

Glen Eira Seniors Festival 2024



Welcome to the 2024 Glen Eira Seniors Festival Program

Join us for low-cost and free events across Glen Eira to Explore. Engage. Evolve!

For further information or to book an event, visit www.gleneira.vic.gov.au/seniors-festival email seniorsfestival@gleneira.vic.gov.au or call 9524 3333.

Not Strictly Ballroom

Tuesday 1 October, 11am–1.30pm
Glen Eira Town Hall — Auditorium
Bookings: www.trybooking.com/CUUUK
or call 9524 3333

Showcasing ballroom and cultural dancers from Caulfield over 50's Dance Group, and multicultural dance groups. This event is accessible and open to the community to enjoy morning tea, a live band and the incredible skills on display — all in the delightful surrounds of our historic Glen Eira Town Hall Auditorium. Meet the dancers and put your best foot forward! Free.



Defibrillator and CPR training

Tuesday 1 October, 12.30pm–1.30pm
Caulfield South Community House
Bookings: www.csch.org.au/seniors-festival.html

Be prepared for an emergency. Learn the basics of resuscitation and how to use a defibrillator. Free.

Pizza making

Wednesday 2 October, 11am–1pm
Caulfield South Community House
Bookings: www.csch.org.au/seniors-festival.html

Learn how to make pizza dough, get inspiration on what toppings to add and enjoy what is created. Some herbs and harvest will be used from our very own community garden! This event is outside, so dress appropriately. \$10.

Introduction to ChatGPT

Thursday 3 October, 10.30am–12pm
Carnegie Library and Community Centre
Bookings: www.trybooking.com/CSRIN
or call Glen Eira Libraries 9524 3700

Learn the basics of this new technology, how it can be used in your daily life and what you should watch out for to stay safe. Free.

Inside the Museums Victoria collection

Thursday 3 October, 5.30pm–7pm
Carnegie Library and Community Centre
Bookings: www.trybooking.com/CRIRE
or call Glen Eira Libraries 9524 3700

Join Museums Victoria's Senior Curator Deborah Tout-Smith as she shares stories and photographs of the Glen Eira area from the museum's collection. Free.

Beyond the Frame — Cheltenham Art Group

Thursday 3 October–27 October,
10am–5pm Monday–Friday, weekends
1pm–5pm, Glen Eira City Council Gallery

Beyond the Frame brings together GECAG's members and local guest artists to present their recent work. Free.

Wayapa workshop

Friday 4 October, 11am–12.30pm
Murrumbeena Park Community Hub
Bookings: www.trybooking.com/CUSSN
or call 9524 3333.

The practice of Wayapa® combines earth mindfulness, narrative meditation and movement, teaching participants the importance of connecting into the earth and nature for holistic wellness. Free

Croquet and high tea in Elsternwick

Saturdays and Thursdays 5–24 October,
11–1pm, Elsternwick Croquet Club
Bookings essential: call 0423 222 918 or
email playcroquet3185@gmail.com

Try something different on a Thursday and Saturday. Keep fit, laugh and meet new friends while learning croquet. Hosted by club members. Join us at the clubhouse for high tea. \$10 or donation.

Gentle movement for an improved posture

Monday 7 October, 1.30pm–2.30pm
Godfrey Street Community House
Call 9557 9037 email
admin@godfreystreet.org

Improve posture, reduce tension and enhance overall wellbeing. Free.



GLEN EIRA
CITY COUNCIL

Bentleigh. Bentleigh East.
Brighton East. Carnegie.
Caulfield. Elsternwick.
Gardenvale. Glen Huntly.
McKinnon. Murrumbeena.
Ormond. St Kilda East.



Automated External Defibrillator Training

Tuesday 8 October, 10.30am–12pm
Murrumbeena Park Community Hub
Bookings: www.trybooking.com/CUUZF
or call 9524 3333

Be prepared for an emergency. Learn the basics of resuscitation and how to use a defibrillator. Free.

Classic Cinema LGBTQIA+ evening event

Wednesday 9 October, 6.30pm–8.30pm
Classic Cinema
Bookings: www.trybooking.com/CUUZV
or call 9524 3333.

Step into nostalgia at The Classic Cinema! Join us for *Some Like It Hot* to lift your spirits. Treat yourself to complimentary beverage, choc top and popcorn. It's time to relive the magic of cinema in style! Free.

Classic Cinema seniors event

Thursday 10 October, 10am–12pm
Classic Cinema
Booking: www.trybooking.com/CUWMI
or call 9524 3333.

Join us to watch *Thelma* the story about a grandmother losing money to a con artist and the adventure to claim it back! Treat yourself to a complimentary beverage, choc top and popcorn. Free.

Chair-based yoga

Friday 11 October, 2pm–3pm
Glen Eira Adult Learning Centre
Bookings: gealc.org.au/course-category/events-bookings or call GEALC on 9578 8996 or email info@gealc.org.au

Chair-based yoga to replenish your soul and relax. Free.

Moorleigh Community Village — seniors week launch barbecue

Monday 14 October, 11.30am–2pm
Moorleigh Community Village
Bookings: email SeniorsFestival@gleneira.vic.gov.au or call 9524 3333.

Pop down for a barbecue in the beautiful surrounds of the Moorleigh Community Village. Meet and have a chat with the Village tenants. Free.

Home safety session

Monday 14 October, 10am–11.30am
Moorleigh Community Village
Bookings: www.trybooking.com/CUOKT
Learn how to keep your home safe and fire safety at home. Free.

USA — 537 Days of Winter author talk

Monday 14 October, 2pm–3pm
Moorleigh Community Village
For more information, visit u3abentleigh.org.au or call 9570 3929
David Knoff recounts *537 Days of Winter*, a high-octane sub-zero story unlike any other in modern Antarctic history. Free

Gentle movement for an improved posture

Monday 14 October, 1.30pm–2.30pm
Godfrey Street Community House
Bookings: 9557 9037 or admin@godfreystreet.org
Improve posture, reduce tension and enhance overall wellbeing. Free.

Bentmoor Community Shed open day

Tuesday 15 October, 11am–2.30pm
Moorleigh Community Village
Bentmoor Community Shed
Email bentmoorms@outlook.com
call 0481 369 191

Insight to all the activities that the shed offers. Art group, pottery group, women's workshop and general Mens Shed workshop. Free.

Moongala Women's Community House — soup lunch

Tuesday 15 October, 12pm–2pm
Moongala Neighbourhood House,
Moorleigh Community Village
Call Jude Rangitaawa 9570 3468

Come for a free tour of the Moongala Women's Community House and discover the activities on offer over a soup lunch.

Victorian Seniors Card holders enjoy eight days of free public transport throughout Victoria, from 6–13 October.
Find out more:
seniorsonline.vic.gov.au/festival

Moongala Women's Community House — Chatty Cafe

Wednesday 16 October, 11am
Moongala Neighbourhood House,
Moorleigh Community Village
Call Jude Rangitaawa 9570 3468

The Moongala Women's Community House is home to the Chatty Cafe and open for anyone to visit and have a cuppa and friendly chat. Free.

Microsoft Word and Excel workshop

Wednesday 16 October, 10am–11am and 1pm–2pm, Glen Eira Adult Learning Centre
Bookings: gealc.org.au/course-category/events-bookings or call GEALC on 9578 8996 or email info@gealc.org.au
Learn the basics of MS Word and Excel. Free.

Hearing van

Wednesday 16 October, 9am–3pm
Caulfield South Community House
Bookings: nhs.clevero.co/caulfield-south-community-house/view/course/300473334
Book in for a 15-minute hearing check. Free.

Using your iPad

Wednesday 16 October, 11.15am–12.15pm and 2.15pm–3.15pm, Glen Eira Adult Learning Centre
Bookings: gealc.org.au/course-category/events-bookings/
Learn the basic functions of iPad. Free.

Afternoon tea at Rippon Lea Estate

Wednesday 16 October, 1pm–3.30pm
Rippon Lea Estate
Bookings: www.trybooking.com/CUUWP or call 9524 3333. A popular event returns. Be delighted by a special afternoon tea, a self-guided tour and all the glorious surrounds of our historic treasure. Free.

Gentle yoga

Wednesday 16 October, 6.30pm–7.30pm
Glen Eira Adult Learning Centre
Bookings: gealc.org.au/course-category/events-bookings or call GEALC on 9578 8996 or email info@gealc.org.au
Learn the techniques of gentle yoga. Free.

Hearing screening clinic

Thursday 17 October, 10am–3pm
Moorleigh Community Village Room 5
For more information, visit u3abentleigh.org.au or call 9570 3929

A pop-up clinic offering a 10-minute hearing test to identify if someone has hearing loss and how to access Hearing Australia services. Free.

Flower arrangement workshop

Thursday 17 October, 2pm–3pm
Glen Eira Adult Learning Centre
Bookings: gealc.org.au/course-category/events-bookings call 9578 8996 or email info@gealc.org.au

Inexpensive floral arrangements can be created using native and backyard flowers in an unstructured manner, mixing different colours and heights for visual interest. Free.



Floristry

Friday 18 October, 10.30am–12pm
Caulfield South Community House
Bookings: nhs.clevero.co/caulfield-south-community-house/view/course/300473774

Learn how to transform a bunch of flowers from the supermarket by selecting the right vase and adding foliage. \$35.

U3A — antique road show

Friday 18 October, 10am–1pm
Moorleigh Community Village
For more information, visit u3abentleigh.org.au or call 9570 3929

Auctioneer and antiques specialist David Freeman will provide an engaging talk. You are welcome to bring along two small items for him to appraise.

Super Brain Workout

Friday 18 October, 11am–12.30pm
Carnegie Library and Community Centre
Bookings: www.trybooking.com/CSNZN or call Glen Eira Libraries 9524 3700

Join wellness and nutrition coach, Maggie Flanagan, for a workout with a difference! Super Brain Workout is a fun and interactive workshop, focusing on movement and music to support brain health and an active lifestyle. Explore breathwork and mindfulness, Yogacise, Qi Gong, Neuro-Aerobics, and walk away with some tips to optimise your brain health. Free.

Bingo and games

Friday 18 October, 2pm–3pm
Glen Eira Adult Learning Centre
Bookings: gealc.org.au/course-category/events-bookings Call GEALC on 9578 8996 or email info@gealc.org.au
Lots of fun games with afternoon tea. Free.

Glen Eira Seniors Table Tennis Fun Day

Monday 21 October, 12pm–3pm
Glen Eira Sports and Aquatic Centre
Bookings: www.trybooking.com/CUUUD call 9575 7100

Come for a fun hit of table tennis with our local seniors table tennis clubs. Try your hand at doubles or singles. Free.

Gentle movement for an improved posture

Monday 21 October, 1.30pm–2.30pm
Godfrey Street Community House
Contact 9557 9037 or admin@godfreystreet.org
Improve posture, reduce tension and enhance overall wellbeing. Free.

Starting your aged care journey

Wednesday 23 October, 10.30am–11.30am
Caulfield South Community House
Bookings: www.csch.org.au/seniors-festival.html

If you are just beginning your aged care journey, this is your first step. You can see what services are available to help you stay in your own home or what to expect in an aged care home. You can also find out if you are eligible and how much it might cost. Free.

Gentle yoga

Wednesday 23 October, 6.30pm–7.30pm
Glen Eira Adult Learning Centre
Bookings: gealc.org.au/course-category/events-bookings Phone 9578 8996 or email info@gealc.org.au

Learn the techniques of gentle yoga. Free.

Painting and punch

Friday 25 October, 10am–12pm
Caulfield South Community House
Bookings: www.csch.org.au/seniors-festival.html

Whether you're a novice or an experienced painter, Cherie will provide step-by-step guidance throughout this session while you enjoy a refreshing glass of non-alcoholic punch. \$10.

Falls prevention

Friday 25 October, 2pm–3pm
Carnegie Library and Community Centre
Bookings: www.trybooking.com/CSRHV or call Glen Eira Libraries 9524 3700

In this session you will learn how to reduce the risk of falls and stay active and independent for longer. All attendees will receive information to take home, including exercises to improve strength, mobility, and balance. Presented by Bolton Clarke. Free.

Derry Street Big Band Concert party

Sunday 27 October, 11.30am–3.30pm
East Bentleigh Senior Citizens Centre
For bookings, call 0414 884 910

A music celebration in the concert hall featuring all swinging DJ Coakley Band, *The Derry Airs*, showcasing songs from the all-time classics. \$25 non-members. \$20 for members.

Frankie Davis Junior, King of Swing

Sunday 27 October, 1pm–4pm
Bentleigh Senior Citizens Centre
Bookings: call 0423 305 619

Come and sing along, tap your toes or get up on the dance floor. Followed by the famous KG Putt Seniors Club scones with jam and cream. \$10.



Floristry workshop

Monday 28 October, 1pm–2.30pm
Godfrey Street Community House
Contact 9557 9037 or
admin@godfreystreet.org

Working with season flowers and foliage. Get guidance and inspiration to make a beautiful arrangement. Free.

Qigong

Monday 28 October, 8.30am
Glen Eira Sports and Aquatic Centre
Bookings: www.trybooking.com/CTLEM
call 9575 7100

A gentle and restorative exercise therapy incorporating a variety of low impact movements with stillness and some meditation. Free.

Chair-based yoga

Monday 28 October, 2pm–3pm
Glen Eira Adult Learning Centre
Bookings: gealc.org.au/course-category/events-bookings or call 9578 8996 or email info@gealc.org.au

Chair-based yoga for relaxation. Free.

Zumba Gold

Tuesday 29 October, 8.25am–9.30am
Glen Eira Sports and Aquatic Centre
Bookings: www.trybooking.com/CTLEM
call 9575 7100

Perfect for everyBODY. Come and move your body and have fun. Set to Latin rhythms, it's exhilarating. Free.

Living Stronger

Wednesday 30 October, 11.30am–12.15pm
Caulfield Recreation Centre
Bookings: www.trybooking.com/CTLEP
call 9575 7100

Living Stronger program is designed for older adults who are wanting to start exercise for the first time, returning to exercise or who are looking for a gentler approach to group fitness classes. Free.

Gentle yoga

Wednesday 30 October, 6.30pm–7.30pm
Glen Eira Adult Learning Centre
Bookings: gealc.org.au/course-category/events-bookings or call 9578 8996 or email info@gealc.org.au

Learn the techniques of gentle yoga. Free.

Activate circuit

Thursday 31 October, 10.30am–11.15am
Glen Eira Sports and Aquatic Centre
Bookings: www.trybooking.com/CTLEM
call 9575 7100

Designed to help improve functional movement, strength, balance, coordination and bone density in older adults. Free.

Sunflower and scones

Thursday 31 October, 11am–12.30pm
Caulfield South Community House
Bookings: www.csch.org.au/seniors-festival.html

Come and learn some tips, tricks and secrets about sunflowers and how they grow! Seeds, punnets and potting mix supplied. Enjoy a Devonshire tea. \$10.

Event locations

Bentleigh Senior Citizens Centre
2 Arthur Street, Bentleigh

Carnegie Library and Community Centre
7 Shepparson Avenue, Carnegie

Caulfield Recreation Centre
6 Maple Street, Caulfield South

Caulfield South Community House
450 Kooyong Road, Caulfield South

Classic Cinema
9 Gordon Street, Elsternwick

East Bentleigh Senior Citizens Centre
1 Derry Street, Bentleigh East

Elsternwick Croquet Club
27 Parkside Street, Elsternwick

Glen Eira Adult Learning Centre
169A McKinnon Road, McKinnon

Glen Eira City Council Gallery
Glen Eira Town Hall
Corner Glen Eira and Hawthorn Roads, Caulfield

Glen Eira Sports and Aquatic Centre
200 East Boundary Road, Bentleigh East

Glen Eira Town Hall — Auditorium
Corner Glen Eira and Hawthorn Roads, Caulfield

Godfrey Street Community House
9 Godfrey Street, Bentleigh

Moorleigh Community Village
90–92 Bignell Road, Bentleigh East

Murrumbeena Park Community Hub
28 Gerald Street, Murrumbeena

Rippon Lea Estate
192 Hotham Street, Elsternwick