

# PALS

Positive Ageing Lifestyle Program



**SUMMER**  
**2023 edition**

January - February 2023

PALS

positive  
ageing  
*lifestyles*

  
CITY OF  
MONASH

# WELCOME TO PALS

**Welcome to the Summer Edition 2023 of our Positive Ageing Lifestyle Program aimed at promoting healthy, active ageing and social inclusion for older adults who live, work or visit Monash.**

**Our Summer Edition celebrates Lunar New Year and Safer Internet Day, and the Clayton Festival is back.**

This year our program will offer older members of our community information on social activities and healthy living through four editions – Summer, Autumn, Winter and Spring. Our Spring Edition will include the annual Seniors Festival program.

We are updating our subscription lists for PALS. 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](http://www.monash.vic.gov.au/Staying-Active)

## WHEN YOU REGISTER YOU WILL HAVE 2 OPTIONS:

### OPTION 1:

Positive Ageing Lifestyle (PALS program) and other Monash Council programs (Active Monash, Libraries, 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**



## COVID-19 SAFETY

All in-person events will follow health guidelines and government recommendations or restrictions. Please do not attend if you feel unwell or have COVID-19 symptoms.





# 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](https://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 or emailing ✉ [PALS@monash.vic.gov.au](mailto:PALS@monash.vic.gov.au)

## ACKNOWLEDGEMENT OF COUNTRY

Monash Council acknowledges the Traditional Owners of this land, 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 peoples.

*City of Monash is an inclusive and accepting place that celebrates the diversity of all our community and employees. We are committed to creating a place where every individual feels welcome, heard, valued and celebrated regardless of their age, race, cultural background, ability, ethnicity, socioeconomic status, gender identity, intersex status, sexual orientation or religious beliefs.*

# WAVERLEY SCOTTISH SOCIETY – 6-WEEK INTRODUCTORY COURSE



**Boost your social life, reduce stress levels, get fit and stay healthy.**

Scottish Country Dancing (SCD) is the social form of dancing in Scotland. Scottish Country Dancing is not Highland Dancing, which is more individual with high, showy steps. There are five basic steps, and these steps are used in a variety of formations.

SCD is very sociable. It is common practice to dance with different partners during a night of dancing. It is also great fun and exercises both mind and body. Anyone who wants to dance is very welcome.

<b>DATE</b>	Monday evenings starting 27 February until 3 April 2023
<b>TIME</b>	7.30pm-9pm
<b>VENUE</b>	High Street Road Uniting Church, 482 High Street Road, Mount Waverley
<b>COST</b>	\$36 for the 6-week course
<b>BOOKINGS</b>	9558 5164 (Leanne)
<b>CONTACT</b>	✉ <a href="mailto:wavscd@gmail.com">wavscd@gmail.com</a> 🌐 <a href="http://www.waverleyscottishsociety.com">www.waverleyscottishsociety.com</a>



**LIVELY MUSIC • LOW-COST ENTERTAINMENT • NO SPECIAL CLOTHES,  
JUST SOFT SHOES • NO PARTNER NECESSARY**



# GLEN WAVERLEY BOWLS CLUB INVITES YOU TO PLAY LAWN BOWLS



Lawn bowls is an all-inclusive, slow exercise outdoor activity. No matter your ability you learn the basics within a few minutes and then the fun commences. Come and join our friendly club and enjoy a great non-contact sport that is good for the body and the mind, where you can learn new skills and make new friends!

## Our Summer PALS program includes:

### 4-WEEK FREE COACHING PROGRAM

All ages and abilities welcome. No obligation and no cost. All equipment supplied.

Thursday evenings – 5.45pm

Bookings and enquiries: ☎ 9561 3227



### FREE TRY BOWLS DAYS 2023

All ages and abilities welcome. No obligation and no cost. All equipment supplied. Sausage sizzle, tea and coffee provided on the day.

Sunday 29 January, Sunday 26 February,  
Wednesday 22 March, Sunday 23 April,  
10am-2.30pm

Bookings and enquiries: Harvie: ☎ 0438 352 057

### BAREFOOT BOWLS - EVERY FRIDAY NIGHT DURING DAYLIGHT SAVINGS!

All ages and abilities welcome.

Every Friday during daylight savings from 7pm

Bookings and enquiries: ☎ 9802 7233 or just turn up



GLEN WAVERLEY BOWLS CLUB: 690 WAVERLEY ROAD, GLEN WAVERLEY  
FLAT-SOLED SHOES/BAREFOOT

✉ mail@glenwaverleybowlsclub.com.au 🌐 www.glenwaverleybowlsclub.com.au

# PALS JANUARY PROGRAMS

## SENIORS IN THE PARK

A combination of strength, balance, cardiovascular and mobility exercises for seniors, run by our expert fitness specialists.

<b>DATE</b>	Every Thursday starting 12 January
<b>TIME</b>	12.30pm-1.15pm
<b>VENUE</b>	Classes held at Warrawee Park Gazebo, 1 Atherton Road, Oakleigh
<b>COST</b>	FREE
<b>BOOKINGS</b>	 <a href="http://www.trybooking.com/CDIOC">www.trybooking.com/CDIOC</a> or phone  9518 3555
<b>PARKING</b>	Warrawee Park car park and on-street parking



**ACTIVE  
MONASH**

## ACTIVE MONASH - WALKING GROUP

Light-paced and light-hearted! Join a guided social walking group at Wellington Reserve (utilising the new path and surrounds) to meet new people and increase physical activity.

<b>DATE</b>	Friday 20 January
<b>TIME</b>	9.15am-10.15am
<b>VENUE</b>	Meet at Monash Aquatic & Recreation Centre, 626 Waverley Road, Glen Waverley
<b>COST</b>	FREE
<b>BOOKINGS</b>	 <a href="http://www.trybooking.com/CAMSY">www.trybooking.com/CAMSY</a> or phone  9518 3555
<b>PARKING</b>	On-site parking at MARC



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MONASH**

# MOVIES IN MONASH

## THE PARENT TRAP

Identical twins Hallie and Annie are separated after their parents' divorce. Years later, they discover each other at a summer camp and decide to switch places in an effort to reunite their parents.

Bring your friends, family and grandkids for this film screening for all ages!

<b>DATE</b>	Wednesday 25 January
<b>TIME</b>	10.30am arrival – tea and coffee Film runs from 11am-1.10pm
<b>VENUE</b>	Clayton Community Centre - Theatre, 9-15 Cooke Street
<b>COST</b>	FREE, coffee on arrival
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CENAG">www.trybooking.com/CENAG</a> or phone ☎ 9518 3555
<b>PARKING</b>	Three-hour parking, behind the Clayton Community Centre



## COME AND TRY NIA DANCE

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.

<b>DATE</b>	Monday 30 January
<b>TIME</b>	9.30am-10.30am
<b>VENUE</b>	Oakleigh Recreation Centre, Park Road
<b>COST</b>	FREE
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CENAL">www.trybooking.com/CENAL</a> or phone ☎ 9518 3555
<b>PARKING</b>	On-site parking



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# PALS FEBRUARY PROGRAMS

## LUNAR NEW YEAR

Join us in celebrating the Year of the Rabbit at the 2023 Glen Waverley Lunar New Year and Lantern Festival.

The festival, to be held on Sunday 5 February (11am-9pm) in Kingsway, will be a feast of colour, music and food. The annual Lunar New Year celebration is the most important cultural festival for the Chinese community and celebrates the coming of the new year with rituals, traditions and ceremonies designed to bring new luck and good fortune for the coming year.

In the Chinese Zodiac, the rabbit's personality and characteristics include being tender, decent and generous. This highly-anticipated, annual event is organised by the Monash Chinese Events Committee with support from Monash Council.



DATE	Sunday 5 February
TIME	11am-9pm
VENUE	Kingsway, Glen Waverley
COST	FREE
ENQUIRIES	For further details visit: <a href="http://www.monash.vic.gov.au/festivals">www.monash.vic.gov.au/festivals</a>

## COME AND TRY AQUAHYDRO

Water exercises conducted in the hydro pool to improve mobility, strength and function.

DATE	Monday 6 February
TIME	11.30am-12.15pm
VENUE	Monash Aquatic & Recreation Centre, 626 Waverley Road, Glen Waverley
COST	FREE
BOOKINGS	<a href="http://www.trybooking.com/CENAT">www.trybooking.com/CENAT</a> or phone 9518 3555
PARKING	On-site parking



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# FAMILY HISTORY ON THE CHEAP

Join genealogist Shauna Hicks as she highlights how to get the most from research trips to archives, libraries, family history groups, local historical societies and visits to relatives, plus how to get information from social networking sites, commercial websites and Google.

Presented in partnership with the Monash Libraries Family History Group. Event can be attended either in person or watched online from home.

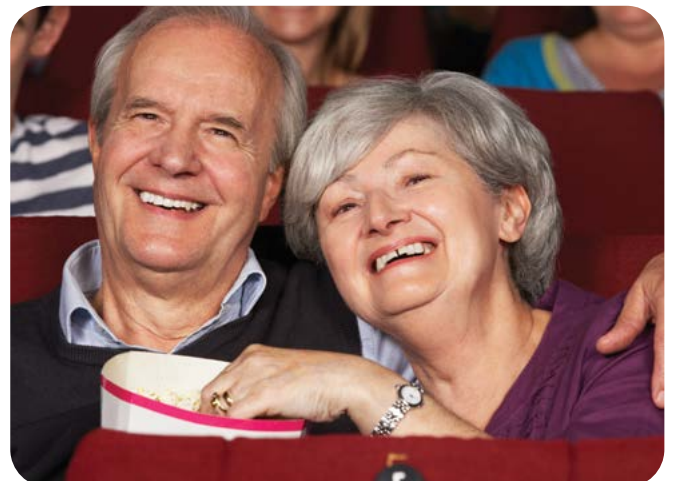
<b>DATE</b>	Monday 6 February
<b>TIME</b>	10.15am-11.30am
<b>VENUE</b>	Wheelers Hill Library, 860 Ferntree Gully Road OR online via ZOOM (speaker will be on screen via ZOOM)
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CDDXV">www.trybooking.com/CDDXV</a> (Wheelers Hill Library) <a href="http://www.trybooking.com/CDINK">www.trybooking.com/CDINK</a> (Online ZOOM session) Or phone ☎ 9265 4877 to make a booking
<b>PARKING</b>	On-site parking at Wheelers Hill Library
<b>ENQUIRIES</b>	9265 4877



# MONDAY MURDER CLUB FILM SCREENINGS

Enjoy a screening of a classic murder mystery movie! Immerse yourself in the film noir and watch with bated breath for the twist to see whodunit. We'll also present some intriguing trivia.

<b>DATE</b>	Monday 6 February
<b>TIME</b>	1.30pm-3.30pm
<b>VENUE</b>	Wheelers Hill Library, 860 Ferntree Gully Road
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CBTNW">www.trybooking.com/CBTNW</a> or phone ☎ 9265 4877
<b>PARKING</b>	On-site parking
<b>ENQUIRIES</b>	9265 4877



# DIGITAL SAFETY MORNING TEA

MONASH PUBLIC  
LIBRARY SERVICE

This morning tea will provide an opportunity to learn some information about safely navigating the internet, as well as an opportunity to ask your own cyber-safety questions. Refreshments will be provided.

This event is being held to mark Safer Internet Day.

<b>DATE</b>	Tuesday 7 February
<b>TIME</b>	10.30am-12 noon
<b>VENUE</b>	Oakleigh Library, 148 Drummond Street (upstairs auditorium – access by stairs or lift)
<b>COST</b>	FREE
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CEJVK">www.trybooking.com/CEJVK</a> or phone ☎ 9518 3555
<b>PARKING</b>	Street parking and multi-deck car park in Atkinson Street
<b>ENQUIRIES</b>	9518 3970



## TWILIGHT CROQUET COME AND TRY

### Monash Croquet Club

Come and join us for some croquet in the fresh evening air. Croquet is a game of skill and strategy and is suitable for anyone who is capable of walking and hitting a ball. It's fun with a very friendly group of club members. Come along, meet new friends, give it a go and join us for a sausage sizzle afterwards.

<b>DATE</b>	Wednesday 8 February
<b>TIME</b>	5pm-7pm
<b>VENUE</b>	Electra Reserve (new rear building), 21a Electra Avenue, Ashwood
<b>COST</b>	FREE
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CENAW">www.trybooking.com/CENAW</a> or phone ☎ 9518 3555
<b>PARKING</b>	On-site car park

## ACTIVELINK COME AND TRY

Chairs are used in this class, which 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!

<b>DATE</b>	Friday 10 February
<b>TIME</b>	11.30am-12.30pm
<b>VENUE</b>	Oakleigh Recreation Centre, 2A Park Road
<b>COST</b>	FREE
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CENAX">www.trybooking.com/CENAX</a> or phone ☎ 9518 3555
<b>PARKING</b>	On-site parking



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# MONASH PALS CHOIR RETURNS!

WITH  
JEN & TEZ!

**The Monash PALS Choir returns after a successful Monash Seniors Festival event.**

Whether you're a diva or a warbler, it doesn't matter. You're welcome. Music and singing is for everybody and we're with you to prove it. It'll be fun, funny and even a little euphoric, and by the end you'll be an integral part of a choir banging out a song in three-part harmony. Don't prepare, don't panic and don't miss this for anything. Let's unite and sing our hearts out as part of Monash's Positive Ageing Lifestyle Program. You're in the best of hands with Jen and Tez, world-travelled troubadours, singing enablers, and music maestros. No prior experience necessary.

DATE	Tuesday 14 February
TIME	11am-12.30pm
VENUE	Glen Waverley Uniting Church, 10-12 Bogong Avenue
COST	FREE
BOOKINGS	🌐 <a href="http://www.trybooking.com/CENAY">www.trybooking.com/CENAY</a> or phone ☎ 9518 3555
PARKING	Bogong Avenue Car Park



## MONT DE LANCEY HISTORIC HOMESTEAD – COMMUNITY BUS DAY TRIP

Travel to the lovely Yarra Valley on our new community bus day trip program to Mont De Lancey Historic Homestead. You will enjoy a tour of the historic 1880s homestead and property, beautiful gardens, historic timber slab kitchen and 1920s St Marys Chapel, plus much more. **Bookings open Monday 19 December at 9am. Only 20 places available.**

DATE	Friday 17 February
TIME	9.30am-3.30pm
VENUE	71 Wellington Road, Wandin North
BOOKINGS AND PICK-UP POINTS	Please book for the pick-up/drop-off location you would prefer:  Central Reserve, 690 Waverley Road, Glen Waverley: 🌐 <a href="http://www.trybooking.com/CEOHR">www.trybooking.com/CEOHR</a> OR  Clayton Community Centre, 9-15 Cooke Street, Clayton: 🌐 <a href="http://www.trybooking.com/CEOHX">www.trybooking.com/CEOHX</a>
COST	\$50 includes transport, Devonshire tea, lunch and guided tour of Mont De Lancey



**NEW  
PROGRAM**

*You will receive an itinerary before the event. This outing involves a significant amount of walking on uneven surfaces and is recommended for people with good mobility.*

## COME AND TRY NIA DANCE

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.



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<b>DATE</b>	Monday 20 February
<b>TIME</b>	9.30am-10.30am
<b>VENUE</b>	Oakleigh Recreation Centre, 2A Park Road
<b>COST</b>	FREE
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CENBE">www.trybooking.com/CENBE</a> or phone ☎ 9518 3555
<b>PARKING</b>	On-site parking

## TOUR OF MONASH AQUATIC AND RECREATION CENTRE (MARC)

Entering a recreation centre can be daunting. Come on a tour of MARC, hosted by our Age-Friendly Ambassador Elaine Ford, and discover the facilities and programs for all abilities you can join. Followed by a coffee in the café.

<b>DATE</b>	Tuesday 21 February
<b>TIME</b>	11.30am-1pm
<b>VENUE</b>	Monash Aquatic & Recreation Centre, 626 Waverley Road, Glen Waverley
<b>COST</b>	FREE
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CENBU">www.trybooking.com/CENBU</a> or phone ☎ 9518 3555
<b>PARKING</b>	On-site parking

## ACTIVELINK COME AND TRY

Chairs are used in this class, which 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!

<b>DATE</b>	Friday 24 February
<b>TIME</b>	11.30am-12.30pm
<b>VENUE</b>	Oakleigh Recreation Centre, 2A Park Road
<b>COST</b>	FREE
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CENBM">www.trybooking.com/CENBM</a> or phone ☎ 9518 3555
<b>PARKING</b>	On-site parking

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# CLAYTON FESTIVAL

The exciting Clayton Festival will return on Sunday 26 February 2023. Free event and pool entry.

<b>DATE</b>	Sunday 26 February
<b>TIME</b>	11am-3pm
<b>VENUE</b>	Clayton Hub – car park located at the rear of the Aquatic Centre
<b>COST</b>	FREE
<b>ENQUIRIES</b>	For further details visit: <a href="http://www.monash.vic.gov.au/Clayton-Festival">www.monash.vic.gov.au/Clayton-Festival</a> or phone 9518 3636



# MONASH CAFÉ CONNECT

**PROGRAM  
RETURNS FOR  
2023**

## Popular Café Connect Program returns for 2023!

Join our Monash Café Connect program where you can meet other local residents and enjoy lunch. It's a great way to get out of the house and meet neighbours and friends from Monash. **Bookings open Monday 19 December at 9am.**

<b>DATE</b>	Tuesday 28 February
<b>TIME</b>	11.30am-1pm
<b>VENUE</b>	Shine Café, 9 Hamilton Walk, Mount Waverley
<b>COST</b>	Pay on the day at the café when ordering your meal (Lunch and beverage at approximately \$17 per head)
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CENBP">www.trybooking.com/CENBP</a> or phone 9518 3555
<b>PARKING</b>	Virginia Street car park, Mount Waverley



# MONASH PUBLIC LIBRARY SERVICE

## Interested in joining a book club?

Do you enjoy reading books and sharing in discussion with fellow readers? Monash Libraries has some vacancies in its Hobsons Choice Book Club, which meets on the third Thursday of each month at 1.30pm at Mulgrave Library in the Wellington Reserve Community Centre (36-42 Mackie Road).

**For more information, contact Linda at Mulgrave Library on ☎ 9518 3502**



**The Sustainable Monash team is here to help you achieve your sustainability goals and reduce the impact on our environment.**

Get independent advice and support to access rebates to install solar by a local government-led program 🌐 <https://solarsavers.org.au>



**sustainable  
monash**



**Solar  
SAVERS**



**Join our Gardens for Wildlife program to create an indigenous habitat garden in your own property.**

There are free regular workshops, hard copy and online resources, and a plant voucher for 20 free seedlings to get your started.

A volunteer garden guide can also visit to help you plan.

🌐 [www.monash.vic.gov.au/gardens-for-wildlife](http://www.monash.vic.gov.au/gardens-for-wildlife)

**Sustainable Monash runs regular workshops and events for the community on a range of sustainability activities.**

Use this QR link to sign up to our Sustainable Monash e-news to keep updated on our current events, and learn about local heroes and inspiring stories. 🌐 [www.monash.vic.gov.au/Sustainable-News](http://www.monash.vic.gov.au/Sustainable-News)







# DEMENTIA FRIENDLY Group Class

**WEDNESDAY  
11.30am**

**Oakleigh Recreation Centre**

Email Carol Syer for more info:  
[carol.syer@monash.vic.gov.au](mailto: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.

## HEALTH AND WELLBEING

Put your health and fitness first this year and get involved in Active Adults classes at Monash.

Offer valid until 28 February 2023.  
\*One free older adults active class.

First Name:

Surname:

Contact No:

# ACTIVE MONASH

## CANCELLATION AND REFUND POLICY

To receive a refund for a PALS event that incurs a cost you are required to give five days' cancellation notice to allow us to fill the place.

Monash Council reserves the right to charge for a booking if cancelled in the 24 hours before an event.

If you cancel due to an emergency (e.g. sudden illness, admission to hospital) the booking fee may be waived.

All cancellations will be charged a \$0.50 trybooking administration fee.

## 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

✉️ [mail@monash.vic.gov.au](mailto:mail@monash.vic.gov.au)

🌐 [www.monash.vic.gov.au](http://www.monash.vic.gov.au) (webchat)

### National Relay Service

(for people with hearing or speech impairments) 📞 1800 555 660

🌐 [www.monash.vic.gov.au/pals](http://www.monash.vic.gov.au/pals)

✉️ [PALS@monash.vic.gov.au](mailto:PALS@monash.vic.gov.au)

## ACCESSIBILITY

Our PALS program offers activities for all abilities. Activities will include a statement like, 'This outing involves a significant amount of walking on uneven surfaces and is recommended for people with good mobility'. Please consider your abilities when choosing an event. This information is provided for you to select events that match your mobility requirements.



## LANGUAGE ASSIST

普通话 9321 5485

Ελληνικά 9321 5482

廣東話 9321 5481

සිංහල 7005 3002

Italiano 9321 5483

हिंदी 7005 3000

Việt Ngữ 9321 5487

தமிழ் 7005 3003

한국어 9321 5484

Bahasa Indonesia 7005 3001