



CITY OF
MONASH

PALS

positive
ageing
lifestyles

PALS

NOVEMBER-DECEMBER 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.

If you wish to receive or continue getting the PALS booklet, please register your details electronically via Council's website: www.monash.vic.gov.au/Staying-Active



WHEN YOU REGISTER YOU WILL HAVE 2 OPTIONS:

Option 1:

Positive Ageing Lifestyle (PALS) program and other City of Monash programs (Active Monash, Library etc.)

Option 2:

Other Non-council programs and information that support Positive Ageing Dementia Australia, Council of the Ageing, Seniors Rights, Neighbourhood houses and more.

If you do not have access to a computer or smart device, our Customer Service team can assist you with registering your details via phone: [9518 3555](tel:95183555)

HOW TO BOOK

Online

Please read through the program and choose any events and activities that you would like to participate in. If you are viewing the program electronically via your computer or smart device, please click on the trybooking reference number which is quoted at the end of the event description or go to www.trybooking.com and quote the reference number to make a booking. Please note many of the events have a cap on the numbers of participants.

Phone

If you do not have access to a computer or smart device you can make a booking by calling Customer Service on [9518 3555](tel:95183555).

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 November Programs

MOVIES IN MONASH

Dream Horse

Dream Alliance is an unlikely race horse bred by small-town Welsh bartender Jan Vokes. With no experience, Jan convinces her neighbours to chip in their meagre earnings to help raise Dream in the hopes he can compete with the racing elites.



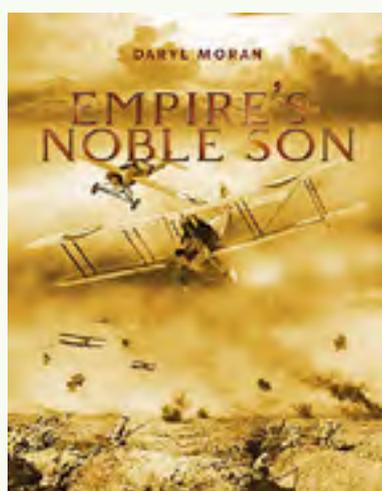
Date	Thursday 3 November
Time	10.30am arrival – tea and coffee Film commences at 11am-12.45pm
Venue	Clayton Community Centre Theatre 9-15 Cooke Street
Cost	FREE, coffee on arrival
Rating	Drama, PG (running time 1h 42m)
Booking	www.trybooking.com/CCXWA or ☎ 9518 3555
Parking	Three-hour parking, behind the Clayton Community Centre

EMPIRE'S NOBLE SON

Presented by Dr Daryl Moran

Monash Public Library Service

Join Dr Daryl Moran to hear the story of Lt Lyle Buntine MC, the son of the Principal of Caulfield Grammar School, who served in both the British Army and the Royal Flying Corps on the Western Front during World War I. His aerial bravery saw him personally recognised by King George V, whilst his ultimate fate as the “Empire’s noble man” represented the grief felt by Australian society at the end of the Great War.



Presented in partnership with the Monash Libraries Family History Group as an event to mark Remembrance Day 2022.

Date	Monday 7 November
Time	10.15am-11.30am
Venue	Online Zoom event
Cost	FREE
Booking	www.trybooking.com/CBXZH or ☎ 9518 3555

**STARTING
1 JUNE**



DEMENTIA FRIENDLY Group Class

**WEDNESDAY
11.30am**

Oakleigh Recreation Centre

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

A friendly class specifically designed for those 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.



**ACTIVE
MONASH**

ACTIVE MONASH

COME AND TRY ACTIVELINK

Active Monash

Chairs are used in this class that focuses on easy-to-follow gentle strength and balance exercises. People with chronic conditions will benefit from this class. Come along, meet new people and give Activelink a go.

Date	Friday 11 November
Time	11.30am-12.30pm
Venue	Oakleigh Recreation Centre, 2A Park Road
Cost	FREE
Booking	www.trybooking.com/CCXWD or ☎ 9518 3555

FAMILY FUN DAY

Batesford Reserve, Chadstone

The event will feature community activities, stage performances and amusements. The community will be encouraged to join in the craft and sporting activities, say hello to the reptiles and celebrate with music and dancing.

Food and drinks will be available to purchase.

Date	Sunday 13 November
Time	11am-3pm
Venue	Batesford Reserve, Chadstone
Cost	FREE



COME AND TRY DANCE4LIFE

Active Monash

Dance4Life- Leave your worries at the door and join us for a fun dance class for older adults incorporating NIA movement practice that leaves you feeling energised and alive. NIA is a sensory-based practice suitable for older adults that incorporates dance arts, martial arts and healing arts. NIA educates and inspires you to live and move with embodied joy. Please bring along a yoga mat.



Date	Monday 14 November
Time	10.30am-11.30am
Venue	Oakleigh Recreation Centre, 2A Park Road
Cost	FREE
Booking	www.trybooking.com/CCXWL or ☎ 9518 3555

WALKING BASKETBALL

Walking basketball is a low-impact, social and fun way to improve the levels of physical activity.

Whether you played years ago and want to get back into it, have never touched a ball, or want to give something new a try. Come along and give it a go.

Date	Wednesday 23 November
Time	10am-12 noon
Location	Waverley Basketball Association Corner of Batesford Road and Power Avenue, Chadstone
Cost	FREE
Booking	www.trybooking.com/CDLML or 9518 3555



MANAGING SLEEP AND FATIGUE

Presented by Bolton Clarke

Sleep is as vital for life as food or water, and not getting enough sleep can severely affect day-to-day function and lead to fatigue. Learn the signs and causes of fatigue as well as how sleep changes as we age. You'll also receive tips on how to get a better night's sleep.

Date	Friday 18 November
Time	11am-12 noon
Venue	Halcyon Centre 915 Waverley Road, Glen Waverley
Cost	FREE
Booking	www.trybooking.com/CCXXT or 9518 3555
Parking	FREE parking on-site and at Glen Waverley Golf Course

WERRIBEE PARK MANSION

Back by popular demand

Today we travel along the Princes Highway, taking in spectacular views of Melbourne from the West Gate Bridge.

We will stop for morning tea in the State Rose Garden at Werribee Park.

The mansion is a living, breathing postcard of the 19th century. Built in the Italianate architecture style by wealthy pastoralists the Chirside family in 1877,

We have a self-guided tour of the mansion before we head off for a wonderful two-course lunch at La Porchetta in Werribee.

Date	Monday 21 November
Time	9am departure, return approximately 4.30pm
Venue	Central Reserve 690 Waverley Road, Glen Waverley
Cost	\$45 (subsidised by Monash Council)
Booking	www.trybooking.com/CCYFB or 9518 3555 (Bookings open: Monday 31 October)
Parking	All-day parking available at Central Reserve

Full details will be sent out to you after payment and approximately one week prior to the trip

ACCESSING AGED CARE WITH SERVICES AUSTRALIA

Presented by Paul Fleming, Aged Care Specialist Officer with Services Australia.

Monash Public Library Service

This free session will provide an overview of the different levels of care at home (the Commonwealth Home Support Programme and Home Care Packages) and give an overview of residential care (both respite and permanent). Learn more about the various options in regards to how to register and be assessed for support. The various channels to get further individual information will also be highlighted.



Date	Thursday 24 November
Time	10.30am-11.30am
Venue	Whealers Hill Library 860 Ferntree Gully Road
Cost	FREE
Booking	www.trybooking.com/CBYMZ or 9518 3555



CITY OF MONASH THEN AND NOW:

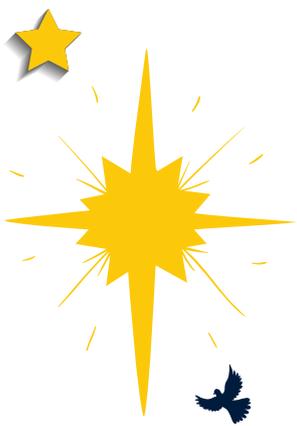
a photographic retrospective

Monash Public Library Service

Take a nostalgic look back into our local history with a selection of photos taken from the Monash Libraries online Flickr collection. See what some of these locations look like today and learn how you can contribute to the library's historic photographic collection.

Date	Friday 25 November
Time	6.30pm-8pm
Venue	Wheeler's Hill Library 860 Ferntree Gully Road
Cost	FREE
Booking	www.trybooking.com/CBYNQ or 9518 3555

PALS December Programs



CHRISTMAS MORNING TEA AT THE HUB

Glen Waverley Uniting Church

Come along, meet new people and reconnect with your local community. Enjoy some Christmas cake and shortbread at our special Christmas Morning Tea at The HUB. Bring your family and friends. All ages welcome.

Donations welcome for needy families in our community at Christmas time.



Merry
Christmas!

Date	Thursday 1 December
Time	10am-12 noon
Venue	Glen Waverley Uniting Church cnr Bogong Avenue and Kingsway, Glen Waverley
Cost	FREE
Booking	www.gwuc.org.au 9560 3580 (for group bookings)

TECH HELP

Tech Help is a casual, weekly session where you can seek help to troubleshoot technology. A library volunteer can assist you with your questions about a range of topics.

Topics include:

- Computers
- Smartphones and tablets
- Email and social media
- eLibrary resources.

Please phone the library before the session to confirm your attendance.

Clayton Library:

Mondays, 2pm-3pm
Ph: 9541 3120

Mount Waverley Library:

Wednesdays,
2pm-3pm
Ph: 9518 3950

Wheelers Hill Library:

Fridays, 2.30pm-3.30pm
Ph: 9265 4877

SHARE



www.monlib.vic.gov.au



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Libraries
Change Lives


CITY OF
MONASH

COME AND TRY DANCE4LIFE

Active Monash

Dance4Life - Leave your worries at the door and join us for a fun dance class for older adults incorporating NIA movement practice that leaves you feeling energised and alive. NIA is a sensory-based practice suitable for older adults that incorporates dance arts, martial arts and healing arts. NIA educates and inspires you to live and move with embodied joy. Please bring along a yoga mat.

Date	Monday 6 December
Time	10.30am-11.30am
Venue	Oakleigh Recreation Centre 2A Park Road
Cost	FREE
Booking	www.trybooking.com/CCXYJ or ☎ 9518 3555



END-OF-YEAR CELEBRATION

A delightful end-of-year celebration that includes high tea and entertainment.

Get your Christmas cheer on and pop on your dancing shoes. Come and be entertained in style with a scrumptious high tea. Join in the classic carols and a few other toe-tapping favourites at Monash's world-renowned Huntingdale Golf Club.

Date	Wednesday 7 December
Time	2pm-4pm
Venue	Huntingdale Golf Club, Windsor Avenue, Oakleigh South
Cost	\$25 includes High Tea (tea and coffee) and entertainment. <i>All other drinks to be paid for on the day. Subsidised by the City of Monash full cost \$50)</i>
Booking	www.trybooking.com/CCXZB or ☎ 9518 3555 (140 seats available) Bookings open: Monday 31 October
Parking	On-site parking





MOVIES IN MONASH END-OF-YEAR CELEBRATION



Film screening:
White Christmas,
with a Christmas Morning Tea

After helping the Haynes sisters escape from their landlord, singers Bob Wallace and Phil Davis ask them to perform in a joint Christmas show to put their old commander's failing inn back in business.

Come along and join us for our end-of-year Christmas film and morning tea. Come dressed in some Christmas cheer and let's celebrate the end of year.



Date	Monday 12 December
Time	10.30am arrival Tea, coffee and a Christmas treat Film commences at 11am
Venue	Clayton Community Centre Theatre 9-15 Cooke Street
Cost	FREE
Rating	Romance, Rating PG (running time 2h)
Booking	🌐 www.trybooking.com/CCXZJ or ☎ 9518 3555 (140 seats available)
Parking	Three-hour parking, behind the Clayton Community Centre



HEALTH AND WELLBEING

Oakleigh Recreation Centre

The wait is over! The \$25 million 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*

Offer valid from 1 November – 31 December for Active Adult classes at all Active Monash

MONASH CUSTOMER SERVICE

Monash Civic Centre

293 Springvale Road, Glen Waverley
8.30am-5pm

Oakleigh Service Centre

3 Atherton Road, Oakleigh
8.30am-5pm

We look forward to seeing you again.

[9518 3555](tel: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

LANGUAGE ASSIST

普通话 9321 5485

हिंदी 7005 3000

Ελληνικά 9321 5482

Việt Ngữ 9321 5487

Italiano 9321 5483

廣東話 9321 5481

தமிழ் 7005 3003

Bahasa Indonesia 7005 3001

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한국어 9321 5484

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.

- **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.