

# Stonnington ENGAGED

CONNECT • EVOLVE • FOCUS



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# Engage with your community in spring

**Celebrate spring and participate in the Victorian Seniors Festival 2021. With a swag of statewide events including some wonderful activities right here in Stonnington, it is a great way to celebrate the diversity of our wonderful local communities.**

In this edition, we are setting you a new challenge: step out and join a new community. It may be meeting new friends with a shared interest. It may be exploring a new culture and language group, or perhaps the time has come to join a table tennis club. Whatever challenge you choose, we are here to give you plenty of information and suggestions. But don't stop here, check out the Stonnington new online Community Group Directory for even more community contacts.

A big thankyou to everyone who participated in the Engaged survey, the results tell us you are enjoying our new look and our range of programs as well as encouraging us to improve our magazine even further.

*Regards,*

*The Engaged Team*

***'In diversity there is beauty and there is strength'***

MAYA ANGELOU

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SPRING 2021

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





# *THE VICTORIAN SENIORS FESTIVAL IS BACK!*

*Seniors Festival is a time to try something new and explore all that our vibrant community has to offer.*

Make time in your diary to get to these great events. You can also check out all the great events across the state by visiting the Seniors' website at [seniorsonline.vic.gov.au](http://seniorsonline.vic.gov.au)



## SENIORS FESTIVAL

If you would like to join, contact us on **8290 1333** or email us at: [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au)

## Hope Connection Inc.

### *Bon Odori – Japanese Festival Dance*

*Grattan Gardens Community Centre, 40 Grattan Street, Prahran*

**Tuesday 14 September 2pm – 3pm**

Hope Connection members invite you to experience the beauty of Bon Odori – the Japanese festival dance at this free event. No bookings required. In the event of lovely weather, this will be an outdoor event.



## Latin American Association

### *Lunch and craft exhibition*

*Grattan Gardens Community Centre, 40 Grattan Street, Prahran*

**Monday 4 October 1 – 4pm**

Join the regular club members for a warm and hospitable welcome. See their craft display and enjoy a traditional lunch. **Cost: \$6.**

> Bookings required. Call Francy on **0466 880 403** or Miriam on **0421 876 187.**

## Stonnington Chinese Association

### *Learn to write your name in Chinese Pinyin and Tai Chi demonstration*

*Grattan Gardens Community Centre, 40 Grattan Street, Prahran*

**Sunday 10 October  
11.30am – 12.30pm**

Join in an activity where you will explore Pinyin characters and learn how to translate and write your name from English to Chinese. Senior club members will also hold a Tai Chi demonstration for guests, and all are welcome. **Free event.**

> Bookings required. Call Lai Leng Chee on **0421 813 868.**

## Cultural Dance Exhibition at Menzies Malvern

*Menzies Malvern,  
1286 High Street, Malvern*

**Wednesday 13 October 2 – 3.30pm**

Enjoy a performance from a traditional Chinese fan dancing troupe. Fan dancing has been a part of China's heritage for over two thousand years. Fans are used as props complimenting brightly coloured costumes for an eye-catching spectacle of movement. Stay on for a social afternoon tea hosted by Menzies Malvern.

> Call **8290 1333** to register or email us at [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au)



## Phoenix Park Table Tennis Club

### *Try Table Tennis*

*Phoenix Park Community Centre  
Upstairs Hall, 22 Rob Roy Road,  
East Malvern*

*Every Tuesday in October 9am – 12pm*

Learn to play table tennis. The club members will be there to coach you in these free sessions for beginners of all ages. Seniors encouraged. Bats and balls supplied.

## U3A Stonnington Open Day for the Seniors Festival

*1 - 3 Valetta Street, Malvern*

*Tuesday 12 October 10am – 1pm*

Drop in to experience U3A Stonnington in action. You'll meet some members, learn about the wide variety of activities and discover what will suit you. You'll also find out how to join.

- > Visit our website: [u3astonnington.org.au](http://u3astonnington.org.au)  
or phone us: **9500 1288**.

## Healthy Tourism Senior Citizens Club Vigor – Be in Life!

*Prahran RSL,  
301 High Street, Prahran*

*Saturday 16 October 1 – 5pm*

All Stonnington seniors are invited to join us for a celebration of life. Enjoy an afternoon of music, with singers, live entertainment and refreshments. You are welcome to join us for this celebration with regular members. **Cost \$20.**

- > Bookings required. Call Berta on **9827 2303**



## SENIORS FESTIVAL

If you would like to join, contact us on  
**8290 1333** or email us at:  
**[engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au)**

## Windsor Senior Citizens' Club Inc.

### *Seniors Festival Charity Dance*

*Malvern Town Hall, Cnr High St  
and Glenferrie Rd, Malvern*

***Tuesday 19 October 11am – 4pm***

You're invited to join the hospitable club members for an afternoon of Old Time and New Vogue ballroom dancing, music, raffles, prizes and afternoon tea. **Cost: \$10.**

> Bookings required.

Call Sylvia on **0455 523 496**



## Tjanabi Musical Concert

***'We are strong, because  
we are together'***

*Grattan Gardens  
Community Centre,  
40 Grattan Street, Prahran*

***Thursday 28 October 1.30 – 3pm***

Join us for a musical celebration with live entertainment and music from around the world including Russia, Ukraine, and Hungary. See traditional Korean dancing, Romanian gypsy dancers and singers, and enjoy afternoon tea.

This is a **free event** and bookings are not required.

## Melbourne Dickens Fellowship with Menzies Malvern

### *The Stink of Two Cities: Paris and London in the time of Dickens*

*Menzies Malvern, 1286 High Street, Malvern*

**Wednesday 20 October 10am**

Menzies Malvern, together with the Melbourne branch of the Dickens Fellowship will bring you an illustrated presentation on the environment and infrastructure within which Dickens, his characters and the River Thames existed.

A wonderful experience not to be missed. Refreshments included. This is a **free event** and bookings are essential.

> Call **8290 1333** to register or email us at [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au)



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## ENGAGED PROFILE



## *PROBUS: Friendship, fellowship and fun in retirement*



### **What are you waiting for? Come and join Probus!**

Probus provides you with the opportunity to meet with fellow retirees on a regular basis, listen to interesting speakers and join together in activities, all in the company of new friends.

#### ***Great reasons to join Probus:***

- > Enjoy the fellowship of retirees in your community
- > Listen to interesting guest speakers
- > Attend monthly meetings in your local area
- > Participate in a wide range of activities with fellow Club members
- > Opportunities to take local and domestic trips
- > Enjoy exclusive discounts through the Probus Member Benefits Scheme

- > Stay in the loop with Active Retirees™ publications
- > Develop new interests and stay active.

There are over 1,650 Probus Clubs with more than 120,000 Probus Club members all over Australia and New Zealand. You can join a mixed Probus Club or Clubs for Ladies or Men, the choice is yours.

To find your local Probus Club visit the Probus website: [probussouthpacific.org](http://probussouthpacific.org) and select a location that is suitable for you. Once you have selected the Club you are interested in, we will provide you with further information about how you can join that Club. Alternatively, you can phone one of our friendly team who will find a Club that suits you on **1300 630 488**.



## There are a number of local Probus clubs in Stonnington:

### > **ARMADALE PROBUS INC (C)**

Meet at the Prahran RSL Memorial Hall,  
301 High Street, Prahran

Phone: **0466 655 966**,  
email: [eshoesgl@bigpond.com](mailto:eshoesgl@bigpond.com)

### > **MALVERN PROBUS INC (M)**

Meet at the Church House,  
163 Wattletree Road, Malvern

Phone: **0408 574 453**,  
email: [malvernprobus@gmail.com](mailto:malvernprobus@gmail.com)

### > **EAST MALVERN COMBINED PROBUS INC**

Meet at the Uniting Community Centre,  
54 Serrell Street, Malvern East

Phone: Ian Marks **0409 440 790**,  
email: [ianmarks@ozemail.com.au](mailto:ianmarks@ozemail.com.au)

### > **MELBOURNE PROBUS INC (M)**

Meet at the Royal South Yarra Lawn  
Tennis Club, South Yarra

Contact Club Secretary Robert Scott,  
email: [probusclubmelbourne@gmail.com](mailto:probusclubmelbourne@gmail.com)

Membership is open to any member of the community who is retired or semi-retired and is looking for friendship, fellowship and fun.

For more information go to the website:  
[probussouthpacific.org](http://probussouthpacific.org) or email:  
[admin@probussouthpacific.org](mailto:admin@probussouthpacific.org)

## Stonnington Centenarian



### 100 reasons to celebrate with the Mayor

The City of Stonnington recognises the importance and value that our residents who celebrate their 100th, or more, birthday bring to our community.

In recognition of our centenarians, we would like to hear if you are a Stonnington centenarian or know someone who is, so they can be celebrated.

**Each centenarian who is registered with us will receive an individual package with:**

- > a Certificate of Recognition signed by the Mayor
- > a beautiful Stonnington Centenarian's lapel pin
- > a personalised card from the Mayor of the Day.

**To be eligible the nominated person must:**

- > Be 100 years of age
- > Reside in the City of Stonnington (or has been within the past 12 months before moving into care)
- > Agree to be registered.

We would love to hear from you so we can recognise this key milestone.

Phone Community Support on **8290 3337** or email: [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au)

## ENGAGED ACTIVITIES

If you would like to join, contact us on **8290 1333** or email us at: [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au)

### Spring into Walk and Talk Buddies

*Every Monday and Wednesday at 10am*

Explore a different location each week. Monday's walk is suitable for those who want a gentle, leisurely walk, and Wednesday's walk is great if you want a moderate-to-brisk walk.

Anyone can join in this free activity. Bookings are essential.



### Healthy Mind & Body classes

*Chris Gahan Centre,  
50 Grattan Street, Prahran and  
streaming live on zoom*

*Thursdays 2 – 3.30pm*

Feel like a good belly-laugh to give you a sense of wellbeing? Join us in person at the Chris Gahan Centre on the first Thursday of the month or stream the class online with Zoom every other Thursday. Enjoy the weekly session of a healthy body workout with laughter yoga and relaxation. These fun classes are free. Bookings essential.

### Spring into Exercise – Move It to Music

*Mondays, 9.45am at Grattan Gardens  
Community Centre, Grattan St, Prahran*

*Thursdays, 9.45am at Chris Gahan  
Centre, 50 Grattan St, Prahran*

This free and fun exercise class is aimed to keep you moving and enhance your well-being. You can use a chair for support, move at your own pace and take a rest when you need.

No drop-ins, bookings essential. During pleasant weather these classes will be conducted outdoors in Grattan Gardens.

### Wednesday Fit Club

*Chris Gahan Centre,  
50 Grattan Street and on Zoom*

*Wednesdays at 10.30am*

A functional exercise class for active seniors at all fitness levels. Book in and join us in person at the Chris Gahan Centre, or stream the class live into your own living room via Zoom.

Bookings essential.

### Community singing

*Chris Gahan Centre,  
50 Grattan Street, Prahran*

*Tuesdays, 1.30pm*

There's nothing better than a feel-good singalong with others to lift your spirits. Join us in person with a fun and friendly group of regulars.

# ALL ABOUT GARDENS ON ZOOM

**Thursday 9 September, 14 October,  
11 November at 2pm**

We have a wonderful spring program for you.

**9 Sep** – Learn about the wonderful birdlife you can spot in Stonnington parks, gardens and at home, with local birder, Liz Hackett, ahead of the Aussie Backyard Bird Count (Oct 18-24).

**14 Oct** – Do you have a burning question about improving your home garden? Bring these along to our Q&A session and ask our gardening expert.

**11 Nov** – Want to know more about your favourite trees in Stonnington? Join us for a chat with one of our Council arborists who has been caring for the city's trees for nearly two decades.

*This program is in partnership with Council's Sustainable Environment Unit.*



## Freestyle Creatives meet-up

*Phoenix Park Community Centre,  
22 Rob Roy Street, East Malvern*

**Wednesdays at 10.30am**

Bring along your creative project (whatever handicraft it is you're doing at home, may it be knitting, crochet, scrapbooking etc) and enjoy doing it in the company of others.

## Mindful Art Making

*Chris Gahan Centre,  
50 Grattan Street, Prahran*

**Mondays, 9.30 – 11.30am**

The spring workshops will be using a variety of art mediums as well as mindfulness and meditation techniques to engage with your creativeness. The 13-week workshop will culminate with the opportunity to exhibit and share artwork that has been developed throughout the term.

All classes are free and no prior experience is necessary. Bring your own art materials or we can supply them. Bookings are essential.

To ensure we're following the COVID-safety guidelines, there can be no sharing of materials, so make sure you bring your own supplies.





## Tai Chi at Prahran Square

*Tuesdays at 9.30am*

This free class is suitable for people of all levels and led by an instructor from Tai Chi Australia. BYO bottle of water and wear comfortable clothes and shoes. In the event of inclement weather, this class will be cancelled. Bookings essential.

> Email [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au)

## Yoga

*Prahran RSL,  
301 High Street, Prahran*

*Thursdays and Fridays at 9.30am*

This free indoor yoga class will encourage you to feel your body and breath, and focus your mind. Designed for beginners, we'll teach you the basics.

> For bookings call **8290 1421**



## Free learn to swim classes

*Harold Holt Swim Centre*

It's never too late to learn how to swim. Enter the water with confidence after joining adult swimming lessons with the Harold Holt team. The classes are held in the indoor 25-metre pool, heated comfortably to 30 degrees and each session is 30 minutes.

> For bookings call **8290 1421**

## Active Stonnington

Keeping active and forming other healthy routines boosts our physical health. If you have any questions about resources that could support you to stay healthy at home, please phone Fiona on **8290 1777** email: [activestonnington@stonnington.vic.gov.au](mailto:activestonnington@stonnington.vic.gov.au)

**Active  
Stonnington** >



## ENGAGED COMMUNITIES

If you would like to join, contact us on  
**8290 1333** or email us at:  
[engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au)

# STONNINGTON LIBRARIES

## SPRING GARDENING

Phoenix Park Library

*Friday 17 September, 10.30am – 12.30pm*

Spring is a busy time in the garden. Learn about what to plant and prepare during this exciting season.

## SPRING INTO HEALTH AND WELLBEING

Phoenix Park Library

Open new doors to health and wellbeing with our **Community Matters** series.

## SENSORY PLANTS FOR WELLBEING

Phoenix Park Library

*Friday 1 October, 10.30am-12pm*

## HOW TO BE A SUPER AGER

Toorak/South Yarra Library

*Wednesday 6 October, 1pm – 3pm*

## CARING FOR CARERS

Online via Zoom

*Wednesday 13 October, 2pm – 3pm*

## SUPER BRAIN WORKOUT

Toorak/South Yarra Library

*Wednesday 20 October, 1pm – 3pm*

## COMMUNITY MATTERS: BALANCING DYNAMICS OF 60+

Grattan Gardens Community Centre

*Wednesday 27 October, 1 – 2.30pm*

In this session, we explore the challenges at this later stage of life and open up honest discussion about life changes. We draw on research and real-life experiences to support participants to leave with practical strategies to open new doors of wellbeing and belonging.

Themes covered can include community, family, regret, isolation, managing emotions and planning for the future.

To book online visit us online at:  
[stonnington.vic.gov.au/library](http://stonnington.vic.gov.au/library)  
or call Prahran Square Library on **8290 3344**

# Digital learning at your fingertips

Learn something new or brush up on old skills with our **Get Connected** series.

> To view the full range in this series, visit  
[stonnington.vic.gov.au/Library/Whats-On/  
Digital-Learning](http://stonnington.vic.gov.au/Library/Whats-On/Digital-Learning)

## Contact Libraries

- > Malvern Library: **8290 1366**
- > Phoenix Park Library: **8290 4000**
- > Prahran Square Library: **8290 3344**
- > Toorak/South Yarra Library: **8290 8000**



## ENGAGED INFORMATION

### Stonnington online Community Directory



Looking to join a local group? The City of Stonnington's Community Directory is worth checking out. Local community groups, clubs and organisations have been busy adding their information and events so you can connect with them.

Visit our website: [stonnington.vic.gov.au/Community/Find-a-community-group](https://stonnington.vic.gov.au/Community/Find-a-community-group)

### Stonnington Community Groups Leaders' Network.

To keep up with the information on everyday changes and challenges that arise, it is important that we stay up to date and continue to support one another.

This Network provides a platform for the community groups that operate in Stonnington to receive information and resources, share ideas and challenges, receive feedback and updates, stay connected with each other and build stronger collaborated relationships.

For enquiries call **8290 1333** or email us at: [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au)

### LGBTIQA + Advisory Committee

The City of Stonnington's LGBTIQA+ Advisory Committee has been tasked with giving advice and guidance on how Council continues its journey to being a culturally safe and inclusive organisation and community, free from discrimination based on sexuality, sex or gender.

For information visit:

<https://tinyurl.com/aku8smud>



### Community Lunches

*Chris Gahan Centre,  
50 Grattan Street, Prahran,*

***Monday to Friday at 12pm***

*Phoenix Park Community Centre,  
22 Rob Roy Street, East Malvern*

***Wednesdays at 12.30pm***

We welcome you to a friendly environment where lunch is even more enjoyable when dining with friends. Arrive just before we serve and enjoy the delicious three-course meal for **\$9.30**. Contactless payment only. Bookings essential.

For enquiries call **8290 1333** or email us at: [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au)



## ENGAGED INFORMATION

## Take the Council's Community Bus

If you have recently stopped driving or find using public transport difficult, you can call us to find out how our services could suit your needs.

The bus can collect you from home and take you to several locations across Stonnington from Monday through to Friday. All buses are fitted with hoists and handrails to ensure your safety and you'll find our drivers are friendly and helpful.

Shopping jeeps and walking frames are welcome. Ask our team to tell you about the COVID-19 safe plan, ensuring our buses are cleaned in between all rides.



**We provide regular transport to and from:**

- > Prahran Market
- > Chadstone Shopping Centre
- > Malvern Central
- > Malvern Library
- > Grattan Gardens Community Centre
- > Chris Gahan Community Centre.

For more information call **8290 3224**

## Subscribe to our newsletters

You can get your Stonnington Engaged newsletter, and others electronically. Just subscribe online to our email distribution at: [stonnington.vic.gov.au/subscribe](mailto:stonnington.vic.gov.au/subscribe)

Or you can call us on **8290 1333** or email us at [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au) to request our seasonal newsletter copy to be sent to you in the mail.



Group gatherings are adapting to indoor and outdoor events in line with state and federal government direction about physical distancing. The events published in Stonnington Engaged will be available to registered attendees only. All events will adhere to COVID-safe practices. Please note that outdoor activities will be cancelled in wet weather or extreme heat days and be cancelled if directed to do so by public health directives. The safety of our Stonnington Engaged community is paramount.

## ENGAGED ONLINE

# Webinars on Zoom

**Tuesday 28 September at 10.30am**

## Asset Protection within Blended Families

In this session you can learn about the importance of asset protection strategies, which can be incorporated as part of your Estate Plan. Learn about options to protect your assets under Family law, in the event that you separate from your partner and Succession/Estate planning, in the event that you lose decision-making capacity or pass away.

**Tuesday 19 October at 10.30am**

## Aged Care – Knowing the Ins and Outs before signing

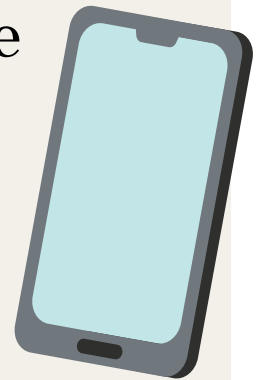
There are many nursing homes catering to different needs and interests.

Today's presentation can assist you in understanding the associated and hidden costs for accepting a space in an aged care facility.

Email: [engaged@stonnington.vic.gov.au](mailto:engaged@stonnington.vic.gov.au) to register for this exclusive event to receive your zoom link.

## Build your digital device confidence

If you are using a new digital device such as an iPad or tablet or a smart phone and would like to troubleshoot with a friendly voice.



> Call the Engaged team to see if they can help on **8290 3337**.

## How to contact Council

The Stonnington customer service centre at 311 Glenferrie Road is now open. Cato St Business Hub, Prahran is now open. You can still contact us:

 Calling our team on **8290 1333** (general enquiries)

 email: [council@stonnington.vic.gov.au](mailto:council@stonnington.vic.gov.au)

 Request a service via the website: [stonnington.vic.gov.au](http://stonnington.vic.gov.au)

 Send a direct message via [facebook.com/stonningtoncouncil](https://facebook.com/stonningtoncouncil)

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We acknowledge we are meeting on the Traditional Lands of the 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.