, the Wurundjeri Woi Wurrung and Bunurong People, and recognises their continuing connection to the land and waterways. We pay our respects to their Elders past, present and emerging and extend this to all Aboriginal and Torres Strait Islander People.



PALS July Programs



**GET UP!
STAND UP!
SHOW UP!**

3-10 JULY 2022

NAIDOC WEEK



THE FIRST ASTRONOMERS

presented by Duane Hamacher

Monash Public Library Service via Zoom

We no longer look to the stars to forecast the weather, predict the seasons or plant our gardens. But First Nations Elders around the world still maintain this knowledge, and there is much we can learn. Join Duane Hamacher as he takes us on a journey across space and time to reveal the wisdom of the first astronomers.

Duane Hamacher is Associate Professor of Cultural Astronomy in the School of Physics at the University of Melbourne. An event for NAIDOC Week 2022.

Date	Sunday 3 July
Time	7pm-8pm
Venue	Online event via zoom
Cost	FREE
Booking	www.trybooking.com/BYXJN or ☎ 9518 3555
Enquiries	☎ 9518 3030

TREATY ART EXHIBITION

Guest curated by Wemba-Wemba Gunditjmarra artist, curator and academic Dr Paola Balla.

Aunty Marlene Gilson, Waa Waa Crow Feathers, 2021, Image courtesy Wyndham City Art Gallery



Date	3 July-14 July
Time	10am-3pm
Venue	Track Gallery, Mount Waverley Community Centre, 47 Miller Crescent
Cost	FREE
Booking	bookings not required
Enquiries	9518 3636



GET UP!
STAND UP!
SHOW UP!

NAIDOC
WEEK

3-10 JULY 2022

Screening of award winning film “Elders”

As part of the City of Monash NAIDOC Week 2022 celebrations. We are proud to present a special screening of the award-winning short film Elders (2019) followed by lunch and conversation with Wotjobaluk and Ngarrindjeri writer/director Tracey Rigney, Monash First Nations Guest Curator and Bunurong.

Date	Tuesday 5 July
Time	10am-12pm
Venue	Clayton Community Centre Theatre, 9-15 Cooke Street
Cost	FREE (bookings essential for catering purposes)
Booking	www.trybooking.com/BZLUB or 9518 3555
Parking	3 hr parking, behind the Clayton Community Centre



WINTER CONCERT SERIES

Pirritu

A special Winter Concert to celebrate NAIDOC Week.

Ngiyampaa man and First Nations singer-songwriter Pirritu's (Brett Lee) music is gentle, honest and from the heart. Strange and melodic chords frame this songwriter's vocals that weave around his lyrics like a gentle wind, enticing you into the depths of his personal journey, singing you a story of both sadness, love and hope.

Date	Thursday 7 July
Time	7pm-8.30pm
Venue	Mount Waverley Community Centre, 47 Miller Crescent
Cost	FREE
Booking	www.trybooking.com/BYWGX or 9518 3555
Parking	On-site parking



**GET UP!
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3-10 JULY 2022

NAIDOC WEEK

Valley Reserve Guided Walk with Uncle Ian Hunter

Learn with us on a walk through Valley Conservation Reserve. There will be information from our Aboriginal Elder, Uncle Ian Hunter to help us look at the different plants in flower and identify how the bush is improving.

Please wear comfortable walking shoes, slip on a hat and warm clothing depending on the weather.



Date	Saturday 9 July
Time	10.30am-11.30am
Venue	Valley Conservation Reserve, Education Hub, Corner Waimarie Drive and Wills Road, Mount Waverley. William Street Entrance
Cost	FREE
Booking	https://bit.ly/3MU2L1w or ☎ 9518 3555
Parking	On-site



Winter Concert Series The Cosmic Cats

Introducing The Cosmic Cats, a cover band for kids and adults alike.

Forming from meteorite stardust, this cool crew will have you up and dancing with a variety of rock and pop songs from the 80s, 90s and today!

Aimed at all ages, but especially fun for kids.

Date	Sunday 10 July
Time	2pm-4pm
Venue	Clayton Community Centre, Theatrette, 9-15 Cooke Street
Cost	FREE
Booking	www.trybooking.com/BYSXF or ☎ 9518 3555
Parking	3 hr parking, behind the Clayton Community Centre



TECH SAVVY SENIORS

How to use your iPhone

Hosted in partnership with the Monash

Public Library Service, join our supportive team and get some general help on how to get the best out of your iPhone.

Date	Wednesday 13 July
Time	10.30am-12pm
Venue	Wheelers Hill Library, 860 Ferntree Gully Road
Cost	Free
Booking	www.trybooking.com/BZXEI or ☎ 9518 3555
Parking	On-site parking

DIABETES WEEK

Information Session and “That Sugar Film”

Come and join us for an information session with a guest speaker and film to raise awareness of Diabetes and give you tips to help keep you on a healthy path.

THAT SUGAR FILM is one man’s journey to discover the bitter truth about sugar.



Date	Wednesday 20 July
Time	Film starts at 10.30am (followed by a short information session & refreshments). Session will conclude at approximately 12.30pm
Venue	Clayton Community Centre, Theatre, 9-15 Cooke Street
Cost	FREE
Rating	PG, (Film Length: 1hr 42 mins)
Booking	www.trybooking.com/BZXEO or ☎ 9518 3555
Parking	3 hr parking, behind the Clayton Community Centre

FRIENDSHIP FRIDAYS

What goes into what bin?

Introduction to recycling

Get back to basics with recycling in Monash. Learn what items can and can’t go in your rubbish, recycling and food and garden waste bins and how you can recycle other items to keep waste out of landfill. We’ll also share what happens to your recycling and food and garden waste once it has been collected, and answer your recycling questions.

Date	Friday 22 July
Time	11am-12.30pm
Venue	Halcyon Day Centre, 915 Waverley Road, Glen Waverley. Enter through the Golf Course gates. Halcyon is located on the left before the golf course car park.
Cost	FREE
Bookings	www.trybooking.com/BZYXC or ☎ 9518 3555
Parking	Free parking at the Golf Course



CHRISTMAS IN JULY LUNCH

at Salesian College Chadstone

Bring your (mid-year) Christmas cheer and appetite!

The year 9 students at Salesian College will be creating a wonderful lunch for us to enjoy.

Date	Monday 25 July
Time	11.30am at car park for mini bus transfer. Further information will be provided closer to event date.
Venue	Salesian College, 10 Bosco Street, Chadstone
Cost	\$10 per person
Booking	www.trybooking.com/BZXFF or ☎ 9518 3555
Parking	Further information will be provided closer to the event date.

ALONG THE LINES

Caulfield to Oakleigh Railway Stories

Monash Public Library Service

In 2017 the Carnegie, Murrumbeena and Hughesdale stations were demolished to make way for Skyrail. This talk by the Glen Eira Historical Society tells the history of these local train stations (along with Caulfield and Oakleigh stations) and the communities they served.

Personal stories and memories bring this local history to life. Copies of the book of the same name will be available for sale on the day.

Date	Thursday 28 July
Time	10.30am-12pm
Venue	Oakleigh Library (upstairs auditorium) 148 Drummond Street
Cost	FREE
Booking	www.trybooking.com/BYBLG or ☎ 9518 3555
Parking	On-site street parking
Enquiries	9518 3030

PALS August Programs

ELVIS FOREVER

Tribute Show

Elvis tribute show with Australia's most successful, sought-after and award-winning Elvis Entertainer, Damian Mullin! Damian is an amazing entertainer on all levels. With a great sense of humour and a huge voice, he presents an extraordinary tribute to the greatest performer that has ever lived... Elvis Presley.

Date	Monday 1 August
Time	11am-12pm
Venue	Clayton Community Centre Theatre, 9-15 Cooke Street
Cost	\$5 (includes coffee discount voucher)
Booking	www.trybooking.com/BZXLS or ☎ 9518 3555
Parking	3 hr parking, behind the Clayton Community Centre

UNDER THE RAINBOW:

the Life and times of E.W. Cole Monash Public Library Service

Under the Rainbow is the life story of E.W. Cole, a colourful and much loved figure of 19th century Melbourne. Author Richard Broinowski will talk about the man who went from being a sandwich seller in London to the owner of one of the most memorable establishments in Melbourne.

Date	Monday 1 August
Time	10.30am-12pm
Venue	Online event via Zoom
Cost	FREE
Booking	www.trybooking.com/BZCGV or ☎ 9518 3555

WISER DRIVER COURSE

Safety in Monash

A refresher course for responsible older drivers

Monash Council is running a popular four-week Wiser Driver Course to help older drivers stay safe on the roads for as long as possible. The course is held weekly on Wednesdays from 3 August to 24 August.

The FREE course is offered to drivers 50 years and older. Participants are required to attend all four sessions listed.

Topics covered include changes to the road rules, vehicle and driver road worthiness, handling challenging road conditions and more. It also allows you to reflect on how driving has changed over the years – both the driving environment and how you have changed as a driver.

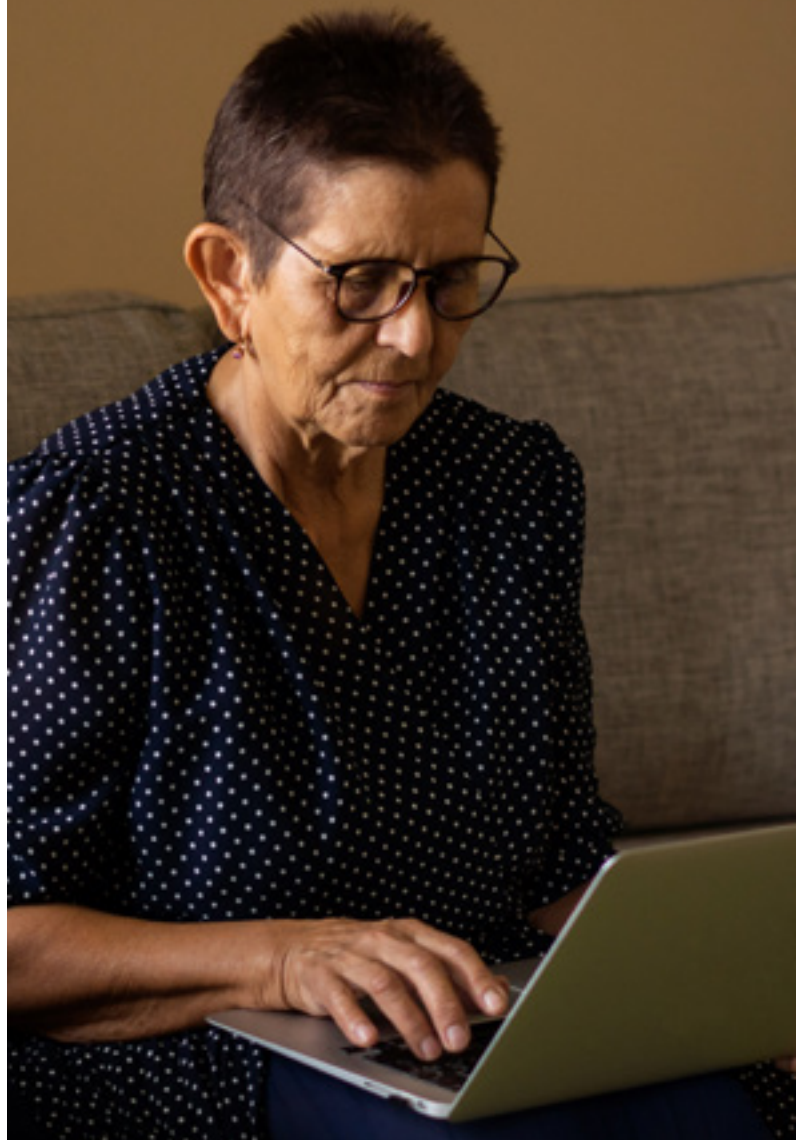
Date	Wednesdays 3, 10, 17 & 24 August (4 sessions)
Time	1pm-3pm
Venue	Oakleigh Service Centre Training Room, 3 Atherton Road
Cost	FREE
Booking	www.trybooking.com/BZXHP or ☎ 9518 3555
Parking	Parking is limited, parking is also available at the multi-deck car park in Atkinson Street.



DIGITAL LITERACY COURSE

Introduction to Computers

Date	Tuesday 2 August
Time	10.30am-12pm
Venue	Oakleigh Library 148 Drummond Street
Cost	FREE
Booking	www.trybooking.com/BZXPN or 9518 3555
Parking	2 hour on street parking (check signage)



BEAUTY AND THE BEAST

Stage production

Take a magical journey into the fairy tale world of the Broadway musical Beauty and the Beast. This production is a joint project between Salesian College and Sacred Heart Girls' College. Meet the cast and crew after the show.



Date	Saturday 13 August
Time	Show starts at 2pm (please arrive 20 minutes early to allow walk from carpark)
Venue	Alexander Theatre at Monash University, Clayton Campus, 48 Exhibition Walk, Clayton
Cost	\$10 (senior's concession) payable upon booking
Booking	www.trybooking.com/BZXIH or 9518 3555
Parking	Monash University Clayton Campus Parking lot SE3 64 Scenic Blvd, Clayton

Please note, further details will be provided upon booking.

INTRODUCTION TO EMAIL

In this workshop you will learn how to set up an email account and how to read and reply to emails that have been sent to you as well as some extras such as attaching a document or an image to an email and understanding your email address book.

Date	Tuesday 16 August
Time	10.30am-12pm
Venue	Oakleigh Library 148 Drummond Street
Cost	FREE
Booking	www.trybooking.com/BZXPR or 9518 3555
Parking	2 hr on-street parking (check signage)

MONASH GALLERY OF ART VISIT

Australian nature exhibition “Return to Nature”

Spend the morning enjoying a guided tour of the latest exhibition at the MGA Gallery followed by morning tea. Return to Nature is an exhibition of photographic works from MGA’s collection focussing on the Australian landscape.



Date	Wednesday 17 August
Time	Tour starts at 10am followed by light refreshments
Venue	Monash Gallery of Art (MGA), 860 Ferntree Gully Road, Wheelers Hill
Cost	FREE
Booking	www.trybooking.com/BZXKB or 9518 3555
Parking	On-site parking

THE HISTORY OF THE WEDDING DRESS

Presented by Nicole Jenkins
Monash Public Library Service

Join expert Nicole Jenkins as she presents an illustrated talk on changing bridal fashions of the 20th century: from the radical flappers of the '20s to the return to romance in the 2000s.

Accompanied by archival images and original wedding gowns, the talk will include discussion on fabrics and how to care for your historical gown.

An event for National Family History Month 2022.

Date	Thursday 18 August
Time	6.30pm-8pm
Venue	Wheelers Hill Library, 860 Ferntree Gully Road
Cost	FREE
Booking	www.trybooking.com/BYWEW or 9518 3555
Parking	On-site parking
Enquiries	9265 4877

DIGITAL LITERACY COURSES



Introduction to iPads

Date	Tuesday 23 August
Time	10.30am-12pm
Venue	Oakleigh Library, 148 Drummond Street
Cost	FREE
Booking	www.trybooking.com/BZXPU or 9518 3555
Parking	2 hr on-street parking (check signage)

BIRTHS, DEATHS AND MARRIAGES

Australia, England and Scotland

Monash Public Library Service

Birth, death and marriage records are some of the most vital sources of information when undertaking family history research and play a unique role in providing insight into the past. Join researcher and genealogist Kerry Farmer as she talks about the importance of these records both in Australia and overseas.

An event for National Family History Month 2022.

Date	Wednesday 24 August
Time	10.30am-11.30am
Venue	Online via Zoom
Cost	FREE
Booking	www.trybooking.com/BZCHC or ☎ 9518 3555
Enquiries	9265 4877

MOVIES IN MONASH

An American in Paris

A struggling American artist in Paris is discovered by an influential heiress with an interest in more than his art. He has to choose between her and the young French girl he is drawn to.



Date	Thursday 25 August
Time	11am-1pm
Venue	Clayton Community Centre Theatre, 9-15 Cooke Street
Cost	FREE entry and subsidised coffee from the Cafe
Rating	Drama/Musical/Romance (running time 1h 54m)
Booking	www.trybooking.com/BZXKF or ☎ 9518 3555
Parking	3 hr parking, behind the Clayton Community Centre

DIGITAL LITERACY COURSE

Introduction to Social Media

Date	Tuesday 30 August
Time	10.30am-12pm
Venue	Oakleigh Library, 148 Drummond Street
Cost	FREE
Bookings	www.trybooking.com/BZXPV or ☎ 9518 3555
Parking	2 hr on-street parking (check signage)





TECH SAVVY SENIORS

How to use your Android Phone

Hosted in partnership with the Monash Public Library Service, join our supportive team with your Android phone and get some general help on how to get the best out of your device.

Date:	Wednesday 31 August
Time	10.30am-12pm
Venue	Glen Waverley Library, 112 Kingsway
Cost	FREE
Booking	www.trybooking.com/BZXKM or ☎ 9518 3555
Parking	Bogong Avenue Multi-Level carpark

ACTIVELINK SESSION

Oakleigh Recreation Centre

Activelink exercise classes are gentle, social, introductory strength and balance training for older adults wishing to commence an exercise program. Our classes are suitable for people with chronic conditions, i.e. arthritis, diabetes, heart disease, recovering from illness or surgery.

Our participants use chairs, balls, resistance bands and weights to work to their own level of fitness.

Date	Fridays
Time	11.30am-12.30pm
Venue	Oakleigh Recreation Centre, 2A Park Rd
Cost	FREE (please use complimentary free pass on the top of the back page)
Bookings	9265 4888
Parking	Free 2 hr parking available on-site



DEMENTIA FRIENDLY Group Class

WEDNESDAY 11.30am
Oakleigh Recreation Centre

Email Carol Syer for more info:
carol.syer@monash.vic.gov.au

with early stage dementia to help individuals move and exercise in a safe and fun environment. Led by experienced and qualified group exercise instructors, this class is engaging and fun.

The class will work on improving functional strength, flexibility and cognitive stimulation. Exercising helps to prevent falls and maintains healthy mind, body and spirit. Other positive effects include improved mood, sleep and quality of life.



PALS September Programs

SPRING INTO A HEALTHY START FOR SEPTEMBER!

This interactive session will include Tai Chi, self-massage on pressure points, information on Chinese culture and learning different greetings in Chinese language.

Date	Friday 2 September
Time	11am-12pm
Venue	Forecourt in front of Glen Waverley Library
Cost	FREE
Booking	www.trybooking.com/CAEJX or ☎ 9518 3555
Parking	Bogong Avenue Multi-Level carpark

CONVICTS IN THE PORT PHILLIP DISTRICT

Presented by Susie Zada
Monash Library Service

It was generally believed that there were no convicts transported to the Port Phillip District of New South Wales, now the State of Victoria. However this was not the case. Join historian Susie Zada as she describes the different groups of convicts who did arrive over time in the Port Phillip District and the various sites where convict settlements were initiated.

Presented in partnership with the Monash Libraries Family History Group.

Date	Monday 5 September
Time	10.15am-11.30am
Venue	Online via Zoom
Cost	FREE
Booking	www.trybooking.com/BZCFM or ☎ 99518 3555

MOVIES IN MONASH

La La Land

Come join friends and neighbours from Monash for a FREE film screening of “La La Land” starring Ryan Gosling and Emma Stone.



While navigating their careers in Los Angeles, a jazz pianist and an aspiring actress fall in love.

Date	Tuesday 6 September
Time	11am-1pm (arrive from 10.30am)
Venue	Clayton Community Centre Theatre, 9-15 Cooke Street
Cost	FREE
Booking	www.trybooking.com/BZXKO or ☎ 9518 3555
Rating	Comedy/Drama/Music (running time 2 hrs 8 mins)
Parking	3hr parking located at rear of Clayton Community Centre

TECH SAVVY SENIORS



How to use your iPad

Hosted in partnership with the Monash Public Library Service, join our supportive team and get some general help on how to get the best out of your iPad.

Date	Wednesday 7 September
Time	10.30am-12pm
Venue	Clayton Library, 9-15 Cooke Street
Cost	FREE
Booking	www.trybooking.com/BZXKT or 9518 3555
Parking	3 hr parking, behind the Clayton Community Centre

SOCIAL WALK OF SCOTCHMANS CREEK TRAIL

Active Monash

Meet at Oakleigh Recreation Centre for a slow and social or fast and fit walk of Scotchmans Creek Trail.

After the walk we will return to Oakleigh Recreation Centre for refreshments and a tour of the Centre.

Date	Tuesday 13 September
Time	10am-12pm
Venue	Meet at Oakleigh Recreation Centre Reception, 2A Park Road
Cost	FREE
Booking	www.trybooking.com/BZZIR or 9518 3555
Parking	On-site parking

DEMENTIA AWARENESS

Week & Film Screening

After the screening of the film “Fading” meet the director and members of Council’s Dementia Friendly team, carers and residents experiencing memory loss living active healthy lives. Find out what support is available and how you too can become a Dementia Friend and help Monash become a Dementia Friendly Community.

Date	Thursday 15 September
Time	1pm-2.30pm approx
Venue	Clayton Community Centre Theatre, 9-15 Cooke Street
Cost	FREE with refreshments provided
Booking	www.trybooking.com/BZXLA or 9518 3555
Parking	3 hr parking, behind the Clayton Community Centre



HAWKS MUSEUM

Lunch and tour

Join us for lunch overlooking Waverley Park then a guided tour of the Hawks Museum.



Date	Wednesday 21 September
Time	12.30pm for lunch & followed by tour of Hawks Museum
Venue	The Late Piece Restaurant, 2 Stadium Circuit, Mulgrave
Cost	Tour cost is a Gold Coin donation to be paid on the day. Lunch is from \$20 per person at own cost.
Booking	www.trybooking.com/BZXLF or ☎ 9518 3555
Parking	Limited onsite parking and also local street parking

SEPTEMBER WALK

Time to get out and about and meet at Madeline's Tea House. Grab a takeaway coffee and let's walk and connect with other residents from Monash.

Meet new people, make new friends!



Date	Tuesday 27 September
Time	10am-12pm
Venue	Jells Park (meet outside Madeline's Tea House, Waverley Rd, Wheelers Hill)
Cost	FREE (including coffee)
Bookings	www.trybooking.com/BZXLI or ☎ 9518 3555
Parking	On-site parking

FRIENDSHIP FRIDAYS

My Aged Care information session

Find out about My Aged Care and how to access services, such as social groups, Monash meals and more.

Date	Friday 30 September
Time	11am-12pm
Venue	Halcyon Day Centre, 915 Waverley Road, Glen Waverley (Enter through the Golf Course gates. Halcyon is located on the left before the golf course car park).
Cost	FREE (including light refreshments)
Bookings	www.trybooking.com/CAEKF or ☎ 9518 3555
Parking	Free parking at the Golf Course

HEALTH AND WELLBEING

Oakleigh Recreation Centre

The wait is over! The \$25M redevelopment has finished and our fantastic facility is now open.

Put your health and fitness first this year and get involved in Active Adults at Monash. To help you get started, access a FREE Active Adults class at Oakleigh Recreation Centre by presenting the voucher below.

More info: www.activeorc.com.au

FREE CLASS*

First Name:

Surname:

Contact Number:

Offer valid from 1 July – 30 September for Active Adult classes at all Active Monash

MONASH CUSTOMER SERVICE

Monash Civic Centre (293 Springvale Rd, Glen Waverley) and the Oakleigh Service Centre (3 Atherton Rd, Oakleigh) are open from 8.30am-5.15pm.

We look forward to seeing you again.

[9518 3555 @ mail@monash.vic.gov.au](mailto:95183555@mail@monash.vic.gov.au)
www.monash.vic.gov.au (webchat)

National Relay Service (for people with hearing or speech impairments)

[1800 555 660](tel:1800555660)

www.monash.vic.gov.au/pals
[@ PALS@monash.vic.gov.au](mailto:PALS@monash.vic.gov.au)

COVID-19 WHERE TO GO FOR HELP AND INFORMATION

There's support you can access if you are feeling isolated, worried or need someone to talk to:

- **Community Connector**

Call the COVID-19 hotline

[1800 675 398](tel:1800675398) and select option three, you will be connected to an Australian Red Cross volunteer. Volunteers are trained to help callers who may be feeling distressed or anxious about COVID-19.

- **The Older Persons COVID-19 Support Line** [1800 171 866](tel:1800171866)

A dedicated free call support line that provides information and support to senior Australians, their families and carers. The support line operates Monday-Friday (excluding public holidays) from 8.30am-6pm.

- **FriendLine**

[1800 4 CHATS](tel:18004CHATS)
[1800 424 287](tel:1800424287)

FriendLine offers a free and anonymous telephone service that provides seniors an opportunity to chat with a volunteer. The service is available seven days a week between 10am and 8pm.

- **Coronavirus Mental Wellbeing Support Service** [1800 512 348](tel:1800512348)

A free 24/7 support service designed to help people through the COVID-19 pandemic, provided by Beyond Blue.

LANGUAGE ASSIST

普通话 9321 5485

Ελληνικά 9321 5482

廣東話 9321 5481

සිංහල 7005 3002

हिंदी 7005 3000

Việt Ngữ 9321 5487

தமிழ் 7005 3003

한국어 9321 5484

Italiano 9321 5483

Bahasa Indonesia 7005 3001