

PALS

Positive Ageing Lifestyle Program



SUMMER
2023/24 edition

December-February



PALS
positive
ageing
lifestyles



WELCOME TO PALS

Welcome to the Summer 2023/24 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 Summer edition includes information about surviving the heat and staying connected through South East Volunteers' Monash Community Safety Register. There are many exciting holiday season events; sing along at Christmas Morning Melodies and Carols by Candlelight or enjoy a morning tea and a movie. Come along to the Lunar Festival and Clayton Festival or celebrate Midsumma festival by learning about Victoria's LGBTI+ history.

If you wish to receive the PALS booklet, please register your details electronically via Council's website:  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

If you do not have access to a computer or smart device, you can make a booking by calling Customer Experience on  **9518 3555**



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 People.

The City of Monash is inclusive and welcoming, celebrating the diversity of all our community and employees. We want every individual to feel safe, respected and celebrated regardless of our differences of age, race and ethnicity, sex, gender identity and sexuality, ability, faith and religious beliefs, Aboriginal and Torres Strait Islander identity, and/or socio-economic status.

COMMUNITY EVENTS

Please note a number of events and activities in this program are not organised by the City of Monash. The City of Monash 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.



SURVIVE THE HEAT

Do you know the effects of extreme heat? Or who is at risk and how you can prepare? During extreme heat it is easy to become dehydrated or for your body to overheat. To learn about how to look after yourself and others, visit:

 www.health.vic.gov.au/heathealth



MONASH COMMUNITY SAFETY REGISTER

South East Volunteers (through the Monash Community Safety Register) offers a free service that connects with and supports older people aged 50 plus, and those with a disability (including those under the age of 50). The service is for those who are living in their own homes, or in an independent living unit in a retirement village located in the City of Monash. The service includes regular phone calls from a friendly and caring volunteer who can support you to feel safer at home. We have callers who can speak Chinese, Italian, Greek, Arabic and Hindi as well as English.

For more information:

 <https://sev.org.au/the-monash-community-safety-register/>

 9562 0414 or  admin@sev.org.au



South East
volunteers



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PALS ONGOING PROGRAMS

ASHWOOD HIGH SCHOOL COMMUNITY GARDEN

The Ashwood High School Community Garden is a non-allotment garden that meets Wednesdays and Saturdays. Come tend to the garden, share harvested produce and enjoy a cuppa. No tools or experience are necessary, and people are welcome to come as frequently or infrequently as they please.



DATE	Every Wednesday and Saturday
TIME	10.30am-1.30pm
VENUE	Ashwood High School Community Garden, 50 Vannam Drive, Ashwood. Access via gate opposite Malmsbury Drive.
COST	FREE or \$10/year if you choose to become a member. Donations welcome.
BOOKINGS	No bookings required
ENQUIRIES	✉ ahscginc@gmail.com or ☎ 0430 855 229 or 🌐 www.facebook.com/AHSCGARDEN
PARKING	On-site parking

CHAT AND FEAST AMAROO NEIGHBOURHOOD CENTRE

Amaroo Neighbourhood Centre holds a monthly community lunch – Chat and Feast – to bring the community together over a two-course meal utilising fresh seasonal produce. Each month's menu celebrates a different theme: December – Christmas; January – Lunar New Year; and February – International Women's Day.

DATE	Mondays, 11 December, 29 January, 26 February
TIME	12pm-2pm
VENUE	Amaroo Neighbourhood Centre, 34 Amaroo Street, Chadstone
COST	Gold coin donation
BOOKINGS	No bookings required
ENQUIRIES	☎ 9807 2625 or 🌐 www.amaroonc.org.au
PARKING	On-site parking



COME AND TRY WALKING BASKETBALL

WAVERLEY BASKETBALL ASSOCIATION

Walking basketball is a low-impact, social and fun way to improve the levels of physical activity for participants across all genders, abilities, and experience (especially older adults). 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 join in.

DATE	Alternating Wednesdays between Waverley Basketball Stadium and Phoenix Park Community Centre
TIME	10.30am-11.15am at Waverley Basketball Stadium 10.45am-11.30am at Phoenix Park Community Centre
VENUE	Waverley Basketball Stadium Corner Batesford Road and Power Avenue, Chadstone
COST	\$5
BOOKINGS	No bookings required. For enquiries ✉ seniors@waverleybasketball.com
PARKING	On-site parking



COME AND TRY WALKING FOOTBALL

EASTERN LIONS SOCCER CLUB

Join this social program for seniors aged 50+ to play football in a fun, social and safe environment. Prior experience is not required and beginners are welcome! The goal is to promote health and social connection through football within the 60-minute session. Come and try this beloved sport, learn skills at your own pace and enjoy a coffee after the game.

DATE	Every Tuesday
TIME	10am-11am
VENUE	Eastern Lions Soccer Club 26 Sixth Avenue, Burwood
COST	FREE
BOOKINGS	✉ jsevans@ozemail.com.au
PARKING	On-site parking



PALS DECEMBER PROGRAMS

ITALIAN SOCIAL GROUP (GRUPPO ITALIANO DI SOCIALIZZAZIONE)

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Libraries
Change Lives

Come enjoy a morning of social conversation all in Italian! Meet and engage with other Italian speakers in the local community and learn more about library resources and services available in Monash. This event is aimed at adult Italian speakers who have limited opportunities to converse in Italian.

DATE	Friday 1 December (Venerdì 1 Dicembre) and Friday 2 February (Venerdì 2 Febbraio)
TIME	11am-12pm (dalle 11.00 a mezzogiorno)
VENUE	Clayton Library (Biblioteca di Clayton) 9-15 Cooke Street, Clayton
COST	FREE
BOOKINGS	Bookings required (Registrazione necessaria) ☎ 9541 3120
PARKING	Three-hour parking behind the Clayton Community Centre



MONASH CAROLS BY CANDLELIGHT

Dust off your caroling skills and get ready to jingle those sleigh bells, because the much-loved Monash Carols by Candlelight event is returning after a three-year break! We're thrilled to announce the event will now be held on a Saturday evening, rather than a Sunday evening - a better time for families and children to celebrate. So, grab your picnic rug and make your way to Jells Park for a joyful celebration of the holiday season.

DATE	Saturday 2 December
TIME	5.30pm-9.15pm
VENUE	Jells Park, Waverley Road, Wheelers Hill
COST	FREE
BOOKINGS	🌐 www.monash.vic.gov.au/carols or ☎ 9518 3555
PARKING	On-site parking





MONASH CAROLS BY CANDLELIGHT

Saturday 2 December 2023
5.30pm - 9.15pm
www.monash.vic.gov.au/carols



DECEMBER
PROGRAMS

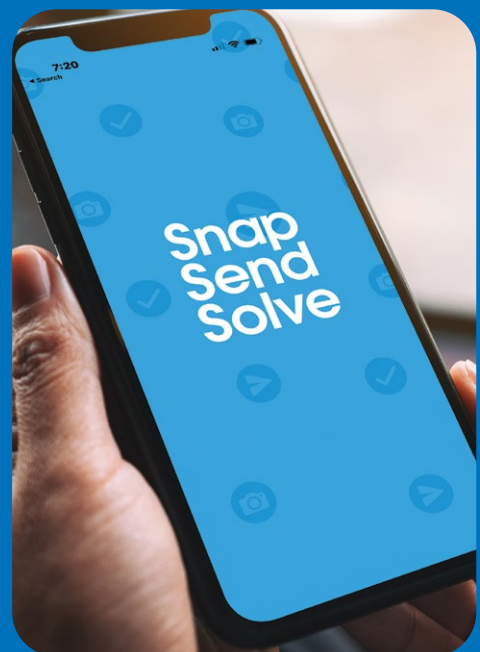


USE SNAP SEND SOLVE TO REPORT AN ISSUE

Did you know that you can report issues and provide feedback to Council in under 30 seconds with Snap Send Solve?

Snap Send Solve is a free app for your iPhone or Android device that lets you report issues and provide feedback. If you spot an issue in the community such as graffiti, illegal parking, dumped rubbish, trip hazards or abandoned trolleys, get Snapping! Help Council to action reports by explaining the issue and providing clear photos or videos with your report.

For more information and where to download the app view  www.monash.vic.gov.au/snap-send-solve



JIMMY SHARMAN'S BOXERS WITH STEVE McGRATH

||||| /
Libraries
Change Lives

Raised in a large poor Catholic family, Jimmy Sharman became a tent boxer at age 11. Racked by guilt for the rest of his life after blinding another boxer, Jimmy develops an extremely profitable and popular Australian showground fixture as World War I breaks out. He manages to continue to tour throughout the War and create an unbeatable boxing troupe of White, Chinese and Indigenous boxers, training them to be the most famous of all: the Australian Travelling Boxing Troupes. Join author Steve McGrath as he discusses his extensive research on the real people and real events of an incredibly true and uniquely Australian story.

DATE	Monday 4 December
TIME	6.30pm-8pm
VENUE	Mount Waverley Library 41 Miller Crescent
COST	FREE
BOOKINGS	www.trybooking.com/CKHEG or ☎ 9518 3950
PARKING	On-site parking



CHRISTMAS MORNING MELODIES LAZY MOE'S OAKLEIGH

Join us for a heartwarming Christmas Morning Melodies with the incredible Brian. With his Michael Bublé-style charm and keyboard prowess, Brian will fill the room with festive joy. Sing along to popular carols and groove to timeless classics. It's a morning of music and merriment, dancing and singing to get you into the Christmas spirit.

DATE	Wednesday 6 December
TIME	10.30am-12pm
VENUE	90-94 Warrigal Road, Oakleigh
COSTS	Morning Melodies: \$10 pay on booking. Morning tea: prices start from \$4.50 Lunch: prices start from \$19
BOOKINGS	www.trybooking.com/CMGUC or ☎ 9518 3555
PARKING	On-site parking



CHRISTMAS MORNING TEA AT THE HUB

THE HUB, GLEN WAVERLEY UNITING CHURCH

Come and enjoy a special Christmas morning tea including Christmas cake and shortbread with a cuppa. Bring your family and friends. Donations are welcome to help disadvantaged people in our community this Christmas.

DATE	Thursday 7 December
TIME	10am-12pm
VENUE	Glen Waverley Uniting Church Corner Bogong Avenue and Kingsway
COST	FREE (donations welcome)
BOOKINGS	Group bookings required ☎ 9560 3580
PARKING	On-site and street parking

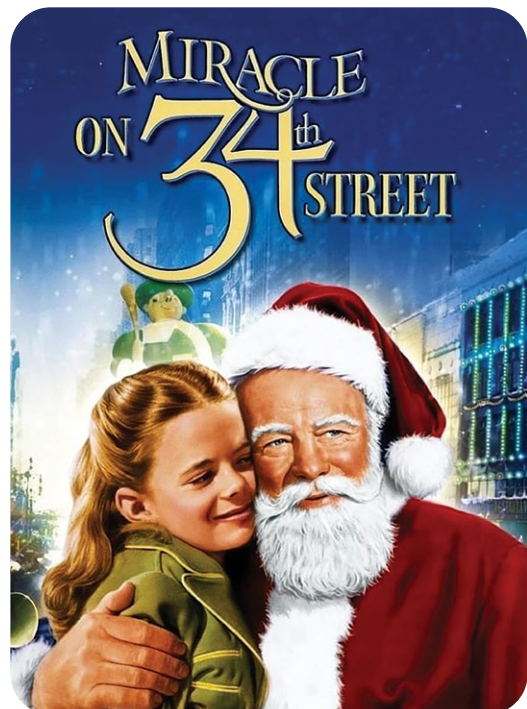


MOVIES IN MONASH:

MIRACLE ON 34TH STREET

Experience this timeless Christmas classic as Kris Kringle steps in for Santa at the Macy's Parade, capturing hearts and sparking a court battle over his true identity as Santa Claus. A true feel-good morning for some Christmas magic. Morning tea available from 10.30am, film starts at 11am.

DATE	Monday 11 December
TIME	10.30am-1pm
VENUE	Clayton Community Centre Theatre 9-15 Cooke Street
COST	FREE
RATING	G
SCREENING TIME	1 hour 54 minutes
BOOKINGS	🌐 www.trybooking.com/CMGQG or ☎ 9518 3555
PARKING	Three-hour parking behind the Clayton Community Centre



PALS JANUARY PROGRAMS

CHATTERBOOKS

All adults are welcome to come and take part in this book chat every month in our newly re-designed community library. Each month, we'll centre our discussions on a particular theme. It's also your opportunity to share your thoughts on recent reads and discover brand new ones. Afternoon tea is provided.

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Libraries
Change Lives

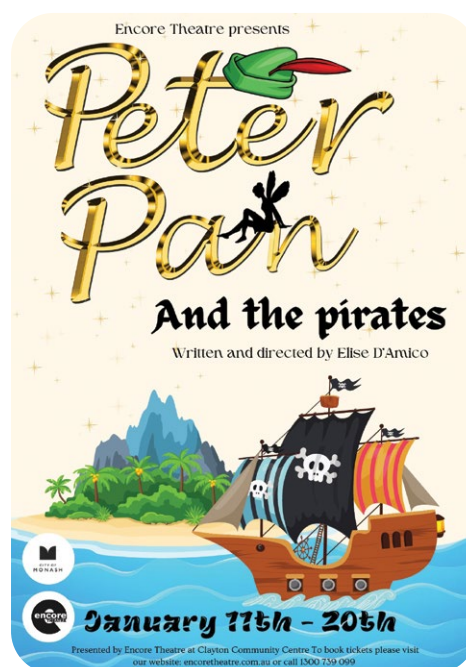
DATE	Wednesdays, 10 January and 14 February
TIME	2.30pm-3.30pm
VENUE	Mulgrave Library, 36 Mackie Road
COST	FREE
BOOKINGS	🌐 www.trybooking.com/CMDRD or ☎ 9518 3502
PARKING	On-site parking



ENCORE THEATRE PRESENTS: PETER PAN AND THE PIRATES

Peter Pan wakes up one morning to discover that he can no longer fly! Where has the pixie dust gone? Was it lost or stolen... and why are Hook's pirates suddenly launching themselves into the sea? Join the Lost Boys as they hatch a plan to get Tinkerbell's pixie dust back in a Neverland full of mayhem, mermaids and music... They'll need everyone's help to fight those pesky pirates.

DATE	Thursday 11 January – Saturday 20 January
TIME	10am or 2pm
VENUE	Clayton Community Centre Theatre 9-15 Cooke Street
COST	\$15
BOOKINGS	Bookings open mid-November. ✉ bookings@encoretheatre.com.au or ☎ 1300 739 099
PARKING	Three-hour parking behind the Clayton Community Centre



2024/25 MONASH COMMUNITY GRANTS PROGRAM

APPLICATIONS OPEN SOON: 29 JANUARY TO 1 MARCH 2023

The Monash Community Grants Program (MCGP) provides funding to support community groups and organisations to deliver projects, activities and events that will strengthen, enhance and benefit the Monash community.

Community grants are available under a number of different categories:

- Active Projects
- Arts and Cultural Projects
- Community Events
- Community Strengthening
- Community Group Cultural Celebrations
- Hall Only
- Major Festivals
- Neighbourhood Houses
- Positive Ageing
- Specialist Services.



If you have a great idea for a project or event, contact the grants team now to find out how your local community group or organisation could apply for funding.

For enquiries contact Monash Grants Team: ☎ 9518 3073

🌐 www.monash.vic.gov.au/community-grants

✉ monash.grants@monash.vic.gov.au



MONASH COMMUNITY GRANTS PROGRAM WORKSHOPS

GRANT BUDGET WORKSHOP

This online or in-person workshop will help you learn how to create a project budget as part of a new grant application to the Monash Community Grants Program.

IN-PERSON

DATE Tuesday 30 January

TIME 10am-11am

VENUE Monash Civic Centre
293 Springvale Road
Glen Waverley

PARKING On-site or street parking

COST FREE

BOOKINGS  www.trybooking.com/CMEGC or  9518 3073

ONLINE

DATE Wednesday 21 February

TIME 6pm-7pm

VENUE Online

COST FREE

BOOKINGS  www.trybooking.com/CMEGC or  9518 3073



EFFECTIVE GRANT WRITING WORKSHOP

Facilitated by Debby Maziarz, this online or in-person workshop will build your understanding of how to successfully apply for and acquit grants. This fun and hands-on workshop will focus on transforming your ideas into fundable concepts and will walk you step by step through the process.

IN-PERSON

DATE Thursday 8 February

TIME 6pm-8pm

VENUE Monash Civic Centre
293 Springvale Road
Glen Waverley

PARKING On-site or street parking

COST FREE

BOOKINGS  www.trybooking.com/CMEHQ or  9518 3073

ONLINE

DATE Tuesday 13 February

TIME 10am-12pm

VENUE Online

COST FREE

BOOKINGS  www.trybooking.com/CMEHQ or  9518 3073



FILM SCREENING: THE SET

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Change Lives

Paul Lawrence is a working-class man who dates Cara, sells shirts at a Sydney department store, and dreams of attending art school. Cara leaves for London and Paul becomes the protégé of designer Marie Rosefield. Through this he enters the 'set', the world of Sydney art society. *The Set* is a 1970 Australian drama film controversial at the time due to its depiction of male homosexuality. An event to mark Midsumma 2024.

DATE	Wednesday 24 January
TIME	6pm-8pm
VENUE	Clayton Library 9-15 Cooke Street
COST	FREE
RATING	M
SCREENING TIME	1 hour 45 minutes
BOOKINGS	www.trybooking.com/CLZWK or 9541 3120
PARKING	Three-hour parking behind the Clayton Community Centre



JANUARY
PROGRAMS

MOVIES IN MONASH: VIVA LAS VEGAS

In the high-octane world of *Viva Las Vegas*. Elvis Presley stars as Lucky Jackson, a talented race-driver with a need for speed and a dream to win the Grand Prix. When he meets the enchanting Rusty sparks fly, but so does competition with a rival racer, Elmo. Join Lucky as he races to win both the Grand Prix and Rusty's heart in this thrilling and romantic musical Las Vegas adventure. Morning tea on arrival at 10.30am. Film starts at 11am.

DATE	Tuesday 30 January
TIME	10.30am-12.30pm
VENUE	Clayton Community Centre Theatre 9-15 Cooke Street
COST	FREE
RATING	G
SCREENING TIME	1 hour 25 minutes
BOOKINGS	www.trybooking.com/CMGQL or 9518 3555
PARKING	Three-hour parking behind the Clayton Community Centre



PALS FEBRUARY PROGRAMS

TOP TEN MOMENTS IN VICTORIA'S VERY QUEER HISTORY

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Victoria has a more much extensive LGBTI+ past than many people realise. It is a history of people, places, events, and objects; a history that we rarely hear about at school – of pleasure and pain, cowardice and courage, secrecy and vibrant visibility. Presented by Graham Willett, historian and 'arch-tivist'. Graham is a Life Member and long-term volunteer with the Australian Queer Archives and is involved in Australian history project Queer Oz Folk. He is lead researcher and co-author of *A History of LGBTIQ+ Victoria in 100 Places and Objects*. An event to mark Midsumma 2024.

DATE	Friday 2 February
TIME	10.30am-11.30am
VENUE	Mount Waverley Library 41 Miller Crescent
COST	FREE
BOOKINGS	🌐 www.trybooking.com/CLROZ or ☎ 9518 3950
PARKING	On-site parking

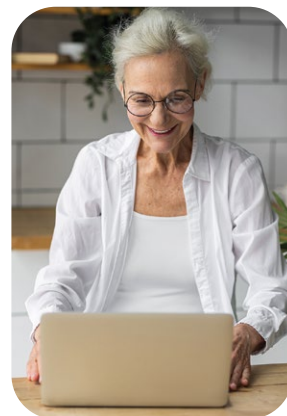


RESEARCHING YOUR AUSTRALIAN ANCESTORS

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This presentation will examine a variety of free online websites that allow you to trace your ancestors back to the point of their arrival. Subjects covered will include births/deaths/marriages, cemetery records, newspapers, archives and libraries. A handout will cover all states and territories and provide links to relevant websites. Presented by Shauna Hicks in partnership with the Monash Libraries Family History Group.

DATE	Monday 5 February
TIME	10.30am-11.30am
VENUE	Whealers Hill Library, 860 Ferntree Gully Road
COST	FREE
BOOKINGS	In person: 🌐 www.trybooking.com/CLZWX or ☎ 9265 4877 Zoom: 🌐 www.trybooking.com/CLZWZ
PARKING	On-site parking

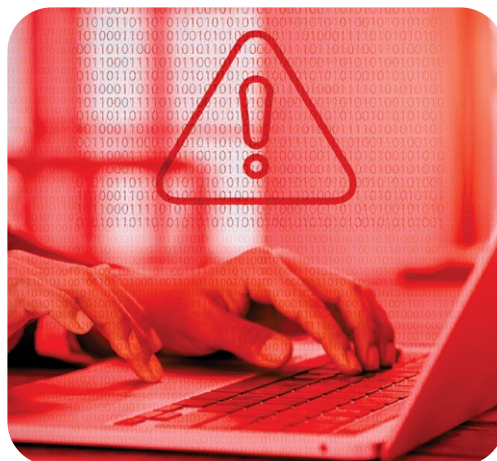


SCAM AWARENESS AND PREVENTION

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These information sessions will make you aware of the increasing number, type and complexity of scams which appear on your smartphone and tablets. You will learn how to protect yourself by installing anti-virus/anti-scam apps and updating your phone software regularly to install the latest security updates on your device. Please note this is run over two sessions with different information at each one.

DATE	Wednesdays, 7 February or 28 February
TIME	6.30pm-8.15pm
VENUE	Mount Waverley Library 41 Miller Crescent
COST	FREE
BOOKINGS	 www.trybooking.com/CMDON or  9518 3950
PARKING	On-site parking



HEALTHY FEET INFORMATION SESSION



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Libraries
Change Lives

We ask a lot from our feet. They carry us millions of kilometres through our life and can suffer the effects of wear and tear. But there are simple ways to keep your feet healthy. Learn how to care for your feet because there's a lot more to it than just trimming your toenails. An information session from Bolton Clarke.

DATE	Wednesday 7 February
TIME	11am-12pm
VENUE	Mount Waverley Library 41 Miller Crescent
COST	FREE
BOOKINGS	 www.trybooking.com/CLYAI or  9518 3950
PARKING	On-site parking



LEARNING TO FLY: MY JOURNEY TO BECOMING A PILOT

Libraries
Change Lives

Since a young age Jill had a love of aviation and flying. Eventually she decided that she wanted to become a pilot. Join her to hear her story and learn more about the steps she took to realise her dream. Jill will discuss her journey from learning about map reading and aviation laws, through to training on control tower operations and radio communications, and ultimately the final step of obtaining her licence.

This presentation will be of great interest to anyone who shares a similar passion for flying. Please note the event is not about learning how to become a pilot.

DATE	Monday 12 February
TIME	3pm-4.30pm
VENUE	Mount Waverley Library 41 Miller Crescent
COST	FREE
BOOKINGS	www.trybooking.com/CLNDB or 9518 3950
PARKING	On-site parking

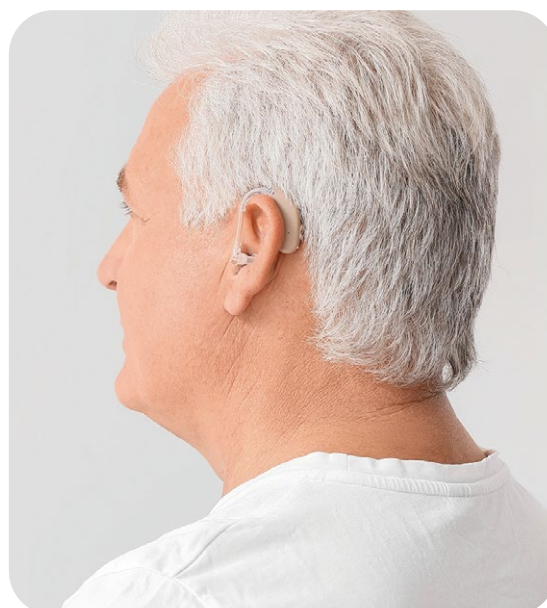


SOUNDFAIR HEARING CENTRE INFORMATION SESSION

Soundfair Hearing Centre is holding an information session about the organisation's services, communication tips and how to look after your hearing.



DATE	Tuesday 13 February
TIME	11am-12pm
VENUE	Positive Ageing Activity Centre (PAAC) 148 Drummond Street, Oakleigh (same building as the Oakleigh Library)
COST	FREE
BOOKINGS	https://events.humanitix.com/pals-soundfair-hearing-centre-information-session-uk6lemrt or 9510 1577
PARKING	Two-hour street parking or parking at Atkinson Street car park



LIBRARY TRIVIA NIGHT

What better way to celebrate Library Lovers Day than taking part in a romance-themed trivia night at Clayton Library. Everyone is invited to come along, have fun with games and answer trivia questions that will test your knowledge of love, literature and all things romance. Couples, families, and singles are all welcome!

DATE	Tuesday 13 February
TIME	6pm-8pm
VENUE	Clayton Library 9-15 Cooke Street
COSTS	FREE
BOOKINGS	 www.trybooking.com/CMDXU or  9541 3120
PARKING	Three-hour parking behind the Clayton Community Centre



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FEBRUARY
PROGRAMS

LEARN TO CROCHET AND KNIT

Crochet or knit a small item of clothing or other project and learn a few techniques of either craft. Some basic crochet or knitting skills recommended but not essential. All materials provided, but bring along knitting needles or crochet hooks if you have them.

DATE	Wednesday 14 February
TIME	10am-11.30am
VENUE	Glen Waverley Library 112 Kingsway
COST	FREE
BOOKINGS	 www.trybooking.com/CMDPZ or  9518 3030
PARKING	On-site parking



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AUTHOR TALK WITH KYLIE ORR

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Libraries
Change Lives

Sleep deprived, struggling and at breaking point, first-time mum Gracie Michaels books one night alone at The Maxwell Hotel. A king-size bed all to herself. No demands. With time to recharge she'll be able to return to her family more like the unflappable mother she pretends to be. Instead, she wakes in a room she doesn't recognise after an encounter with a man who is not her husband. Then she sees something she wishes she didn't... Join us for an author talk with Kylie Orr as she launches her second book *The Eleventh Floor*.

DATE	Thursday 15 February
TIME	7pm-8.30pm
VENUE	Whealers Hill Library 860 Ferntree Gully Road
COST	FREE
BOOKINGS	www.trybooking.com/CLJEN or 9265 4877
PARKING	On-site parking



LUNAR NEW YEAR AND LANTERN FESTIVAL

Join us in celebrating the Year of the Dragon at the 2024 Glen Waverley Lunar New Year and Lantern Festival. The festival will be a feast of colour, music and food.

The annual Lunar New Year celebration is the most important cultural festival for many communities in Monash 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.

DATE	Sunday 18 February
TIME	11am-9pm
VENUE	Kingsway, Glen Waverley
COSTS	FREE
BOOKINGS	Not required
WEBSITE	www.lanternfestival.com.au



MOVIES IN MONASH: THE UNLIKELY PILGRIMAGE OF HAROLD FRY

When Harold Fry, a timid man in his later years, discovers that a former friend and colleague is seriously ill, he sets out with the intention of posting her a letter but instead embarks on a 600-mile walk. He believes that in some way his journey will help his friend to live. Join us for this heart-warming story of hope. Morning tea available from 10.30am. Film starts at 11am.

DATE	Wednesday 21 February
TIME	10.30am-12.42pm
VENUE	Clayton Community Centre Theatre 9-15 Cooke Street
COST	FREE
RATING	M
SCREENING TIME	1 hour 42 minutes
BOOKINGS	www.trybooking.com/CMGQR or ☎ 9518 3555
PARKING	Three-hour parking behind the Clayton Community Centre



FEBRUARY
PROGRAMS

HEALTHY SKIN INFORMATION SESSION



Libraries
Change Lives

Did you know that the average person's skin weighs 4kg, has a surface area of 1.75m and accounts for seven per cent of their body weight? Skin changes as we age and is less able to protect and heal itself. What we eat and drink is of great importance to help nourish and improve skin health. This information session will help you understand skin health and common skin injuries. This session will also teach you techniques to help improve and maintain your skin health.

DATE	Wednesday 21 February
TIME	11am-12pm
VENUE	Glen Waverley Library 112 Kingsway
COST	FREE
BOOKINGS	www.trybooking.com/CMCWR or ☎ 9518 3950
PARKING	On-site parking



HEALTHY FEET PRESENTED BY BOLTON CLARKE



We ask a lot from our feet. They carry us millions of kilometres through our life and can suffer the effects of wear and tear. Come along and learn some simple ways to care for your feet.

DATE Wednesday 21 February

TIME 12pm-1pm

VENUE Monash Men's Shed
49-77 Bogong Avenue
Glen Waverley

COST Lunch is provided
for a \$2 donation

BOOKINGS ☎ 9561 8557

PARKING On-site parking



SCAMS – HOW TO PROTECT YOURSELF

||||| / / / /
Libraries
Change Lives

For Safer Internet Day, Sara Coe, Senior Constable and Monash Crime Prevention Officer at Victoria Police, will discuss how you can protect yourself and your loved ones from scams. You will learn how to recognise a scam, the red flags, and how report a suspected scam.

DATE Thursday 22 February

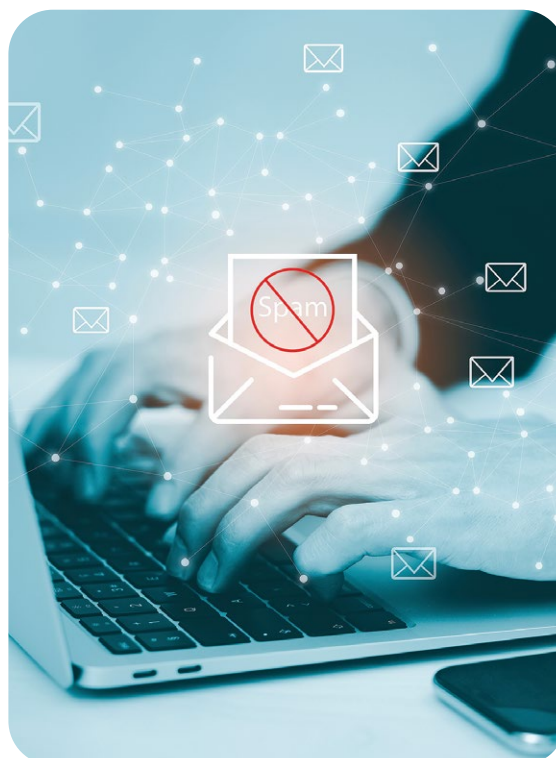
TIME 10.30am - 11.30am

VENUE Clayton Library
9-15 Cooke Street

COSTS FREE

BOOKINGS 🌐 www.trybooking.com/CMDPR
or ☎ 9518 3950

PARKING Three-hour parking behind the
Clayton Community Centre



STATE DAHLIA SHOW

The 2024 State Dahlia Show includes: dahlia display, potted dahlia sale, devonshire tea, photography competition, floral art, demonstrations and fresh flowers sale.

DATE	Saturday 24 February, 1pm-5pm Sunday 25 February, 10am-3.30pm
VENUE	Mount Waverley Community Centre 47 Miller Crescent
COST	Concession holders: \$2 Adults: \$5 Children: FREE
ENQUIRIES	https://dahliasocietyofvictoria.org.au/
PARKING	Street parking available



CLAYTON FESTIVAL

Clayton Festival is a FREE community celebration featuring live entertainment, community and kids activities, food trucks and roving performers. The festival will include a range of outdoor entertainment with live performances, acts, workshops and interactive games for all ages.

The Clayton Aquatic and Health Club will be offering FREE entry to the pool from 1pm-5.30pm.

DATE	Sunday 25 February
TIME	12pm-5pm
VENUE	Clayton Community Centre 9-15 Cooke Street
COST	FREE
BOOKINGS	No bookings required



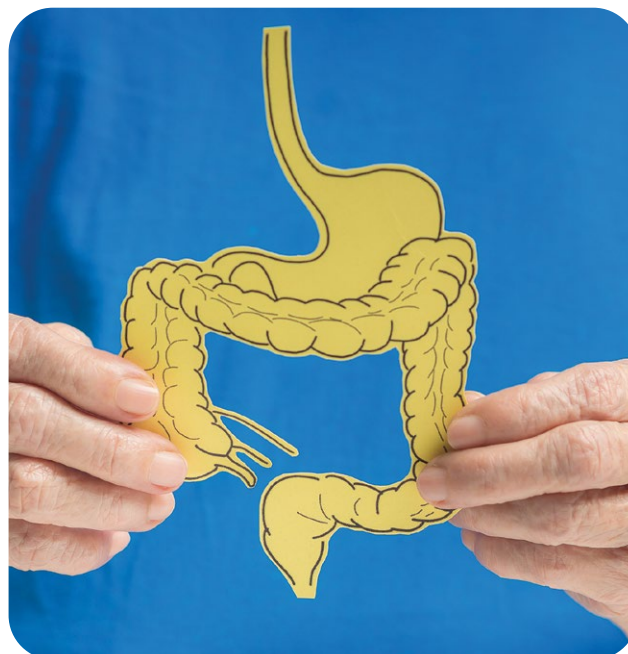
HEALTHY BOWELS INFORMATION SESSION

A healthy gut can prevent all different types of gut diseases. Join us for an information session from Bolton Clarke on how to maintain a healthy bowel.

DATE	Monday 26 February
TIME	11am-12pm
VENUE	Glen Waverley Library 112 Kingsway
COST	FREE
BOOKINGS	www.trybooking.com/CLYAO or 9518 3950
PARKING	On-site parking



Libraries
Change Lives



UNDERSTANDING THE AGED CARE SYSTEM FOR CARERS CARERS VICTORIA

This workshop introduces the aged care system. It explains the screening and assessment processes and types of services offered in the home and community. Morning tea is available on arrival.

DATE	Thursday 29 February
TIME	10.30am-12pm
VENUE	Positive Ageing Activity Centre (PAAC), 148 Drummond Street Oakleigh (same building as the Oakleigh Library)
COST	FREE
BOOKINGS	www.trybooking.com/CLIOJ or 9518 3555
PARKING	Two-hour street parking or parking at Atkinson Street car park





MONASH
University

MONASH
MEDICINE,
NURSING AND
HEALTH SCIENCES

WANT TO PARTICIPATE IN PAID RESEARCH?

The Turner Institute for Brain and Mental Health at Monash runs various psychology and neuroscience studies that are always on the lookout for eager participants!

We are building a database for this through the SONA system

Sign up today to find out:

- Which studies are available to you
- How much these studies compensate you
- How you can contribute to real research with real outcomes

FOR MORE INFORMATION AND TO SIGN UP TODAY, VISIT:

bit.ly/monashsona or **PHONE: 03 9902 9724**



or scan this QR code

ABOUT SONA

The Sona System is a repository of active research studies within the Turner Institute that currently require participants. Many of these studies offer some form of remuneration in the form of money or gift vouchers.

MORE INFORMATION:

<https://bit.ly/monashsona>

Email: SONA@monash.edu



PALS COMMUNITY BUS DAY TRIPS

BOOKINGS FOR ALL PALS COMMUNITY BUS DAY TRIPS OPEN ON MONDAY 20 NOVEMBER 2023.

Each trip is limited to 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.

ROSE COTTAGE RESTAURANT

Immerse yourself in the ever-popular old-world charisma of Rose Cottage for a wonderful home-cooked-style Christmas lunch located in the beautiful Dandenong Ranges.

DATE Fridays, 1 December or 8 December

TIME 9am-3.30pm

VENUE Rose Cottage Restaurant, 251 Olinda-Monbulk Road, Monbulk

COST \$11 transport fee, payable on booking
Lunch: \$34, payable on the day
(please bring exact cash for payment – no credit card payments)

BOOKINGS **Clayton pick-up point:** Clayton Community Centre, 9-15 Cooke Street
🌐 www.trybooking.com/CMGRO or ☎ 9518 3555
Glen Waverley pick-up point: Central Reserve, 690 Waverley Road
🌐 www.trybooking.com/CMGRZ or ☎ 9518 3555

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



CRANBOURNE ROYAL BOTANIC GARDENS VICTORIA

Royal Botanic Gardens Cranbourne offers a natural bushland experience unlike any other. The gardens' award-winning, contemporary Australian Garden celebrates the beauty and diversity of Australian landscapes and flora, with over 100,000 plants from 1,900 plant varieties. Morning tea and lunch at Boon Wurrung Café.

DATE Monday 19 February

TIME 9am-3.30pm

VENUE Botanic Drive, Cranbourne

COSTS \$23 transport fee and Explorer bus tour, payable on booking
Optional costs, payable on the day: Morning tea: prices start from \$5
Lunch: prices start from \$24

BOOKINGS **Clayton pick-up point:** Clayton Community Centre, 9-15 Cooke Street
🌐 www.trybooking.com/CMGSQ or ☎ 9518 3555
Glen Waverley pick-up point: Central Reserve, 690 Waverley Road
🌐 www.trybooking.com/CMGTA or ☎ 9518 3555

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:

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 and destinations such as Waverley Gardens Shopping Centre and Wheelers Hill Library. You can attend to errands or sit and have a coffee with friends.

DAYS Every 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

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 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: \$9.60 service fee | Bookings: ☎ 9518 3247

Social Inclusion programs will be closed for the festive season.

Bookings can be made until 21 December 2023 or after 15 January 2024.

DECEMBER 2023



CHRISTMAS MORNING MELODIES, LAZY MOE'S OAKLEIGH

Join us for a heartwarming Christmas Morning Melodies with the incredible Brian. With his Michael Bublé-style charm and keyboard prowess, Brian will fill the room with festive joy. Sing along to popular carols and groove to timeless classics. It's a morning of music and merriment, dancing and singing to get you into the Christmas spirit. Bookings close at 12pm on Monday 4 December.

DATE	Wednesday 6 December
ADDITIONAL COST	Morning Melodies: \$10 (charged directly to your account) Morning tea: prices start from \$4.50. Lunch: prices start from \$19
BOOKINGS	☎ 9518 3247



MOVIE SCREENING: MIRACLE ON 34TH STREET, CLAYTON THEATRE

Experience this timeless Christmas classic as Kris Kringle steps in for Santa at the Macy's Parade, capturing hearts and sparking a court battle over his true identity as Santa Claus. A true feel-good morning for some Christmas magic. After the movie enjoy a catered light lunch at Clayton Community Centre. Bookings close at 4pm on Tuesday 5 December. Cancellation after this date or on the day will be payable in full.

DATE	Monday 11 December
ADDITIONAL COST	Morning tea, movie and catered light lunch: \$23 (charged directly to your account)
BOOKINGS	☎ 9518 3247



END OF YEAR CELEBRATION! EXPLORE BELGRAVE AND CHRISTMAS LUNCH AT ROSE COTTAGE

Before heading up to the ever-popular Rose Cottage for a wonderful home-cooked-style Christmas lunch, we will immerse ourselves in Belgrave's charm as we explore the eclectic shops. Morning tea is available at the Belgrave Hotel. Please note: this is a hilly area with uneven pavements and steps leading into the shops.

DATE	Tuesday 19 December or Thursday 21 December
ADDITIONAL COST	Morning tea: prices start from \$5 Lunch: two-course seniors meal \$34 (please bring exact cash for payment, no credit card payments)
BOOKINGS	☎ 9518 3247



JANUARY 2024



SEAFORD PIER BEACH DAY

Discover Seaford Beach, a hidden gem on the shores of Port Phillip Bay. Walk along the beautifully refurbished pier, sink your toes into pristine white sands, wade in the cooling crystal-clear water, or for the adventurous, have a swim. Join us for morning tea at the beachfront cafe with stunning city views, and if you wish to, also explore nearby shops, including a charming op shop. Lunch will be at a local Seaford café. Please bring a towel, sunscreen, hat and water bottle.

DATE	Thursday 25 January
ADDITIONAL COST	Morning tea: prices start from \$5. Lunch: prices start from \$18
BOOKINGS	☎ 9518 3247



JANUARY 2024 (continued)



MOVIE SCREENING: VIVA LAS VEGAS, CLAYTON THEATRE

In the high-octane world of *Viva Las Vegas*. Elvis Presley stars as Lucky Jackson, a talented race-driver with a need for speed and a dream to win the Grand Prix. When he meets the enchanting Rusty sparks fly, but so does competition with a rival racer, Elmo. Join Lucky as he races to win both the Grand Prix and Rusty's heart in this thrilling and romantic musical Las Vegas adventure. A light catered lunch will be available at Clayton Community Centre. Bookings close at 4pm on Wednesday 24 January. Cancellation after this date or on the day will be payable in full.

DATE	Tuesday 30 January
ADDITIONAL COST	Morning tea, movie and catered light lunch: \$23 (charged directly to your account) or BYO lunch
BOOKINGS	☎ 9518 3247



FEBRUARY



LONG LUNCH AT THE NAKED RACER MUSEUM CAFÉ, MOORABBIN

What started off as a small motorcycle shop back in 1988 has since become a premier classic and vintage motorcycle dealership. With an impressive museum to boot, Naked Racer Moto Co. houses over 250 machines in what is now Australia's largest antique motorcycle museum. Explore the many treasures and multitude of memorabilia before enjoying a long lunch with plenty of social interaction! This is a lunch-only outing. Pick up is between 10am-11am to arrive at the venue by 11:30am.

DATE	Monday 5 February
ADDITIONAL COST	Lunch: prices start from \$20
BOOKINGS	☎ 9518 3247



EXPLORE OLINDA, DANDENONG RANGES

Relax, unwind, and leave the city stress behind. After a lovely drive up into the Dandenong Ranges, wander through the local quirky shops, discovering the village's charm. Morning tea and lunch available at Ranges Café. Please note: this is a hilly area with uneven pavements and steps leading into the shops.

DATE	Tuesday 13 February
ADDITIONAL COST	Morning tea: prices start from \$5 Lunch: prices start from \$20
BOOKINGS	☎ 9518 3247



MOVIE SCREENING: THE UNLIKELY PILGRIMAGE OF HAROLD FRY, CLAYTON THEATRE

When Harold Fry, a timid man in his later years, discovers that a former friend and colleague is seriously ill, he sets out with the intention of posting her a letter but instead embarks on a 600-mile walk. He believes that in some way his journey will help his friend to live. Join us for this heartwarming story of hope. A catered light lunch will be provided at Clayton Community Centre. Bookings close at 4pm on Thursday 15 February. Cancellation after this date or on the day will be payable in full.



DATE	Wednesday 21 February
ADDITIONAL COST	Morning tea, movie and catered light lunch: \$23 (charged directly to your account) or BYO lunch
BOOKINGS	☎ 9518 3247

A DAY AT GARDEN WORLD, SPRINGVALE

Discover the unique horticultural haven of Garden World, a collective of five dedicated, independently owned businesses. Dive into their shared passion for gardening, outdoor living, gems and crystals. It's an exclusive experience you won't find elsewhere and always a fun day out. Morning tea and lunch at the café.

DATE	Thursday 29 February
ADDITIONAL COST	Morning tea: prices start from \$5 Lunch: prices start from \$20
BOOKINGS	☎ 9518 3247



DEMENTIA-FRIENDLY GROUP CLASS

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 enjoyable.

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.

DATE Wednesdays

TIME 11.30am-12.30pm

VENUE Oakleigh Recreation Centre, 2A Park Road, Oakleigh

COST \$7.90

BOOKINGS ✉ ActiveMonash@monash.vic.gov.au

PARKING On-site parking



ACTIVE
MONASH

PARTICIPATE
YOUR WAY

www.activemonash.vic.gov.au

ACTIVE MONASH

**Monash Aquatic & Recreation Centre
Clayton Aquatics & Health Club
Oakleigh Recreation Centre**

You're never too old to enjoy the benefits of exercise. Even small amounts of exercise can improve your health.

Active Monash has programs and classes suitable for all levels of experience. Classes can even be adapted, or modified, to suit your needs. Participate YOUR way!

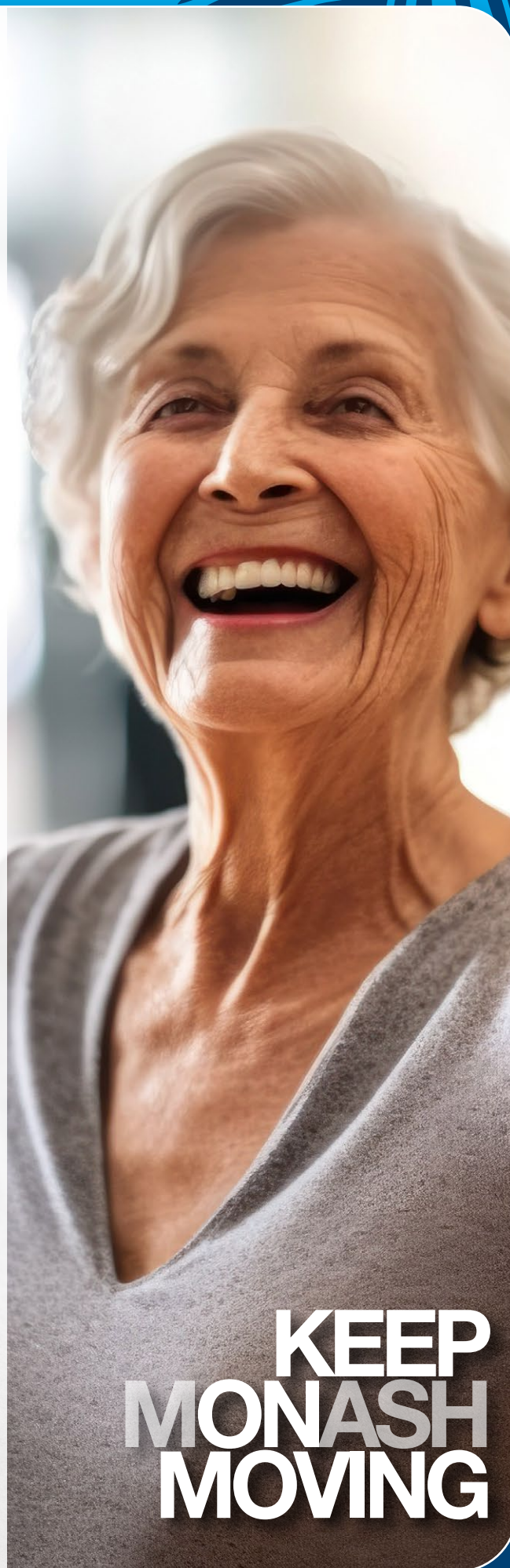
There are a range of services across the centres including:

- Gym
- Group fitness classes
- Warm water exercise pool
- Heated indoor / outdoor pools
- Sauna / steam room / spa

Discounts available for seniors and concession card holders.

Phone: 9265 4888

www.activemonash.vic.gov.au



**KEEP
MONASH
MOVING**

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 a wide range of 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.

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

 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

