


2024 KINGSTON SENIORS FESTIVAL



 kingston.vic.gov.au/seniorsfestival

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 1300 653 356



WELCOME TO THE

2024 KINGSTON SENIORS FESTIVAL

EVENT BOOKINGS

PLEASE REFER TO INDIVIDUAL EVENT LISTINGS FOR BOOKING DETAILS.

Please make inquiries directly to the event organiser listed in the program.

The Festival is an opportunity for people aged 55+ to:

- Learn about the activities and services that are available in the local community.
- Join local seniors clubs, groups and programs.
- Make new friends.
- Have fun.

Many of these events and activities occur throughout the year. Please contact event organisers to discuss how you can participate on an ongoing basis.

EIGHT DAYS OF FREE PUBLIC TRANSPORT FOR VICTORIAN SENIORS CARD HOLDERS DURING THE 2024 VICTORIAN SENIORS FESTIVAL

To help all Victorian Seniors Card holders make the most of the Victorian Seniors Festival, the State Government is providing eight days of free travel. You can get out and explore Melbourne and regional Victoria from Sunday 6 October to Sunday 13 October.

Remember to carry your Seniors myki and Victorian Seniors Card with you on public transport. Touch on and off as usual. You won't be charged as the system is set to automatically recognise Seniors myki cards during this period.

For more information about the Victorian Seniors Festival and the many events on offer, please visit seniorsonline.vic.gov.au/Victorian-seniors-festival

DISCLAIMER

Please note that events are subject to change. Please contact individual event organisers for further information. The City of Kingston does not have control or responsibility for the accuracy of the events and information listed in the booklet. The material in this booklet was accurate at the time of printing.

ACKNOWLEDGEMENT

The City of Kingston proudly acknowledges the Bunurong People of the Kulin Nation as the Traditional Owners and Custodians of this land, and we pay our respect to their Elders past and present.

A MESSAGE

FROM THE CEO



Peter Bean
CEO, City of Kingston

DIG OUT YOUR EXERCISE GEAR, RESURRECT YOUR LOVE OF LEARNING AND POLISH YOUR CONVERSATIONAL SKILLS – IT'S KINGSTON SENIORS FESTIVAL TIME AGAIN.

I am proud to say we once again have a month of wonderful events and activities to boost social connection for Kingston's over 55s.

A collaboration with community groups, senior clubs and community centres has resulted in 138 wonderful free and low-cost events, classes and workshops to get you out and about and enjoying Spring.

Plus, you'll have the chance to find out more about our aged care service, AccessCare and how our team can support our senior residents to continue living independently.

I'm delighted to say that's the largest number of activities we've ever had for our seniors' festival. So, there is undoubtedly plenty on offer to broaden your horizons, allow you to meet new people, learn something or simply get more active.

And we'd love to see you.

Loneliness and isolation can be issues for some older people who've become less social and more disconnected from others for a whole range of reasons.

That separation can have a harmful effect on physical and mental wellbeing.

We are striving to promote and celebrate positive ageing in our community and the Kingston Seniors Festival is one of the ways we do that.

My thanks to the groups, organisations and our own team members who put an incredible effort into bringing this festival to life.

They've done the hard work. All you have to do is browse this brochure and choose something that sparks your interest.

The theme this year is 'explore, engage, evolve.' Go have fun. You'll be happier and healthier because of it!

Peter Bean, CEO

INTERNATIONAL DAY OF OLDER PERSONS

1 OCTOBER IS INTERNATIONAL DAY OF OLDER PERSONS.

International Day of Older Persons (IDOP) is an opportunity to highlight the important contributions that older people make to society. The day raises awareness of ageing in today's world, including the impacts of an ageing population and the need to ensure that people can age with dignity and respect while continuing to participate in community life.

Read more about IDOP: www.un.org/en/observances/older-persons-day

INTERESTING FACTS:

- » The number of people aged 65 years or older worldwide is predicted to more than double, from 761 million in 2021 to 1.6 billion in 2050.
- » The ageing population is a global trend. In 2021, 1 in 10 people worldwide were aged 65 or above. In 2050, this age group will be 1 in 6 people.

Facts supplied by the United Nations.

"Older persons are invaluable sources of knowledge and experience and have much to contribute towards peace, sustainable development, and protecting our planet."

– UN Secretary-General António Guterres

ABOUT OUR COVER STARS

DENNIS, RAYMA, ALAIN, AND JACQUELINE ARE THIS YEAR'S SENIORS FESTIVAL COVER STARS. THEY VOLUNTEER IN THEIR LOCAL COMMUNITY AND ARE PART OF OUR TEAM OF DEDICATED VOLUNTEERS, OFFERING THEIR TIME AND ENERGY TO ASSIST WITH THE MANY FUN ACTIVITIES RUN BY COUNCIL AND LOCAL SENIOR GROUPS FOR PEOPLE AGED 55+.

Dennis and Rayma volunteer once a week at Patterson Lakes Community Centre. Dennis volunteers in the Community Garden and Rayma supports the Cards group. Alain and Jacqueline are busy organising Monday activities for the Clarinda Senior Social Club.

Volunteering is not just about giving back – it is about finding a new lease on life. Our volunteers often share how being part of our Hubs has made them feel more connected to the community, provided a renewed sense of purpose, boosted their confidence, and helped them forge lasting friendships.

Council's Community Hubs offer a vibrant and welcoming environment, filled with activities and services for the community. They are lively centres where community members come together to connect, share resources, and enjoy activities that boost their spirits and wellbeing.

We invite you to come down and experience all our Community Hubs have to offer. Meet our incredible volunteers, join in the fun activities, or connect with a Seniors Group. There is always a warm welcome waiting for you.

Photo: Alain, Jacqueline, Rayma and Dennis (left to right).



YOUR LOCAL COMMUNITY HUBS ARE:

Chelsea Activity Hub

3-5 Showers Avenue, Chelsea

Clarinda Community Centre

58B Viney Street, Clarinda

Melaleuca Activity Hub

31 Melaleuca Drive, Clarinda

Mentone Activity Hub

29 Venice Street, Mentone

Moorabbin Activity Hub

964 Nepean Highway, Moorabbin

Patterson Lakes Community Centre

54-70 Thompson Road, Patterson Lakes

Sundowner Community Centre

24 Sundowner Avenue, Clarinda

Westall Community Hub

35 Fairbank Road, Clayton South

If you are interested in volunteering at one of our Community Hubs, contact us:

📍 kingston.vic.gov.au/community/get-involved/volunteer#section-2

☎ 1300 653 356

👤 Visit us at one of our Community Hubs

The Clarinda Seniors Club meets every Monday, 10am to 3pm at Clarinda Community Centre. To learn more about the club, including how to join, please visit on Mondays.

EVENT

LISTING

LEGEND



Wheelchair access



Train



Bus



Hearing Loop










TUESDAY 1 OCTOBER

10am – 11am Free	<p>Water Safety Education Session Hosted by City of Kingston</p> <p>Dive into Safety. Come along to the water safety education session presented by Active Kingston. Do you have any questions about swimming or water safety in the pool or in the bay? Ask our experts. Learn the basics of being safe around water and witness practical demonstrations of water safety equipment.</p>	<p>Chelsea Activity Hub 3-5 Showers Avenue, Chelsea</p>		<p>Bookings are essential, contact Chelsea Activity Hub on 9581 3045 or chelseaactivityhub@kingston.vic.gov.au</p>
10am – 11.30am Free	<p>SOS – The Australian Abba Tribute Show – Duo Show Hosted by City of Kingston</p> <p>Join us for the opening of the Kingston Seniors Festival with SOS – The Australian Abba Tribute Show. This production will include a performance by the duo, costumes and all the hits. This event will also acknowledge the International Day of Older Persons. Morning tea will be provided. Book your tickets at the Kingston Arts Box Office. Maximum of two tickets per person. Places are limited.</p>	<p>Clarinda Community Centre 58 Viney Street, Clarinda</p>		<p>Bookings are essential, contact Kingston Arts Box Office on 9556 4440 or www.kingstonarts.com.au/KingstonSeniorsFestival</p>
12.30pm – 2pm Free	<p>Knit One, Give One (KOGO) Hosted by Aspendale Gardens Community Service Inc</p> <p>Our knitting and crocheting group is part of the Knit One Give One (KOGO) initiative, which has more than 5,000 knitters across Australia. All are welcome to join our friendly group and help us knit and crochet items that will be distributed by KOGO to homeless and disadvantaged communities. Come along and knit or crochet items of clothing, beanies, scarves, toys or simple squares that are sewn together by KOGO to create beautiful warm blankets.</p>	<p>Aspendale Gardens Community Service 103-105 Kearney Drive, Aspendale Gardens</p>		<p>For event enquiries, contact Cathy on 9587 5955 or enquiries@agcsinc.org.au</p>

TUESDAY 1 OCTOBER (CONTINUED)

1pm – 3pm Free	Table Tennis Hosted by Cheltenham Life Activities Club Come along for a social game of table tennis with a friendly group of players. New members are welcome.	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Alf on 0403 644 138
7pm – 10pm Free	Badminton Hosted by Cheltenham Life Activities Club Come along for a game of badminton with a friendly group of people. New members are welcome.	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Sandy on 0431 217 466 or sandy_malhotra@hotmail.com

















WEDNESDAY 2 OCTOBER

6am – 9pm Free	Free Swim at Waves Leisure Centre Hosted by Kingston Active To celebrate Kingston Seniors Festival, Kingston residents aged 60+ can use the pool for free on Wednesdays during October. Just mention Kingston Seniors Festival to the friendly staff member at the front counter.	Waves Leisure Centre 111 Chesterville Road, Highett	  	For event enquiries, contact Waves Customer Service on 9559 7111 or active@kingston.vic.gov.au
10.15am – 11.15am \$10	Seniors Self-Defence and Fencing Class Hosted by Mordialloc Community Centre Join us in learning a few new skills in self-defence and fencing, led by our amazing instructor Rodger.	Mordialloc Community Centre 115 Warren Road, Parkdale	  	Bookings are essential, contact Kathy on 9580 3675 or kathy@mordicc.org.au
10.30am – 11.30am \$7	Chair-Based Exercise Hosted by Longbeach Place If standing exercises are not for you, come and join our chair-based exercise class. The movements will help increase blood flow, keep your joints active and lubricated and strengthen your muscles.	Longbeach Place 15 Chelsea Road, Chelsea	  	For event enquiries, contact Longbeach Place on 9776 1386 or reception@longbeachplace.org.au





THURSDAY 3 OCTOBER

10.30am – 11.30am Free	Yoga and Meditation Hosted by Mordialloc Neighbourhood House Come and unwind with our gentle yoga and meditation.	Mordialloc Neighbourhood House 457 Main Street, Mordialloc	  	Bookings are essential, contact Katherine on 9587 4534 or administration@mordihouse.com.au
1pm – 3.30pm Free	Table Tennis Hosted by Moorabbin Seniors Club Inc. Enjoy a social game of table tennis. Beginners and seasoned veterans welcome. Bring your own bat.	Moorabbin Activity Hub 964 Nepean Highway, Moorabbin		For event enquiries, contact Julie on 0405 035 427 or moorabbinseniors@outlook.com
1pm – 4pm Free	Mah Jong (Western) Hosted by Cheltenham Life Activities Club Come along for a social game of Mah Jong (Western) with a friendly group of people.	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Maureen on 0432 222 807 or tmwhorlton@optusnet.com.au







FRIDAY 4 OCTOBER

9.30am – 12pm \$3	<p>Ballroom Dancing Hosted by Aspendale Senior Citizens Club</p> <p>Enjoy the music of old time and new vogue dancing and have a chat over a cup of tea or coffee and biscuits. Beginners welcome.</p>	Aspendale Senior Citizens Club 151A Station Street, Aspendale	  	For event enquiries, contact Sheila on 0417 542 941 or hermshel@bigpond.com
10am – 12pm Free	<p>Mah Jong Open Day for Beginners Hosted by Mordialloc Community Centre</p> <p>Are you interested in Mah Jong? Now's the time to come and learn with this great group.</p>	Mordialloc Community Centre 115 Warren Road, Parkdale	  	Bookings are essential, contact Kathy on 9580 3675 or kathy@mordicc.org.au
10.30am – 11.15am Free	<p>Chair-Based Yoga with Di Mizzi Hosted by Aspendale Gardens Community Service</p> <p>Chair-based yoga with Di will focus on exploring a broad range of gentle chair yoga and mindfulness techniques to enable attendees to further explore these practices.</p>	Aspendale Gardens Community Service 103-105 Kearney Drive, Aspendale Gardens		Bookings are essential, contact Ruth on 9587 5955 or enquiries@agcsinc.org.au
11.15am – 12.30pm Free	<p>Bone and Joint Health Information Session Hosted by Westall Community Hub</p> <p>Come along for an information session about bone and joint health, presented by health professionals from The Water Well Project.</p>	Westall Community Hub 35 Fairbank Road, Clayton South	   	Bookings are essential, contact Westall Community Hub on 9581 3050 or westallhub@kingston.vic.gov.au
1pm – 3pm Free	<p>Cards 500 and Rummy Tiles Hosted by Cheltenham Life Activities Club</p> <p>Come along for a game of Cards 500 or Rummy Tiles. Both card games are easy to learn and lots of fun. New players are welcome.</p>	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Yvonne on 9584 2537
1pm – 3pm Free	<p>Table Tennis Hosted by Cheltenham Life Activities Club</p> <p>Come along for a social game of table tennis with a friendly group of players. New members are welcome.</p>	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Alf on 0403 644 138
1.30pm – 3.30pm Free	<p>Movie Day Hosted by Cheltenham Community Centre</p> <p>A screening of the classic movie 'Some Like it Hot' to celebrate Seniors Festival. Complimentary soft drinks and popcorn served on the day.</p>	Cheltenham Community Centre 8 Chesterville Road, Cheltenham		Bookings are essential, contact Cheltenham Community Centre on 9583 0095 or admin@chelt.com.au














SATURDAY 5 OCTOBER

9.30am – 11.30am \$5	<p>Chair Yoga Hosted by Aspendale Senior Citizens Club</p> <p>Join a small friendly group to enjoy chair yoga. Tea, coffee and biscuits provided. Every Saturday.</p>	Aspendale Senior Citizens Club 151A Station Street, Aspendale	 	For event enquiries, contact Sheila on 0417 542 941 or hermschel@bigpond.com
11am – 12.15pm \$5	<p>Max Gillies – The Political Satirist of our Generation Hosted by Mentone Public Library</p> <p>From Bob Menzies to Kevin Rudd, from Kerry Packer to John Elliott, Max Gillies poked fun at them all. Hear about the life, times and achievements of one of Australia's consummate performers. Not to be missed.</p>	Mentone Public Library 36 Florence Street, Mentone	 	Bookings are essential, visit mentonepubliclibrary.com or email mentonepubliclibrary@gmail.com











MONDAY 7 OCTOBER

9.30am – 11.30am Free	<p>Walking Group Hosted by Cheltenham Life Activities Club</p> <p>Come along for a one-hour social nature walk. Meet fellow walkers at the Cockatoo Car Park, adjacent to the Visitor Centre and public toilets. The walk will be followed by coffee and nibbles. Please bring your own coffee. Please note: the walk is on a level gravel path and average fitness is sufficient.</p>	Braeside Park Visitor Centre 470 Lower Dandenong Road, Braeside		Bookings are essential, contact John on 0447 049 521 or jfree6@tpg.com.au
10am – 12.30pm Free	<p>Table Tennis Hosted by Moorabbin Seniors Club Inc.</p> <p>Enjoy a social game of table tennis. Beginners and seasoned veterans welcome. Bring your own bat.</p>	Moorabbin Activity Hub 964 Nepean Highway, Moorabbin		For event enquiries, contact Julie on 0405 035 427 or moorabbinseniors@outlook.com
10.30am – 11.30am Free (for new participants)	<p>Zumba Gold Class Hosted by Cheltenham Community Centre</p> <p>Join our Zumba Gold class to celebrate Seniors Festival with us. Free for new participants during the month of October. Zumba Gold is a lower-intensity version of the typical Zumba class and is designed to meet the anatomical, physiological and psychological needs of older people.</p>	Cheltenham Hall 1218 Nepean Highway, Cheltenham	 	Bookings are essential, contact Customer Service on 9583 0095 or admin@chelt.com.au
1pm – 4pm Free	<p>Bolivia Hosted by Cheltenham Life Activities Club</p> <p>Come along for a game of Bolivia (similar to Canasta) with a friendly group of people. New players are welcome.</p>	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Lyn on 9580 3326







MONDAY 7 OCTOBER (CONTINUED)

1.15pm – 3pm Free	<p>Concert with Professional Entertainer – Dennis Rea Hosted by Aspendale Senior Citizens Club</p> <p>Come and listen to some great music and singing by a wonderful entertainer, Dennis Rea. Enjoy a warm welcome from our members and have a chat over a cup of tea, coffee and biscuits.</p>	<p>Aspendale Senior Citizens Club 151A Station Street, Aspendale</p>	  	<p>For event enquiries, contact Sheila on 0417 542 941 or hermshel@bigpond.com</p>
1.30pm – 2.30pm Free	<p>Lift for Life Hosted by Sundowner Community Centre</p> <p>A fun and free introduction to strength training, focusing on fitness, strength, making friends and having fun.</p>	<p>Sundowner Community Centre Community Hall 24 Sundowner Avenue, Clarinda</p>		<p>Bookings are essential, contact Sundowner Community Centre on 8551 1206 or sundownercc@kingston.vic.gov.au</p>
2pm – 3pm Free	<p>Tai Chi Hosted by Kingston Active</p> <p>A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind.</p>	<p>Waves Leisure Centre 111 Chesterville Road, Highett</p>	  	<p>Bookings are essential, contact Waves Customer Service on 9559 7111 or active@kingston.vic.gov.au</p>
2.30pm – 4pm \$10	<p>Downsizing Information Session Hosted by Downsizing Connections Group</p> <p>Are you thinking of downsizing? Is your home no longer serving the purpose you bought it for? Join Julia Dyer for independent advice to help you feel more confident and in control on your downsizing journey. Leave with a strategic plan, so you can transition with ease. Refreshments provided.</p>	<p>Chelsea Activity Hub 3-5 Showers Avenue, Chelsea</p>	  	<p>Bookings are essential, contact Julia on 0404 293 485 or info@downsizingconnections.com.au</p>
6pm – 7.30pm \$5	<p>Yoga Hosted by Longbeach Place</p> <p>Come and enjoy a relaxing and soothing yoga and relaxation class. Stretch, breathe and soothe your soul. Please bring your own mat and water bottle.</p>	<p>Longbeach Place 15 Chelsea Road, Chelsea</p>	  	<p>For event enquiries, contact Longbeach Place on 9776 1386 or reception@longbeachplace.org.au</p>
















TUESDAY 8 OCTOBER

9.30am – 10.15am \$8	Seniors Ballet Class <i>Hosted by Mordialloc Community Centre</i> Learn some lovely ballet techniques guided by our very experienced dance coordinator, Emma.	Mordialloc Community Centre 115 Warren Road, Parkdale	 	Bookings are essential, contact Kathy on 9580 3675 or kathy@mordicc.org.au
9.30am – 11.30am \$3	Table Tennis <i>Hosted by Aspendale Senior Citizens Club</i> Have a fun morning playing table tennis, followed by tea, coffee and biscuits. Every Tuesday.	Aspendale Senior Citizens Club 151A Station Street, Aspendale	 	For event enquiries, contact Sheila on 0417 542 941 or hermshel@bigpond.com
11am – 12pm Free	Living with Dementia <i>Hosted by Longbeach Place</i> Come along to this information session on dementia. Facilitated by AccessCare.	Longbeach Place 15 Chelsea Road, Chelsea	 	For event enquiries, contact Longbeach Place on 9776 1386 or reception@longbeachplace.org.au
1pm – 3pm Free	Table Tennis <i>Hosted by Cheltenham Life Activities Club</i> Come along for a social game of table tennis with a friendly group of players. New members are welcome.	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Alf on 0403 644 138
7pm – 10pm Free	Badminton <i>Hosted by Cheltenham Life Activities Club</i> Come along for a game of badminton with a friendly group of people. New members are welcome.	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Sandy on 0431 217 466 or sandy_malhotra@hotmail.com

WEDNESDAY 9 OCTOBER

6am – 9pm Free	Free Swim at Waves Leisure Centre <i>Hosted by Kingston Active</i> To celebrate Kingston Seniors Festival, Kingston residents aged 60+ can use the pool for free on Wednesdays during October. Just mention Kingston Seniors Festival to the friendly staff member at the front counter.	Waves Leisure Centre 111 Chesterville Road, Highett	 	For event enquiries, contact Waves Customer Service on 9559 7111 or active@kingston.vic.gov.au
9.30am – 10.30am \$7	Just Dance <i>Hosted by Longbeach Place</i> This class will be a combination of learning a new dance (learning the correct technique), followed by a cardio workout to popular dance songs. The class is aimed at having fun and letting your inner self loose. Enjoy the music and feel free.	Longbeach Place 15 Chelsea Road, Chelsea	 	For event enquiries, contact Longbeach Place on 9776 1386 or reception@longbeachplace.org.au
9.30am – 11.30am \$5	Body and Balance – Gentle Exercises <i>Hosted by Aspendale Senior Citizens Club</i> Take part in a very popular class with a wonderful teacher. Make friends over a cup of tea or coffee and biscuits. Every Wednesday.	Aspendale Senior Citizens Club 151A Station Street, Aspendale	 	For event enquiries, contact Sheila on 0417 542 941 or hermshel@bigpond.com













WEDNESDAY 9 OCTOBER (CONTINUED)

<p>10.30am – 12pm Free</p>	<p>Ukulele Crazy with Longbeach Ukes Hosted by Patterson Lakes Community Centre</p> <p>The Longbeach Ukes are a delightful group of creative musicians and singers from our local community. Their wide-ranging repertoire will be familiar to those who spent their youth in the amazing musical decades from the fifties to the eighties. Come and enjoy a morning of toe-tapping music and warm company. We look forward to seeing you there.</p>	<p>Patterson Lakes Community Centre 54-70 Thompson Road, Patterson Lakes</p>	 	<p>Bookings are essential, contact Kingston Arts Box Office on 9556 4440 or kingstonarts.com.au/LongbeachUkes</p>
<p>11.30am – 12.30pm Free</p>	<p>Active Seniors Yoga Hosted by Kingston Active</p> <p>Designed for active seniors, this session focuses on gentle movement emphasizing physical postures, deep breathing, mindfulness and connecting to your body.</p>	<p>Waves Leisure Centre 111 Chesterville Road, Highett</p>	  	<p>Bookings are essential, contact Waves Customer Service on 9559 7111 or active@kingston.vic.gov.au</p>
<p>12pm – 12.45pm Free (for new participants)</p>	<p>Love to Live Class Hosted by Cheltenham Community Centre</p> <p>Join our Love to Live class to celebrate Seniors Festival with us. Love to Live is a seated movement program which aims to improve the physical, emotional and mental health of those living with age-related limitations. Free for new participants during the month of October.</p>	<p>Cheltenham Community Centre 8 Chesterville Road, Cheltenham</p>		<p>Bookings are essential, contact Customer Service on 9583 0095 or admin@chelt.com.au</p>
<p>12pm – 3pm \$38</p>	<p>Mordialloc Community Centre Presents 'Elvis' aka Damian Mullin Hosted by Mordialloc Community Centre</p> <p>Come join us for an exciting afternoon with Elvis. Cost includes a 2-course lunch, tea, coffee with champagne or sherry on arrival.</p>	<p>Mordialloc Football Club – Ben Kavanagh Reserve McDonald Street, Mordialloc</p>	  	<p>Bookings are essential, contact Kathy on 9580 3675 or kathy@mordicc.org.au</p>
<p>1.30pm – 3pm \$10</p>	<p>Downsizing Information Session Hosted by Downsizing Connections Group</p> <p>Are you thinking of downsizing? Is your home no longer serving the purpose you bought it for? Join Julia Dyer for independent advice to help you feel more confident and in control on your downsizing journey. Leave with a strategic plan, so you can transition with ease. Refreshments provided.</p>	<p>Mentone Activity Hub 29 Venice Street, Mentone</p>	  	<p>Bookings are essential, contact Julia on 0404 293 485 or info@downsizingconnections.com.au</p>
<p>2pm – 3pm Free</p>	<p>Aged Care Information Session Hosted by AccessCare</p> <p>The City of Kingston's AccessCare team is hosting a free in-home care information session for all Kingston residents. Join us to learn what in-home care is, how to apply for in-home support through My Aged Care and how AccessCare can assist you or your loved one aged 65 years and over to continue living at home for longer.</p>	<p>City of Kingston (Mentone Office) 34 Brindisi Street, Mentone</p>	  	<p>Bookings are essential, contact AccessCare on 1300 819 200 or info@accesscare.org.au</p>















WEDNESDAY 9 OCTOBER (CONTINUED)

7pm – 8pm Free	<p>Aged Care Information Session Hosted by AccessCare</p> <p>The City of Kingston's AccessCare team is hosting a free in-home care information session for all Kingston residents. Join us to learn what in-home care is, how to apply for in-home support through My Aged Care and how AccessCare can assist you or your loved one aged 65 years and over to continue living at home for longer.</p>	City of Kingston (Mentone Office) 34 Brindisi Street, Mentone	  	Bookings are essential, contact AccessCare on 1300 819 200 or info@accesscare.org.au
7.30pm – 10pm Free	<p>Southern Music Club Hosted by Moorabbin Seniors Club Inc.</p> <p>A night of music appreciation. Bring your own instrument, use our piano, organ, sing or listen.</p>	Moorabbin Activity Hub 964 Nepean Highway, Moorabbin		For event enquiries, contact Peter on 0407 817 038 or moorabbinseniors@outlook.com











THURSDAY 10 OCTOBER

8.30am – 9.30am Free	<p>Tai Chi Hosted by Kingston Active</p> <p>A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind.</p>	Waves Leisure Centre 111 Chesterville Road, Highett	  	Bookings are essential, contact Waves Customer Service on 9559 7111 or active@kingston.vic.gov.au
9.30am – 10.30am \$7	<p>Zumba Hosted by Longbeach Place</p> <p>This is a fitness program that is Latin inspired, combining music with dance moves. Zumba classes assist with calorie burning and help to improve cardiovascular fitness - and they're great fun too.</p>	Longbeach Place 15 Chelsea Road, Chelsea	  	For event enquiries, contact Longbeach Place on 9776 1386 or reception@longbeachplace.org.au
9.30am – 11.15am \$10	<p>Zumba Dance Fun Hosted by Mordialloc Community Centre and Dingley Village Neighbourhood Centre</p> <p>Come and enjoy a fun filled Zumba Dance Class with two teachers, in two styles. Followed by light refreshments.</p>	Dingley Village Neighbourhood Centre 31B Marcus Road, Dingley Village	 	Bookings are essential, contact Kathy on 9580 3675 or kathy@mordicc.org.au
10am – 12pm \$10	<p>Walk It, Snap It, Paint It Hosted by Aspendale Gardens Community Service</p> <p>Please join Lee Cummins at Aspendale Gardens Community Service to go on a leisurely walk to the Edithvale Seaford Wetlands where you will snap your inspiration and then come back to our Artist's Hub to paint your work of art. Art materials will be supplied.</p>	Aspendale Gardens Community Centre 103-105 Kearney Drive, Aspendale Gardens		Bookings are essential, contact Ruth on 9587 5955 or enquiries@agcsinc.org.au
10am – 12pm \$5	<p>Line Dancing Hosted by Aspendale Senior Citizens Club</p> <p>Have a fun time line dancing with a friendly group of people including tea, coffee and biscuits. Every Thursday.</p>	Aspendale Senior Citizens Club 151A Station Street, Aspendale	  	For event enquiries, contact Sheila on 0417 542 941 or hermshel@bigpond.com

THURSDAY 10 OCTOBER (CONTINUED)

10am – 12pm Free	<p>Cochlear Implant Information Session Hosted by Cassandra Kerr Audiology Free information session about hearing loss and cochlear implants. Come along to learn how a cochlear implant may help improve your hearing and speak to a cochlear implant recipient about her journey.</p>	Holmesglen Private Hospital (Auditorium in Building 2) 490 South Road, Moorabbin	 	Bookings are essential, contact Administration on 0434 440 008 or admin@ckaudiology.com
11am – 1.30pm Free	<p>Pickleball and Sausage Sizzle Hosted by Cheltenham Community Centre Join us for pickleball and a sausage sizzle. Pickleball is a paddle and ball sport with rules and equipment suitable for all skill levels and age groups.</p>	Cheltenham Community Centre 8 Chesterville Road, Cheltenham		Bookings are essential, contact Customer Service on 9583 0095 or admin@chelt.com.au
11.30am – 12.30pm Free	<p>Zumba Gold Hosted by Kingston Active A low-impact dance fitness class perfect for beginners of all fitness levels and active older adults who are looking for a lower-intensity Zumba class.</p>	Waves Leisure Centre 111 Chesterville Road, Highett	  	Bookings are essential, contact Waves Customer Service on 9559 7111 or active@kingston.vic.gov.au
11.30am – 1pm Free	<p>Craft-a-Noon Hosted by Mordialloc Neighbourhood House Come along and enjoy a high tea and some craft activities.</p>	Mordialloc Neighbourhood House 457 Main Street, Mordialloc	  	Bookings are essential, contact Katherine on 9587 4534 or admin@mordihouse.com.au
1pm – 2pm Free	<p>Jacinta Parsons – A Question of Age Hosted by Kingston Libraries Jacinta Parsons is a radio broadcaster on ABC Radio Melbourne, writer and public speaker. Her 2022 book, A Question of Age was described as “a beautifully written, searing and powerful examination of women and ageing. Intense, compelling, poetic and raging.” Come and hear Jacinta discuss ageing and raging.</p>	Cheltenham Library 12 Stanley Avenue, Cheltenham	  	Bookings are essential, contact 1300 135 668 or libraryevents@kingston.vic.gov.au
1pm – 3.30pm Free	<p>Table Tennis Hosted by Moorabbin Seniors Club Inc. Enjoy a social game of table tennis. Beginners and seasoned veterans welcome. Bring your own bat.</p>	Moorabbin Activity Hub 964 Nepean Highway, Moorabbin		For event enquiries, contact Julie on 0405 035 427 or moorabbinseniors@outlook.com
1pm – 4pm Free	<p>Mah Jong Hosted by Cheltenham Life Activities Club Come along for a social game of Mah Jong (Western) with a friendly group of people.</p>	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Maureen on 0432 222 807 or tmwhorlton@optusnet.com.au

FRIDAY 11 OCTOBER

11.15am – 12.30pm Free	<p>Promoting Good Health and Wellbeing Information Session Hosted by Westall Community Hub</p> <p>Come along to this informative session to learn tips and strategies to promote good physical, mental, social and emotional wellbeing. The workshop is presented by health professionals from The Water Well Project.</p>	Westall Community Hub 35 Fairbank Road, Clayton South	   	Bookings are essential, contact Westall Community Hub on 9581 3050 or westallhub@kingston.vic.gov.au
12.30pm – 2.30pm Free	<p>Friday Trivia Hosted by Chelsea Heights Community Centre</p> <p>Gather your friends and come join us for an entertaining afternoon of trivia. Teams of up to 8 people are welcome. Feel free to bring your own non-alcoholic beverages and snacks. Hot drinks available on the day. All welcome.</p>	Chelsea Heights Community Centre 160 Thames Promenade, Chelsea Heights	 	Bookings are essential, contact Amandine on 9772 3391 or office@chelseaheightscommunitycentre.com.au
1pm – 3pm Free	<p>Table Tennis Hosted by Cheltenham Life Activities Club</p> <p>Come along for a social game of table tennis with a friendly group of players. New members are welcome.</p>	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Alf on 0403 644 138
1pm – 4pm Free	<p>Cards 500 and Rummy Tiles Hosted by Cheltenham Life Activities Club</p> <p>Come along for a game of Cards 500 or Rummy Tiles. Both card games are easy to learn and lots of fun. New players are welcome.</p>	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Yvonne on 9584 2537







SUNDAY 13 OCTOBER

10am – 2pm Free	<p>Mentone Community Garden Open Day Hosted by Mentone Community Garden Club</p> <p>Open day with talks, demonstrations, and tours of the community garden. Come with family and friends.</p>	Mentone Community Garden 9 Venice Street, Mentone	  	For event enquiries, contact Joanne on 0417 590 011
1pm – 4.30pm \$3	<p>Sunday Afternoon Tea Dance Hosted by Aspendale Senior Citizens Club</p> <p>Come and join us in a fun afternoon of old time and new vogue dancing or just listen to great music. Included is a light afternoon tea.</p>	Aspendale Senior Citizens Club 151A Station Street, Aspendale	  	For event enquiries, contact Sheila on 0417 542 941 or hermshel@bigpond.com













MONDAY 14 OCTOBER

<p>10am – 12pm</p> <p>Free</p>	<p>Mordialloc Creek and Foreshore Walk Hosted by Mordialloc and District Historical Society and Kingston U3A</p> <p>The Mordialloc and District Historical Society and Kingston U3A are hosting a walking tour of Mordialloc's historical sites. This is a weather dependent activity.</p>	<p>The Bronze Horse Mordialloc Beach Trail, opposite Bay Street, Mordialloc</p>	 	<p>For event enquiries, contact Jackie on 9580 8328 or office@u3akingston.org.au</p>
<p>11.30am – 12.15pm</p> <p>Free</p>	<p>Fire Safety Information Session Hosted by Kingston City Council</p> <p>Presented by Fire Rescue Victoria, this interactive session helps community members understand home-fire risks, how to prevent fires, how to ensure you have working smoke alarms that are suitable to your needs, and the importance of having a home escape plan.</p>	<p>Patterson Lakes Community Centre 54–70 Thompson Road, Patterson Lakes</p>	 	<p>Bookings are essential, contact Patterson Lakes Community Centre on 9581 3040 or pattersonlakes.cc@kingston.vic.gov.au</p>
<p>11.30am – 12.30pm</p> <p>Free</p>	<p>Cryptic Crosswords for Beginners Hosted by Kingston Libraries</p> <p>To the uninitiated, Cryptic Crosswords can seem impossible and best left to geniuses. Yet, once taught the basics, you can find them addictive, satisfying and surprisingly accessible. After attending this Laneway Learning class, you will have all the tools needed to tackle any cryptic clue.</p>	<p>Parkdale Library 96 Parkers Road, Parkdale</p>	  	<p>Bookings are essential, contact 1300 135 668 or libraryevents@kingston.vic.gov.au</p>
<p>1pm – 3.30pm</p> <p>Free</p>	<p>Table Tennis Hosted by Moorabbin Seniors Club Inc.</p> <p>Enjoy a social game of table tennis. Beginners and seasoned veterans welcome. Bring your own bat.</p>	<p>Moorabbin Activity Hub 964 Nepean Highway, Moorabbin</p>		<p>For event enquiries, contact Julie on 0405 035 427 or moorabbinseniors@outlook.com</p>
<p>1pm – 4pm</p> <p>Free</p>	<p>Scrabble Hosted by Cheltenham Life Activities Club</p> <p>Come along for a social game of Scrabble with a friendly group of people. New members are welcome.</p>	<p>Cheltenham East Community Centre 41 Follett Road, Cheltenham</p>	 	<p>Bookings are essential, contact Helen on 0437 856 629</p>
<p>1pm – 4.30pm</p> <p>Free</p>	<p>Kingston U3A – Open Day Hosted by Kingston U3A</p> <p>Kingston U3A will host an Open Day with activities throughout the day. Activities include line dancing, scrabble and table tennis. For further details visit www.u3akingston.org.au</p>	<p>Alan McLean Hall 37 Albert Street, Mordialloc</p>	  	<p>For event enquiries, contact Jackie on 9580 8328 or office@u3akingston.org.au</p>
<p>1.15pm – 3pm</p> <p>Free</p>	<p>Concert with Professional Entertainer – Sandie Dodd Hosted by Aspendale Senior Citizens Club</p> <p>Come and listen to some great music and singing by a wonderful entertainer. Enjoy a warm welcome from our members and have a chat over a cup of tea or coffee and biscuits.</p>	<p>Aspendale Senior Citizens Club 151A Station Street, Aspendale</p>	  	<p>For event enquiries, contact Sheila on 0417 542 941 or hermshel@bigpond.com</p>



MONDAY 14 OCTOBER (CONTINUED)

2pm – 3pm Free	Tai Chi Hosted by Kingston Active A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind.	Waves Leisure Centre 111 Chesterville Road, Highett	  	Bookings are essential, contact Waves Customer Service on 9559 7111 or active@kingston.vic.gov.au
7.30pm – 9.30pm Free	Mosaic Community Choir – Come and Try Hosted by Mosaic Community Choir Come along for the open choir rehearsal. Try singing with our fun-loving choir to see if it is something you would enjoy too.	Southern Community Church of Christ 12 Chesterville Road, Cheltenham	  	Bookings are essential, contact Cheryl on 0411 883 099














TUESDAY 15 OCTOBER

9.15am – 5.15pm Free	Kingston U3A – Open Day Hosted by Kingston U3A Kingston U3A will host an Open Day with activities throughout the day. Activities include marquetry, tai chi, 500 and Australian history. For further details visit www.u3akingston.org.au	Courthouse and Alan McLean Hall 37 Albert Street, Mordialloc	  	For event enquiries, contact Jackie on 9580 8328 or office@u3akingston.org.au
10am – 12pm \$5	Art Innovations Hosted by Longbeach Place Come and join others in our relaxed environment as we explore visual arts across a range of mediums. Paint a still life with watercolour or acrylics, learn to sketch and have a chat and a cuppa. Then take home your masterpieces. Learn about colours, form, and perspective and let your creativity go wild.	Longbeach Place 15 Chelsea Road, Chelsea	  	For event enquiries, contact Longbeach Place on 9776 1386 or reception@longbeachplace.org.au
10am – 12pm Free	Table Tennis Hosted by Mordialloc Community Centre Come along for a game of table tennis. Beginners and pros welcome. Join in for a social couple of hours.	Mordialloc Community Centre 115 Warren Road, Parkdale	  	Bookings are essential, contact Kathy on 9580 3675 or kathy@mordicc.org.au
11am – 5pm Free	Kingston U3A – Art, Craft and Photography Exhibition Hosted by Kingston U3A Kingston U3A's Art, Craft and Photography Groups are holding an exhibition of their work. The exhibition runs over two weeks on Tuesday, Wednesday, Thursday and Friday. Come along and browse items for sale. Coffee van out the front.	Le Studio Art Space 24–26 Crown Avenue, Mordialloc		For event enquiries, contact Jackie on 9580 8328 or office@u3akingston.org.au
1pm – 3pm Free	Table Tennis Hosted by Cheltenham Life Activities Club Come along for a social game of table tennis with a friendly group of people. New players are welcome.	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Alf on 0403 644 138





TUESDAY 15 OCTOBER (CONTINUED)

7pm – 10pm Free	Badminton Hosted by Cheltenham Life Activities Club Come along for a game of badminton with a friendly group of people. New members are welcome.	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Sandy on 0431 217 466 or sandy_malhotra@hotmail.com
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WEDNESDAY 16 OCTOBER

6am – 9pm Free	Free Swim at Waves Leisure Centre Hosted by Kingston Active To celebrate Kingston Seniors Festival, Kingston residents aged 60+ can use the pool for free on Wednesdays during October. Just mention Kingston Seniors Festival to the friendly staff member at the front counter.	Waves Leisure Centre 111 Chesterville Road, Highett	  	For event enquiries, contact Waves Customer Service on 9559 7111 or active@kingston.vic.gov.au
9.30am – 4pm Free	Kingston U3A – Open Day Hosted by Kingston U3A Kingston U3A will host an Open Day with activities throughout the day. Activities include exercise to music, Mahjong, writer's support, ukelele, karaoke and Bolivia. For further details visit www.u3akingston.org.au	Courthouse and Alan McLean Hall 37 Albert Street, Mordialloc	  	For event enquiries, contact Jackie on 9580 8328 or office@u3akingston.org.au
11am – 12pm Free	Falls Prevention Seminar Hosted by AccessCare Join the City of Kingston's AccessCare team to learn how you can protect yourself or a loved one from injuries caused by falls around the home. This interactive seminar will be held in partnership with Empower Healthcare and offers the chance for you to ask the team any questions you have about how you can modify your own home to make it as safe and accessible as possible.	City of Kingston (Mentone Office) 34 Brindisi Street, Mentone	  	Bookings are essential, contact AccessCare on 1300 819 200 or info@accesscare.org.au
11am – 2pm Free	Lawn Bowls – Come and Try Hosted by Edithvale Lawn Bowls Club Introduction and coaching in lawn bowls.	Edithvale Bowls Club 109 Edithvale Road, Edithvale	 	For event enquiries, contact Ray on 0417 386 635 or rayweston1946@gmail.com
11.30am – 12.30pm Free	Active Seniors Yoga Hosted by Kingston Active Designed for active seniors, this session focuses on gentle movement emphasizing physical postures, deep breathing, mindfulness and connecting to your body.	Waves Leisure Centre 111 Chesterville Road, Highett	  	Bookings are essential, contact Waves Customer Service on 9559 7111 or active@kingston.vic.gov.au










WEDNESDAY 16 OCTOBER (CONTINUED)

1pm – 3pm Free	<p>Movement is Medicine Hosted by Aspendale Gardens Community Service</p> <p>Get empowered. A qualified physiotherapist from Back in Motion Aspendale Gardens will discuss how to manage ageing, including the benefits of exercise, debunking common myths associated with ageing, and safe and effective ways to stay active. Take part in a free over 55s exercise class straight after the discussion.</p>	Aspendale Gardens Community Centre 103–105 Kearney Drive, Aspendale Gardens		Bookings are essential, contact Ruth on 9587 5955 or enquiries@agcsinc.org.au
6pm – 7pm Free	<p>Falls Prevention Seminar Hosted by AccessCare</p> <p>Join the City of Kingston's AccessCare team to learn how you can protect yourself or a loved one from injuries caused by falls around the home. This interactive seminar will be held in partnership with Empower Healthcare and offers the chance for you to ask the team any questions you have about how you can modify your own home to make it as safe and accessible as possible.</p>	City of Kingston (Mentone Office) 34 Brindisi Street, Mentone	  	Bookings are essential, contact AccessCare on 1300 819 200 or info@accesscare.org.au






THURSDAY 17 OCTOBER

8.30am – 9.30am Free	<p>Tai Chi Hosted by Kingston Active</p> <p>A Chinese exercise system that uses slow, smooth body movements to achieve a state of relaxation of both body and mind.</p>	Waves Leisure Centre 111 Chesterville Road, Highett	  	Bookings are essential, contact Waves Customer Service on 9559 7111 or active@kingston.vic.gov.au
10am – 11.30am Free	<p>Heritage Walk Hosted by Chelsea Heights Community Centre</p> <p>Embark on a journey through Chelsea to uncover hidden treasures and fascinating historical facts. Join us for a themed walk, presented in partnership with a member of Chelsea Historical Society.</p>	Chelsea Heights Community Centre 160 Thames Promenade, Chelsea Heights	 	Bookings are essential, contact Amandine on 9772 3391 or office@chelseaheightscommunitycentre.com.au
10am – 4pm Free	<p>Kingston U3A – Open Day Hosted by Kingston U3A</p> <p>Kingston U3A will host an Open Day with activities throughout the day. Activities include photography, drawing and watercolour painting, craft group, dancing and choir. For further details visit www.u3akingston.org.au</p>	Courthouse and Alan McLean Hall 37 Albert Street, Mordialloc	  	For event enquiries, contact Jackie on 9580 8328 or office@u3akingston.org.au
10.30am – 12pm Free	<p>Wellbeing and Financial Literacy Hosted by Better Health Network</p> <p>An interactive workshop that focuses on wellbeing (physical, social, emotional, financial) and includes some trivia and fun activities. Participants will gain knowledge from this workshop and have fun.</p>	Clarinda Community Centre 58 Viney Street, Clarinda	 	For event enquiries, contact Claire on 0448 092 673 or cemmanuel@bhn.org.au





THURSDAY 17 OCTOBER (CONTINUED)

11am – 12.30pm Gold coin donation	Pryme Ball <i>Hosted by Mordialloc Community Centre</i> Pryme ball is a walking version of volleyball. Curious? Come along and see what all the fun is about. Followed by coffee and scones.	Mordialloc Community Centre 115 Warren Road, Parkdale	 	Bookings are essential, contact Kathy on 9580 3675 or kathy@mordicc.org.au
11.30am – 12.30pm Free	Zumba Gold <i>Hosted by Kingston Active</i> A low-impact dance fitness class perfect for beginners of all fitness levels and active older adults who are looking for a modified Zumba class that recreates the original moves at a lower-intensity.	Waves Leisure Centre 111 Chesterville Road, Highett	 	Bookings are essential, contact Waves Customer Service on 9559 7111 or active@kingston.vic.gov.au
12pm – 1.30pm Free	First Aid for Seniors <i>Hosted by Mordialloc Neighbourhood House</i> Come along to this workshop to learn basic first aid. You will learn about the signs and symptoms to look out for.	Mordialloc Neighbourhood House 457 Main Street, Mordialloc	 	Bookings are essential, contact Katherine on 9587 4534 or Manager@mordihouse.com.au
1pm – 3.30pm Free	Table Tennis <i>Hosted by Moorabbin Seniors Club Inc.</i> Enjoy a social game of table tennis. Beginners and seasoned veterans welcome. Bring your own bat.	Moorabbin Activity Hub 964 Nepean Highway, Moorabbin		For event enquiries, contact Julie on 0405 035 427 or moorabbinseniors@outlook.com
1pm – 4pm Free	Mah Jong <i>Hosted by Cheltenham Life Activities Club</i> Come along for a social game of Mah Jong (Western) with a friendly group of people.	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Maureen on 0432 222 807 or tmwhorlton@optusnet.com.au










FRIDAY 18 OCTOBER

9.30am – 4.45pm Free	Kingston U3A – Open Day <i>Hosted by Kingston U3A</i> Kingston U3A will host an Open Day with activities throughout the day. Activities include bridge, ukelele, table tennis and abstract acrylic painting. For further details visit www.u3akingston.org.au	Alan McLean Hall 37 Albert Street, Mordialloc	 	For event enquiries, contact Jackie on 9580 8328 or office@u3akingston.org.au
10am – 12pm Free	Seniors Festival Hearing Health Event <i>Hosted by Victorian Otolaryngology Head and Neck Services</i> Come along to our Seniors Festival Hearing Health Event to learn more about your ears. This is a free, fun, and informative event with special guests including Associate Professor Elizabeth Sigston (ENT), Cassandra Kerr (Audiologist), and Lara Graham (Ear Nurse). There are games, prizes and giveaways to be won including vouchers towards wax removal and hearing aids. Refreshments will also be provided. Be sure to RSVP to secure your place.	Holmesglen Private Hospital (Auditorium in Building 2) 490 South Road, Moorabbin	  	Bookings are essential, contact Admin on 1300 675 467 or admin@orlhns.com.au








FRIDAY 18 OCTOBER (CONTINUED)

11.15am – 12.30pm Free	<p>Falls and Balance Information Session Hosted by Westall Community Hub An information session about falls and balance, presented by health professionals from The Water Well Project.</p>	Westall Community Hub 35 Fairbank Road, Clayton South	   	Bookings are essential, contact Westall Community Hub on 9581 3050 or westallhub@kingston.vic.gov.au
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MONDAY 21 OCTOBER

9.30am – 11am Free	<p>Walking Group Hosted by Mordialloc Community Centre Like walking and talking and getting fit at the same time? Then we would love to see you join our walking group, followed by a cuppa back at the centre.</p>	Mordialloc Community Centre 115 Warren Road, Parkdale	  	Bookings are essential, contact Kathy on 9580 3675 or kathy@mordicc.org.au
10am – 12pm Free	<p>Historic Mentone Walk Hosted by Mordialloc and District Historical Society and Kingston U3A The Mordialloc and District Historical Society and Kingston U3A are hosting a walking tour of Mentone's historic sights. This is a weather dependent activity.</p>	Mentone Hotel Corner Mentone Parade and Beach Road, Mentone		For event enquiries, contact Jackie on 9580 8328 or office@u3akingston.org.au
10am – 12.30pm Free	<p>Table Tennis Hosted by Moorabbin Seniors Club Inc. Enjoy a social game of table tennis. Beginners and seasoned veterans welcome. Bring your own bat.</p>	Moorabbin Activity Hub 964 Nepean Highway, Moorabbin		For event enquiries, contact Julie on 0405 035 427 or moorabbinseniors@outlook.com
10.30am – 11.30am Free	<p>Zumba Gold Hosted by Aspendale Gardens Community Service Zumba Gold is a fitness program that combines dance and fitness moves. Don't worry if you haven't danced in a long time or not at all. Just let your hair down.</p>	Aspendale Gardens Community Centre 103–105 Kearney Drive, Aspendale Gardens		Bookings are essential, contact Ruth on 9587 5955 or enquiries@agcsinc.org.au
1.15pm – 3pm Free	<p>Concert with Professional Entertainer – Rob Foenander Hosted by Aspendale Senior Citizens Club Come and listen to some great music and singing by a wonderful entertainer. Enjoy a warm welcome from our members and have a chat over a cup of tea or coffee and biscuits.</p>	Aspendale Senior Citizens Club 151A Station Street, Aspendale	  	For event enquiries, contact Sheila on 0417 542 941 or hermshel@bigpond.com
















TUESDAY 22 OCTOBER

11am – 5pm Free	Kingston U3A – Art, Craft and Photography Exhibition Hosted by Kingston U3A Kingston U3A's Art, Craft and Photography Groups are holding an exhibition of their work. The exhibition runs over two weeks on Tuesday, Wednesday, Thursday and Friday. Come along and browse items for sale and a coffee van out the front.	Le Studio Art Space 24–26 Crown Avenue, Mordialloc		For event enquiries, contact Jackie on 9580 8328 or office@u3akingston.org.au
12pm – 1pm Free	Ukuleles in the Park Hosted by Kingston U3A Kingston U3A's Ukulele Group is holding a concert in the park. Come along with a picnic lunch, rug, folding chair and your singing voice.	Mentone Activity Hub 28 Venice Street, Mentone	 	For event enquiries, contact Jackie on 9580 8328 or office@u3akingston.org.au
1pm – 3pm Free	Table Tennis Hosted by Cheltenham Life Activities Club Come along for a social game of table tennis with a friendly group of people. New players are welcome.	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Alf on 0403 644 138
7pm – 10pm Free	Badminton Hosted by Cheltenham Life Activities Club Come along for a game of badminton with a friendly group of people. New members are welcome.	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Sandy on 0431 217 466 or sandy_malhotra@hotmail.com










WEDNESDAY 23 OCTOBER

6am – 9pm Free	Free Swim at Waves Leisure Centre Hosted by Kingston Active To celebrate Kingston Seniors Festival, Kingston residents aged 60+ can use the pool for free on Wednesdays during October. Just mention Kingston Seniors Festival to the friendly staff member at the front counter.	Waves Leisure Centre 111 Chesterville Road, Highett	 	For event enquiries, contact Waves Customer Service on 9559 7111 or active@kingston.vic.gov.au
9.30am – 10.30am Free	Zumba Gold Hosted by Clarinda Community Centre A low-impact Latin-inspired, easy to follow dance fitness class, designed for active older adults, true beginners, or people who haven't exercised for a while.	Clarinda Community Centre 58 Viney Street, Clarinda	 	Bookings are essential, contact Clarinda Community Centre on 8551 1200 or clarindacc@kingston.vic.gov.au
10am – 12pm Free	Lawn Bowls – Come and Try Hosted by Mordialloc Bowls Club and Kingston U3A This is an opportunity to try lawn bowls for the first time. Kingston U3A has partnered with Mordialloc Bowls Club to offer this free event.	Mordialloc Bowls Club 38 McDonald Street, Mordialloc	 	For event enquiries, contact Jackie on 9580 8328 or office@u3akingston.org.au
11.30am – 3pm \$15	La Dolce Vita Hosted by Circolo Pensionati Italiani di Oakleigh e Clayton Dance with live music. Lunch provided. BYO drinks.	Clayton Hall 264 Clayton Road, Clayton (entry via Mary Street)	 	Bookings are essential, contact Lily on 0435 032 614 or lilypresti@gmail.com




THURSDAY 24 OCTOBER

<p>10.15am – 11am Gold coin donation</p>	<p>Line Dancing Class Hosted by Mordialloc Community Centre Join our beginners line dancing class for a bit of fun with like-minded people.</p>	<p>Mordialloc Community Centre 115 Warren Road, Parkdale</p>	  	<p>Bookings are essential, contact Kathy on 9580 3675 or kathy@mordicc.org.au</p>
<p>10.30am – 2.30pm \$10</p>	<p>Classic Trivia Hosted by Chelsea Community Church of Christ and Careworks Come along to a day of trivia, fun and laughter. Prizes and a silent auction. The day will include our famous light lunch.</p>	<p>Chelsea Community Church of Christ and Careworks 3–5 Blantyre Street, Chelsea</p>	  	<p>Bookings are essential, contact Chelsea Community Church of Christ and Careworks on 9773 0301 or admin@chelseachurchofchrist.org.au</p>
<p>1pm – 1.45pm Free (for new participants)</p>	<p>Tai Chi Hosted by Chelsea Heights Community Centre Explore the wellness advantages of Tai Chi and Qigong's serene and gentle exercises. Current participants can also bring a friend along for free.</p>	<p>Chelsea Heights Community Centre 160 Thames Promenade, Chelsea Heights</p>	  	<p>For event enquiries, contact Amandine on 9772 3391 or office@chelseaheightscommunitycentre.com.au</p>
<p>1pm – 3.30pm Free</p>	<p>Table Tennis Hosted by Moorabbin Seniors Club Inc. Enjoy a social game of table tennis. Beginners and seasoned veterans welcome. Bring your own bat.</p>	<p>Moorabbin Activity Hub 964 Nepean Highway, Moorabbin</p>	 	<p>For event enquiries, contact Julie on 0405 035 427 or moorabbinseniors@outlook.com</p>
<p>1pm – 4pm Free</p>	<p>Mah Jong Hosted by Cheltenham Life Activities Club Come along for a social game of Mah Jong (Western) with a friendly group of people.</p>	<p>Cheltenham East Community Centre 41 Follett Road, Cheltenham</p>	  	<p>Bookings are essential, contact Maureen on 0432 222 807 or tmwhorlton@optusnet.com.au</p>
<p>7.30pm – 10pm \$20</p>	<p>Legends of the Skies Series 12 Hosted by Legends of the Skies Theatre Inc. Celebrate Australia's rich aviation history with all new stories. This year we will feature the 1934 London to Melbourne Mac Robertson Air Race.</p>	<p>Moorabbin Air Museum 12 First Street, Moorabbin Airport</p>		<p>Bookings are essential through TryBooking from late September, contact Jim on 0401 635 544 or jswilliams@optusnet.com.au for more information.</p>






FRIDAY 25 OCTOBER

11.15am – 12.30pm Free	<p>Preventative Health Information Session Hosted by Westall Community Hub An information session about preventative health, presented by health professionals from The Water Well Project.</p>	Westall Community Hub 35 Fairbank Road, Clayton South	   	Bookings are essential, contact Westall Community Hub on 9581 3050 or westallhub@kingston.vic.gov.au
1pm – 3pm Free	<p>Table Tennis Hosted by Cheltenham Life Activities Club Come along for a social game of table tennis with a friendly group of people. New players are welcome.</p>	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Alf on 0403 644 138
1pm – 4pm Free	<p>Cards 500 and Rummy Tiles Hosted by Cheltenham Life Activities Club Come along for a game of Cards 500 or Rummy Tiles. Both card games are easy to learn and lots of fun. New players are welcome.</p>	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Yvonne on 9584 2537
7.30pm – 10pm \$20	<p>Legends of the Skies Series 12 Hosted by Legends of the Skies Theatre Inc. Celebrate Australia's rich aviation history with all new stories. This year we will feature the 1934 London to Melbourne Mac Robertson Air Race.</p>	Moorabbin Air Museum 12 First Street, Moorabbin Airport		Bookings are essential through TryBooking from late September, contact Jim on 0401 635 544 or jswilliams@optusnet.com.au for more information.


SATURDAY 26 OCTOBER

10am – 3pm \$5	<p>Crafty Crafters Pop Up Stitching and Craft Day Hosted by Chelsea Activity Hub Crafty Crafters Bring your craft, scrapbooking or sewing and join the Chelsea Activity Hub 'Crafty Crafters' for a crafty day in a bright and friendly atmosphere. Plenty of room for sewing machines and laying out quilts.</p>	Chelsea Activity Hub 3–5 Showers Avenue, Chelsea	  	For event enquiries, contact Chelsea Activity Hub on 9581 3045 or chelseaactivityhub@kingston.vic.gov.au
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SATURDAY 26 OCTOBER (CONTINUED)

10.30am – 12.30pm Free	<p>Writing Workshop with Melanie Joosten – Writing Older Characters Hosted by Kingston Libraries</p> <p>Melanie Joosten is the author of three acclaimed novels, most recently 'Like Fire-Hearted Suns' about the suffragettes. Melanie also wrote an essay collection, 'A Long Time Coming' which drew on her experience as a social worker and researcher in the fields of ageing, elder abuse and social policy. It was awarded the Australasian Journal of Ageing Book of the Year Award, and shortlisted for the Nib Literary Award, for which it won the People's Choice prize. Melanie will have you thinking about age stereotypes, how writing and perceptions can be affected by ageism and social expectations, exploring the purpose of older characters in your work and how to write nuanced and realistic older characters.</p>	Chelsea Library 1 Chelsea Road, Chelsea	  	Bookings are essential, contact 1300 135 668 or libraryevents@kingston.vic.gov.au
2pm – 4.30pm \$20	<p>Legends of the Skies Series 12 Hosted by Legends of the Skies Theatre Inc.</p> <p>Celebrate Australia's rich aviation history with all new stories. This year we will feature the 1934 London to Melbourne Mac Robertson Air Race.</p>	Moorabbin Air Museum 12 First Street, Moorabbin Airport		Bookings are essential through TryBooking from late September, contact Jim on 0401 635 544 or jswilliams@optusnet.com.au for more information.
7.30pm – 10pm \$20	<p>Legends of the Skies Series 12 Hosted by Legends of the Skies Theatre Inc.</p> <p>Celebrate Australia's rich aviation history with all new stories. This year we will feature the 1934 London to Melbourne Mac Robertson Air Race.</p>	Moorabbin Air Museum 12 First Street, Moorabbin Airport		Bookings are essential through TryBooking from late September, contact Jim on 0401 635 544 or jswilliams@optusnet.com.au for more information.

SUNDAY 27 OCTOBER

2pm – 4.30pm \$20	<p>Legends of the Skies Series 12 Hosted by Legends of the Skies Theatre Inc.</p> <p>Celebrate Australia's rich aviation history with all new stories. This year we will feature the 1934 London to Melbourne Mac Robertson Air Race.</p>	Moorabbin Air Museum 12 First Street, Moorabbin Airport		Bookings are essential through TryBooking from late September, contact Jim on 0401 635 544 or jswilliams@optusnet.com.au for more information.
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MONDAY 28 OCTOBER

1pm – 3pm Free	Travel Around the World Virtually Hosted by Cheltenham Community Centre Join us at Cheltenham Community Centre for a Virtual Reality travel experience. This activity runs for a group of ten participants at the time, each enjoying a 15-minute session.	Cheltenham Community Centre 8 Chesterville Road, Cheltenham		Bookings are essential, contact Cheltenham Community Centre on 9583 0095 or admin@chelt.com.au
1pm – 3.30pm Free	Table Tennis Hosted by Moorabbin Seniors Club Inc. Enjoy a social game of table tennis. Beginners and seasoned veterans welcome. Bring your own bat.	Moorabbin Activity Hub 964 Nepean Highway, Moorabbin		For event enquiries, contact Julie on 0405 035 427 or moorabbinseniors@outlook.com
1pm – 4pm Free	Scrabble Hosted by Cheltenham Life Activities Club Come along for a social game of scrabble with a friendly group of people. New members are welcome.	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Helen on 0437 856 629
1.15pm – 3pm Free	Concert with Professional Entertainer – Marcia Rae Hosted by Aspendale Senior Citizens Club Come and listen to some great music and singing by a wonderful entertainer. Enjoy a warm welcome from our members and have a chat over a cup of tea or coffee and biscuits.	Aspendale Senior Citizens Club 151A Station Street, Aspendale	  	For event enquiries, contact Sheila on 0417 542 941 or hermshel@bigpond.com




TUESDAY 29 OCTOBER

1pm – 3pm Free	Table Tennis Hosted by Cheltenham Life Activities Club Come along for a social game of table tennis with a friendly group of people. New players are welcome.	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Alf on 0403 644 138
7pm – 10pm Free	Badminton Hosted by Cheltenham Life Activities Club Come along for a game of badminton with a friendly group of people. New members are welcome.	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Sandy on 0431 217 466 or sandy_malhotra@hotmail.com

WEDNESDAY 30 OCTOBER

6am – 9pm Free	Free Swim at Waves Leisure Centre <i>Hosted by Kingston Active</i> To celebrate Kingston Seniors Festival, Kingston residents aged 60+ can use the pool for free on Wednesdays during October. Just mention Kingston Seniors Festival to the friendly staff member at the front counter.	Waves Leisure Centre 111 Chesterville Road, Highett	 	For event enquiries, contact Waves Customer Service on 9559 7111 or active@kingston.vic.gov.au
10am – 11am Free	Get Cupcake Creative <i>Hosted by Chelsea Heights Community Centre</i> Get creative and decorate your own cupcake, starting with plain pre-baked cupcakes. All materials provided.	Chelsea Heights Community Centre 160 Thames Promenade, Chelsea Heights	 	Bookings are essential, contact Amandine on 9772 3391 or office@chelseaheightscommunitycentre.com.au

THURSDAY 31 OCTOBER

1pm – 3.30pm Free	Table Tennis <i>Hosted by Moorabbin Seniors Club Inc.</i> Enjoy a social game of table tennis. Beginners and seasoned veterans welcome. Bring your own bat.	Moorabbin Activity Hub 964 Nepean Highway, Moorabbin		For event enquiries, contact Julie on 0405 035 427 or moorabbinseniors@outlook.com
1pm – 4pm Free	Mah Jong <i>Hosted by Cheltenham Life Activities Club</i> Come along for a social game of Mah Jong (Western) with a friendly group of people.	Cheltenham East Community Centre 41 Follett Road, Cheltenham	 	Bookings are essential, contact Maureen on 0432 222 807 or tmwhorlton@optusnet.com.au



DAHLIN!

IT'S THE JEANNE LITTLE SHOW!

Performed with aplomb by Caroline Ferguson and moving seamlessly from story to song and back again, this is the story of an Australian icon who did things her way.

Jeanne Little found great success through hard work, perseverance and an irresistible love for life to take her honoured place in Australian entertainment history.

SUNDAY 24 NOVEMBER 2024, 2PM – 2.50PM

Shirley Burke Theatre, 64 Parkers Road, Parkdale

\$35.00 Full | \$30 Concession

Bookings at kingstonarts.com.au/Whats-On/all-events/dahlin-its-the-jeanne-little-show or Kingston Box Office ☎ 9556 4440.

Support at home *and* in your community



Here at AccessCare, we understand that home is a special place for many people. Understandably, it's where most of us would like to grow old, surrounded by photos and memories from a long life well lived.

Who is AccessCare?

AccessCare is an experienced home care provider that has been supporting older people to continue living at home safely and with dignity for 30 years.

As a City of Kingston service, we offer our clients reliability and accountability. The City of Kingston is committed to providing its senior residents with in-home care services, and through AccessCare ensures community members are supported to live independently in the comfort of their own homes.

Our people

AccessCare's highly qualified team includes trained support workers, registered nurses and health specialists as well as home maintenance workers, bus drivers and volunteers, with everyone working together to provide our clients with a holistic approach to healthcare.







Additionally, we specialise in care management, and employ an exceptional team of professionals who provide our clients and their families with advice, care and compassion.

We believe in people-centric care and put our clients' wellbeing at the heart of everything we do.

Our services

AccessCare provides a wide range of support services to assist people to live independently in their own home.

Some of the services we provide include:

-  Personal care, including dressing and showering
-  Meal delivery and grocery shopping
-  Housework, laundry and meal preparation
-  Social outings and transport to medical appointments
-  Home modifications
-  Respite care

To access our services, you will need to be registered with My Aged Care and approved for either the Commonwealth Home Support Programme or a Home Care Package. If you aren't registered already, you can contact My Aged Care on 1800 200 422 to book your free assessment.

If you have any questions about how to register for in-home care services or how AccessCare can support you to live at home for longer, please reach out to our friendly team on 1300 819 200, or email info@accesscare.org.au



Kingston Services Expo 2024

Tuesday 12 November | 10am - 3pm
Kingston City Hall | 979-985 Nepean Hwy, Moorabbin

Come along for information about support services and ways to stay active and engaged in the community.

You can meet:

- ✓ Approved aged care service providers, including Kingston's AccessCare team
- ✓ Disability service providers
- ✓ Various support services, including financial, legal, carer support, palliative care, and mental health

Learn more about:

- ✓ Navigating the aged care system and NDIS
- ✓ Low-cost community activities, exercise programs and social groups
- ✓ Paid or volunteer employment opportunities

Accessibility:

Kingston City Hall is wheelchair accessible. Located close to Moorabbin train station and bus stop. The parking time limits in the following areas will be lifted for the day except in areas marked with red signs or 15-minute restrictions: 1P/ 2P parking within the service lane immediately around City Hall, 2P zone on Station Street and 2P zones in Tuck Street.

FOR MORE INFORMATION VISIT
KINGSTON.VIC.GOV.AU/SENIORS-FESTIVAL

Για περισσότερες πληροφορίες
επισκεφθείτε την ιστοσελίδα
kingston.vic.gov.au/seniors-greek

Per maggiori informazioni visita
kingston.vic.gov.au/seniors-italian

Чтобы получить дополнительную
информацию, посетите сайт
kingston.vic.gov.au/seniors-russian

详情请访问
kingston.vic.gov.au/seniors-chinese

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kingston.vic.gov.au/seniors-vietnamese

قراي زي جزي تامول عمل نم دي زم لل
kingston.vic.gov.au/seniors-arabic



FREE EVENT
FOR VISITORS AND EXHIBITORS

Expo Information Sessions:

10am	Considering Home Care or Residential Care – what we need to know by Aged Care Specialist Officer, Services Australia
11am	Aged Pension – Your Choices by Financial Information Services Officer, Services Australia
12pm	Achieve Your Dreams by keynote speaker Fiona Demark
1pm	Aged Care Reform by representative of Department of Health and Aged Care
2pm	Accessing National Disability Insurance Scheme funded services by Brotherhood of St Laurence's NDIS Team

YOUR VOICE KINGSTON SENIOR'S NEWSLETTER

This free newsletter is published quarterly and provides information to help people aged 55+ to make informed choices about support options, stay active and engaged, and to maintain independence as long as possible.

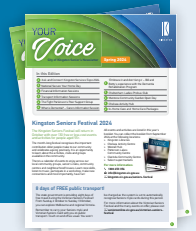
To see current edition visit
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To request past editions or
subscribe to future mailouts,
please call

☎ 1300 653 356

or email

✉ info@kingston.vic.gov.au



COUNCIL CONTACT DETAILS & LANGUAGE LINE

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✉ info@kingston.vic.gov.au

🌐 kingston.vic.gov.au

📞 Language Line:

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