

# PALS

Positive Ageing Lifestyle Program



**WINTER**  
**2023 edition**

June – August 2023



# WELCOME TO PALS

**Welcome to the Winter edition 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 Winter edition celebrates and recognises days of significance for health and wellbeing, diversity and the environment. We also have a two-page Tech Savvy section with events to keep you digitally connected.

Celebrate Men's Health Week with a range of activities hosted by the Monash Men's Shed focused on how to live a healthy and active life. Join the Friends of Scotchmans Creek and Valley Reserve for a talk about #BeatPlasticPollution followed by a walk for World Environment Day.

We also have activities for Pride Month, NAIDOC Week and Wear It Purple Day.

If you wish to receive 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)

## 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 website link at the end of the event description. Please note many of the events have a cap on the number of participants.

### Phone/email

If you do not have access to a computer or smart device, you can make a booking by calling Customer Experience on  **9518 3555** or emailing  [PALS@monash.vic.gov.au](mailto:PALS@monash.vic.gov.au)

## COMMUNITY EVENTS

Please note a number of events and activities in this program are not organised by Monash Council. Monash 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, are subject to change without notice.

## 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.

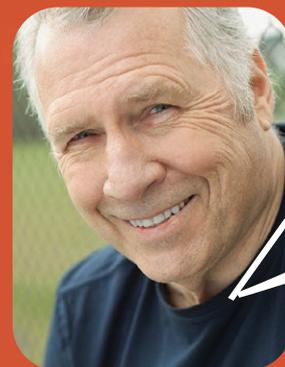


## MEN'S HEALTH WEEK: 12-18 JUNE

Men's Health Week is celebrated every year in June to highlight the importance of men's health, and to promote and support the health and wellbeing of men and boys in our communities.

The theme of Men's Health Week 2023 is 'Healthy Habits', aimed at encouraging men and boys to build healthy habits by identifying small changes they can make.

Read feature story on page 9.



## NATIONAL STROKE WEEK: 7-13 AUGUST

**As part of National Stroke Week we encourage you to know the signs of stroke – F.A.S.T. (Face, Arms, Speech, Time).**

The Stroke Foundation recommends the F.A.S.T. test as an easy way to remember the most common signs of stroke.

**Face:** Check their face. Has their mouth drooped?

**Arms:** Can they lift both arms?

**Speech:** Is their speech slurred? Do they understand you?

**Time:** Time is critical. If you see any of these signs, call ☎ 000 straight away.

If you or someone you know experiences the signs of stroke, no matter how long they last, call ☎ 000 immediately. For more information, visit

🌐 [www.strokefoundation.org.au](http://www.strokefoundation.org.au)

# PALS PROGRAMS 2023

## TOGETHER TUESDAYS AT CABENA

A weekly program to encourage genuine friendships between older adults, parents, children and grandchildren where they can meet, play games, sing or just have a coffee and chat.

<b>DATE</b>	Tuesdays
<b>TIME</b>	9.30am-12.30pm
<b>VENUE</b>	Cabena Child and Family Centre, 22 Cabena Crescent, Chadstone
<b>COST</b>	FREE
<b>BOOKINGS</b>	No booking required
<b>PARKING</b>	On-site parking



## GLENCARE SOCIAL SUPPORT GROUP

### WAVECARE INC.

Glencare is a social support program for seniors 65 years and over. Featuring in-house activities and monthly outings, the program aims to enhance social engagement with the community and to foster long-lasting friendships. A community bus is available for people who do not drive.

<b>DATE</b>	Tuesdays and Fridays
<b>TIME</b>	9.30am-3pm
<b>VENUE</b>	Tuesdays: Glen Waverley Community Centre, 700 Waverley Road, Glen Waverley Fridays: Wavecure Counselling Service Office, Level 1/2 Euneva Avenue, Glen Waverley
<b>COST</b>	\$10 (in-house), \$20 (outings)
<b>BOOKINGS</b>	📞 9560 6722

## WALKING BASKETBALL – COME AND TRY

### WAVERLEY BASKETBALL ASSOCIATION

Walking basketball is a low-impact, social and fun way to improve the levels of physical activity for participants across all ages genders, abilities, and experience. Whether you played years ago, have never touched a ball, or want to try something new, come along and join in.

<b>DATE</b>	Alternating Wednesdays, between Waverley Basketball Stadium and Phoenix Park Community Centre
<b>TIME</b>	10.30am-11.15am at Waverley Basketball Stadium 10.45am-11.30am at Phoenix Park Community Centre
<b>VENUE</b>	Waverley Basketball Stadium, Corner of Batesford Road and Power Avenue, Chadstone Phoenix Park Community Centre, 22 Rob Roy Road, Malvern East
<b>COST</b>	FREE
<b>BOOKINGS</b>	No bookings required. For enquiries email ✉️ <a href="mailto:falcons@waverleybasketball.com">falcons@waverleybasketball.com</a>
<b>PARKING</b>	On-site parking



MiCare provides programs that aim to empower and connect participants to the community and enhance their quality of life.

## MONASH SOCIAL SUPPORT GROUP

A warm and welcoming Chinese social support group which offers a variety of culturally tailored activities, outings and celebrations of culturally significant events.

**DATE** Wednesdays

**TIME** 9.30am-12.30pm

**VENUE** Glen Waverley Uniting Church, 10-12 Bogong Avenue, Glen Waverley

**COST** Small fees apply

**BOOKINGS** ☎ 0410 799 771

## CAFÉ BAZAAR OAKLEIGH

Participants gather to enjoy gentle exercises, activities, information sessions, outings and celebrations of culturally significant events. Coffee and light refreshments provided.

**DATE** Wednesdays

**TIME** 1pm-4pm

**VENUE** Oakleigh Senior Citizens Centre, 146 Drummond Street, Oakleigh

**COST** Small fees apply

**BOOKINGS** ☎ 0405 226 265



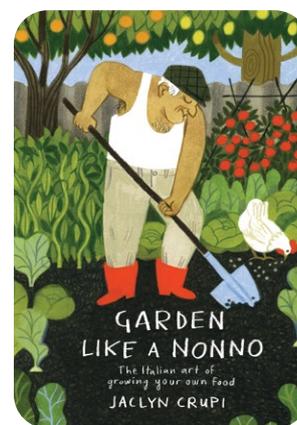
# PALS JUNE PROGRAMS

Libraries  
Change Lives

## WINTER IN THE PRODUCTIVE GARDEN

Winter gardening sets up a successful and productive spring and summer in the garden! It's time to get stuck into some winter gardening jobs. Jaclyn Crupi learnt about gardening from her frugal and practical nonnos and is ready to pass on their wisdom and sage advice so you too can *Garden Like a Nonno*.

<b>DATE</b>	Saturday 3 June
<b>TIME</b>	10.30am-11.30am
<b>VENUE</b>	Mulgrave Neighbourhood Library 36-42 Mackie Road, Mulgrave
<b>COST</b>	FREE
<b>BOOKINGS</b>	 <a href="http://www.trybooking.com/CHJHQ">www.trybooking.com/CHJHQ</a> or  9518 3502
<b>PARKING</b>	On-site parking



## WORLD ENVIRONMENT DAY – #BEATPLASTICPOLLUTION

### FRIENDS OF SCOTCHMANS CREEK AND VALLEY RESERVE

How can we stop plastic getting into our local environment? Where does this plastic come from? Where does it end up? Join us to understand some of the answers, followed by a short walk to see how plastic affects and spoils the enjoyment of our waterways and reserves.

<b>DATE</b>	Monday 5 June
<b>TIME</b>	10am-11.30am
<b>VENUE</b>	Valley Conservation Reserve – Education Hub 80 Waimarie Drive, Mount Waverley
<b>COST</b>	FREE
<b>BOOKINGS</b>	 0477 006 774
<b>PARKING</b>	On-site parking



# HEALTHY BRAIN, HEALTHY BODY

## PRESENTED BY BOLTON CLARKE

Come and join us for this one-hour information session that will introduce us to the six factors of positive ageing so you can learn how to experience happiness and satisfaction at any age.

<b>DATE</b>	Monday 5 June
<b>TIME</b>	11am-12pm
<b>VENUE</b>	Wellington Reserve Community Centre 36-42 Mackie Road, Mulgrave
<b>COST</b>	FREE
<b>BOOKINGS</b>	 <a href="http://www.trybooking.com/CGWPF">www.trybooking.com/CGWPF</a> or  9518 3502
<b>PARKING</b>	On-site parking



Libraries  
Change Lives



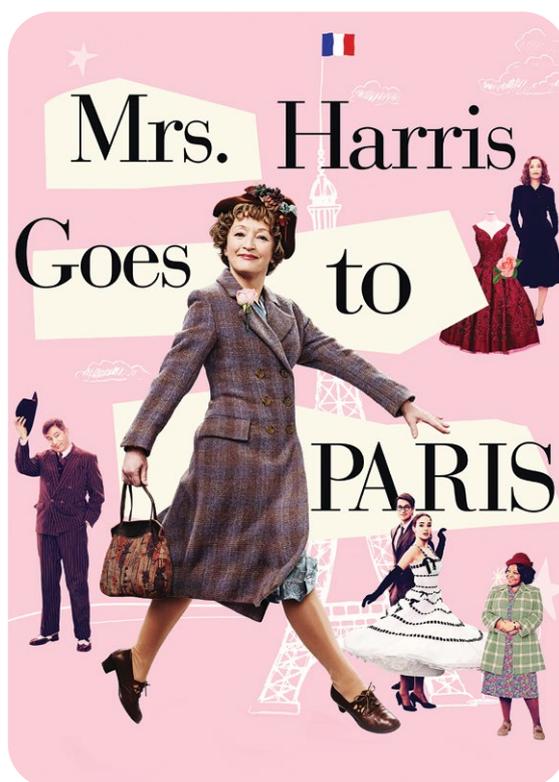
JUNE  
PROGRAMS

# MOVIES IN MONASH: MRS. HARRIS GOES TO PARIS

*Mrs. Harris Goes to Paris* is the enchanting tale of a seemingly ordinary British housekeeper whose dream to own a couture Christian Dior gown takes her on an extraordinary adventure to Paris.

Morning tea is available from 10.30am.

<b>DATE</b>	Wednesday 7 June
<b>TIME</b>	10.30am-1pm
<b>VENUE</b>	Clayton Community Centre Theatre, 9-15 Cooke Street
<b>COST</b>	FREE
<b>RATING</b>	PG: Drama/Comedy
<b>SCREENING TIME</b>	1 hour and 56 minutes
<b>BOOKINGS</b>	 <a href="http://www.trybooking.com/CHHUN">www.trybooking.com/CHHUN</a> or  9518 3555
<b>PARKING</b>	Three-hour parking behind the Clayton Community Centre



# PALS JUNE PROGRAMS (CONT'D)

## HEALTHY EATING AND NUTRITION FOR SENIORS

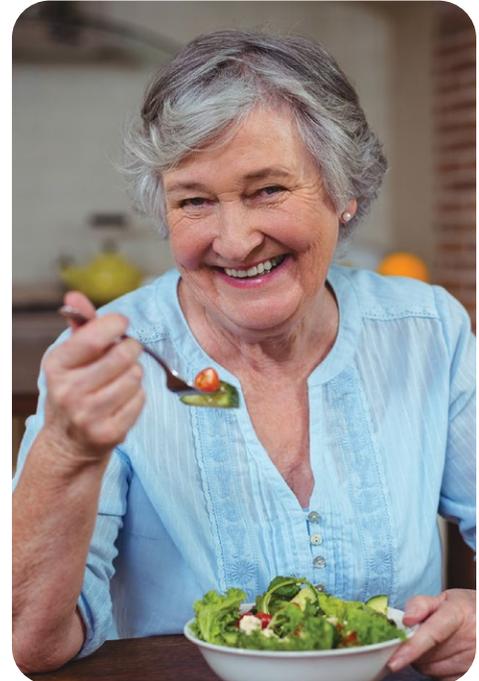
PRESENTED BY BOLTON CLARKE

This healthy eating and nutrition information session will teach you about healthy eating habits, basic nutrition principles and how you can get the most out of your meals every day. You will also receive a free Maggie Beer Foundation recipe booklet so you can turn your new knowledge of nutrition into beautiful, delicious meals.

<b>DATE</b>	Friday 9 June
<b>TIME</b>	11am-12pm
<b>VENUE</b>	Glen Waverley Library 112 Kingsway, Glen Waverley
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CGWPI">www.trybooking.com/CGWPI</a> or 9518 3030
<b>PARKING</b>	On-site parking



Libraries  
Change Lives



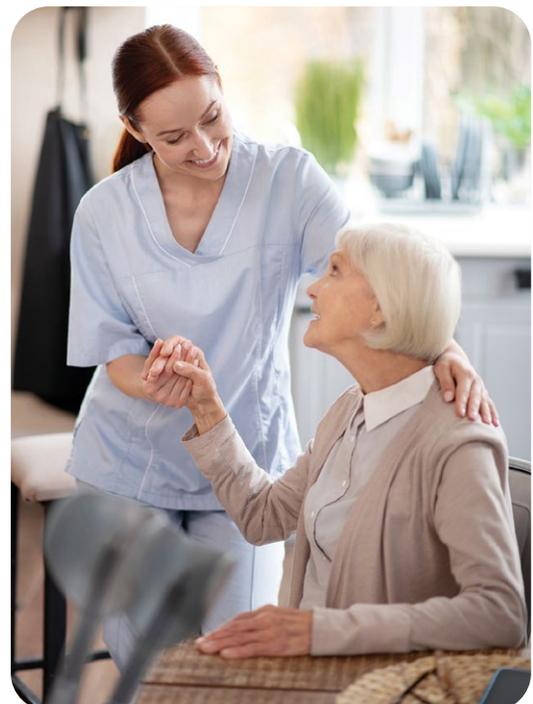
## ACCESSING AGED CARE WITH SERVICES AUSTRALIA

This session will provide an overview of the different levels of care available in your home and give an overview of residential care (both respite and permanent). Learn more about how to access support and get further information.

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

<b>DATE</b>	Tuesday 13 June
<b>TIME</b>	11.30am-12.30pm
<b>VENUE</b>	Wellington Reserve Community Centre 36-42 Mackie Road, Mulgrave
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CGJYF">www.trybooking.com/CGJYF</a> or 9518 3502
<b>PARKING</b>	On-site parking

Libraries  
Change Lives



# MEN'S HEALTH WEEK 12-18 JUNE

## JUMP ON BOARD AT MONASH MEN'S SHED



Take the first steps to living an active and healthy lifestyle! Monash Men's Shed is collaborating with local community organisations to provide you with ways to start your health and wellbeing journey.

Everyone is welcome to attend this informative day, packed full of health sessions and exercises suitable for all fitness levels. Bring along your partners, mates, sons and daughters for a day of inclusive healthy fun with a delicious BBQ lunch.

**DATE** Wednesday 14 June

**TIME** 10am-11am Tally Ho fitness group activity  
11am-12pm Dance class  
12pm-1pm BBQ lunch hosted by Wheelers Hill Lions Club  
1pm-2pm Monash Council health talk

**VENUE** Bogong Reserve, 49-77 Bogong Avenue, Glen Waverley

**COST** FREE

**BOOKINGS**  [www.trybooking.com/CHJOE](http://www.trybooking.com/CHJOE) or  9561 8557

**PARKING** On-site parking



# PALS JUNE PROGRAMS (CONT'D)

## STEP OUT TOGETHER FOR WORLD ELDER ABUSE AWARENESS DAY

World Elder Abuse Awareness Day (WEAAD) is commemorated each year to highlight one of the worst manifestations of ageism and inequality in our society, elder abuse. Join us to recognise WEAAD with a talk from Associate Professor Dr Diana Bossio from Swinburne University of Technology, followed by a walk through Jells Park hosted by Waverley Bushwalking Club.

Morning tea is available from 10am.

<b>DATE</b>	Thursday 15 June
<b>TIME</b>	10am-12pm
<b>VENUE</b>	Jells Park Tea House, function room Waverley Road, Wheelers Hill
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CHNHL">www.trybooking.com/CHNHL</a> or ☎ 9518 3555
<b>PARKING</b>	On-site parking



## HOW TO BE A GOOD ALLY – LGBTI AWARENESS

Libraries  
Change Lives

Come and join us to celebrate Pride Month. Learn about what the letters LGBTI+ stand for, why we use pronouns, how we can be better allies and how to make our community a better place for people who identify as LGBTI+.

Morning tea is available from 10.30am.

<b>DATE</b>	Friday 23 June
<b>TIME</b>	10.30am-12pm
<b>VENUE</b>	Wheelers Hill Library meeting room 860 Ferntree Gully Road, Wheelers Hill
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CHHUS">www.trybooking.com/CHHUS</a> or ☎ 9518 3555
<b>PARKING</b>	On-site parking



# MONASH PALS CHOIR – WINTER WARMERS FESTIVAL



Brooks & Baker



Jen & Tez



Women of Soul



Drew Downing & Band

## winter series

### FREE SHOWS IN JUNE

**SING & SWING**  
with Brooks & Baker  
Friday 2 June | 7pm  
Oakleigh Hall

**PIANO POP**  
with Drew Downing & Band  
Friday 9 June | 7pm  
The Count's - Monash Uni

**BABY LOVE**  
by Women Of Soul  
Sunday 18 June | 10am & 12pm  
Clayton Community Centre

**COMMUNITY CHOIR**  
with Jen & Tez  
Sunday 25 June | 2pm  
Mount Waverley Community Centre

**BOOKINGS ESSENTIAL**  
For more information visit  
[monash.vic.gov.au/festivals](http://monash.vic.gov.au/festivals)



CITY OF  
MONASH

## WORLD CONTINENCE WEEK 20-26 JUNE

Incontinence doesn't discriminate. It affects women, men and children of all ages, physical ability and background. About 1 in 5 people aged 15 years or over experience bladder or bowel control problems.

Did you know bladder and bowel control problems are not a natural part of ageing?

You can call the National Continence Helpline on **1800 330 066**.

This free telephone service offers confidential information, advice and support.

For more information about incontinence and where to get support, visit the Continence Foundation of Australia website [www.continence.org.au](http://www.continence.org.au)



# PALS JULY PROGRAMS



## FOR OUR ELDERS 2-9 JULY 2023

### The 2023 National NAIDOC Week theme is For Our Elders.

National NAIDOC Week celebrations are being held across Australia from Sunday 2 July to Sunday 9 July, to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.

To support and get to know more about Aboriginal and Torres Strait Islander communities visit  [www.naidoc.org.au](http://www.naidoc.org.au)

To learn more about local NAIDOC celebrations in Monash visit  [www.monash.vic.gov.au/festivals](http://www.monash.vic.gov.au/festivals)

## MARY ANN BUGG PRESENTATION WITH CAROL BAXTER

Libraries  
Change Lives

Mary Ann Bugg was a Worimi bushranger, one of two notable female bushrangers in mid-19th century Australia. She was an expert horse rider and bush navigator who travelled with her bushranging partner and lover “Captain Thunderbolt”. Join author Carol Baxter who will unearth more about the story of a woman who deserves her own place in history.

An event for NAIDOC Week 2023.

**DATE** Tuesday 4 July

**TIME** 11am-12pm

**VENUE** Online event (Zoom)

**COST** FREE

**BOOKINGS**  [www.trybooking.com/CFDEG](http://www.trybooking.com/CFDEG)  
or  9518 3030





Libraries  
Change Lives

# MANAGING SLEEP AND FATIGUE

PRESENTED BY  
BOLTON CLARKE

Sleep is as vital for life as food or water, and not getting enough can severely affect day-to-day function and lead to fatigue. This presentation will cover the signs and causes of fatigue as well as the changes to the stages of sleep as we age.

<b>DATE</b>	Tuesday 11 July
<b>TIME</b>	11am-12pm
<b>VENUE</b>	Mount Waverley Library 41 Miller Crescent Mount Waverley
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CGWPL">www.trybooking.com/CGWPL</a> or 9518 3950
<b>PARKING</b>	On-site parking



JULY  
PROGRAMS

# MONASH CAFÉ CONNECT

Join our Monash Café Connect program where you can meet local residents and enjoy lunch. It's a great way to get outside your home and into the community with your fellow neighbours and friends from Monash. Vanilla Lounge is a Greek patisserie and Mediterranean restaurant.

<b>DATE</b>	Thursday 13 July
<b>TIME</b>	11.30am-12.30pm
<b>VENUE</b>	Vanilla Lounge 17-21 Eaton Mall, Oakleigh
<b>COST</b>	Pay on the day at the café. Lunch and beverage: prices start from \$18
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CHHUZ">www.trybooking.com/CHHUZ</a> or 9518 3555 (bookings open Monday 12 June at 8.30am)
<b>PARKING</b>	Restricted street parking available, please adhere to signage



# PALS JULY PROGRAMS (CONT'D)

## ENCORE THEATRE COMPANY PRESENTS THE POPULAR MECHANICALS

Encore is a progressive community, not-for-profit theatre company who strive to delight, entertain and inspire people of all ages. Join us for this upcoming exciting show 'The Popular Mechanicals' and enjoy complimentary refreshments before the show!

**DATE** Friday 14 July or Saturday 22 July

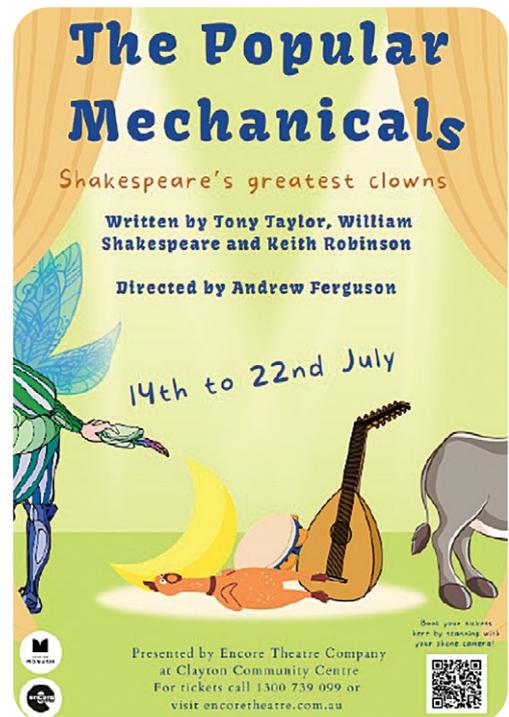
**TIME** Various times, visit  
[www.encoretheatre.com.au](http://www.encoretheatre.com.au)

**VENUE** Clayton Community Centre  
9-15 Cooke Street, Clayton

**COST** Seniors/Concession \$25

**BOOKINGS** [www.trybooking.com/CGZKO](http://www.trybooking.com/CGZKO)  
or 1300 739 099

**PARKING** On-site parking



## MOVIES IN MONASH: THE DUKE

*The Duke* is a British comedy/drama set in 1961 that follows Kempton Bunton, a 60-year-old taxi driver who steals Goya's portrait of the Duke of Wellington from the National Gallery in London. Morning tea is available from 10.30am.

**DATE** Wednesday 26 July

**TIME** 10.30am-1pm

**VENUE** Clayton Community Centre Theatre  
9-15 Cooke Street, Clayton

**COST** FREE. Tea and coffee on arrival

**RATING** M: Drama/Comedy

**SCREENING TIME** 1 hour and 36 minutes

**BOOKINGS** [www.trybooking.com/CHNHP](http://www.trybooking.com/CHNHP)  
or 9518 3555

**PARKING** Three-hour parking behind the Clayton Community Centre



# UNDERSTANDING DEMENTIA

PRESENTED BY BOLTON CLARKE



Libraries  
Change Lives

Almost 1 in 10 people over 65 have dementia in Australia and as we age, this number increases substantially.

This session explains what dementia is, its causes, signs and symptoms as well as how to reduce the risks.

A free hearing check is available after the session.



<b>DATE</b>	Friday 28 July
<b>TIME</b>	11am-12pm
<b>VENUE</b>	Glen Waverley Library 112 Kingsway, Glen Waverley
<b>COST</b>	FREE
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CGWPM">www.trybooking.com/CGWPM</a> or ☎ 9518 3030
<b>PARKING</b>	On-site parking

JULY  
PROGRAMS

## WHAT'S YOUR JAM? PROMOTING ENVIRONMENTAL VOLUNTEERING

Monash Council has launched 'What's Your Jam?', a month-long campaign to showcase environmental volunteering opportunities on offer throughout Monash community organisations and friends' groups.

This is a wonderful opportunity to try a community volunteering event and get involved in one of several clean up, recycling, planting (or similar) events, while connecting with others through a shared passion.

For more information, visit 🌐 [www.monash.vic.gov.au/whats-your-jam](http://www.monash.vic.gov.au/whats-your-jam)



# PALS AUGUST PROGRAMS

## FINDING HISTORICAL IMAGES ONLINE WITH KERRY FARMER

Join genealogist Kerry Farmer as she explores some of the different ways to source historical photographs online. Learn about how to save images and explore some of the free online websites that you can use in your searching. An event for National Family History Month 2023.

**DATE** Monday 7 August

**TIME** 10.30am-11.30am

**VENUE** Online event (Zoom)

**COST** FREE

**BOOKINGS**  [www.trybooking.com/CDDYK](http://www.trybooking.com/CDDYK) or  9265 4877

|||||  
Libraries  
Change Lives



## HEALTHY EATING AND NUTRITION FOR SENIORS PRESENTED BY BOLTON CLARKE



|||||  
Libraries  
Change Lives

Come along and learn about basic nutrition principles and how to energise your day through healthy eating. We will discuss the benefits of low GI foods, fibre-rich foods, antioxidants, healthy fats and protein. You will also receive a FREE Maggie Beer Foundation recipe booklet so you can turn your new knowledge of nutrition into beautiful, delicious meals.

**DATE** Tuesday 8 August

**TIME** 10.30am-12pm

**VENUE** Positive Ageing Activity Centre (PAAC)  
148 Drummond Street, Oakleigh  
(same building as Oakleigh Library)

**COST** FREE

**BOOKINGS**  [www.trybooking.com/CHNHU](http://www.trybooking.com/CHNHU) or  95183555

**PARKING** Two-hour street parking or at the high-rise park house off Palmerston Grove



## MONASH THEN AND NOW: A PHOTOGRAPHIC JOURNEY PART 2

||||| /  
Libraries  
Change Lives

Continuing the journey into the past we started back in late 2022, take another 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 historical photographic collection. An event for National Family History Month 2023.

<b>DATE</b>	Friday 12 August
<b>TIME</b>	6.30pm-8pm
<b>VENUE</b>	Whealers Hill Library 860 Ferntree Gully Road Whealers Hill
<b>COST</b>	FREE
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CHIFQ">www.trybooking.com/CHIFQ</a> or 📞 9265 4877
<b>PARKING</b>	On-site parking

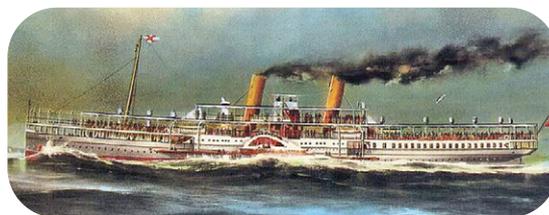


AUGUST  
PROGRAMS

## A DAY ON THE BAY: THE STORY OF THE EXCURSION PADDLE STEAMERS OF PORT PHILLIP BAY

||||| /  
Libraries  
Change Lives

Join Nayda Kelly as she speaks about the intriguing facts and stories she uncovered while researching her family history. Her grandfather worked for 30 years on the *Weeroona*, which was the last of the Port Phillip Bay excursion paddle steamers to be built. These elegant ships, *Ozone*, *Hygeia* and *Weeroona* were extremely luxurious with spacious promenade decks and impressive lounges and dining rooms. A Day on the Bay provided passengers with more than just a ferry service, with bands, dancing and other entertainment on board, they were assured of an enjoyable trip on the bay. This event can be attended either in-person or remotely via Zoom. An event for National Family History Month 2023.



<b>DATE</b>	Tuesday 22 August
<b>TIME</b>	10.30am-11.30am
<b>VENUE</b>	Whealers Hill Library, 860 Ferntree Gully Road, Wheelers Hill
<b>COST</b>	FREE
<b>BOOKINGS</b>	In person: 🌐 <a href="http://www.trybooking.com/CHJHL">www.trybooking.com/CHJHL</a> Zoom: 🌐 <a href="http://www.trybooking.com/CHJXM">www.trybooking.com/CHJXM</a> or 📞 9265 4877
<b>PARKING</b>	On-site parking

# PALS AUGUST PROGRAMS (CONT'D)

Libraries  
Change Lives

## THE MYSTERY OF THE HANDSOME MAN

PRESENTED BY WAYNE MURDOCH

Join author Wayne Murdoch in this stranger-than-fiction story that recounts the true story of John Lempriere Irvine. Banker, sporting champion and friend to the colonial elites of Tasmania and Victoria, he was also a man with a secret; a secret that would occasionally lead him into the half-light of the Victorian underworld, and a secret that would ultimately lead to his downfall, disgrace and disappearance.

An event to mark Wear It Purple Day.

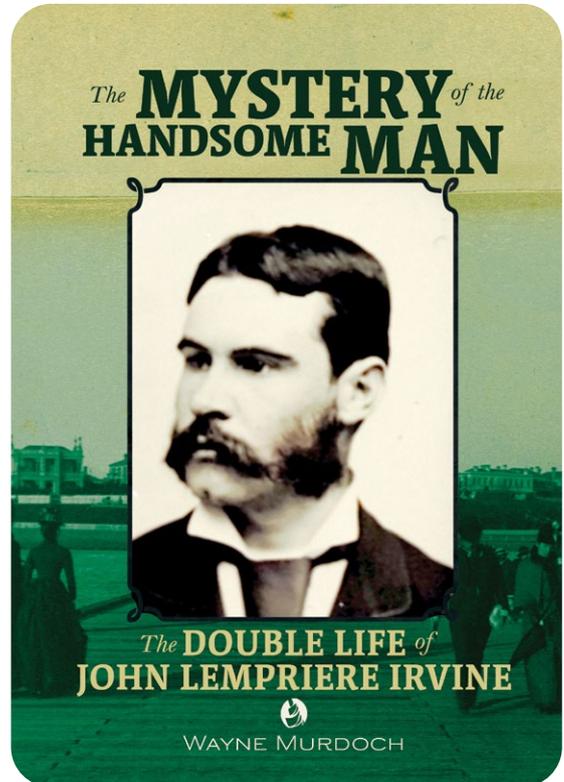
**DATE** Thursday 24 August

**TIME** 6.30pm-7.30pm

**VENUE** Online event (Zoom)

**COST** FREE

**BOOKINGS**  [www.trybooking.com/CHKCL](http://www.trybooking.com/CHKCL)  
or  9265 4877

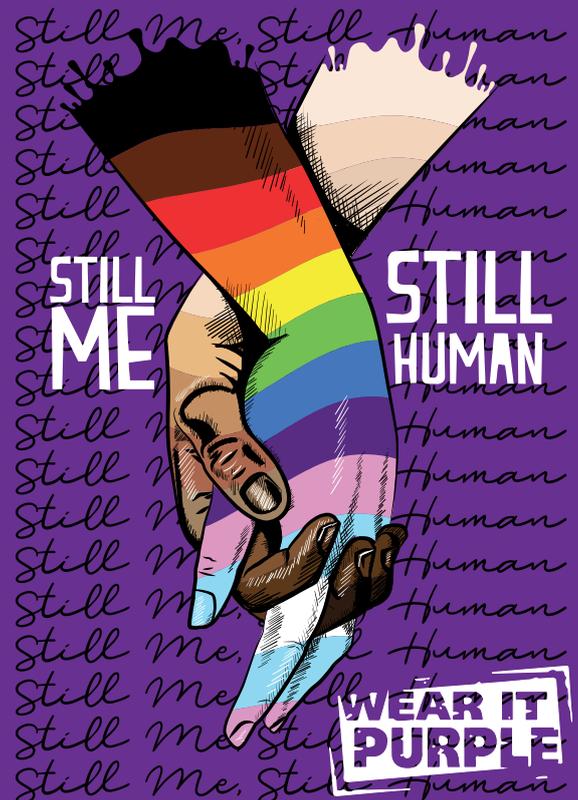


## WEAR IT PURPLE DAY 25 AUGUST 2023

Wear It Purple Day focuses on our LGBTI youth and the issues they face, whilst showing them they have the right to be proud of who they are and who they are becoming.

By wearing purple on the last Friday of August, you will demonstrate to rainbow young people across our community that you see them, you support them, and you respect them.

So, wear purple to celebrate Wear It Purple Day with us on 25 August this year.



# PALS COMMUNITY BUS DAY TRIPS

(BOOKINGS FOR ALL PALS COMMUNITY BUS DAY TRIPS OPEN MONDAY 22 MAY AT 8.30AM)

Each trip has limited spaces of 18 seats.

Pick-up points for each trip are located at Clayton Community Centre and Central Reserve in Glen Waverley.

You will receive a confirmation letter before the event. These outings involve a significant amount of walking on uneven surfaces and are recommended for people with good mobility.

## MOORABBIN AIR MUSEUM AND NAKED RACER MOTO CO DAY TRIP

The Moorabbin Air Museum houses one of the most significant collections of aircrafts and engines in Australia. We will take a personalised tour with the opportunity to climb on board and get up close to experience life as an early aviator.

The day will consist of morning tea followed by a personalised tour of the museum and lunch at the Naked Racer, a motorbike memorabilia café where you can explore one of Australia's largest antique motorcycle collections.



COMMUNITY  
BUS DAY TRIPS

<b>DATE</b>	Friday 9 June or Friday 16 June
<b>TIME</b>	9am-3.30pm
<b>VENUE</b>	Moorabbin Airport, 1 Grange Road, Cheltenham
<b>COSTS</b>	\$11 transport fee, payable on booking. \$8.50 museum tour, payable on the day Optional costs, payable on the day: - Morning tea: prices start from \$10 - Lunch: prices start from \$20
<b>BOOKINGS</b>	<b>Clayton pick-up point:</b> Clayton Community Centre, 9-15 Cooke Street 🌐 <a href="http://www.trybooking.com/CHNJX">www.trybooking.com/CHNJX</a> <b>Glen Waverley pick-up point:</b> Central Reserve, 690 Waverley Road 🌐 <a href="http://www.trybooking.com/CHNJH">www.trybooking.com/CHNJH</a>
<b>PARKING:</b>	Clayton Community Centre: All-day parking permit will be issued on the day Glen Waverley: On-site parking

# PALS COMMUNITY BUS DAY TRIPS

## AMBULANCE VICTORIA MUSEUM

The Ambulance Victoria Museum has been developed and maintained by volunteer retired ambulance officers. You can see an amazing collection of cars, old medical equipment, uniforms, memorabilia, posters and documents from the past. There are over 3,000 items in the museum. Lunch will be at the Crave Restaurant in Boronia.

**DATE** Friday 7 July or Friday 14 July

**TIME** 9am-3.30pm

**VENUE** Ambulance Victoria Museum, 1/55 Barry Street, Bayswater

**COSTS** \$11 transport fee, payable on booking.  
\$10 museum entry and morning tea, payable on the day.  
Optional costs, payable on the day:  
– Lunch: prices start from \$13.50

**BOOKINGS** **Clayton pick-up point:** Clayton Community Centre, 9-15 Cooke Street  
🌐 [www.trybooking.com/CHNNG](http://www.trybooking.com/CHNNG)  
**Glen Waverley pick-up point:** Central Reserve, 690 Waverley Road  
🌐 [www.trybooking.com/CHNNO](http://www.trybooking.com/CHNNO)

**PARKING:** Clayton Community Centre: All-day parking permit will be issued on the day  
Glen Waverley: On-site parking



## TYABB PACKING HOUSE ANTIQUES

Tyabb Packing House Antiques has over 5000 square metres of antiques, retro, vintage and old wares all within a historic packing shed in Tyabb on the Mornington Peninsula. Morning tea and lunch will be at the Rattling Red Café.

**DATE** Friday 4 August or Friday 11 August

**TIME** 9am-3.30pm

**VENUE** Tyabb Packing House  
14 Mornington-Tyabb Road, Tyabb

**COSTS** \$11 transport fee, payable on booking.  
Optional costs, payable on the day:  
- Devonshire tea: \$10  
- Lunch: prices start from \$10



**BOOKINGS** **Clayton pick-up point:** Clayton Community Centre, 9-15 Cooke Street

🌐 [www.trybooking.com/CHNNT](http://www.trybooking.com/CHNNT)

**Glen Waverley pick-up point:** Central Reserve, 690 Waverley Road

🌐 [www.trybooking.com/CHNOA](http://www.trybooking.com/CHNOA)

**PARKING:** Clayton Community Centre: All-day parking permit will be issued on the day  
Glen Waverley: On-site parking

## ALOWYN GARDENS

The Alowyn Gardens is an informative and educational experience for anyone interested in gardening and also the enjoyment of being in a beautiful garden. It has been designed with shade and comfort in mind. Plant names are on view to educate and inform visitors about the gardens.

**DATE** Monday 14 August

**TIME** 9am-3.30pm

**VENUE** Alowyn Gardens  
1210 Melba Highway, Yarra Glen

**COSTS** \$11 transport fee, payable on booking.  
\$11 entry fee, payable on the day.  
Optional costs, payable on the day:  
- Morning tea: prices start from \$12  
- Lunch: prices start from \$20.50



**BOOKINGS** **Clayton pick-up point:** Clayton Community Centre, 9-15 Cooke Street

🌐 [www.trybooking.com/CHNOC](http://www.trybooking.com/CHNOC)

**Glen Waverley pick-up point:** Central Reserve, 690 Waverley Road

🌐 [www.trybooking.com/CHNOG](http://www.trybooking.com/CHNOG)

**PARKING:** Clayton Community Centre: All-day parking permit will be issued on the day  
Glen Waverley: On-site parking

# LET'S GET SOCIAL

## CITY OF MONASH SOCIAL INCLUSION PROGRAMS

As an Age-Friendly City, Monash Council offers a range of social activities and programs to encourage and support older residents to participate in community life. The social inclusion programs support our community to stay connected with others to improve their health and wellbeing.

**Our range of programs include the following:**

### COFFEE AND CHAT

The Coffee and Chat program aims to foster new relationships over a cup of coffee and a common interest with a visit from a regular volunteer.

Meet at a time and place that suits you, either over the phone, in your home or at a local park or café with the regularity that fits in with your schedule.

Contact the Social Inclusion team to register: ☎ 9518 3247



### TOGETHER TUESDAYS AT CABENA

A weekly program to encourage genuine friendships between older adults, parents, children and grandchildren, where they can meet, play games, sing or just have a coffee and chat.

**TIME** 9.30am-12.30pm (closed public holidays)

**VENUE** Cabena Child and Family Centre  
22 Cabena Crescent, Chadstone

**COST** FREE, no bookings required



### FRIENDSHIP FRIDAYS

Would you like to be more social and meet new people? Friendship Fridays offers an opportunity to come together, meet like-minded people, make new friends, and socialise at Halcyon Positive Ageing Activity Centre in Glen Waverley.

**TIME** 9.30am-12.30pm (closed public holidays)

**VENUE** 915 Waverley Road, Glen Waverley

**COST** Cost is a gold coin donation, includes morning tea and activities. No bookings required.



## Commonwealth Home Support Programs (CHSP)

### NEIGHBOURHOOD LOCAL OUTING PROGRAM

The Neighbourhood Local Outing Program is a door-to-door outing service visiting local activity centres, such as Pinewood Shopping Village or Hamilton Place Shopping Village, Mount Waverley or Waverley Gardens in Mulgrave. You can attend to errands or sit and have a coffee with friends.

**DAYS** Every Tuesday, Wednesday and Friday

**TIME** 9am-2pm

**COST** \$5.90

**BOOKINGS** ☎ 9518 3247



### MONASH ON THE MOVE (MOMS)

Monash on the Move is a door-to-door group outing service that allows you to visit various destinations with great company. Developed by its members, the program encourages you to meet new people, make new friends and connect with your community.

### POSITIVE AGEING ACTIVITY CENTRE (PAAC) – OAKLEIGH

This program offers you the opportunity to meet on a weekly basis at one of our centres. You will connect with people while enjoying good company, social activities, healthy and active ageing programs, and social outings. Transport may be available (subject to availability and mobility screening).

### DEMENTIA SOCIAL GROUP – GLEN WAVERLEY (HALCYON)

Available to Monash residents who experience memory loss and other associated conditions related to dementia. While members are enjoying themselves at the centre, their carers can enjoy some respite time knowing their loved ones are being cared for. Transport may be available (subject to availability and mobility screening).

### Social Inclusion contact:

Please call the Social Inclusion team on ☎ **9518 3247**, Monday to Friday, 8.30am-4pm or email ✉ [socialinclusion@monash.vic.gov.au](mailto:socialinclusion@monash.vic.gov.au)

To access CHSP programs, you need to be aged 65 or over and registered with **My Aged Care**. To register phone My Aged Care on ☎ **1800 200 422** or visit 🌐 [www.myagedcare.gov.au](http://www.myagedcare.gov.au) to request an assessment for a Social Group referral with City of Monash, Glen Waverley.

The CHSP Social Inclusion programs incur a service fee. Centre-based fees cover morning tea and activities. Clients are to bring their own packed lunch. Outing program clients are to cover any other costs in addition to the service fee.

**Monash on the Move is a door-to-door group outing service that allows you to visit various destinations with great company. Developed by its members, the program encourages you to meet new people, make new friends and connect with your community.**

Monash on the Move is funded through My Aged Care. To register for the MOMS programs, please contact My Aged Care on ☎ **1800 200 422** or at 🌐 **www.myagedcare.gov.au** and request a Social Group referral with City of Monash, Glen Waverley.

**Pick-up time from: 9am | Cost: \$9.25 service fee | Bookings: ☎ 9518 3247**

## JUNE



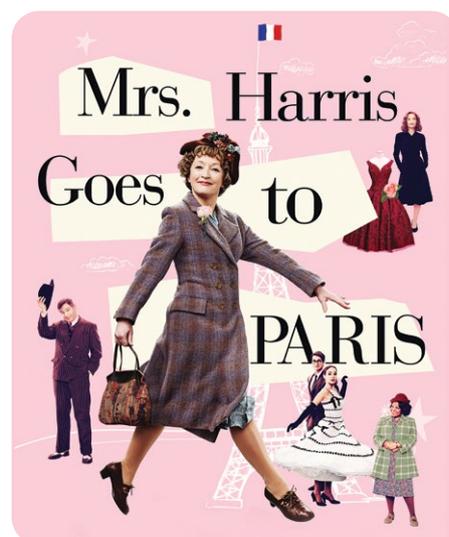
### MOVIE – MRS. HARRIS GOES TO PARIS CLAYTON COMMUNITY CENTRE

*Mrs. Harris Goes to Paris* is the enchanting tale of a seemingly ordinary British housekeeper whose dream to own a couture Christian Dior gown takes her on an extraordinary adventure to Paris. After the movie enjoy a catered light lunch in a private room at the Clayton Community Centre.

**DATE** Wednesday 7 June

**ADDITIONAL COST** Morning tea, movie and light lunch: \$20  
(charged directly to your account)

**BOOKINGS** ☎ 9518 3247



### LUNCH AT ZEST WITH LOCAL SHOPPING STRIP

The ever-popular student training restaurant is back! Come and be delightfully surprised by the seasonal modern Australian cuisine on offer. We will be visiting Hamilton Place shopping strip in the morning.

**DATE** Thursday 15 June

**ADDITIONAL COST** Morning tea: prices start from \$5  
Lunch at Zest: \$38 for 3 course menu

**BOOKINGS** ☎ 9518 3247



## IKEA – SPRINGVALE

Looking to upgrade your living spaces? No matter the size of your home, there's no better place than IKEA for inspiration and some good quality bargains. Enjoy delicious and budget meals from the IKEA restaurant.

**DATE** Monday 19 June

**ADDITIONAL COST** Morning tea: prices start from \$4  
Lunch: prices start from \$10

**BOOKINGS** ☎ 9518 3247



## WAVERLEY ANTIQUE BAZAAR – CLAYTON

After grabbing a tea or coffee, wander around the 240 stalls. You can be sure there is hidden treasure waiting to be discovered! The Bazaar has antiques along with a large selection of collectables, and a huge range of vintage clothing and accessories. Wear your comfy walking shoes for a fun morning of exploring.

**DATE** Tuesday 27 June

**ADDITIONAL COST** Morning tea at Waverley Bazaar: prices start from \$4.50  
Lunch at Lazy Moe's: prices start from \$20

**BOOKINGS** ☎ 9518 3247



## JULY



## MONASH MORNING MELODIES – MOUNT WAVERLEY

Get ready for a morning of music, laughter and entertainment with our Morning Melodies program in Mount Waverley. Enjoy a live performance from the very talented entertainer Jen, along with morning tea and good company – the perfect way to start your day with a smile.

**DATE** Monday 3 July

**ADDITIONAL COST** Morning Melodies: \$10 (to be charged to your account)  
Morning tea: prices start from \$4.50  
Lunch at Lazy Moe's Oakleigh: prices start from \$20

**BOOKINGS** ☎ 9518 3247



MONASH ON THE MOVE

## ROSE COTTAGE AND OP SHOPS – MONBULK (CHRISTMAS IN JULY)

So popular we are doing this twice! If you've ever wanted to experience what a winter Christmas by the fireplace feels like, then come and join us at the old-world charm of Rose Cottage. Beforehand, we will go for an op-shop discovery at Tecoma in the Dandenongs.

<b>DATE</b>	Thursday 13 July
<b>ADDITIONAL COST</b>	Morning tea: prices start from \$5 Lunch at Rose Cottage – two course senior's menu: \$33 (drinks not included)
<b>BOOKINGS</b>	☎ 9518 3247



## ROSE COTTAGE AND GRANTS PICNIC GROUND – MONBULK (CHRISTMAS IN JULY)

Bring your (mid-year) Christmas cheer and appetite for a very special lunch and enjoy the old-world charm of Rose Cottage. Beforehand, we will go for a picturesque drive through the Dandenongs up to Grants Picnic Ground for morning tea by the open fire. Weather permitting, there will also be a short walk to enjoy the bushland and wildlife.

<b>DATE</b>	Tuesday 18 July
<b>ADDITIONAL COST</b>	Morning tea at Grants on Sherbrooke: prices start from \$5 Lunch at Rose Cottage – two course senior's menu: \$33 (drinks not included)
<b>BOOKINGS</b>	☎ 9518 3247



## MOVIE – THE DUKE CLAYTON COMMUNITY CENTRE

Come along to the Clayton theatrette for a screening of *The Duke*, a British comedy/drama set in 1961. A 60-year-old taxi driver steals Goya's portrait of the Duke of Wellington from the National Gallery in London. Followed by lunch at the Clayton Community Centre.

<b>DATE</b>	Wednesday 26 July
<b>ADDITIONAL COST</b>	Morning tea, movie and light lunch: \$20 (charged directly to your account)
<b>BOOKINGS</b>	☎ 9518 3247



## MONASH MORNING MELODIES – UNITING AGEWELL

A morning of heartfelt, vibrant, toe tapping entertainment by Steph Renouf at the Uniting AgeWell Social Support Centre, Mount Waverley. Steph is an engaging, versatile pianist and singer and her repertoire consists of rock ‘n’ roll, old time, jazz, swing, multicultural songs and musicals just to name a few!

**DATE** Monday 7 August

**ADDITIONAL COST** Morning tea and entertainment: \$5 (cash only on the day)  
Lunch at Northern Dumpling (Asian cuisine): prices start from \$19

**BOOKINGS** ☎ 9518 3247

## MOORABBIN DFO SHOPPING

Did somebody say shopping spree? That will be our Monash on the Move members at the Moorabbin DFO. Come and stock up on anything you need from clothes and shoes to bedding and homewares. Morning tea and lunch is available at the food court.

**DATE** Thursday 17 August

**ADDITIONAL COST** Morning tea: prices start from \$5. Lunch: prices start from \$15

**BOOKINGS** ☎ 9518 3247

## AMBULANCE VICTORIA MUSEUM – BAYSWATER

Come explore the depths of emergency medical history at the Ambulance Victoria Museum. Our tour guide, a practicing paramedic, will take you through the fascinating evolution of ambulances and emergency medical services. See how technology has advanced and learn about the stories behind the lifesaving tools and techniques. Discover the past, present and future of emergency medicine with us! Please note, the museum is in a large warehouse and heating is minimal. Please wear warm clothing.

**DATE** Tuesday 22 August

**ADDITIONAL COST** Tour and self-serve morning tea: \$10 (to be charged to your account)  
Lunch at Crave: prices start from \$20

**BOOKINGS** ☎ 9518 3247

## BOWLING AT FOREST HILL

Bowling is so much fun and you know you’ve still got it. Come and flex your skills for a relaxed game of bowling at Forest Hill Chase, followed by lunch at Moon and Spoon Café.

**DATE** Wednesday 30 August

**ADDITIONAL COST** Morning tea: \$5. Bowling (one game): \$16  
Lunch: prices start from \$20

**BOOKINGS** ☎ 9518 3247

# TECH SAVVY SENIORS

Build your skills and confidence to use computers, tablets and smartphones with a range of low-cost training here in the City of Monash.

## TECH FOR THE TERRIFIED WAVERLEY COMMUNITY LEARNING CENTRE

An weekly introductory session for absolute beginners with smartphones and computers. Come and learn the simple step-by-step way with facilitators Be Connected. BYO device or Waverley Community Learning Centre can lend you one.

<b>DATE</b>	Mondays
<b>TIME</b>	1pm-3pm
<b>VENUE</b>	Waverley Community Learning Centre 5 Fleet Street, Mount Waverley
<b>COST</b>	\$40
<b>BOOKINGS</b>	 <a href="http://www.wclc.org.au">www.wclc.org.au</a> or  9807 6011



## TRAVELLING WITH TECH WAVERLEY COMMUNITY LEARNING CENTRE

Learn how to make reservations and book flights and accommodation online. Discover new ways technology can help you overseas.

<b>DATE</b>	Monday 19 June
<b>TIME</b>	10am-12pm
<b>VENUE</b>	Waverley Community Learning Centre, 5 Fleet Street, Mount Waverley
<b>COST</b>	FREE
<b>BOOKINGS</b>	 <a href="http://www.wclc.org.au">www.wclc.org.au</a> or  9807 6011

## BE CONNECTED DIGITAL MENTOR TRAINING – ‘TRAIN THE TRAINER’ PROGRAM NETWORK OF INNER EAST COMMUNITY HOUSES (NIECH)

Be Connected is an Australian government initiative committed to increasing the confidence, skills and online safety of older Australians. This free online training program is held on Zoom. All sessions run for four hours.

<b>DATE</b>	Tuesdays 6, 27 June, 18 July and 8 August
<b>TIME</b>	10am-2pm
<b>VENUE</b>	Online via Zoom
<b>COST</b>	FREE
<b>BOOKINGS</b>	Email  <a href="mailto:beconnected@niech.org.au">beconnected@niech.org.au</a> or  0493 047 760

## TECH SAVVY COURSES

### MACKIE ROAD NEIGHBOURHOOD HOUSE

All courses are offered face-to-face and run for 6 weeks for 4 hours a week.

#### BEGINNER ANDROID PHONE AND TABLET TRAINING

This course helps users of Android tablets and smartphones gain knowledge of their device's systems such as calendars, editing, Apps, Zoom, etc.

#### BEGINNER IPHONE AND IPAD

This course helps users of iPhones and iPads gain knowledge of their device's systems such as calendars, editing, Apps, Zoom, etc.

#### EVERYDAY COMPUTER SKILLS

This course will help learners develop skills in using digital platforms. Topics covered include: Zoom, navigating the Internet, basic introduction to Word, basic introduction to Excel, and using a scanner and digital editing tools.

---

**VENUE** Mackie Road Neighbourhood House, 36-42 Mackie Road, Mulgrave

---

**COST** \$120 (full fee), \$60 (concession)

---

**BOOKINGS** 📞 9548 3311

---



# TECH SAVVY SENIORS (CONT'D)

## SENIORS IT TRAINING

### MOUNT STREET NEIGHBOURHOOD HOUSE

Mount Street Neighbourhood House's Seniors' IT Program covers a range of subjects, including: basic computer skills, beyond basic computer skills, Android tablets, iPads for beginners, iPads for advanced, and mobile phone support.

**VENUE** Mount Street Neighbourhood House, 6 Mount Street, Glen Waverley

**COST** \$5 per class

**BOOKINGS** 📞 9803 8706

## TECH 101

### NOTTING HILL NEIGHBOURHOOD HOUSE

Tech 101 is a one-on-one tailored hourly session with community volunteers. Build your online skills and learn at your own pace on everything from accessing the internet, making video calls, scanning QR codes, online shopping and any other technology skills you wish to learn.

**DATE** Various dates and times

**VENUE** 37 Westerfield Drive, Notting Hill

**COST** \$10 per hour

**BOOKINGS** 🌐 <https://nottinghillnh.org.au/classes>  
or 📞 9561 0114



## GENERAL TECHNOLOGY SUPPORT

### U3A HIGHVALE

U3A Highvale offers a range of support for technology and software programs.

**DATE** Monday 12pm-1pm General technology issues and topics  
Monday 1pm-2pm Apple Mac OS/iOS Support.  
Tuesday 2pm-3pm Windows OS support.  
Tuesday 3pm-4pm In-depth study of selected software programs.

**VENUE** U3A Highvale, 42 Capital Avenue, Glen Waverley

**COST** Free to members  
U3A membership fees: \$50 per calendar year

**BOOKINGS** 🌐 <https://u3ahighvale.com.au> or 📞 9803 8592

## MONASH LIBRARIES – TECHNOLOGY SUPPORT HELP

Libraries  
Change Lives

**Monash Libraries offer a range of technology programs, online presentations and Tech Help sessions across its library branches.**

Technology classes and workshops cover a range of digital learning topics such as basic computer skills, how to use an iPad, and introductions to cybersafety.

Sessions on different topics run on a regular basis throughout the year. Tech Help (during school term only) is a weekly casual session at several library branches where you can seek help to troubleshoot technology. A library volunteer can assist you with your questions about a range of topics around using computers, laptops, smartphones and tablets, and social media.

You are also welcome to drop in to a branch and book a time for a one-on-one session with a library staff member. There are also a range of videos available to watch online via the library YouTube channel that cover how to use specific library resources such as Borrowbox (for eBooks and eAudiobooks) and how to navigate the library website.

**For more information visit:**  [www.monlib.vic.gov.au/Technology-Help](http://www.monlib.vic.gov.au/Technology-Help)



## STORYTIME AT THE LIBRARY

Libraries  
Change Lives

**Storytime is a wonderful way to support children's literacy and share meaningful time together.**

Many grandparents enjoy bringing their grandchildren to storytime, creating special memories and encouraging a love of reading. Storytime is a regular weekly program at all branches as well as some outreach locations and is also offered in languages other than English.

**Find a Storytime near you by visiting our website:**  
 [www.monlib.vic.gov.au/storytime](http://www.monlib.vic.gov.au/storytime)





## COME AND TRY – ACTIVE ADULTS EXERCISE SESSIONS

Active Monash offers a wide variety of classes and programs for the community including our very popular Active Adult classes. Take advantage of **our free Come and Try** classes or you can book into a class anytime (costs apply). For more information about Group Exercise classes, programs and costs visit [www.activemonash.vic.gov.au/fitness/group-fitness](http://www.activemonash.vic.gov.au/fitness/group-fitness) or  9265 4888.

## DEMENTIA FRIENDLY GROUP CLASS WEDNESDAYS 11.30am

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.

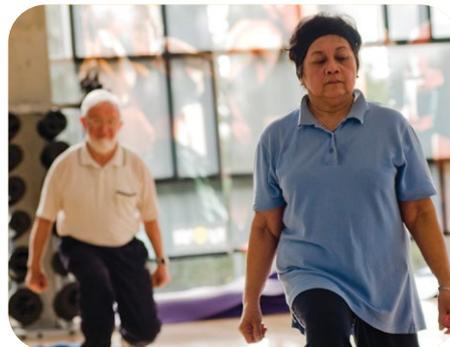
**Oakleigh Recreation Centre**  
Email Carol Syer for more info:  
✉ [carol.syer@monash.vic.gov.au](mailto:carol.syer@monash.vic.gov.au)



## STRONG4LIFE

Improve functionality for everyday activities by increasing fitness, bone density, strength, balance, coordination and flexibility. Please bring a mat, towel and water bottle.

<b>DATE</b>	Saturdays 24 June and 29 July
<b>TIME</b>	10.30am-11.30am
<b>VENUE</b>	Monash Aquatic and Recreation Centre 626 Waverley Road, Glen Waverley
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CHNTJ">www.trybooking.com/CHNTJ</a>
<b>PARKING</b>	On-site parking



## STRETCH4LIFE

Improve mobility through the joints and flexibility of muscles. Ability to move on and off the floor is needed for this class. Please bring a mat, towel and water bottle.

<b>DATE</b>	Mondays 19 June and 24 July
<b>TIME</b>	12.05pm-1.05pm
<b>VENUE</b>	Clayton Aquatics and Health Club 9-15 Cooke Street, Clayton
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CHNTM">www.trybooking.com/CHNTM</a>
<b>PARKING</b>	On-site parking



## CARERS CLASS

Carers play an important role and need time out to look after their own health and wellbeing. This is a place to meet other carers where you can feel supported and rejuvenated. The class is a fun mix of cardio, strength, balance and coordination exercises that are easy to follow and suitable for all levels of fitness. Please bring a towel and water bottle.

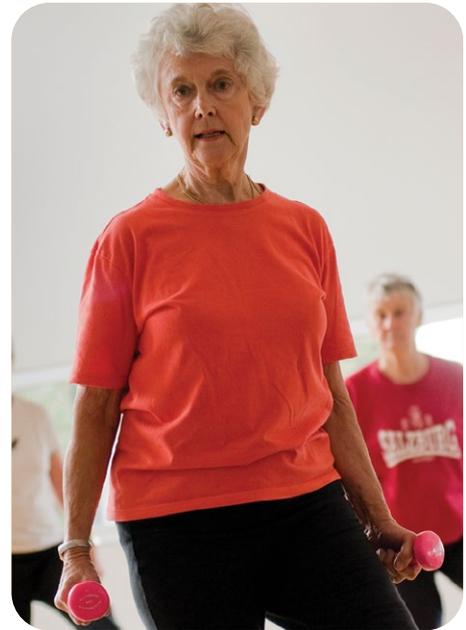
<b>DATE</b>	Wednesdays 21 June, 19 July and 16 August
<b>TIME</b>	11.30am-12.30pm
<b>VENUE</b>	Monash Aquatic and Recreation Centre 626 Waverley Road, Glen Waverley
<b>COST</b>	FREE
<b>BOOKINGS</b>	<a href="http://www.trybooking.com/CHNTH">www.trybooking.com/CHNTH</a>
<b>PARKING</b>	On-site parking



## ACTIVELINK

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. Please check with your health professional before starting any exercise program.

<b>DATE</b>	Mondays 26 June and 28 August
<b>TIME</b>	8.30am-9.30am
<b>VENUE</b>	Monash Aquatic and Recreation Centre 626 Waverley Road, Glen Waverley
<b>COST</b>	FREE
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CHNTG">www.trybooking.com/CHNTG</a>
<b>PARKING</b>	On-site parking



## NIA DANCE

Nia brings cardio conditioning and optimises whole-body fitness in a way that is fun and feels good at the same time. Nia is a great way to get fit and strengthen the body without stress to the bones and joints. The movement can be adapted to suit all kinds of unique needs. A fun and safe way to get and stay fit, this class is designed for older adults. Blending music and movement, Nia promotes physical and mental health, neuroplasticity, self-healing and balance.

<b>DATE</b>	Mondays 17 July and 14 August
<b>TIME</b>	9.30am-10.30am
<b>VENUE</b>	Oakleigh Recreation Centre 2A Park Road, Oakleigh
<b>COST</b>	FREE
<b>BOOKINGS</b>	🌐 <a href="http://www.trybooking.com/CHNTN">www.trybooking.com/CHNTN</a>
<b>PARKING</b>	On-site parking

**ACTIVE  
MONASH**

**PARTICIPATE  
YOUR WAY**

[www.activemonash.vic.gov.au](http://www.activemonash.vic.gov.au)

## 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.

## 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.



**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 you 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)



## 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.

### Monash Civic Centre

 293 Springvale Road,  
Glen Waverley  
8.30am-5pm

### Oakleigh Service Centre

 3 Atherton Road, Oakleigh  
8.30am-5pm

### National Relay Service

(for people with hearing or speech impairments)

 1800 555 660

### Contact us

 9518 3555

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

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

### Interpreter Services

 普通话	4713 5001
廣東話	4713 5002
Việt Ngữ	4713 5003
Ελληνικά	4713 5004
हिंदी	4713 5005
Italiano	4713 5008
한국어	4713 5010
සිංහල	4713 5020
தமிழ்	4713 5021
Other languages	4713 5000

