

Stonnington ENGAGED

CONNECT • EVOLVE • FOCUS



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AUTUMN 2023



City of
STONNINGTON

Socially connected and Engaged this autumn

This autumn, there are many opportunities to connect with others and reap many social benefits as you explore our local community groups.

You can join a local, friendly choir, or take a group of friends along to the Malvern Theatre Company which offers live plays throughout the year. Or get your hands dirty with community gardening groups; hear presentations by guest experts at Probus Clubs; learn to cook and eat well; or develop your skills by learning to take great photos with your iPhone. You can improve your fitness by joining in the many popular fitness groups and warmup as the weather cools down.

If you're an animal lover, Stonnington's Pets in the Park is a perfect event for you to proudly parade your pooch or discover the latest pet friendly advice from the experts.

There's something for everyone!

"A sweet friendship refreshes the soul"

PROVERBS 27:9

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How to contact Council

Stonnington customer service centre at 311 Glenferrie Road, Malvern and Cato St Business Hub, Prahran.

You can contact us:

- ☎ Calling our team on **8290 1333** (general enquiries)
- @ email: **council@stonnington.vic.gov.au**
- 📍 Request a service via the website: **stonnington.vic.gov.au**
- 📘 Send a direct message via **facebook.com/stonningtoncouncil**

We acknowledge we are meeting on the Traditional Lands of the Wurundjeri Woi Wurrung and Bunurong peoples of the East Kulin Nations and pay our respect to their Elders past, present and emerging.

We extend that respect to all Aboriginal and Torres Strait Islander peoples. We acknowledge their living connection to Country, relationship with the land and all living things extending back tens of thousands of years.

Active Stonnington



ENGAGED EVENTS

MEET U THERE

Share a meal with friends in a vibrant and welcoming local Stonnington café.

The Engaged team looks forward to meeting you at this fun and inclusive café experience, where people socialise and share new friendships over lunch.

We meet four days a week and are continuing to add new locations so there is sure to be a place that suits you.

"Nice to meet up with others for lunch and a good social chat – 20% off on the Wednesday meal is an extra nice touch!" – Barry



LOCATIONS

Lunch from 11.30am to 1pm

Tuesdays

Malvern Central, Level 4,
110–122 Wattletree Road, Armadale

Wednesdays

Fourth Chapter Café,
385 High Street, Prahran
Receive a 20% discount (debit card, credit card and cash payments accepted).

Thursdays

Phoenix Park Café,
22–28 Rob Roy Road, Malvern East

Fridays

Reverie Café,
31 Izett Street, Prahran

We'd love to see you join the crew!
Call **8290 3337** or email
engaged@stonnington.vic.gov.au to register.

Commonwealth Government Aged Care Reforms

The Commonwealth Government is implementing aged care reforms to deliver a nationally consistent aged care service.

The Commonwealth Government reforms will put older people first, improving the quality and safety of services offered and empower older people to make informed choices on the care they receive.

With Commonwealth Government funding support, the City of Stonnington currently delivers aged services under the Commonwealth Home Support Programme (CHSP). Under the planned Commonwealth Government aged care reforms, a new aged care program will combine CHSP, home care packages and short-term restorative care services.

The Commonwealth Government has announced the full rollout of aged care reforms is planned for 1 July 2024.

To help you better understand the planned changes, we will be hosting workshops from late-March to mid-April where we will share more information and give you the chance to ask questions and discuss what's important to you in your home and community.

More information is available at
stonnington.vic.gov.au/agedcarereform

If you would like to attend the workshops, contact us on **8290 3224** or email
agedanddiversity@stonnington.vic.gov.au

ENGAGED PROFILE



ABC COMMUNITY GARDEN

Armada Baptist Church Community Garden, 88 Kooyong Road, Armadale

The ABC community garden is a space for all residents to come together and to participate in sustainable gardening and local food growing in Stonnington, particularly those who have limited space for gardening at home. The garden is managed communally, with members gathering monthly to make decisions, plan and work together. Members have unlimited access to the garden anytime. Members harvest together, sharing out the produce, as well as offering produce to those with limited food security.

There is a monthly working bee on the first Saturday of each month at 1pm and many of hosted events.

Call Jude Waldron **9822 7881** or email jude.waldron@armadalebaptist.org or check out website: stonnington.vic.gov.au/Community/Find-a-community-group/ABC-Community-Garden



Rewilding Stonnington

Rewilding Stonnington is a passionate local group of volunteers who aim to reintroduce indigenous and endemic plants, raise public awareness and connect with the pre-colonial heritage of our local area in consultation with Traditional Owners and Elders. Working seasonally from project to project, the group rewild public and public facing land in Stonnington with indigenous species.

Volunteers are welcome from all backgrounds and abilities over the age of 18.

To learn more, visit the Facebook page at:
facebook.com/profile.php?id=100080639108484 or email
rewildingstonnington@gmail.com



All About Gardens on Zoom

Thursday 20 April at 2pm

Hear a guest presenter from Rewilding Stonnington and explore indigenous planting in Stonnington. Learn if there is a difference between native and indigenous plants; which plants are indigenous to this area; why plant indigenous species, including which plants, when and where.

Following the presentation there will be the opportunity to ask questions.



To book this event, call **8290 1333** or email engaged@stonnington.vic.gov.au to register and we will email you a Zoom link.

ENGAGED PROFILE



L-R Andrew Ferguson as Alan Bennett 2, Juliet Hayday as Miss Shepherd, Sam Barson as Alan Bennett

MALVERN THEATRE COMPANY

malverntheatre

Malvern Community Arts Centre, 29 Burke Road, Malvern East

The Malvern Theatre Company has become one of Melbourne's leading non-professional theatre companies, presenting five plays each year in an intimate, comfortable auditorium. The shows are praised for their very high quality, both in acting and overall production values.

Malvern theatre Company is a community organisation run by volunteers and welcome newcomers in all capacities.

Malvern Theatre Company has many volunteering opportunities. Get to know the theatre, and its workers 'behind the scenes' by assisting with your time and skills. Enjoy a safe and rewarding volunteer environment where your generosity will be appreciated.

Volunteer positions include Front-of House, Publicity, Back Stage, Technical, Costumes Set Design and Acting.

PERFORMANCE

Deathtrap – 21 April to 6 May

Book your tickets early for this murder-mystery performance by Ira Levin and directed by Keith Hutton.

For booking tickets call **1300 131 552**.

You can check out their program on stonnington.vic.gov.au/Community/Find-a-community-group/Malvern-Theatre-Company

Enquiries call President, Malvern Theatre Company on **9571 0020** or email malverntheatrecompany@gmail.com

TOUR

Tuesday 25 April at 10.30pm

Discover our local Malvern Theatre company with a tour conducted by President, Andrew Ferguson. You will see how it looks backstage, get an insight into how the theatre operates and have an opportunity to ask questions over a coffee afterwards.

To book, call **8290 1333** or email engaged@stonnington.vic.gov.au.

ENGAGED ACTIVITIES

If you would like to join, contact Customer Service on **8290 1333** or email us at: engaged@stonnington.vic.gov.au

PETS IN THE PARK

Sunday, 26 March, 11am–3pm

Central Park, Malvern East

City of Stonnington is proud to present Pets in the Park 2023 at Central Park, Malvern East. Pets in the Park is a free, family-friendly event that celebrates Stonnington's animals with a pet-friendly afternoon of demonstrations, stalls, entertainment, competitions and more. There are enjoyable activities for all ages while providing valuable information on responsible pet ownership, pet safety and management. Pets are welcome to attend the day's activities, always secured on a lead. Pet owners are responsible for picking up after their pets.

ÉTÉ DORÉ —
Golden Summer - Satellite Art Exhibition

Menzies Malvern, 1306 High Street Malvern

Opening event, Wednesday 29 March, 5-7pm.

An exclusive exhibition of works by Australian artist, Antoinette Ferwerda, captured during her travels to Paris during September 2022. Enjoy a sparkling wine on arrival, complimentary canapes and light refreshments, and an up-close and personal chat with the artist.

Spaces Limited, RSVP Essential.

RSVP crystall.mousio@lendlease.com or call **0447 293 702**.



Photographer: Derek Swatwell; Stylist: Bek Sheppard; Location: Intrinsic Design.

ENGAGED ACTIVITIES

Community Choir — The Gospel Project

Armadale Baptist Church,
88 Kooyong Road, Armadale

Sundays 7.30pm

The Gospel Project is a chance to find your own voice. The group sings a capella jazz, and world and gospel music for about ninety minutes. Led by experienced choral director, Jude Waldron, who brings energy and joy to a cappella singing, the choir includes all voice ranges. There are no auditions, and no experience is necessary.

Choir membership is \$50 per term.

For enquiries: call Jude Waldron on **9822 7881**, email jude.waldron@armadalebaptist.org or check out the website: stonnington.vic.gov.au/Community/Find-a-community-group/The-Gospel-Project

The People's Choir

Stonnington Community Uniting Church,
Ewing Memorial Hall, 59 Burke Rd, Malvern East

Tuesdays, 6.30pm

The People's Choir is an inclusive community choir. The Choir provides a social and cultural experience for people of all ages to embrace and celebrate a diverse membership. There's no need to read music or audition, and it provides a wonderful and unique opportunity to meet, engage and become part of a community. All members are treated with respect and dignity.

\$10 per session (please ask about concessions).
10 weeks each term.

For more information call Bettina Spivakovsky on **0412 941 722** or email bettina@thepeopleschoir.com.au. Check out more on website stonnington.vic.gov.au/Community/Find-a-community-group/The-Peoples%E2%80%99-Choir

Windsor Seniors Dance

RSL Hall, 301 High Street, Prahran

Tuesdays, 12pm-3pm

The Windsor Senior Citizens' Club holds many social dance events including on Australia Day, Easter and Queen's Birthday. Dance the afternoon away with a friendly group of dance lovers.

For further information, please contact Nilda Escalante on **0438 534 929** or Sylvia Wilson on **0455 523 496**.



Take great photos with your Phone

Chris Gahan Centre,
50 Grattan Street, Prahran

Mondays at 10am

In this 12-week program you will discover the benefits and secrets to taking great photos using your phone, learn how to edit and share your favourite photos using free in-phone apps and how to create prints, calendars, and other items with your images on it. All classes are in-person. Participant to bring their own device.

To register call **8290 1333** or email engaged@stonnington.vic.gov.au

ENGAGED COMMUNITIES



THE PRIDE CENTRE

79-81 Fitzroy Street, St Kilda

The Victorian Pride Centre is home to a range of LGBTIQ+ focused organisations, along with businesses who support the LGBTIQ+ community. Its purpose is to connect, support and amplify LGBTIQ+ voices, resources, services, and groups so that our communities are cohesive, resilient and thrive. Check out The Little Social, a social enterprise

café, where you can sit back, meet some locals, and enjoy a delicious espresso and snack. You'll find it at G6, 79-81 Victoria Street, St Kilda.

> If you would like to know more about The Pride Centre, email contact@pridecentre.org.au or call **7035 3592**. Check out the website at pridecentre.org.au/

Stonnington U3A

1-3 Valetta Street, Malvern

Stonnington U3A offers lectures and discussions on comparative religion, current affairs, and a history series on Jews in Medieval Christendom.

For bookings and inquiries, email mail@u3astonnington or call **9500 1288**. For information about our programs visit u3astonnington.org.au



ENGAGED COMMUNITIES

MALVERN MENS PROBUS CLUB

163 Wattletree Road, Malvern at 10.am

A club for retired professionals offering regular opportunities to keep minds active, expand interests and enjoy the fellowship of new friends. Meet the regulars at the monthly lunch meetings on the first Tuesday of each month and hear new guest speakers on the fourth Tuesday of the month. Check out the various social opportunities offered.



28
March
10am

Confessions of a Headhunter

Michael Bragg, Executive Search consultant, presents tales of a headhunter whose appointments single handedly transformed the Australian manufacturing and financial services businesses in the 1980s and 1990s.

25
April
10am

The discovery of a sixteenth century manuscript

Lorraine Smith, a sometime second-hand bookshop owner in Warrnambool, will talk about the rediscovery of a sixteenth century manuscript (believed destroyed by fire) in a country town in Australia.

23
May
10am

The travels of Agatha Christie and her husband

Guest presenter Kenneth Park will present most informative details of the travels of Agatha Christie and her husband, which influenced her locations for her mystery novels.

For information and bookings call Membership officer Don Jones **0411 744 542** or check the website probussouthpacific.org/pcmalvern

PRAHRAN COMMUNITY LEARNING CENTRE (PCLC)

40 Grattan Street, Prahran

Men of Stonnington

Wednesdays, 1-2.30pm

Want to join a network of men for company, activities and friendship? If so, this is the group for you.

Men of Stonnington provides a positive, supportive and inclusive environment, where you can gather each week. Meet others at the centre for a coffee chat and to plan activities that may include local walks, coffee with guest speakers and outings. Our group is open to your ideas and input.

To find out more or to book, call **9510 7052** or visit pclcentre.org.au

Cook well eat well

Fridays, 9.45am-12.45pm and 1.15-4.15pm

This is a fun and engaging all-inclusive class. We accommodate your skills to serve your specific needs in a caring and supportive way.

This course is about exploring the health benefits of fresh food and creating simple budget-conscious recipes that you can cook in class and cook at home. We will travel around the culinary world, creating and duplicating easy recipes from many different countries.

> To find out more about these programs, contact Prahran Community Learning Centre on **9510 7052**, email us on admin@pclcentre.org.au, visit us in the Grattan Gardens Community Centre at 40 Grattan Street Prahran, visit our website pclcentre.org.au



'Artensania' with Grupo Primavera

Grattan Gardens Community Centre

Every Monday 11.30am-12.30pm

Come and try hands-on craft activities and make crochet jewellery, learn embroidery and knitting at our weekly sessions. Feel free to stay for home made fresh food (charges apply). We are a mixed group with South American background and speak mostly in Spanish.

Please contact Miriam_ferrada@hotmail.com or text **0421 876 187** for enquires and bookings

Korean Elderly Citizens Association of Vic

Grattan Gardens Community Centre

Every Thursday 10am-2pm

We are a local community group and offer a range of wonderful activities ranging from singing popular Korean songs, simple and manageable exercises to warm you up and games. We also serve a home-made cooked lunch for free. Join us to learn more about us and to build friendships.

For booking contact Mrs. Suji An on **0423 101 933** or email jenian7@hotmail.com

ENGAGED COMMUNITIES

PHOENIX PARK NEIGHBOURHOOD HOUSE

22 Rob Roy Rd, Malvern East

Have you been to Phoenix Park Neighbourhood House? We have some of your favourite programs and courses, offering participants a place to connect. From fitness to creativity and social groups, there's something for everyone. Don't let the cooler months keep you indoors, venture out and find what's going on in your neighbourhood.

STRETCH AND MOVE

Wednesdays, 10.30am-11.30am

A gentle physical activity program incorporating stretching, balance and coordination exercises. Low impact and great for those leaving rehab.
Cost: \$7 per session

CHAIR-BASED EXERCISE

Mondays, 10.30-11.30am (no class on 13 March)

Ideal for those who have some limited mobility and need to keep flexible. Includes some standing postures.
Cost: \$4 per session

PILATES

Tuesdays, 6.30-7.30pm.

Fridays (until 31 March), 9.30-10.30am.

Work on your core strength with the Pilates moves and gain flexibility from Yoga postures.



For enquiries and bookings, call **9530 4397** or visit phoenixparknh.org.au

YOGA WITH KATE

Thursdays, 6.30-7.30pm.

This class is ideal for both beginners and for those who have been practicing for many years.

YOGA AND PILATES

Mondays, S 1: 9-10am | S 2: 10.15-11.15am

Thursdays, 10.15-11.15am

Each week, Phoenix Park Neighbourhood house has over six sessions of Yoga and Pilates for you to choose from. Yoga for beginners.

PHOENIX PARK TABLE TENNIS CLUB

As well as providing opportunities for healthy exercise for people of all abilities, Phoenix Park Table Tennis Club has an important social function. Its welcoming environment allows those who may be isolated in the community to meet people of all ages and walks of life and make new friends.

Mondays and Thursdays 9am-1pm. Organised matches from 10 am. Tuesdays 9am-12pm.

Casual play, no organised matches. Recommended for beginners, with free coaching. Mondays and Thursdays 5.30 pm-7pm (during school terms only) coaching. (Match play from 7pm-9.30)

For bookings, contact Angelo on 0430 164 624.

THE HEALTH CLUB AT THE HAROLD HOLT SWIM CENTRE

1409-1413 High Street, Malvern

ACTIVE ADULTS

Active Adults classes are designed for those beginning exercise and for older adults with a focus on low impact movements and low risk activity at an achievable pace. All classes combine strength, cardiovascular and flexibility training for a holistic workout. These classes are about keeping fit while having fun and making friends.

Duration: 45 minutes.

Intensity: Low to moderate.

AQUA FOR ACTIVE ADULTS

Aqua for Active Adults is specifically designed for beginner exercisers and older adults. The low impact movements combined with muscle and bone strengthening exercise will prompt long lasting health all while in a fun and social atmosphere.

Duration: 45 minutes.

Intensity: Low to moderate.



ZUMBA GOLD/TONING

Zumba Gold/Toning is a low impact and a simple dance fitness workout. You will use light hand weights to tone and shape your body. This class is perfect if you are just starting out and for older adults.

Duration: 45 minutes.

Intensity: Low to moderate.

ACTIVE AT HOME

Stay home, stay safe, stay active!

Your favourite instructors bring their classes to you virtually for this free home workout series. Exercise with us anytime, anywhere with our on-demand workouts or join us for a live class on Zoom.

Book at www.eventbrite.com.au/o/harold-holt-swim-centre-health-club-30713580560

Group Fitness Timetable link www.stonnington.vic.gov.au/active/Fitness/Group-fitness-timetable

You can call **8290 1678** or email haroldholt@stonnington.vic.gov.au about the programs.

Bookings are not required for classes, simply arrived 5-10 minute before class and speak with reception.

ENGAGED COMMUNITIES

EAST MALVERN MEN’S SHED

51 Ivanhoe Grove, East Malvern

Tuesdays, 9.30am-12pm
Wednesdays, 9.30am-2pm

East Malvern Men’s Shed is a community based, not for profit organisation that provides a safe and friendly environment where men can meet regularly to make connections. There is plenty to do that may be of interest to retired men living in Stonnington. Take the opportunity to work on a community project with others, or a project of your own. You can repair items or come along to hear guest speakers and socialise with fellow members over a cup of coffee. There are also monthly outings to enjoy.

If you are interested in learning more about Men’s Shed, contact John Mardling on **0401 318 384**.



STONNINGTON LIBRARY
+ INFORMATION SERVICE

For more information and to find an event that suits you visit stonnington.vic.gov.au/library or call your local Stonnington library.

OUR LIBRARIES:

- » Malvern Library
8290 1366
- » Phoenix Park Library
8290 4000
- » Prahran Square Library
8290 3344
- » Toorak/South Yarra Library
8290 8000
- » Stonnington History Centre
8290 1360

Discover what’s
on at our libraries
and History Centre
this autumn

With programs and events happening year-round, there’s always something to do, see or discover:

- > Learn about digital technologies and develop your digital literacy skills and confidence
- > Connect with your local community over shared interests, games and hobbies
- > Explore your local and family history, and discover Stonnington’s rich past
- > Meet and hear from exciting authors and take part in a range of reading and writing events.

RELAX, ENGAGE, CONNECT AND CREATE

Check out the autumn programs below and see calendar on the back page for when they are on.

Take Photos with your iPhone	A 12-week program to discover the benefits and secrets to taking great photos using your phone, learn how to edit and share your favourite photos using free in-phone apps and how to create prints, calendars and other items with your images on it.
Move It to Music	Outdoor exercise classes aim to keep you moving and enhance your well-being, while having fun. You can use a chair for support and move at your own pace. During inclement weather these classes will be conducted indoors.
Walk and Talk Buddies	Monday’s walk is suitable for those who want a gentle, leisurely walk. Thursday’s walk is great if you want a moderate-to-brisk walk. The location changes each week. Call us for details.
Fit Club	An exercise class designed to enhance physical fitness including strength, mobility, balance and cardiovascular fitness, suitable for active people. In inclement weather these classes will be conducted indoors at Chris Gahan Centre.
Tai Chi	These free classes, led by an instructor from Tai Chi Australia, are suitable for people of all levels. Tuesdays at Prahran Square, Fridays on Zoom. In the event of inclement weather, the Tuesday class will be cancelled.
Community Singing	A class for those who love singing and going on a guided musical adventure. We start with gentle vocal warmups and group action songs with an emphasis on fun and merry music making. All adult ages welcome, at any level.
Freestyle Creatives	Bring along your own creative project, whether it be knitting, crochet, scrapbooking. Ensure it’s something you can pack up and take home at the end of the meet up and bring back the following week.
Yoga at Victoria Gardens	This free yoga class will encourage you to feel your body and breath and focus your mind. Perfect for beginners. Sessions do not run during school holidays
Tjanabi Friendly meet-up	You’re welcome at the Grattan Gardens Community Centre, enjoy a game of Mahjong, Backgammon, Chess or a game of cards, or just a chat.
Healthy mind and body	Each session incorporates laughter and cheer, a body workout, and a wind down with relaxation and mindfulness. Join us in person at Chris Gahan Centre at 2pm on the first Thursday of the month and stream the classes online with Zoom every other Thursday.

Please note: outdoor activities will be cancelled in wet weather.

AUTUMN PROGRAM (MARCH TO MAY)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
Take photos with your iPhone 10am Chris Gahan Centre	Tai Chi 9-10am Prahran Square		Yoga 9.30am–10.30am Prahran RSL/ Victoria Gardens	Tai Chi on Zoom 9am–10am
Move It to Music 9.45am–10.45am Grattan Gardens Community Centre		Fit Club 10.30–11.30am Chris Gahan Centre	Move It to Music 9.45am–10.45am Chris Gahan Community Centre	Yoga 9.30am–10.30am Prahran RSL/ Victoria Gardens
Walk and Talk Buddies 10am–12pm		Freestyle Creatives 10.30am–12pm Phoenix Park Community Centre	Walk and Talk Buddies 10am–12pm	
Fit Club on Zoom 10.30–11.30am				
	Meet U There 11.30am–1pm Malvern Central	Meet U There 11.30am–1pm Fourth Chapter East Prahran	Meet U There 11.30am–1pm Phoenix Park Cafe Malvern East	Meet U There 11.30am–1pm Reverie Cafe Prahran
	Community Singing 1.30–3pm Chris Gahan Centre		Tjanabi <i>Friendly meet-up</i> 1.30–3pm Grattan Gardens Community Centre	
			Healthy Mind and Body 2–3.30pm <i>See class description for location details.</i>	
Community Transport Malvern Library every fortnight	Community Transport Malvern Central	Community Transport Meet U There lunch program	Community Transport Chadstone Shopping Centre	Community Transport Prahran Market

For further information on regular Engaged activities or to book your place, please call Customer Service on 8290 1333.

Visit Engaged Program and Events for more details and how to book:
stonnington.vic.gov.au/engagedevents

Stonnington Aged Services recognises and values our community's diversity and is committed to providing safe and inclusive services equitably to all our residents.